

# Competition Regulations 2024/2025



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<b>Approval dates</b>	20 September 2024
<b>Review Date</b>	31 July 2025

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## OVERARCHING COMPETITION REGULATIONS

### Introduction

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

### Eligibility

- All players participating in Welsh competitions must comply with the Hoci Cymru Membership Regulations and Athlete Transfer Policy (which explain the mechanism for players transferring from one club to another).
- Players shall only play, in any of the competitions covered by these regulations, for the club with which they are currently affiliated, with the exception of the Welsh Masters Cup and Youth Competitions.  
**NB** For any players wishing to play for another club in a youth or club master's competition, a request must be emailed, a minimum of 1-month prior to the start of the competition, to the Hoci Cymru Competitions email with clear explanation regarding the request.
- Players shall not play in any indoor competition 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

### Affiliations

- All participants (including clubs, players, umpires, coaches, support staff) must be current members of Hoci Cymru and current members of the club they are playing for.  
**NB** Please refer to the eligibility statement above

### First Aid

- Teams are responsible for the provision of their own first aid equipment and administration of first aid to their players (Please refer to Hoci Cymru guidelines for appropriately trained persons).
- In the event of an injury, clubs are required to complete the online incident / injury reporting form.

### Concussion

- In the event of a head collision, players will be required to leave the field for a mandatory minimum time of 2-minutes. Maximum time to be determined by the club representative on that day
- It is the club's responsibility to ensure the concussion guidelines are followed.
- The Hoci Cymru Concussion Policy can be found at [www.hockeywales.org.uk/governance](http://www.hockeywales.org.uk/governance)

### Protective Equipment

- All players **MUST** wear shin pads and should wear gum shields
- For U12 / U14 / U16 / U18 competitions, players **MUST** wear face masks when defending penalty corners, for all other competitions it is recommended that players wear face masks when defending penalty corners.

### Kit

- All teams entering the competition should bring a change of kit in case of a colour clash (a minimum of a set of different coloured bibs is acceptable for U12s and U14s)
- In the event of a clash of colours the second named team shall change to an alternate colour
- Player's shirts should be marked with **numbers**
- All players, in the same team, should be similarly attired
- Players should wear appropriate playing kit
- Undergarments which are visible, must be the same colour as the playing kit
- Kit should be of an appropriate length e.g. gym knickers must not be visible
- Skorts must not be tucked into any undergarments
- Players should not wear jewellery likely to cause injury to other players
- In case of suspension and due to regulation, it is recommended that clubs bring a spare goalkeeper kit which may be used to re-kit a suspended goalkeeper once their suspension has finished  
NB In accordance with the normal rules of hockey, time will not be stopped to re-kit a goalkeeper following a goalkeeper suspension

### Anti-doping Regulations

Hoci Cymru has adopted unconditionally the UK Anti-Doping (UKAD) regulations and all matters regarding doping shall be dealt in line with UKAD's Anti-Doping Rules and Regulations, which shall take precedence over the HC Disciplinary Policy and Procedures. Further information on all matters relating to the Anti-doping Regulations may be found at [www.hockeywales.org.uk/anti-doping](http://www.hockeywales.org.uk/anti-doping) or by contacting Hoci Cymru.

### Photo/Video Consent & Drone Usage

Clubs competing in National Competitions must complete a photography and drone usage consent form. This must be returned to Hoci Cymru before the start of the competition.

### Roles & Responsibilities

- Participating teams must be aware of Hoci Cymru Policies and Procedures (including, but not limited to, Codes of Conduct, Safeguarding Young People and Adults, Disciplinary) which will apply to all matches.
- The Competitions TAG shall determine the action to be taken for any matter not specifically covered by these regulations.
- 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.

### Disputes & Appeals

- 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 Hoci Cymru Disciplinary Team ([governance@hockeywales.org.uk](mailto:governance@hockeywales.org.uk)) within 48 hours of the event / decision.
- Clubs should refer to the Hoci Cymru Complaint Policy for further information of how complaints are managed.

### Communication

All competition related communication, including queries should be sent to:

[competitions@hockeywales.org.uk](mailto:competitions@hockeywales.org.uk)

## SENIOR NATIONAL COMPETITIONS

### 1. List of Competitions

These Regulations are applicable to the following National Competitions played within the control of Hoci Cymru:

- Championship
- Trophy
- Challenge
- Masters

### 2. Management and Control

2.1 Shall be invested in the Hoci Cymru Competitions Technical Action Group (TAG).

2.2 The Competitions TAG may appoint Coordinators to assist in the organisation of individual competitions.

### 3. Entry

3.1 Any club affiliated with Hoci Cymru may enter.

3.2 Entry form(s) and any entry fees as advised by Hoci Cymru shall be submitted to Hoci Cymru by the designated date on the entry form.

3.3 All monies will be controlled by Hoci Cymru.

3.4 See appendix 1 for details of which teams are eligible to enter which competition.

**NB** Any clubs wishing to enter more than one team into the Men's Championship require approval from the Competitions TAG.

**NB** If any club has permission to enter more than one team into any competition, players must be selected to play the whole competition for that one team and cannot be selected for any other team in the same competition. Please read in conjunction with 3.9.

3.5 All Clubs and players must pay the current Hoci Cymru affiliation fees, prior to the commencement of competitive hockey fixtures.

3.6 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 Hoci Cymru will seek a replacement which will, where possible, be the runner-up in the relevant Welsh competition.

3.7 For EuroHockey qualification, all eligible teams must be entered into the championship competition.

3.8 Those clubs with teams in domestic leagues will be entitled to enter team(s) into each of the competitions for which they are eligible.

3.9 If a club has more than one team then they must nominate with Hoci Cymru the following:

- Men – Strongest 14 x players for each team
- Women – Strongest 12 x players for each team

from each team that maintains a place within each higher-level competition, one of whom should be a goalkeeper. The selection of each team should be made from the nominated list of players. If a team is short of players for any match it may make up their numbers from selecting from a lower team only (players may play up but may not play down). The list of names must be received by the dates specified. An amended list of players, to allow for injuries etc. may be forwarded to the HW Events Manager a minimum of 10 days prior to the competition taking place detailing the reasons why the player(s) are being withdrawn from the original list. The Competitions TAG will consider any such request and will advise the club if the change has been approved or declined. If a club does not

enter teams into all levels for which they are eligible they must still register the players for every team

- 3.10 Hoci Cymru will also be cross referencing nominated player lists and team sheets with England Hockey's GMS. If a player has played over 60% of their matches for a team, they will be deemed a regular player for that team and will not be eligible to play down in any other team in any Hoci Cymru competitions.
- 3.11 The format of all competitions will be determined by the Competitions TAG. Where possible all competitions will be played on a knock-out basis.
- 3.12 No team shall automatically qualify for any final.
- 3.13 A maximum of 18 players may be used by a team, of whom 2 must be goalkeepers wearing full protective equipment. If a team chooses not to include a second goalkeeper in the 18 players, they are limited to using 16 players. Any variations will be advised by the Competitions TAG prior to the start of the competition.
- 3.14 Only players aged 35 or over during the calendar year of the competition, may play in the Welsh Masters Cup. The format of the competition will be determined by the Competitions TAG once entries have been received.
- 3.15 Players under 13 years of age, on the day of competition, are not eligible to play in Senior Competitions.

#### **4. Competition Draw**

- 4.1 All draws will be made at random.
- 4.2 The team drawn first is the Home team (dependent on the format of the respective competition).
- 4.3 No team shall automatically qualify for any final.
- 4.4 If two teams, from the same club, qualify for the last four places in a competition, they will play each other in the semi-finals.

#### **5. Rules of Play**

- 5.1 All matches shall be played in accordance with the Rules of Hockey as issued by the FIH unless otherwise advised by the Competitions TAG.  
(All matches will be 35 minutes each way unless otherwise advised by the Competitions TAG)
- 5.2 In the event of Hoci Cymru adopting experimental rules, matches will be played to such rules during their currency. The Men's Championship finals may be played in accordance with the rules appertaining to EuroHockey club competitions for that season.
- 5.3 If there is a clash of colours, the Away / second named team shall change to different colours. This must include shirts and socks.
- 5.4 Shirts must be numbered, letters are not permitted.
- 5.5 All players MUST wear shinpads and it is recommended that all players wear gumshields.

#### **6. Dates of Matches**

Matches shall be played on the dates designated in the Hoci Cymru Priority Calendar.



## 7. Priority

- 7.1 The Championship, Trophy and Challenge competitions, shall take priority over all other hockey.
- 7.2 No postponement in the event of a clash with a re-arranged league match will be allowed where the respective Hoci Cymru competition date has been advised in the Priority Calendar as initially published.
- 7.3 Exceptions: Senior, Dreigiau and NAGs activity may have priority, provided that these dates are included in the Priority Calendar as initially published.
- 7.4 No matches are sanctioned by Hoci Cymru during the National Indoor and Outdoor Finals weekends other than the finals of the relative national competitions.
- 7.5 NO hockey should be played on National Cup Finals weekend

## 8. Time and Duration of Play

- 8.1 The start time shall be between 12.00 noon – 14.30 p.m. or a time convenient to both teams when the fixture is arranged between them. Times of matches in the semi-finals and finals will be advised by the Competitions TAG.
- 8.2 All matches to be confirmed, by the Home team, with the Away team and Umpires at least 10 days prior to match.
- 8.3 If a team is not ready to start a match 15-minutes after the agreed start time, that team will forfeit the match to their opponents. If this rule applies the team claiming the match must advise their opponents of their intentions as soon as their opponents arrive on the pitch.
- 8.4 If insufficient pitch time is booked for the completion of the game, including shoot-outs, then the home team will forfeit the game.
- 8.5 In the event of a draw at the end of full time in any knock-out match a shoot-out competition will take place, as per the Shoot-Out Regulations, unless the Competitions TAG advises otherwise.
- 8.6 If the format of the competition involves teams playing at the same venue, on the same day then the Competitions TAG will advise teams of start times etc. which may be outside those mentioned above.

## 9. Venues

- 9.1 The Competitions TAG will decide the venue for the finals of all competitions and may also decide upon semi-final venues.
- 9.2 All matches must be played on artificial turf pitches.

## 10. Matches – Postponement, Failure to fulfil, Conceding, Abandonment

- 10.1 Postponed – a “stand alone” match may be postponed due to adverse weather conditions. The Home team has the sole right to determine if the pitch is unplayable. The Home team should ascertain from the visiting team the time they intend to depart for the pitch venue and the visitors and umpires should be notified before their departure that the pitch will be unfit due to weather
- 10.2 Postponed – a match may be postponed if adverse weather conditions prevent the away team from travelling.
- 10.3 Postponed – a match may be postponed if a club has 2 or more players involved with a national squad (as stated in 7.3).
- 10.4 Postponed for reasons other than 10.1, 10.2 or 10.3 – any request for postponement must be put in writing, to the Competitions TAG, with a full explanation no less than 10 days before the scheduled match start time (unless there are very exceptional circumstances). The Competitions TAG will determine if the request for postponement has been approved. A request for a postponement may also incur match expenses (see 12.4), Postponements are unlikely to be granted, for such reasons as: players on holiday, weddings, university exams, international rugby weekends and reasons of

personal choice making players unavailable. Any postponed match must normally be played within 14 days as per section 8.

- 10.5 Conceding a match is unacceptable – the offending club must inform Hoci Cymru and their opposition. The offending club will be fined (see 12.5) and may incur match expenses (see 12.4).
- 10.6 Abandonment is the responsibility of the Umpires. If a game is abandoned, with more than 10 minutes remaining, it is to be replayed normally within 14 days. If 10 minutes or less remain, the team with the most goals shall be the winner, if a draw, the game is to be replayed, normally within 14 days. The rearranged fixture should be played within 14 days and the Competitions TAG informed. If clubs are unable to agree a date, the Competitions TAG will fix a date for playing the match. Any club refusing to play on a date fixed by the Competitions TAG shall be deemed to have lost the match.

## 11. Umpires / Officials

- 11.1 Umpires / Officials must be qualified, as per the WHUA / Hoci Cymru current list of active umpires / officials or hold an equivalent qualification from any National Association and be affiliated to WHUA and Hoci Cymru.
- 11.2 The WHUA may appoint umpires to any match and will appoint umpires for the semi-finals and finals of each competition.
- 11.3 Non-arrival of an appointed umpire(s) at the designated time:
- 11.3.1 The start shall be delayed for 10 minutes.  
If the appointed umpire(s) has not arrived at the end of that 10 minutes the following shall apply:
- 11.3.2 The Home team captain shall ascertain, from amongst the spectators, if there is a qualified umpire(s) available who is willing to officiate. That umpire(s) shall then become the “temporary umpire(s)”.
- 11.3.3 If no such umpire is available then the Home team captain, in consultation with the captain of the Away team and the umpire, shall nominate from amongst their playing squads, a qualified umpire(s) to act as “temporary umpire(s)”. A player(s) may be withdrawn from either or both playing squads for this purpose. If a “temporary umpire(s)” has been withdrawn from one playing squad the other team shall withdraw one of its playing squad.  
Note: for the purpose of this regulation both teams shall have an equal number of players on the pitch provided they both have an equal number of players available. If one team has fewer than eleven players available, then that differential must be maintained.
- 11.3.4 In the event of the appointed umpire(s) arriving before the commencement of the 2nd half the appointed umpire(s) will take over the match and the “temporary umpire(s)” and the withdrawn player(s) may re-join the game.
- 11.3.5 If no replacement qualified umpire is available, the match shall be postponed (see 10).

## 12. Expenses / Sanctions

- 12.1 The Home team shall meet the match expenses including the provision of the pitch and match balls.
- 12.2 The Away team to meet its own travelling expenses.
- 12.3 All clubs must contribute towards the cost of any expenses for the appointed Umpires / Officials, the amount and method of collection to be decided by the WHUA.
- 12.4 Failure to fulfil a fixture (10.4, 10.6) clubs will be liable for any expenses incurred by their opponents, umpires and appointed officials.
- 12.5 Fines will be levied as follows:
- 12.5.1 Failure to turn up to an event – £150
- 12.5.2 Conceded – £100
- 12.5.3 Withdraw from any round of any competition – £100

- 12.5.4 Playing of non-affiliated player – £75 plus option to remove the offending club / team from the competition
  - 12.5.5 Non-notification of match result by the due date and time - £50
  - 12.5.6 Non-notification of match sheet by the due date and time - £50
  - 12.5.7 Non-notification of nominated players / squad lists (including incomplete / unreadable lists) by the due date and time – £50
- 12.6 In the case of serious or repeated offences the Competitions 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. Please refer to the Hoci Cymru Disciplinary Policy for further information.

### 13. Match Sheets & Results

- 13.1 Match sheets and results to be submitted as directed by Hoci Cymru.
- 13.2 Failure to comply will incur a fine (see 12.5).

### 14. Eligibility

- 14.1 All players participating in Welsh competitions must comply with the Hoci Cymru Membership Regulations.
- 14.2 Any players who wish to transfer clubs during the season will be cup tied.
- 14.3 Players shall only play, in any of the competitions covered by these regulations, for the club with which they are currently affiliated, with the exception of the Welsh Masters Cup (see 14.4).
- 14.4 Players shall not play in any of the competitions covered by these regulations if, after 1 November in the season of competition they have played in any competition in that season for a club which is not affiliated to Hoci Cymru.  
**NB** Regulations may differ for those clubs competing in this season's EuroHockey competitions.
- 14.5 Players wishing to play in the Welsh Masters Cup are encouraged to play for their own club but may play for other clubs. Welsh club players wishing to play for another club, must have the approval of the club for 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 Hoci Cymru. It is hoped that these players would not be taking the place of a bona fide club member.
- 14.6 English based Welsh International Masters and/or guests may play for any club in the Welsh Masters Cup, but it is hoped they will not be taking the place of a bona fide club member.

## YOUTH NATIONAL COMPETITIONS

### 1. List of Competitions

These Regulations are applicable to all club youth competitions played in Wales. These regulations should be applied at all levels of competition i.e. qualifying and finals.

### 2. Management and Control

2.1 Shall be invested in the Hoci Cymru Competitions Technical Action Group (TAG).

2.2 The Competitions TAG may appoint Coordinators to assist in the organisation of individual competitions.

### 3. Entry

3.1 Any club affiliated with Hoci Cymru may enter.

3.2 Entry form(s) and any entry fees as advised by Hoci Cymru shall be submitted to Hoci Cymru by the designated date on the entry form.

3.3 No team shall automatically qualify for any final.

3.4 Age Groups are determined by the players age on 1 September:

#### 3.4.1 Under 12 and Under 14

3.4.1.1 As of 1 September in the season of the competition

3.4.1.2 Maximum squad size is 10 players

3.4.1.3 Maximum of 7 players on the pitch at any one time, one of which MUST be a fully attired goalkeeper

#### 3.4.2 Under 16 and Under 18

3.4.2.1 As of 1 September in the season of the competition

3.4.2.2 Players must be in Year 9 or above to play in the U18 competitions

3.4.2.3 A maximum of 18 x players may be used by a team, of whom 2 must be goalkeepers wearing full protective equipment. If a team chooses not to include a second goalkeeper in the 18 players, they are limited to using 16 players

3.4.2.4 Maximum of 11 players on the pitch at any one time

### 4. Competition Draw

4.1 All draws will be made at random

4.2 No team shall automatically qualify for any final

4.3 If two teams, from the same club, qualify for the last four places in a competition, they will play each other in the semi-finals

### 5. Format & Placings

5.1 Format of competitions will be determined by the Competitions TAG.

5.2 In round robin competitions points will be awarded as follows:

5.2.1 Three points for a win

5.2.2 One point for a draw

5.3 In the event of teams finishing with an equal number of points at the end of the Pool matches the ranking in the Pools shall be decided using the following criteria:

5.3.1 Goal difference

5.3.2 Highest number of goals for

5.3.3 Winner of the match between the two teams

- If the scores are still tied, a shoot-out competition will be taken (see separate shoot-out regulations)
- A shoot-out competition will only be necessary if it affects progress to the next round or medal winning positions in the national finals

## 6. Rules of Play

5.1 All matches shall be played in accordance with the Rules of Hockey as issued by the FIH, with the following exceptions:

### 5.1.1 Under 12 and Under 14's

5.1.1.1 Matches shall be played across half a hockey pitch

5.1.1.2 A result shall stand if the two teams have a minimum of 5 players each playing the game

5.1.1.3 Penalty corners will be played in U14 competitions. The defending side shall have a goalkeeper and 4 defenders behind their own goal line whilst the remaining players (two) shall go to the "D" at the other end of the pitch. These players must stay there until the ball is injected by the attacking team.

5.1.1.4 A 'challenge' will be played in U12 competitions.

5.1.1.4.1 The umpiring signal for a challenge is the same as for a penalty corner in the Rules of Hockey; i.e. point both arms horizontally towards the attacking goal

5.1.1.4.2 Taking a challenge:

5.1.1.4.2.1 all players on the court other than the player taking the challenge and the goalkeeper defending it must stand in the opposite D.

5.1.1.4.2.2 the player taking the challenge must start from the halfway line.

5.1.1.4.2.3 the goalkeeper defending the challenge must stand with both feet on or behind the goal-line and must not leave the goal-line until the ball has been played.

5.1.1.4.2.4 the player taking the challenge must not take it until the whistle has been blown.

5.1.1.4.2.5 after the attacker has played the ball the defending goalkeeper may move.

5.1.1.4.2.6 after the attacker has played the ball open play resumes and the other players from both teams who were beyond the centreline may re-join play (there is no time limit, and normal play commences when the attacker plays the ball).

5.1.1.5 Penalty Strokes should be taken 5 metres from the goal.

5.1.1.6 Long corners will be taken from an imaginary line approximately 5 metres from the top of the circle. This imaginary line will also be classed as the 23m area and normal rules of hockey shall apply.

5.1.1.7 Aerials are **NOT** permitted and players **MUST NOT** play the ball above shoulder height during open play.

5.1.1.8 Each team **MUST** play with a fully attired goalkeeper at all times.

## 7. Dates of Fixtures

Matches shall be played on the dates designated in the Hoci Cymru Priority Calendar.

## 8. Priority

- 7.1 In the event of a clash, National Hoci Cymru competitions shall take priority over all other hockey.
- 7.2 No postponement in the event of a clash with a re-arranged fixture / tournament will be allowed where the respective Hoci Cymru competition date has been advised in the Priority Calendar as initially published.
- 7.3 Exceptions: Senior, Dreigiau and NAGs activity may have priority, provided that these dates are included in the Priority Calendar as initially published.
- 7.4 No matches are sanctioned by Hoci Cymru during the National Indoor and Outdoor Finals weekend other than the finals of the relative national competitions.
- 7.5 NO hockey should be played on National Cup Finals weekend.

## 9. Times and Arrangements

### 8.1 Under 12 and Under 14

- 8.1.1 National Finals will take place between 2 North Wales teams and 2 South Wales teams – if a region cannot fulfil their allocation of final places, the Competitions TAG may offer any spare place to the other region
- 8.1.2 Matches will be played across half a hockey pitch
- 8.1.3 Match duration will be dependent on the number of teams entered (ideally 10 minutes each way)
- 8.1.4 First named team will start the game and provide the match ball
- 8.1.5 No team shall automatically qualify for any finals

### 8.2 Under 16 and Under 18

- 8.2.1 National Final will be played between the top two teams in Wales
- 8.2.2 Semi-finals will be a round robin format unless two teams from the same club qualify for the last four places when there will be two knock-out semi-finals, with teams from the same club playing each other
- 8.2.3 The number of teams from North and South to go through to the semi-finals will be dependent on the number of entries from each region.
- 8.2.4 Finals will be 4 x 15 minutes quarters unless otherwise advise by Competitions TAG
- 8.2.5 First named team will provide the match ball
- 8.2.6 No team shall automatically qualify for any final

Please note, in accordance with the normal rules of hockey, time **will not** be stopped to re-kit a goalkeeper following a goalkeeper suspension

## 10. Venues

- 9.1 The Competitions TAG will decide the venue for the finals of all competitions and may also decide upon semi-final venues.
- 9.2 All matches must be played on artificial turf pitches.

## 11. Umpires / Officials

- 11.1 Umpires / Officials must be qualified, as per the WHUA / Hoci Cymru current list of active umpires / officials or hold an equivalent qualification from any National Association and be affiliated to WHUA and Hoci Cymru.
- 11.2 The WHUA may appoint umpires to any match and will appoint umpires for the semi-finals and finals of each competition.

## 12 Expenses / Fines

- 12.1 Failure to fulfil a tournament / fixture clubs will be liable for any expenses incurred by their opponents, umpires and appointed officials.
- 12.2 Fines will be levied as follows:
- 12.2.1 Failure to turn up to an event – £150
  - 12.2.2 Conceded – £100
  - 12.2.3 Withdraw from any round of any competition – £100
  - 12.2.4 Playing of non-affiliated player – £75 plus option to remove the offending club / team from the competition
  - 12.2.5 Non-notification of match result by the due date and time - £50
  - 12.2.6 Non-notification of match sheet by the due date and time - £50
  - 12.2.7 Non-notification of nominated players / squad lists (including incomplete / unreadable lists) by the due date and time – £50
- 12.3 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.

## 13 Match Sheets & Results

- 13.1 Match sheets and results to be submitted as directed by Hoci Cymru.
- 13.2 Failure to comply will incur a fine (see 12.5.4 and 12.5.5).

## 14 Eligibility

- 14.1 Age requirements are as follows:
- 14.1.1 Players must be under 12 / under 14 / under 16 or under 18 on 1st September in the season of the competition.
  - 14.1.2 Players must be 13 years old or above to play in the Under 18 competition.
- 14.2 All players participating in Welsh competitions must comply with the Hoci Cymru Membership Regulations.
- 14.3 Any players who wish to transfer clubs during the season will be cup tied.
- 14.4 Teams must be made up solely of same gender players.
- NB** Under 12 teams will be selected according to gender. If a team does not have sufficient players of that gender, a mixed team may be entered in the boys' competition only (maximum of 2 girls), with the prior approval of Hoci Cymru, prior to any qualifying tournament.
- 14.5 Players cannot play for more than one club, in any round of the Hoci Cymru National Competitions, at any age level.
- NB** Exceptions may be granted, on application to Hoci Cymru, for any club with a junior section that cannot offer its players the opportunity to play Senior competitive hockey – any returning player must be able to provide proof of a previous season's junior membership, with said club
- 14.6 Clubs who do not have sufficient players may have up to a maximum of 3 players from one other club to make a maximum of 12 players, having applied to the Hoci Cymru Competitions TAG for permission, a minimum of 1-month prior to the start of the competition
- NB** NAG players, including age trapped NAG players, will not be able to play for other clubs
- 14.7 If by combining, two clubs will have sufficient players for a team, they should apply to the Hoci Cymru Competitions TAG for permission, 1-month prior to the start of the competition.
- 14.8 Players cannot play, in any round, at any age level, if they have played in any competition, in that season, for a club which is not affiliated to Hoci Cymru
- 14.9 No special consideration will be given to Goal Keepers.

- See Appendix 2 for examples of when the above could apply.
- Permission will be declined if it is felt that clubs are asking in order to strengthen their team rather than giving opportunities to more players.
- All applications for permission must be received 1-month prior to the start of the competition
- The Competitions TAG would like clubs to use their own players and would expect all players playing in the final to have represented the club, at some level, over the course of the season. This will be monitored.



## **NATIONAL INDOOR COMPETITION**

### **1. Management and Control**

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

### **2. Entry**

- 2.1 Any club affiliated with Hoci Cymru may enter.
- 2.2 All Clubs and players must pay the current Hoci Cymru affiliation fees, prior to the commencement of competitive hockey fixtures.
- 2.3 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 Hoci Cymru will seek a replacement which will, where possible, be the runner-up in the relevant Welsh competition.
- 2.4 For EuroHockey qualification, all eligible teams must be entered into the championship competition.
- 2.5 A maximum of 12 players may be used by a team.
- 2.6 Players under 13 years of age, on the day of competition, are not eligible to play in Senior Competitions.

### **3. National Indoor Finals Qualification**

- 3.1 The format of Indoor Finals shall be determined by the Competitions TAG
- 3.2 No team can reach a national final without first having played a suitable qualifying tournament e.g. South Wales Indoor League

### **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 TAG (e.g. length of playing / rest periods may be varied)
- 4.2 In the event of Hoci Cymru adopting experimental rules, matches will be played to such rules during their currency. The Championship finals may be played in accordance with the rules pertaining to EuroHockey club competitions for that season.
- 4.3 If there is a clash of colours, the Away / second named team shall change to different colours. This must include shirts and socks.
- 4.4 Shirts must be numbered, letters are not permitted.
- 4.5 All players MUST wear shinpads and it is recommended that all players wear gumshields.

### **5. Dates of Matches**

- Matches shall be played on the dates designated in the Hoci Cymru Priority Calendar.

## 6. Priority

- 6.1 Indoor hockey shall take priority over all other hockey in the months of December and January.
- 6.2 No postponement in the event of a clash with a re-arranged league match will be allowed where the respective Hoci Cymru competition date has been advised in the Priority Calendar as initially published.
- 6.3 Exceptions: Senior, Dreigiau and NAGs activity may have priority, provided that these dates are included in the Priority Calendar as initially published.
- 6.4 No matches are sanctioned by Hoci Cymru during the National Indoor and Outdoor Finals weekends other than the finals of the relative national competitions.
- 6.5 NO hockey should be played on National Indoor Finals weekend

## 7. Venues

- 7.1 The Competitions TAG will decide the venue for the finals of all competitions.

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

- 8.1 There will be no postponements for indoor matches
- 8.2 Conceding a match is unacceptable – the offending club must inform Hoci Cymru and their opposition. The offending club will be fined (see 10.3) and may incur match expenses (see 10.2).
- 8.3 Failure to attend an event which the team has qualified for is unacceptable. The offending club will be fined (see 10.3) and may incur tournament expenses (see 10.2).

## 9. Umpires / Officials

- 9.1 Umpires / Officials must be qualified, as per the WHUA / Hoci Cymru current list of active umpires / officials or hold an equivalent qualification from any National Association and be affiliated to WHUA and Hoci Cymru.
- 9.2 The WHUA will appoint umpires and officials for the National Indoor Finals.

## 10. Expenses / Sanctions

- 10.1 All teams participating are to meet their own travelling expenses.
- 10.2 Clubs entering the final may be required to cover costs of the event including venue hire, umpires and officials' expenses etc.
- 10.3 Fines will be levied as follows:
  - 10.3.1 Failure to turn up to an event – £150
  - 10.3.2 Conceded – £100
  - 10.3.3 Withdraw from any round of any competition – £100
  - 10.3.4 Playing of non-affiliated player – £75 plus option to remove the offending club / team from the competition
  - 10.3.5 Non-notification of match result by the due date and time - £50
  - 10.3.6 Non-notification of match sheet by the due date and time - £50
  - 10.3.7 Non-notification of nominated players / squad lists (including incomplete / unreadable lists) by the due date and time – £50
- 10.4 In the case of serious or repeated offences the Competitions 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. Please refer to the Hoci Cymru Disciplinary Policy for further information.

## 11. Eligibility

- 11.1 All players participating in Welsh competitions must comply with the Hoci Cymru Membership Regulations.
- 11.2 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
- 11.3 Players shall not play in any of the competitions covered by these regulations if, after 1 November in the season of competition they have played in any competition in that season for a club which is not affiliated to Hoci Cymru.  
**NB** Regulations may differ for those clubs competing in this season's EuroHockey competitions.
- 11.4 Players shall not play in any indoor competition 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

## SCHOOL NATIONAL COMPETITIONS

### 1. List of Competitions

These Regulations are applicable to all school competitions played in Wales. These regulations should be applied at all levels of competition i.e. qualifying and finals.

### 2. Management and Control

2.1 Shall be invested in the Hoci Cymru Competitions Technical Action Group (TAG).

2.2 The Competitions TAG may appoint Coordinators to assist in the organisation of individual competitions.

### 3. Entry

3.1 Any school in Wales may enter.

3.2 Entry form(s) and any entry fees as advised by Hoci Cymru shall be submitted to Hoci Cymru by the designated date on the entry form.

3.3 No team shall automatically qualify for any final.

3.4 Age Groups are determined by the players age on 1 September:

#### 3.4.3 Under 12 and Under 14

3.4.3.1 U12 – All players must be in school year 7

U14 – All players must be in school year 9 and below

3.4.3.2 Maximum squad size is 10 players

3.4.3.3 Maximum of 7 players on the pitch at any one time, one of which MUST be a fully attired goalkeeper

#### 3.4.4 Under 16 and Under 18

3.4.4.1 U16 – All players must be in school year 11 and below

U18 – All players must be in school year 9 or above to play in the U18 competitions

3.4.4.2 A maximum of 18 x players may be used by a team, of whom 2 must be goalkeepers wearing full protective equipment. If a team chooses not to include a second goalkeeper in the 18 players, they are limited to using 16 players

3.4.4.3 Maximum of 11 players on the pitch at any one time

### 4. Competition Draw

4.1 All draws will be made at random

4.2 No team shall automatically qualify for any final

4.3 If two teams, from the same school, qualify for the semi finals, they will play each other in the semi-finals. Only one team can progress through to national finals.

4.4 The number of teams progressing through from regional finals will be dependant on the number of entries in each region.

### 5. Format & Placings

5.1 Format of competitions will be determined by the Competitions TAG.

5.2 The School County Associations will be responsible for coordinating the organisation of the preliminary / county rounds in their area, in accordance with these regulations.

5.3 In round robin competitions points will be awarded as follows:

5.3.1 Three points for a win

5.3.2 One point for a draw

5.4 In the event of teams finishing with an equal number of points at the end of the Pool matches the ranking in the Pools shall be decided using the following criteria:

5.3.4 Goal difference

5.3.5 Highest number of goals for

5.3.6 Winner of the match between the two teams

- If the scores are still tied, a shoot-out competition will be taken (see separate shoot-out regulations)
- A shoot-out competition will only be necessary if it affects progress to the next round or medal winning positions in the national finals

## 6. Rules of Play

6.1 All matches shall be played in accordance with the Rules of Hockey as issued by the FIH, with the following exceptions:

6.1.1 Under 12 and Under 14's

6.1.1.1 Matches shall be played across half a hockey pitch

6.1.1.2 A result shall stand if the two teams have a minimum of 5 players each playing the game

6.1.1.3 Penalty corners will be played in U14 competitions. The defending side shall have a goalkeeper and 4 defenders behind their own goal line whilst the remaining players (two) shall go to the "D" at the other end of the pitch. These players must stay there until the ball is injected by the attacking team.

6.1.1.4 A 'challenge' will be played in U12 competitions.

6.1.1.4.1 The umpiring signal for a challenge is the same as for a penalty corner in the Rules of Hockey; i.e. point both arms horizontally towards the attacking goal

6.1.1.4.2 Taking a challenge:

6.1.1.4.2.1 all players on the court other than the player taking the challenge and the goalkeeper defending it must stand in the opposite D.

6.1.1.4.2.2 the player taking the challenge must start from the halfway line.

6.1.1.4.2.3 the goalkeeper defending the challenge must stand with both feet on or behind the goal-line and must not leave the goal-line until the ball has been played.

6.1.1.4.2.4 the player taking the challenge must not take it until the whistle has been blown.

6.1.1.4.2.5 after the attacker has played the ball the defending goalkeeper may move.

6.1.1.4.2.6 after the attacker has played the ball open play resumes and the other players from both teams who were beyond the centreline may re-join play (there is no time limit, and normal play commences when the attacker plays the ball).

6.1.1.5 Penalty Strokes should be taken 5 metres from the goal.

6.1.1.6 Long corners will be taken from an imaginary line approximately 5 metres from the top of the circle. This imaginary line will also be classed as the 23m area and normal rules of hockey shall apply.

6.1.1.7 Aerials are **NOT** permitted and players **MUST NOT** play the ball above shoulder height during open play.

6.1.1.8 Each team **MUST** play with a fully attired goalkeeper at all times.

## 7. Dates of Fixtures

Matches shall be played on the dates designated in the Hoci Cymru Priority Calendar.

## 8. Times and Arrangements

### 8.1 Under 12 and Under 14

- 8.1.1 National Finals will take place between 8 x teams and the regional allocation will be dependant on the number of entries
- 8.1.2 Matches will be played across half a hockey pitch
- 8.1.3 Match duration will be dependent on the number of teams entered (ideally 10 minutes each way)
- 8.1.4 First named team will start the game and provide the match ball
- 8.1.5 No team shall automatically qualify for any finals

### 8.3 Under 16 and Under 18

- 8.3.1 National Final will be played between the top 8 x teams in Wales
- 8.3.2 The number of teams from North and South to go through to the semi-finals will be dependent on the number of entries from each region.
- 8.3.3 Finals will be 4 x 15 minutes quarters unless otherwise advise by Competitions TAG
- 8.3.4 First named team will provide the match ball
- 8.3.5 No team shall automatically qualify for any final

Please note, in accordance with the normal rules of hockey, time **will not** be stopped to re-kit a goalkeeper following a goalkeeper suspension

## 9. Venues

- 9.1 The Competitions TAG will decide the venue for the finals of all competitions and may also decide upon semi-final venues.
- 9.2 All matches must be played on artificial turf pitches.

## 10. Umpires / Officials

- 10.1 Hoci Cymru will look to appoint umpires to national finals, but teachers may also be required to umpire if appointments cannot be made.

## 11. Expenses / Fines

- 11.1 Failure to fulfil a tournament / fixture clubs will be liable for any expenses incurred by their opponents, umpires and appointed officials.
- 11.2 Fines will be levied as follows:
  - 11.2.1 Failure to turn up to an event – £150
  - 11.2.2 Conceded – £100
  - 11.2.3 Withdraw from any round of any competition – £100
  - 11.2.4 Playing of non-affiliated player – £75 plus option to remove the offending club / team from the competition
  - 11.2.5 Non-notification of match result by the due date and time - £50
  - 11.2.6 Non-notification of match sheet by the due date and time - £50
  - 11.2.7 Non-notification of nominated players / squad lists (including incomplete / unreadable lists) by the due date and time – £50

11.3 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.

## 12. Eligibility

- a. Please refer to the age requirements stated in point 3.
- b. Teams must be made up solely of same gender players.  
**NB** Under 12 teams will be selected according to gender. If a team does not have sufficient players of that gender, a mixed team may be entered in the boys' competition only (maximum of 2 girls), with the prior approval of Hoci Cymru, prior to any qualifying tournament.

### **SHOOT-OUT COMPETITION (11-A-SIDE)**

*From FIH General Tournament Regulations (Outdoor Competitions)  
August 2024*

In a shoot-out competition, five 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 should take place as soon as possible after the end of the match but no later than five (5) minutes after the end of regulation playing time.
2. The respective Team Managers provide five 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 their suspension has not been completed at the end of the match.
4. The 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 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 has been excluded permanently (red card) during the match which leads to the shoot-out competition are permitted to enter the field of play on the half-way line.
8. The goalkeeper / defending player of the team taking a shoot-out shall wait on the back-line outside the circle.
9. A player taking or defending a shoot-out may enter the 23m area 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. Five players from each team take a shoot-out alternately against the goalkeeper / defending player of the other team making a total of 10 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 on the nearest 23m line opposite the centre of the goal;
  - 12.3 an attacker stands outside the 23m area near the ball;
  - 12.4 the Umpire starts the shootout either;
    - o by blowing the whistle, or
    - o by signaling to the Technical Table that they can sound an automatic whistle that is linked to the stadium PA system which simultaneously starts the 8 second clock
  - 12.5 an official at the technical table starts the clock;
13. the attacker and the goalkeeper / defending player may then move in any direction;
14. the shoot-out is completed when:
  - 14.1 8 seconds has elapsed since the starting signal;
  - 14.2 a goal is scored;
  - 14.3 the attacker commits an offence;
  - 14.4 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;
  - 14.5 the goalkeeper / defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
  - 14.6 the ball goes out of play over the backline or side-line; this includes the goalkeeper / defending player intentionally playing the ball over the backline.
15. 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 these regulations.
16. The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.
17. A player may be suspended by a yellow or red card but not by a green card during the shoot-out competition.
18. If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
  - 18.1 that player takes no further part in that shoot-out competition and, unless a goalkeeper / defending player, cannot be replaced;
  - 18.2 the replacement for a suspended goalkeeper / defending player can only come from the five players of that team nominated to take part in the shoot-out competition:
    - 18.2.1 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;
    - 18.2.2 for taking their own shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
  - 18.3 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.
19. If during a shoot-out competition, a defending goalkeeper / defending player is incapacitated:
  - 19.1 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;

- 19.2 the replacement goalkeeper:
- 19.2.1 is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing;
  - 19.2.2 if this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
20. 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.
21. Any replaced player (defender or attacker) takes no further part in the shoot-out competition.
22. If an equal number of goals are scored after each team has taken five shoot-outs:
- 22.1 a second series of five shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;
  - 22.2 the sequence in which the attackers take the shoot-outs need not be the same as in the first series;
  - 22.3 the team whose player took the first shoot-out in a series defends the first shoot-out of the next series;
  - 22.4 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, not necessarily being all five shoot-outs, that team is the winner.
23. If an equal number of goals are scored after a second series of five shoot-outs, additional series of shoot-outs are taken with the same players subject to the conditions specified in this Appendix:
- 23.1 the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
  - 23.2 the team which starts each shoot-out series alternates for each series.
24. Unless varied by the above regulations, the Rules of Hockey apply during a shoot-out.

### **SHOOT-OUT COMPETITION (INDOOR)**

*From FIH Tournament Regulations: Indoor Competitions – Aug 2024*

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 should take place as soon as possible after the end of the match but no later than four (4) minutes after the end of regulation playing time.
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 shout-out competition even if the period of their suspension has not been completed at the end of the match.
4. The 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 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 completion takes place or has been excluded permanently (red card) during the match which leads to the shoot-out completion 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 shall wait 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 backline or side-boards; this includes the goalkeeper / defending player intentionally playing the ball over the backline.
    - 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 these regulations.
  
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 the 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 their 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 their 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 these regulations;
  - 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 these regulations:
  - 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 these regulations, the Rules of Indoor Hockey apply during a shoot-out.

### SHOOT-OUT COMPETITION (7-A-SIDE)

*Adapted for mini hockey from FIH General Tournament Regulations (Outdoor Competitions)  
August 2024*

In a shoot-out competition, three players from each team take a one-on-one shoot-out alternately against a goalkeeper 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 should take place as soon as possible after the end of the match but no later than three (3) minutes after the end of regulation playing time.
2. The respective Team Managers provide the names / numbers of three players to take and one player to defend the shoot-outs. No substitutions / replacements are permitted during the shoot-out competition other than as specified below.
3. The Technical Delegate will specify the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.
4. The Technical Delegate will specify the goal to be used.
5. Prior to the shoot-outs, the Technical Delegate will place a marker, approximately 5 metres from the top of the circle, to indicate the place from which all shoot-outs will start.
6. A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.
7. Only the players involved in the shoot-out, together with one adult (Coach or Manager) are permitted to enter the field of play – they must be in the “D” at the other end of the pitch.
8. The goalkeeper of the team taking a shoot-out shall wait on the backline outside the circle.
9. Three players from each team take a shoot-out alternately against the goalkeeper of the other team making a total of 6 shoot-outs.
10. Taking a shoot-out:
  - 10.1 the goalkeeper starts on or behind the goal-line between the goal posts;
  - 10.2 the ball is placed on the marker (see point 5);
  - 10.3 an attacker stands behind the marker, near the ball;
  - 10.4 the Umpire blows the whistle to start time;
  - 10.5 an official starts the clock (see point 3);
  - 10.6 the attacker and the goalkeeper may then move in any direction;
  - 10.7 the shoot-out is completed when:
    - 10.7.1 8 seconds has elapsed since the starting signal;
    - 10.7.2 a goal is scored;
    - 10.7.3 the attacker commits an offence;
    - 10.7.4 the goalkeeper commits an offence inside or outside the circle in which case in which case a penalty stroke is awarded and taken;
    - 10.7.5 the ball goes out of play over the backline or side-line; this includes the goalkeeper intentionally playing the ball over the backline.

11. If a penalty stroke is awarded as specified above, it can be taken and defended by any member of the team.
12. The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.
13. A player may be suspended by a yellow or red card but not by a green card during the shoot-out competition.
14. If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
  - 14.1 that player takes no further part in that shoot-out competition and, unless a goalkeeper, cannot be replaced;
  - 14.2 the replacement for a suspended goalkeeper can only come from the three players of that team nominated to take part in the shoot-out competition:
    - 14.2.1 the replacement goalkeeper is allowed reasonable time to put on protective equipment;
    - 14.2.2 for taking their own shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
  - 14.3 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.
15. If during a shoot-out competition, a defending goalkeeper is incapacitated:
  - 15.1 that goalkeeper may be replaced by another player from the team, except as excluded in this Appendix or unless suspended by an Umpire during the shoot-out competition;
  - 15.2 the replacement goalkeeper:
    - 15.2.1 is allowed reasonable time to put on protective equipment;
    - 15.2.2 if this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
16. If during a shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from the team, except as excluded above or unless suspended by an Umpire during the shoot-out competition.
17. Any replaced player (defender or attacker) takes no further part in the shoot-out competition.
18. If an equal number of goals are scored after each team has taken three shoot-outs:
  - 18.1 a second series of three shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;
  - 18.2 the sequence in which the attackers take the shoot-outs need not be the same as in the first series;
  - 18.3 the team whose player took the first shoot-out in a series defends the first shoot-out of the next series;
  - 18.4 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, not necessarily being all three shoot-outs, that team is the winner.
19. If an equal number of goals are scored after a second series of three shoot-outs, additional series of shoot-outs are taken with the same players subject to the conditions specified in this Appendix:
  - 19.1 the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
  - 19.2 the team which starts each shoot-out series alternates for each series.
20. Unless varied by this Appendix, the Rules of Hockey apply during a shoot-out.

If a Penalty Stroke is awarded it should be taken 5 metres from the goal

**SHOOT-OUT COMPETITION (MORE THAN 2-TEAMS)**

1. 5 x shoot-outs for 11-a-side, 3 x shoot-outs for 7-a-side
2. If two teams are level on points take a series of shoot-outs each, followed by Sudden Death shoot-outs, if necessary.
3. If more than two teams are involved, then each team will play a shoot-out competition against the other teams in the same sequence of play as the order of play in the competition but with one series of shoot-outs only to be taken by each team (no sudden death shoot-outs).
4. Each team must complete all their shoot-outs irrespective of their opponents' total.
5. Award points for the shoot-out competition (which is why you need to complete all the shoot-outs)!
6. If still unable to determine who will qualify (for the semi-finals), repeat the competition – involving same players, but team who took the first shoot-out will now defend the first shoot-out.
7. If only two teams involved, take a series of shoot-outs each, followed by Sudden Death shoot-outs.
8. If more than two teams involved just take one series of shoot-outs – no Sudden Death.
9. Keep repeating until you have a winner



## Appendix 1 – Senior Competition Eligibility



# COMPETITION ELIGIBILITY 2024/2025

## MEN'S TROPHY

**WEST MEN'S WEST**  
Division 2 / Grade 3

**BRIDGEND 1**

**CARDIFF & MET 3**

**CARDIFF MEDICS 1**

**CARDIFF UNI 2**

**GWENT 1**

**SWANSEA 2**

**NORTH WEST MEN'S**  
Division 2 / Grade 3 / Tier 6

**EIRIAS 1**

**NORTH WEST MEN'S (SOUTH)**  
Division 3 / Grade 3 / Tier 7

**NORTHOP HALL 1**

**WEST MEN'S DE CYMRU**  
Division 1 / Grade 4

**BRIDGEND 2**

**CAERPHILLY & RCT 1**

**CARDIFF & MET 4**

**CARDIFF UNI 3**

**CARMARTHEN  
ATHLETIC 1**

**GWENT 3**

**NEATH 1**

**PEMBROKESHIRE 1**

**PENARTH 2**

**SWANSEA 3**

**SWANSEA 4**

**SWANSEA 5**

# COMPETITION ELIGIBILITY 2024/2025

## MEN'S TROPHY CONT.

**WEST MEN'S BRIDGE**  
Division 1 / Grade 4

**CARDIFF & MET 5**

**GWENT 2**

**WHITCHURCH 3**

**WHITCHURCH 4**

**NORTH WEST MEN'S (WEST)**  
Division 4 / Grade 4 / Tier 8

**BANGOR UNI 1**

**EIRIAS 2**

**DENBIGH 1**

**NORTH WEST MEN'S (WEST)**  
South Division 5 / Grade 4 / Tier 9

**BANGOR CITY 1**

**EIRIAS 3**

**NORTHOP HALL 2**

**RHYL & DISTRICT 1**

**WREXHAM 1**



# COMPETITION ELIGIBILITY 2024/2025

## MEN'S CHALLENGE

<b>WEST MEN'S DE CYMRU</b> Division 2 / Grade 5	<b>ABERGAVENNY 1</b>	<b>ABER UNI 1</b>	<b>BRIDGEND 3</b>	<b>CAERPHILLY &amp; RCT 2</b>
	<b>CARMARTHEN ATHLETIC 2</b>	<b>NEWCASTLE EMLYN</b>	<b>FISHGUARD &amp; GOODWICK 1</b>	<b>NEATH 2</b>
	<b>PENARTH 3</b>	<b>SWANSEA 6</b>		
<b>WEST MEN'S BRIDGE</b> Division 2 / Grade 5	<b>CARDIFF &amp; MET 6</b>	<b>CARDIFF MEDICS 2</b>	<b>CARDIFF UNI 4</b>	<b>GWENT 4</b>
	<b>WHITCHURCH 5</b>	<b>WHITCHURCH 6</b>		
<b>NORTH WEST MEN'S (WEST)</b> South Division 6 / Grade 5 / Tier 10	<b>DENBIGH 2</b>	<b>DENBIGH DEV.</b>	<b>NORTHOP HALL DEV.</b>	<b>WREXHAM DEV.</b>

# COMPETITION ELIGIBILITY 2024/2025

## WOMEN'S CHAMPIONSHIP

**WOMEN'S HOCKEY LEAGUE**  
Conference West / Grade 1

**SWANSEA 1**

**WEST HOCKEY LEAGUE**  
Premier Division / Grade 2

**CARDIFF & MET 1**

**CARDIFF UNI 1**

**PENARTH 1**

**SWANSEA 2**

**SOUTH WALES WOMEN**  
Premier 1

**CARDIFF & MET 2**

**CARDIFF & MET 3**

**GWENT 1**

**GWENT 2**

**HOWARDIAN 1**

**HOWARDIAN 2**

**LLANDYSUL 1**

**PENARTH 2**

**WHIT SAINTS 1**

**WHIT SAINTS 2**

**SOUTH WALES WOMEN**  
Premier 2

**CARDIFF UNI 2**

**CARMARTHEN 1**

**GOWERTON 1**

**CARDIFF MEDICS 1**

**NEWCASTLE EMLYN 1**

**PEMBROKESHIRE 1**

**RHONDDA 1**

**SWANSEA 3**

**WHIT SAINTS 3**

# COMPETITION ELIGIBILITY 2024/2025

WOMEN'S TROPHY				
<b>SOUTH WALES WOMEN</b> Division 1	BRIDGEND 1	CARDIFF UNI 3	CARDIFF UNI 4	CYMRIC 1
	DOWLAIS 1	CARDIFF MEDICS 2	MILFORD HAVEN 1	PENARTH 3
	PRESTEIGNE 1	RADNOR 1		
<b>SOUTH WALES WOMEN</b> Division 2	ABERGAVENNY 1	BRECON 1	CARDIFF & MET 4	CARDIFF UNI 5
	CHEPSTOW & CALDICOT 1	GWENT 3	LLANYBYDDER 1	RISCA 1
	WHIT SAINTS 4			
<b>SOUTH WALES WOMEN</b> Division 3	CARDIFF UNI 6	CARMARTHEN 2	COWBRIDGE 1	CWMTAWE 1
	HOWARDIAN 3	PENARTH 4	RHONDDA 2	SUE NOAKE 1
	SWANSEA 4			



# COMPETITION ELIGIBILITY 2024/2025

## WOMEN'S TROPHY CONT.

<b>NORTH WEST (SOUTH)</b> Division 2 / Grade 3 / Tier 6	<b>NORTHOP HALL 1</b>	<b>WREXHAM 1</b>		
<b>NORTH WEST (WEST)</b> Division 3 / Grade 4 / Tier 7	<b>EIRIAS 1</b>			
<b>NORTH WEST (WEST)</b> Division 4 / Grade 4 / Tier 8	<b>BANGOR CITY 1</b>	<b>EIRIAS 2</b>	<b>NORTHOP HALL 2</b>	<b>RHYL &amp; DISTRICT 1</b>
<b>NORTH WALES WOMEN</b> Division 1	<b>BANGOR CITY 2</b>	<b>CAERNARFON 1</b>	<b>DYSYNNI 1</b>	<b>LLANFAIR CAEREINION 1</b>
	<b>PWLLHELI 1</b>	<b>RUTHIN 1</b>	<b>WELSHPOOL 1</b>	<b>BALA 1</b>

# COMPETITION ELIGIBILITY 2024/2025

## WOMEN'S CHALLENGE

<b>SOUTH WALES WOMEN</b> Division 4	<b>BRIDGEND 2</b>	<b>CARDIFF &amp; MET 5</b>	<b>CARON 1</b>	<b>FISHGUARD &amp; GOODWICK 1</b>
	<b>GWENT 4</b>	<b>LLAN VALLEYS 1</b>	<b>CARDIFF MEDICS 3</b>	<b>PEMBROKESHIRE 2</b>
	<b>WHIT SAINTS 5</b>			
<b>SOUTH WALES WOMEN</b> Division 5	<b>ABER UNI 1</b>	<b>BRIDGEDN 3</b>	<b>GOWERTON 2</b>	<b>GWERNYFED 1</b>
	<b>MILFORD HAVEN 2</b>	<b>RHONDDA 3</b>	<b>RISCA 2</b>	<b>TEIGROD TYWI</b>
	<b>WHIT SAINTS 6</b>			
<b>NORTH WEST (WEST)</b> South Grade 5 / Tier 9)	<b>BANGOR UNI 1</b>	<b>BUCKLEY 1</b>	<b>EIRIAS DEV.</b>	<b>DENBIGH 1</b>
	<b>NORTHOP HALL DEV.</b>	<b>WREXHAM 2</b>		



# COMPETITION ELIGIBILITY 2024/2025



## Appendix 2 – Youth Competition Eligibility

	<i>Scenario</i>	<i>Result</i>	<i>Rationale</i>
<b>1</b>	<i>Club A has 5 players, Club B has 7 players – clubs approach Hoci Cymru for permission to join together.</i>	<i>Merger accepted for that competition only.</i>	<i>By joining together clubs it enables players to participate in the competition.</i>
<b>2</b>	<i>Club A has 10 players, Club B does not enter youth competitions at that level but has several players in that age group. Both clubs approach Hoci Cymru for permission to use 3 players from club B.</i>	<i>Accepted</i>	<i>Club A has insufficient players to put their own team in but by adding the three from club B allows all to participate.</i>
<b>3</b>	<i>Club A has 5 players, Club B has 7 players – clubs approach Hoci Cymru for permission to join together. They then approach Hoci Cymru to ask for permission to use 2 extra players from club C.</i>	<i>Denied</i>	<i>Only two teams are permitted to join together. Other players are signposted to another club.</i>
<b>4</b>	<i>Club A has 20 players, Club B has 2 players. Player X from Club B requests to join Club A</i>	<i>Denied</i>	<i>By player X joining club A they will be stopping an existing player from club A playing. Player X signposted to a different club.</i>
<b>5</b>	<i>Club A has 20 players but claim not to have a goalkeeper, club B does not enter youth competition but has a goalkeeper of the right age.</i>	<i>Denied</i>	<i>Same principle as example 4</i>
<b>6</b>	<i>Player A, who is 14, plays for Club X in U16 competition Club Y asks permission for Player A to play for them in U18 competition</i>	<i>Denied</i>	<i>Players cannot play for more than one club in any round of the Hoci Cymru Cup at any age level</i>

**Further Information**

For further information about any aspect of the HC Competition Regulations, please contact:

Hoci Cymru  
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Cardiff  
CF11 9SW

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