

SENIOR COMPETITION REGULATIONS

2023 / 2024
Indoor
(Men & Women)



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Introduction

1. Preamble

These Regulations are applicable to all competitions in Wales and should be read in conjunction with the individual competitions regulations.

2. Disputes / Appeals

2.1 Any complaint that may arise relating to these regulations or other matters relating to these competitions will only be considered if it is sent in writing to the HW Competitions TAG Chair within 48 hours of the event / decision

2.2 The HW Competitions TAG will determine the action to be taken

2.3 Clubs shall have the right to appeal as laid down in HW Policies and Procedures

3. Doping Control

As per HW Byelaws and Articles of Association, you are reminded that all players could be subject to anti-doping procedures at any match

4. Eligibility

4.1 Players shall not play in any of the competitions covered by these regulations if, after 1st December in the season of competition they have played in any indoor hockey competition in any other country affiliated to the FIH

National Indoor Finals

1. Management and Control

- 1.1 Shall be invested in the HW National Competitions Coordinators
- 1.2 The HW Competitions Technical Action Group (TAG) may appoint Coordinators to assist in the organisation of individual competitions

2. Entry

- 2.1 Any club affiliated with HW may enter
- 2.2 Entry form(s) and any entry fees as advised by HW shall be sent to HW by the designated date on the entry form
- 2.3 All monies will be controlled by HW
- 2.4 All Clubs and players must pay the current HW affiliation fees by 31st October
- 2.5 Clubs with any outstanding debt to HW from previous season / competitions may not be eligible to enter
- 2.6 No Clubs may enter more than one team in the National Finals
Once a player has played for one indoor club, they will not be allowed to play for another indoor club in either qualifying or final tournaments during the season
- 2.7 If a Club enters a competition whereby the winners are invited to participate in a European competition the club, on entering that competition, accepts that European entry is an absolute expectation should they win that competition. Should the invitation be declined then penalties will be imposed. The only grounds for declining to enter a European competition are if that Club has qualified for both the Indoor and an Outdoor competition in the same season. Should this situation arise then HW will seek a replacement which will, where possible, be the runner-up in the relevant Welsh competition
- 2.8 Players are encouraged to play for their own club but may play for other clubs. **Players wishing to play for another club, must have the approval of the club to which they are affiliated.** All participating clubs must advise the respective competition coordinator of their list of players 14 days (or as otherwise advised) before the competition, together with the relevant fee, and a list detailing the player's usual club, It is the club's responsibility to ensure that any guest players are fully affiliated with HW
- 2.9 Players under 13 years of age, on the day of the competition, are not eligible to play in Senior Competitions
- 2.10 A maximum of 12 players may be used by a team
- 2.11 No team can reach a national final without first having played a suitable qualifying tournament

3. Format of the Competition

The format of the competition will be determined by the competitions TAG and be dependent on (but not limited to):

- (i) Number of teams
- (ii) Availability of facilities

4. Rules of Play

- 4.1 All matches shall be played in accordance with the Rules of Hockey as issued by the FIH unless otherwise advised by the National Competitions Coordinator (e.g. length of playing / rest periods may be varied)
- 4.2 In the event of HW adopting experimental rules, matches will be played to such rules during their currency
- 4.3 Competition finals may use in whole, or part, any competition specific regulations as provided by EHF or FIH

5. Dates of Matches

- 5.1 Finals shall be played on the dates designated in the HW priority calendar

6. Priority

- 6.1 Indoor finals shall take priority over all other hockey played under the auspices of HW
- 6.2 No postponement in the event of a clash with a re-arranged league match will be allowed where the respective HW competition date has been advised in the Priority Calendar as initially published
- 6.3 Exceptions: NAGs / Senior / Dragon national squads, training and matches, may have priority provided that these dates are included in the Priority Calendar as initially published

7. Venues

The Competition TAG will decide on the venue for the finals

8. Matches – Postponement, Failure to fulfil, Conceding, Abandonment

- 8.1 There will be no postponements for matches which form part of pool tournaments
- 8.2 Conceding a match is unacceptable – the offending club will be fined and may incur additional costs to cover venue hire etc.
- 8.3 Failure to turn up at an event which the team has qualified for is unacceptable – the offending club will be fined and may incur additional costs to cover venue hire etc

9. Umpires / Officials

- 9.1 The WHUA may appoint Umpires and Officials to the finals
- 9.2 Welsh Umpires must be qualified, as per the WHUA / HW current list of active umpires / officials or hold an equivalent qualification from any National Association and be affiliated to both the WHUA and HW

10. Expenses, Fines

- 10.1 Clubs entering the final may be required to cover costs of the event including venue hire, umpires and officials' expenses etc.
- 10.2 All travelling expenses are the responsibility of the clubs taking part
- 10.3 Failure to attend or fulfil a fixture may result in the club being liable for any expenses incurred by their opponents, umpires, officials and HW
- 10.4 Fines will be levied as follows:
 - (i) Failure to turn up to an event – £150
 - (ii) Conceded – £100
 - (iii) Non-notification of nominated players / squad lists (including incomplete / unreadable lists) by due date – £50
 - (iv) Playing of non-affiliated player – £75 plus option to remove the offending club / team from that competition
- 10.5 In the case of serious or repeated offences the TAG retains the right to impose additional penalties which may include increased fines over and above those detailed above as well as the option to ban or suspend clubs or teams from entering competitions
- 10.6 The Competitions TAG reserve the right to impose a fine / sanctions to any club for a situation which is not covered by the items outlined in this section

11. General

- 11.1 Participating teams must be aware of HW Policies and Procedures (including Codes of Conduct, Safeguarding Young People and Adults, Disciplinary) which will apply to all matches
- 11.2 The Competitions TAG shall determine the action to be taken for any matter not specifically covered by these regulations
- 11.3 Should issues arise on the day, the TD shall determine the action to be taken – if no TD is appointed, the organiser / such person(s) as the Competitions TAG has delegated to assist with the running of the competition, shall determine the action to be taken

HW Competitions TAG
October 2023

HW Competitions TAG Chair
HW Events Manager

Bill Riley
Amanda Roberts

Shoot-Out Competition

from FIH Tournament Regulations: Indoor Competitions – Sept 2022

In a shoot-out competition, three players from each team take a one-on-one shoot-out alternately against a defender from the other team as set out in this Regulation. The shoot-out competition comprises all series of shoot-outs required to determine a result. The following sets out both the playing Rules and the procedures to be followed.

1. If the shoot-out competition takes place after the end of a match, the first shoot-out shall take place within four (4) minutes of the end of the match.
2. The respective Team Managers provide three players to take and one player to defend the shoot-outs from those on the Match Report except as excluded below. A player nominated to defend the shoot-outs can also be nominated to take a shoot-out. No substitutions / replacements are permitted during the shoot-out competition other than as specified below.
3. A player who is still serving a disciplinary suspension by the Technical Delegate at the time the shoot-out competition takes place or has been excluded permanently (red card) during the match which leads to the shoot-out competition, cannot take part in that shoot-out competition. A player who has been warned (green card) or temporarily suspended (yellow card) may take part in the shoot-out competition even if the period of his / her suspension has not been completed at the end of the match.
4. The FIH Event Director or Technical Delegate will specify the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.
5. The FIH Event Director, if present, or Technical Delegate will specify the goal to be used.
6. A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.
7. All persons listed on the Match Report other than any player who is still serving a disciplinary suspension by the Technical Delegate at the time the shoot-out competition takes place or has been excluded permanently (red card) during the match which leads to the shoot-out competition are permitted to enter the field of play outside the half used for the shoot-out
8. The goalkeeper / defending player of the team taking a shoot-out may be on the back-line outside the circle.
9. A player taking or defending a shoot-out may enter the half used for the shoot-out for that purpose.

10. Players taking a shoot-out and also defending the shoot-outs taken by opponents are allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put back on their protective equipment.
11. Three players from each team take a shoot-out alternately against the goalkeeper / defending player of the other team making a total of 6 shoot-outs.
12. Taking a shoot-out:
 - 12.1 The goalkeeper / defending player starts on or behind the goal-line between the goal posts;
 - 12.2 The ball is placed 3 metres outside the circle opposite the centre of the goal;
 - 12.3 An attacker stands behind but near the ball;
 - 12.4 The Umpire blows the whistle to start time;
 - 12.5 An official starts the clock;
 - 12.6 The attacker and the goalkeeper / defending player may then move in any direction;
 - 12.7 The shoot-out is completed when:
 - 12.7.1 6 seconds has elapsed since the starting signal;
 - 12.7.2 A goal is scored;
 - 12.7.3 The attacker commits an offence;
 - 12.7.4 The goalkeeper / defending player commits an unintentional offence inside or outside the circle in which case the shoot-out is re-taken by the same player against the same goalkeeper / defending player;
 - 12.7.5 The goalkeeper / defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
 - 12.7.6 The ball goes out of play over the back-line or side-boards; this includes the goalkeeper / defending player intentionally playing the ball over the back-line;
 - 12.7.7 If the ball rebounds off a goalkeeper / defending player over the side-boards, the shoot-out is completed; if the ball is propelled by a goalkeeper / defending player over the sideboards, the shoot-out is retaken by the same player against the same goalkeeper / defending player
13. If a penalty stroke is awarded as specified above, it can be taken and defended by any eligible player on the Match Report subject to the provisions of articles 16, 17 and 18 of this Appendix.
14. The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.
15. A player may be suspended by a yellow or red card but not by a green card during a shoot-out competition.

16. If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
 - 16.1 That player takes no further part in that shoot-out competition and, unless a goalkeeper / defending player, cannot be replaced;
 - 16.2 The replacement for a suspended goalkeeper / defending player can only come from the three players of that team nominated to take part in the shoot-out competition:
 - 16.2.1 The replacement goalkeeper / defending player is allowed reasonable time to put on protective equipment similar to that which the goalkeeper / defending player they are replacing was wearing;
 - 16.2.2 For taking their own shoot-out, this player is allowed reasonable time to take off his / her protective equipment to take their shoot-out and subsequently to put it on again.
 - 16.3 Any shoot-out due to be taken by a suspended player is forfeited; any goals scored by this player before being suspended count as a goal.
17. If during a shoot-out competition, a defending goalkeeper / defending player is incapacitated:
 - 17.1 That goalkeeper / defending player may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded in this Appendix or unless suspended by an Umpire during the shoot-out competition;
 - 17.2 The replacement goalkeeper:
 - 17.2.1 Is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing;
 - 17.2.2 If this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off his / her protective equipment to take their shoot-out and subsequently to put it on again.
18. If during a shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded above or unless suspended by an Umpire during the shoot-out competition.
19. If an equal number of goals are scored after each team has taken three shoot-outs:
 - 19.1 A second series of shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;
 - 19.2 The sequence in which the attackers take the shoot-outs need not be the same as in the first series;
 - 19.3 The team whose player took the first shoot-out in a series defends the first shoot-out of the next series;
 - 19.4 When one team has scored or been awarded one more goal than the opposing team after each team has taken the same number of shoot-outs, that team is the winner.

20. If an equal number of goals are scored after a second or subsequent series of three shoot-outs, an additional series of shoot-outs is taken with the same players subject to the conditions specified in this Appendix:
 - 20.1 The sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
 - 20.2 The team which starts each shoot-out series alternates for each series.
21. Unless varied by this Appendix, the Rules of Indoor Hockey apply during a shoot-out.



**LEAGUE
REGULATIONS
2023/24**

1.0 Rational

- 1.1 The league will be run by the South Wales Indoor Hockey Executive Committee (the league)
- 1.2 The purpose of the league is to:
 - 1.2.1 Promote and facilitate competitive indoor hockey in South Wales
 - 1.2.2 To find the South Wales Representatives to move forward to national finals – exact numbers of which will be determined by Hockey Wales Competitions TAG

2.0 Team Entry

- 2.1 Any team wishing to enter the league must express an interest by the date set by the league
- 2.2 Each team entering the league must appoint a team contact who will be one and only contact that the league will use to disseminate information.
- 2.3 There will be an entry fee for the league to cover costs of organising the tournament, any team not paying this by the deadlines set may be removed from the league.
- 2.4 Any team entering the league automatically agrees to abide by all relevant Hockey Wales policies including, but not limited to, Code of Conducts, Red Card and MMO policies and safeguarding policies.

3.0 Player Eligibility & Club Affiliation

- 3.1 This will be determined by the Hockey Wales Indoor Competitions Regulations

4.0 Composition of teams

- 4.1 An indoor squad is made up of 12 players
- 4.2 If a club is only entering one team in the league, then there is no selection criteria
- 4.3 If a club is entering more than one team then the following will apply:
 - 4.3.1 A club should pick squads based on ability with the first choice 12 players being selected for their first XI, then the next 12 being selected for the 2nd XI etc.
 - 4.3.2 Should a higher team be not playing then the team should still select as if that team had a game.
 - 4.3.3 Players may play up a division, but not down a division
 - 4.3.4 Players should not play for more than one club/team in the competition unless agreed by the league coordinator at a minimum of 48 hours before the first game they are taking part in.
- 4.4 A team may have up to three staff members present on the bench, this MUST include a team manager, and then may include any two of the following – coach, physio, assistant coach.

5.0 Rules of the League

- 5.1 All matches in the indoor league will be played according to the rules of Indoor Hockey as published by the FIH, with the following exceptions:
 - 5.1.1 Match timings & schedule – these will be determined by the availability of venues and number of teams entering.
 - 5.1.2 Time will not be stopped for Penalty Corners

- 5.1.3 In the result of an injury the time will not be stopped, if the injury occurs towards the end of the game carrying into the final whistle, the result of the game, when stopped, will be counted as the final score.
- 5.1.4 First named team will provide the match ball and start the match
- 5.1.5 First named team will sit on the bench located to left of technical table (as you look at the pitch from the technical table)
- 5.1.6 Second named team will change shirts/socks in the event of a colour clash
- 5.1.7 All players in the same team should wear the same colour kit, with numbers clearly visible.
- 5.1.8 Shin guards MUST be warm, mouth guards are advised to be warm
- 5.1.9 All matches will start on time. Any team not ready to start the match at the appointed time will be penalized one goal for every minute the match is delayed, up to five minutes, after which the match will be forfeited, a 7 - 0 win will be awarded to the opposition.
- 5.1.10 A club/team is represented for providing their own first aid.

5.2 League standings

- 5.2.1 For season 2023/2024 the league standings will be based on the outdoor hockey league table from the 2022/2023 season. After this positions will be determined by promotion and relegation as outlined in 5.2.4
- 5.2.2 The Championship division cannot have two teams from the same club competing
- 5.2.3 Three (3) points shall be awarded for a WIN, one (1) point for a DRAW
- 5.2.4 In the event of teams finishing with an equal number of points, the positions shall be decided using the following criteria:
 - A. Goal difference
 - B. Goals for
 - C. Result of the match between the two sides
- 5.2.5 Promotion & Relegation
 - 5.2.5.1 The team finishing first in the Championship Division will be league champions.
 - 5.2.5.2 The team finishing in the bottom place of a division may be relegated.
 - 5.2.5.3 The team finishing at the top of a division may be promoted.
 - 5.2.5.4 In the case of a second team winning promotion to the Championship Division the next highest 1st XI team based on league standings will be offered the promotion. If they reject the opportunity then there will be no promotion or relegation that season from those two divisions.

6.0 Umpires and Officials

- 6.1 The WHUA may appoint umpires and officials to the league.
- 6.2 Clubs may be required to provide their own umpires to certain leagues / matches. Note these may not necessarily be the games that their clubs are playing in.
- 6.3 Clubs will be informed prior to the start of the league what games / league weekends they will need to appoint to.
- 6.4 Clubs failing to provide an umpire as requested may have the following sanctions applied:
 - Be fined by the league committee
 - Have their squad numbers reduced by 1 player

- Have points deducted

6.5 The league reserve the right to apply other sanctions, should the need arise.

6.6 Any umpire appointed to the league by either the WHUA or any club MUST be qualified as a Level 1 Umpire and must be a member of both Hockey Wales and the WHUA.

7.0 Fines

7.1 Failure to play a game will incur a fine, these are outlined in the Hockey Wales Indoor Competition Regulations.

7.2 Failure to abide by any part of these regulations may result in a fine or points deduction depending on the nature of the breach.

7.3 The league reserve the right to impose additional fines other than those outlined in the Hockey Wales Indoor Competition Regulations, depending on what circumstances (e.g. repeat offenders) arise over the course of the league season.

7.4 Any team withdrawing from the competition after a date set by the league will be liable to pay the full entrance fee.

8.0 Appeals

8.1 Any appeal against any decisions made in relation to the league must be made in line with the appeals procedure set out in the South Wales Indoor League Constitution.

8.2 A team cannot appeal against an umpire or technical officials' decision