HAMPSHIRE HOCKEY ASSOCIATION CUP REGULATIONS 2023/24

1 These Regulations are based on the EH Adult Championships Regulations for the current season.

*2 Organisation*

2.1 The Competitions will be organized by the Hampshire Hockey Association (HHA), acting through the Adult Cups Secretary (ACS) who can be contacted at [hampshirecup@southcentral.hockey](mailto:hampshirecup@southcentral.hockey)

2.2 Each Club shall advise the ACS of their Cups Liaison Officer, through whom all contact will be made.

2.3 Teams shall enter the relevant competition for their Grade of Adult League competition as follows:

Men Cup Grades 1 and 2 (EHL and Premier)

Plate Grade 3 (Regional 1-3)

Trophy Grade 4 (Regional 4-5)

Vase Grade 5 (Sub-Area)

Ladies Cup Grades 1 and 2 (EHL and Premier)

Trophy Grade 3 (Regional)

Vase Grades 4 and 5 (Sub-Area)

2.4 The ACS shall make the draw for each competition. The first named team in each match shall be designated the home team, unless the away team shall have already played 2 away games in the competition, in which case they may apply to the ACS to have the fixture reversed.

2.5 All Finals will take place at Hampshire Day on Monday 6 May 2024, which will be hosted by Basingstoke HC at Down Grange. Further details of the event will be forwarded when participating clubs are known.

2.6 Matches will consist of 2 halves of 35 minutes with a half-time interval of a maximum of 10 minutes.

2.7 In the event of a draw at the completion of normal time, a shoot-out competition will be played in accordance with Appendix 1 to decide which team shall progress to the next round.

*3 Umpires*

Umpire appointments will be made by South Central Area Officiating Committee to matches in which one of the teams normally receives league appointments. Home teams should request appointments from David Boyle and confirm date, time and venue to him. For matches to which SCO do not appoint,

each team shall provide its own umpire, who shall be a registered member of England Hockey Officiating, and be at least Level 1 Assessed.

*4 Players*

4.1 Players must be registered with their club to play adult league hockey and shall not have played a league match for another club in the current season unless they have transferred clubs.

4.2 Players must be aged 13 or above on the day of the match.

4.3 Selection on any date must be in line with the Fair Selection Policy set out at Appendix 2.

*5 Matches*

5.1 Match details should be agreed with the away team, , and confirmed by email to the ACS at least 14 days in advance of the match in order for details to be posted on GMS.

5.2 Matches should be played on spare league dates available to both teams (but subject to EH Cup commitments and re-arranged league games taking precedence), on Sundays or on midweek evenings (subject to appropriate lighting), prior to and including the following dates:

Round 1 28 January

Quarter Finals 7 April

Semi Finals 21 April

5.3 Hospitality should be offered to away teams and umpires. Away teams should confirm to the home team by 2000 on the Wednesday prior to the game if they do not require hospitality.

5.4 Team sheets shall be uploaded to GMS no less than 1 hour before a match start time.

5.5 Results shall be posted on GMS by 2000 on the day of the match, and confirmed by email to the ACS.

5.6 Match sheets shall be posted on GMS by 2000 on the day following the match.

*6 Breach of Regulations*

6.1 The ACS may impose suitable penalties for breach of these Regulations.

6.2 The ACS shall act on all matters not covered by the rules.

6.3 There shall be a right of appeal to HHA Council against any such decision of the ACS within 14 days of notification of such decision and upon deposit of £100, which may be returned in whole or in part at the discretion of the Council.

**APPENDIX 1 – SHOOT-OUT COMPETITION**

In a shoot-out competition, five 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 within four (4) minutes of 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 Umpires (or Official where appointed) 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 temporarily suspended (green or 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 Umpires (or Official where appointed) will specify the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.

5. The Umpires (or Official where appointed) 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 outside the 23m area used for the shoot-out but must be at least 10 metres from the spot where the ball is placed at the start of the shoot-out.

8. The goalkeeper 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 of the other team making a total of 10 shoot-outs.

12. Taking a shoot-out:

a) the goalkeeper starts on or behind the goal-line between the goal posts; the ball is placed on the nearest 23m line opposite the centre of the goal;

b) an attacker stands outside the 23m area near the ball;

c) an Umpire blows the whistle to start time;

d) an Umpire (or Official where appointed) starts the clock;

e) the attacker and the goalkeeper may then move in any direction;

f) the shoot-out is completed when:

i) 8 seconds has elapsed since the starting signal;

ii) a goal is scored;

iii) the attacker commits an offence;

iv) the goalkeeper 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;

v) the goalkeeper commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;

vi) the ball goes out of play over the back-line or side-line; this includes the goalkeeper intentionally playing the ball over the back-line.

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 17, 18 and 19 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 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:

a) that player takes no further part in that shoot-out competition and, unless a goalkeeper, cannot be replaced;

b) the replacement for a suspended goalkeeper can only come from the five players of that team nominated to take part in the shoot-out competition. The replacement goalkeeper is allowed reasonable time to put on protective equipment similar to that which the goalkeeper they are replacing was wearing.

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.

c) 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 is incapacitated:

a) that goalkeeper 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;

b) the replacement goalkeeper is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper was wearing. 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 five shoot-outs:

a) a second series of five shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;

b) the sequence in which the attackers take the shoot-outs need not be the same as in the first series;

1. c) the team whose player took the first shoot-out in a series defends the first shoot-out of the next series;
   * 1. d) 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.
2. 20. 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:
3. a) the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
4. b) the team which starts each shoot-out series alternates for each series.
5. 21. Unless varied by these regulations, the Rules of Hockey apply during a shoot-out.

**APPENDIX 2 – FAIR SELECTION POLICY**

1. Players shall not represent more than one club in any one season in any of the Hampshire Cups.

2. Players who have played for another club in an outdoor Adult league match during the same season shall only be eligible if they have transferred clubs on GMS and are eligible to play for the new club in a league game.

3. Players who have played for another club during the same season in any other country affiliated to FIH shall only be eligible if they have genuinely changed clubs during this period and severed all links with their previous club.

4. Players who have played for a club in any of the Hampshire Cups and then subsequently play for a different club in an outdoor Adult league match are deemed to have changed clubs. Such a player may not subsequently play for their previous club in the Hampshire Cups.

5. No player may play in more than one Hampshire Cup match in a weekend.

6. Players representing a team in the Hampshire Cups must have represented the same team or a lower team in an Adult league match within the same season.

7. Any player participating in the Final of a Hampshire Cup must have played for that team in an earlier round.

8. Scenarios in which exemption from the above rules could be applied for to the ACS include:

* Player returning from injury.
* Player who has not played for a number of weeks.
* Emergency issue.