

National Indoor Competition – Season 2020
Finals Day: Sunday 2ndFeb, The Kingfisher, Nuig, Galway
Competition Rules/Tournament Regulations

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1. RULES OF THE COMPETITION

1.1 The tournament shall be conducted in accordance with the Rules of Indoor Hockey and the Regulations of the F.I.H.

1.2 These Tournament Regulations are available on the website

1.3 The competition will consist of a Final Day. The teams participating in the Finals Day will be determined from provincial Qualifying Tournament(s) organised by the Provincial boards.

2. PARTICIPANTS

2.1 Participation is limited to the provincial qualifiers.

2.2 The winners of each competition will represent Ireland in the next season's European competition. The winners must also confirm acceptance of this & be aware of the consequences of not playing / pulling out.

3. TOURNAMENT OFFICIALS

3.1 The IHUA will appoint the umpires but technical officers etc are appointed by Linda Ingram's TO committee

4. ENTRY FORMS

4.1 Entry forms must be received from the participating teams by the TD and HI Indoor Working Group by Monday 27th January, in advance of the commencement of the competition.

4.2 The entry must comprise:

- the names of the players for the team wishing to take part in the competition
- the name of the team manager
- the name of a stand-in team manager not being the team coach, who will take over the duties and responsibilities of the team manager if the latter is incapacitated or suspended
- the name(s) of the team coach, team physiotherapist and team medical doctor, if present and wishing to be authorised to sit on the team bench
- details as to primary and alternate colours of field players clothing and goalkeeper shirts

5. TEAM CLOTHING/EQUIPMENT AND COLOURS

5.1 Each team must wear the colours of its club (either primary or alternate) as specified on the entry form.

5.2 If, in the opinion of the Technical officials/Umpires the colours of two opposing teams might lead to confusion, one of the teams must change colours. The team required to change colours will be determined by the Technical officials.

5.3 Goalkeepers must wear a shirt of a colour different from that of their own team and that of their opponents.

5.4 Each field player's number must appear in filled (not outlined) distinctive figure(s)

5.5 Each goalkeeper's number must appear in filled (not outlined) distinctive figure(s)

5.6 All players must be uniformly and neatly dressed at all times during a match.

6. COMPOSITION OF A TEAM

6.1 Each participating team must forward their team sheet to the HI Indoor Working Group.

6.2 A player may play for only one team in the competition.

6.3 A player may play for an indoor team other than the club for which he is registered outdoors. Teams though are only allowed 2 x guest players. A guest player can only play for 1 x club in a season, and if is based overseas- they cannot participate if they have played in another European qualification event.

6.4 Each team must have a captain, on the field of play or on the team bench during amatch, who is responsible for the behaviour of the team players on the field of playand who must wear a distinctive arm band or ribbon. Upon suspension of thecaptain, a team player on the field of play or on the team bench must take over thearm band or ribbon.

7. PREPARATION OF HALL

7.1 If the HI Indoor Working Group so determine, the first two named teams on the day, shall be responsible for pitch preparation, including positioning of goal posts, side boards and team benches. The team captains or managers of the first two named teams shall report to the Tournament Director 15 minutes in advance of commencement of play to confirm that the pitch has been adequately prepared for the competition.

7.2 If the HI Indoor Working Group so determine, the last two named teams on the days match programme shall be responsible for the removal and storage of goal posts, side boards and team benches.

8. ADMISSION TO THE FIELD OF PLAY - SUBSTITUTIONS, etc.

8.1 Team benches shall be situated near, and on the same side of the field of play as the technical officials' table.

8.2 Only up to six players of each team and the umpires may be on the field of playduring a match. The team officials need the permission of the umpires to enter thefield of play. This rule is obligatory even in the event of a player or an umpirebecoming incapacitated.

8.3 The team coach may not enter the field of play at any time under any circumstances.

8.4 Substitution of players during the match must be in accordance with thecorresponding Rules of Indoor Hockey. Theteam manager of the players concerned is responsible for the proper application ofthe procedure.

8.5 The team officials and substitute players registered on the entry form, up to amaximum of nine persons, plus the team medical doctor, if registered, must remainseated on the team bench during regulation time, including time stoppages, unless the Technical Officer on duty or

umpire(s) direct otherwise or when following substitution procedures. The team manager, who is responsible for the conduct of all persons occupying the bench, must be present on the bench during the match and occupy the seat nearest to the technical officials' table.

8.6 Vocal communication by team officials and/or players on the team bench must not in any way be directed at the technical officials seated at the table, the umpires and/or the players of the opposing team. The Technical Officer on duty, after warning a team manager of acts of misconduct by a person or persons on that team bench is empowered, should misconduct continue, to order that person or persons involved going and staying in the team changing room for the remainder of the match. Further disciplinary action may be taken by the Tournament Director after the match, depending upon the circumstances.

8.7 No incapacity treatment is allowed on the field of play.

(a) If a player becomes incapacitated on the field of play, one of the umpires may stop the match and assess whether or not the player requires attention from the team bench.

(b) The umpire may authorise the registered team medical doctor and/or physio or sports therapist, or, if a team does not have such registered officials, the on-duty doctor and/or team manager to enter the field of play - without material for treatment - to assist and remove the player concerned as soon as it is safe to do so. The umpire may also authorise, if necessary, the stretcher bearers to enter the field of play.

8.8 If a player sustains an injury which causes bleeding then that player must leave the field of play as soon as possible and must not re-enter until the bleeding has ceased and the wound is adequately covered. Blood stained clothing must be replaced and equipment cleaned before re-entry to the field of play.

8.9 If blood staining to the field of play occurs then immediate cleaning must take place by rubbing with a cloth soaked in an 80% alcohol solution. During this operation there must be a time stoppage of play.

8.10 Goalkeepers must wear protective headgear at all times during a match, including when defending a penalty stroke. When required to take a penalty stroke, then the protective headgear may be removed.

9. DURATION OF MATCHES

9.1 A match shall consist of a regulation time of four periods of not more than ten (10) minutes each, separated by an interval of one (1) minute between quarters 1 and 2, and 3 and 4, and a 2 minute HT.

9.2 If the score at the end of the regulation time is a draw, then a shoot out competition shall be played to establish an outright winner of the match. See Appendix at bottom, re shoot out rules

10. INTERRUPTIONS OF A MATCH

If a match is interrupted by the umpires (e.g. because of bad playing conditions, failure of hall lighting, etc.), that match must be resumed as soon as possible.

10.1 The match must be completed up to the agreed regulation full time, the score on the resumption being that at the time the interruption took place.

11. TIME-KEEPING

11.1 Timekeeping will be controlled by the technical officials on duty whose responsibility it will be to signal the end of the periods of regulation time and, if necessary, extra time, at Quarter time, half time and full time. However, in the case of an extension of any period of regulation time to permit the completion of a penalty corner, the umpires will signal the end of that period.

11.2 The umpires must blow a whistle to start or re-start the match; they must also signal to the technical officials on duty every stoppage they may order and the subsequent re-start.

11.3 At the request of the Tournament Officials, participating clubs may be asked to supply an individual or individuals during the course of the tournament to fulfil the role of technical official or umpire.

12. PROTESTS

12.1 No protest can be lodged from a field of play decision made by the umpires

13. DOPE TESTING

13.1 All dope tests will be carried out strictly in accordance with the I.O.C. Anti-Doping Code (1999 and as further amended and updated) and the F.I.H. Doping Policy 2000 (and as further amended and updated).

13.2 Matches may be subject to dope testing as the IHA Indoor Working Group may direct. Team managers will be advised prior to the commencement of the indoor season of the details of any dope testing procedure.

13.3 Any player (Nos. 1-32) may be subjected to a dope test after a selected match even if that player has remained on the team bench throughout that match. A player may be subjected to more than one dope test during the finals.

13.4 A positive test or a refusal to submit to a test will render the player concerned and the player's team and officials subject to the disciplinary provisions as to sanctions and penalties, and the procedures and rights as stated in the F.I.H. Doping Policy.

14. UNFORESEEN EVENTS

If circumstances arise which are not provided for in these Regulations, they will be determined by the Tournament officials after consulting the appointed representative(s) of the HI Indoor Working Group, if any.

APPENDIX

SHOOT-OUT COMPETITION

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 shootouts 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 shootout 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: a the goalkeeper / defending player starts on or behind the goal-line between the goal posts; b the ball is placed 3 metres outside the circle opposite the centre of the goal; FIH Tournament Regulations: Indoor Competitions – November 2017 Page 29 c an attacker stands behind but near the ball; d the Umpire blows the whistle to start time; e an official starts the clock; f the attacker and the goalkeeper / defending

player may then move in any direction; g the shoot-out is completed when: i 6 seconds has elapsed since the starting signal; ii a goal is scored; iii the attacker commits an offence; iv 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; v the goalkeeper / defending player 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-boards; this includes the goalkeeper / defending player intentionally playing the ball over the back-line; vii 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: a that player takes no further part in that shoot-out competition and, unless a goalkeeper / defending player, cannot be replaced; b 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: i 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; ii 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. 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 / defending player is incapacitated: a that goalkeeper / defending player may be replaced by another player from among the players FIH Tournament Regulations: Indoor Competitions – November 2017 Page 30 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: i is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing; ii 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: a a second series of 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; c the team whose player took the first shoot-out in a series defends the first shoot-out of the next series; 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, 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: a the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series; b the team which starts each shoot-out series alternates for each series.