

# Student Sport Ireland

## Mixed Hockey

### League

#### 2023-2024



## RULES & REGULATIONS

### 1. Standard Rules

The Student Sport Ireland Mixed League shall be run under Hockey Ireland Rules. Regulations 2 through 8 (below) shall also apply and where any conflicts arise, the regulations below shall supersede all others.

### 2. Divisions

SSI, in consultation with Hockey Ireland, shall run the SSI Mixed Hockey League over two groups, based primarily on the location of the teams potentially involved, to minimise travel costs, as follows -

### 3. Teams

**3.1** Teams shall consist of 11 players, maximum 5 outfielders can be male (Goalkeeper can be either sex)

**3.2** Each Team shall appoint a fixtures secretary.

Fixtures Secretary's Role:

- Act as primary contact between their teams, opposition teams and the SSI office
- Booking appropriate pitch times (see 6.1)
- Confirm all fixture dates, times and venue with opposition teams and SSI office within designated time period (see 4.2)
- Take responsibility for correctly completing match cards and returning to SSI office within 5 working days (see 4.3)
- Maintaining contact with SSI office throughout academic year

**3.3** Institutions are permitted to enter multiple teams into the league. However, due to the localised nature of the groups, please note that additional teams will most likely be playing in the same group as a club's first team.

### 4. Matches & Scoring

**4.1** Matches shall consist of 4 quarters of 15 minutes, an interval of 2 minutes between quarter 1 and 2 and between quarter 3 and 4 and a half time interval of five minutes between quarter 2 and 3. Matches will be run under FIH rules ([Hockey Rules](#)).

#### **4.2 SSI Mixed Hockey game specific rules**

- First shot on short corners must hit the back board (Including drag flicks).
- For knock out stages of the competition, a maximum of 3 male players may participate in a Penalty shootout per team.
- All other Rules of Hockey stay the same as per the FIH rulebook.

# RULES & REGULATIONS

(CONTINUED)

**4.3** The SSI office shall set the fixture list for the duration of the league. A week-long period will be allocated for each fixture or set of fixtures to be played, however Wednesday afternoon / evening shall be set as the provisional day during each allocated week for each fixture to be preferably played. The home team is responsible for the confirmation of the fixture with the away team(s), be it on the allocated Wednesday or another day during that same week. Once finalised and agreed between each team, the date, time and venue shall be emailed to the SSI office and cc'd to the away team(s) by the home team. The deadline for confirming the aforementioned information shall be 2pm on the Wednesday of the week prior to the fixture.

## **4.4 Score Sheets**

Prior to each match, the team captain shall enter their team on an official score sheet and exchange it with the opposing captain. Following hosting a league round each hosting captain is responsible for returning all score sheets to the SSI office within 5 working days. It is the responsibility of the home team captain to ensure that the score sheets are correct and are returned.

## **4.5 Substitution**

In the event of a player not arriving on time or a player being injured, a substitute may be introduced provided that they have been registered. Players may substitute up from lower teams but only twice over the course of the league. If a player subs up three times it will be taken that they can now only play on the higher standard team.

## **4.6 Scoring**

- Win → 3 points
- Draw → 1 point
- Loss → 0 points
- Withdraw → 1 point is deducted for any team that withdraws from a fixture
- Walkover → 3 points awarded to the non-offending team for a walkover

**4.7** In the event of a tie at the end of the league, group winners and runners up will be decided by (a) goal scored difference (b) wins for (c) the result of the game between the two teams during the league fixtures.

## **4.8 Umpires**

Both the home and away team must supply one umpire each for games during the league and semi-final stages of the competition. SSI will contact Hockey Ireland to provide two umpires for the final if possible.

## **5. Eligibility**

**5.1** All registered players must satisfy SSI's Eligibility Guidelines for Domestic Competitions, which may change from time to time as per SSI regulations. The Eligibility Guidelines document is available for download from SSI's website at [www.studentsport.ie](http://www.studentsport.ie). All players must also be aware of and compliant with all rules and regulations of Hockey Ireland.

**5.2** A student must be fully registered and hold a student card for the institution with which they are internally registered. All players must carry their student card with them to all fixtures.

**5.3** No "year of grace" shall exist in the SSI Mixed Hockey League.

5.4 A student must be 18 years or older to compete in Student Sport Ireland national third level sports competitions on the island of Ireland.

## 6. Equipment & Facilities

6.1 The following minimum pitch time MUST be booked by the host team for a fixture:

- 6.1.1 A pitch must be booked for a minimum of two hours to allow for warm up, match time and cool down.
- 6.1.2 Failure to book the minimum prescribed above will result in the home team forfeiting any games not completed should the match not be finished.

6.2 The host team is responsible for ensuring that correct equipment is used as per the FIH's guidelines. All pitches must be properly marked out with a net, fixed posts.

6.3 Recognised sportswear must be worn – college colours are especially encouraged.

## 7. Rescheduling of Fixtures

7.1 Any team wishing to withdraw from a fixture shall (save in truly exceptional circumstances) inform the opposition and SSI office by email and phone at least one week prior to the date of the fixture. Any necessary rescheduling of this fixture shall be undertaken by the SSI office if the teams involved can't agree to a rescheduled date between themselves. Rescheduled dates must not interfere with league fixtures already in place.

7.2 If less than one week's notice is given the said team will forfeit the match and be deducted 1 point. The non-offending team shall be awarded a walkover and 3 points. If this happens more than once during the league the offending team may be removed from the competition and may not be allowed to enter the league the following year.

## 8. Enforcement of Rules & Regulations

8.1 SSI shall have the power to enforce all regulations concerning this competition and to decide for any matters not provided for in the rules. No organiser may be involved in decisions concerning their own college.

## 9 Appeals Procedure

9.1 Appeals must be submitted via email by the college Sports Officer to the SSI Hon. Secretary copying the SSI office by 5pm the day after the fixture was played or a decision communicated.

9.2 Please follow this link to refer to the [SSI Appeals Procedure](#).

9.3 The Hon. Secretary has the authority to dismiss an appeal received within one week of a scheduled knock out match if s/he is of the view that the appeal may result in the match not proceeding as scheduled.