National Indoor Hockey Finals
Competition Rules/Tournament Regulations (updated Oct 2026)

1. RULES OF THE COMPETITION

1.1 The tournament shall be conducted in accordance with the FIH Rules of Indoor Hockey unless varied by this document the FIH Rules of Indoor Hockey apply

1.2 These Tournament Regulations are available on the website. www.hockey.ie

1.3 The competition will consist of
- a Super 6 Event and
- b. A Finals Day

2. PARTICIPANTS

2.1 Participation in the Super 6 event and, by extension, the National Finals, will be via the provincial qualifiers organised by the Provincial branches. The top four teams from the men's and women's Super 6 events will proceed to the Indoor Finals. This will be reviewed annually by the Hockey Ireland Indoor SG.

2.2 The winners of the men's and women's finals will represent Ireland in the following season's EuroHockey competitions. (The winners will be required to confirm their commitment to participate in the relevant EuroHockey event as failure to do so will result in penalties for Hockey Ireland.)

2.3 Participating teams will be required to pay a fee for the National Indoor competitions which will be determined by the Competitions Working Group. This will be communicated by 01st December each year (note this is being amended in January 2025).

2.4 All clubs must be in good standing (financial and governance) with Hockey Ireland. Clubs who are not in good standing will not be permitted entry to Hockey Ireland competitions. Clubs (players and management must agree to abide by the Hockey Ireland Code of Conduct and Safeguarding Policy and be familiar with the Hockey Ireland Disciplinary Regulations which are available on the Hockey Ireland website under Competitions)

3. TOURNAMENT OFFICIALS

3.1 Umpires will be appointed by the Irish Hockey Umpires Association (IHUA) and Technical Officials will be appointed by the Hockey Ireland Technical Officials Group. In the event that neither umpires or officials are appointed, teams will be required to provide umpires and officials. Should this happen, the Hockey Ireland Indoor Committee will advise as soon as possible.

4. ENTRY FORMS

4.1 Entry forms must be sent to competitions@hockey.ie at least five days in advance of the commencement of the competition. Note all participants (players, managers and coaches) must have a valid and current Hockey Ireland Membership Number. Checks will be carried out on the membership numbers and anyone found not to have a valid number, will be excluded from participation. If, following the competition, a player is found to have played without a current membership number, it will be deemed that the team played an ineligible player, and the relevant penalties will be applied.

4.2 All players must be identified by their respective playing shirts numbered within the range 1–99 which must remain the same throughout the competition.

4.3 The entry must comprise:

- the names and current Hockey Ireland membership numbers for all the squad. Note there is no limit to the number of people listed on the squad but a maximum of twelve (12) can be listed on the Competition Team Sheet.
- **the squad must be listed in numerical order.**
- the name and Hockey Ireland membership number of the Team Manager
- the name and Hockey Ireland membership number 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) and Hockey Ireland membership numbers of the Team Coach, Assistant Coach, Team Physiotherapist* and Team Medical Doctor*, if present and wishing to be authorised to sit on the team bench (*note: medical doctors do not have to provide Hockey Ireland membership*)
- 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 Tournament Delegate or the person with responsibility for the event.

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)

- Be not less than 16cm and not more than 20cm in height on the back of the players shirt
- Be not less than 7cm and not more than 9cm in height on the front of the player's shorts/skort at thigh level.

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

- Be not less than 16cm and not more than 20cm in height on the back of the goalkeeper's shirt
- Be not less than 7cm and not more than 20cm in height on the front of the goalkeeper's shirt

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

5.7 When warming up during a match, substitutes must wear bibs or some other form of clothing in a colour different to both teams

5.8 Field players must

a. Wear shin guards inside the socks and below the knee at all times during a match
b. Wear any form of body protection (including leg protection) underneath normal playing clothing; knee pads may be worn outside the socks, provided that the colour of the knee pads is the same as the colour of the socs or black
c. Not wear any additional protective equipment related to medical reasons or similar as specified in the Rules of Hockey unless approved by FIH
d. Not use or be equipped with any devise to receive communication

5.9 Permanent jewellery or any jewellery that cannot be easily removed can be used but must be adequately covered or taped.

6. COMPOSITION OF A TEAM

6.1 A maximum of 12 players may be used by a team in a match

6.2 All teams will use the Hockey Ireland Gameday system for match cards.

6.2 A player can only play for one (1) indoor club each season within Hockey Ireland competitions. Should a player participate in a competition (league or cup) in another jurisdiction after 01st December each season, they will not be eligible to participate in the Hockey Ireland Indoor Competitions.

6.3 A player must have a valid and current Hockey Ireland membership number (HIMN)

6.4 A player may play for an indoor team other than the club for which he/she is a registered outdoor member of and only if he/she has written clearance from that outdoor club secretary and their *guest player* status has been approved by the relevant Provincial Indoor Committee.

Note 1- *A player can only guest for another club if their Outdoor club has given them permission to play for the said club for Indoor hockey*

Note 2 *- A guest player can only play for one (1) indoor club in a season within Ireland, and if based overseas- they cannot participate if they have played in another European indoor qualification event or played for another Indoor team after the 1st of December. A No Objection Certification (NOC) will be required from overseas based players*
***** Teams are allowed a total of 2 guest players in the final 12*****

Note 3 – *A guest player must have participated in at least one round of the provincial qualifiers to be able to play in the HI Super 6 or Final 4 events*.

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

6.6 A player nominated to start the match who becomes incapacitated during warm-up or practice may be replaced by a player whose name appears on the Team Entry Form. The Team Manager must notify the Technical Official on duty or person with responsibility for the event accordingly

7. PREPARATION OF HALL

7.1 If the Hockey Ireland Indoor Committee so determines, the first two named teams on the day shall be responsible for pitch preparation, including positioning of goal posts, sideboards and

team benches. The team captains or managers of the first two named teams shall report to the Tournament Delegate or person with responsibility for the event 15 minutes in advance of commencement of play to confirm that the pitch has been adequately prepared for the competition

7.2 If the Hockey Ireland Indoor Committee again so determines, the last two named teams on the day's match programme shall be responsible for the removal and storage of goal posts, sideboards and team benches

8. ADMISSION TO THE FIELD OF PLAY / SUBSTITUTIONS

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 play during a match. The team officials need the permission of the umpires to enter the field of play. This rule is obligatory even in the event of a player or an umpire becoming 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 the corresponding Rules of Indoor Hockey. The Team Manager of the players concerned is responsible for the proper application of the procedure

8.5 The team officials and substitute players registered on the entry form, up to a maximum of nine persons, plus the team medical doctor, if registered, must remain seated on the team bench during regulation time, including time stoppages, unless the Technical Official 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 Official 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 Delegate after the match, depending upon the circumstances

Coaching, shouting, and any other loud verbal communication to players during the match are permitted only from the team bench areas and are prohibited from all other locations, including but not limited to, video towers, seating areas, and open areas behind the goals or around the Field of Play. Coaches' boxes

***or other designated seating for coaches, if provided and identified at the Pre-Event Briefing Meeting, which are made available solely to ensure seating for selected coaching staff with an unobstructed view of the Field of Play from a vantage point suitable for observing play for coaching purposes. Communication with the bench area by radio, mobile phone, or other electronic means is permitted*.**

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 the player requires attention from the team bench

(b) The umpire may authorise the registered team medical doctor and/physio, 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 materials 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. 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 3-minute Half Time. Any changes to this will be communicated by the Hockey Ireland Indoor Committee prior to the commencement of the competition. The Technical Official will have the authority to make amendments on the day should the need arise due to unforeseen circumstances

9.2 If the score at the end of the regulation time is a draw, the shoot-out competition shall be played to establish an outright winner of the match. See *Appendix A* for the Shoot-Out Rules

10. Point Scoring System

Where there is a league format (e.g. Super 6 Event) the point scoring will be as follows:

- Three Points for a win
- One Point for a draw

- Zero Points for a loss

10.1 In each pool, teams will be ranked according to the number of points each has accumulated in the competition

10.2 If at the end of the pool matches two or more teams have the same number of points for any place in a pool, these teams will be ranked according to their respective number of matches won

10.3 If there remains equality among two or more teams, then these teams will be ranked according to their respective goal difference (which means “goals for” less “goals against”). A positive goal difference always takes precedence over a negative one

10.4 If there still remains equality among two or more teams, these teams will be ranked according to their respective number of “goals for”

10.5 Should there still remain equality among two teams, then the result of the match played between those teams will determine the ranking of the tied teams

10.6 If there still remains equality among two or more teams, then these teams will be ranked according to the number of Field Goals scored in the pool matches

10.7 Should there still remain equality among two teams, the ranking will be determined by a shoot-out competition between those teams

11. INTERRUPTIONS OF A MATCH

11.1 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

11.2 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

12. TIME-KEEPING

12.1 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, at quarter time, half time full time and extra 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

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

12.3 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

13. GREEN CARD – ONE MINUTE SUSPENSION

For any offence, the offending player may be temporarily suspended for one minute of playing time (indicated by a green card)

a. For the duration of each temporary suspension, the offending team plays with one fewer player
b. If a field player receives a green card, the Umpires stop the match (but not necessarily the time) to issue the card; if time has been stopped, the Umpires restart it immediately after issuing the card
c. If a goalkeeper receives a green card, the Umpires stop the time and re-start it immediately after that player has left the field of play
d. The offending player leaves the field immediately; if he/she interferes with play on their way to the designated suspension area the Umpire may further penalise the player in accordance with the Rules of Indoor Hockey
e. The one-minute temporary suspension starts when the player is seated in the designated area
f. Timing of the suspension is controlled by a Technical Official on duty
g. The offending player is permitted to resume play when the Technical Official on duty indicates that the period of suspension has been completed
h. If the offending player is a goalkeeper, the Technical Official on duty notifies the Umpires when the period of suspension has been completed; the Umpires stop the time at the next stoppage of play to enable that player to resume play

14. YELLOW CARD – TEMPORARY SUSPENSION

For any offence, the offending player may be temporarily suspended for a minimum of 2 minutes of playing time (indicated by a yellow card)

a. The duration of temporary suspension is indicated to the Technical Official on duty by the Umpire who issues the yellow card
b. For the duration of each temporary suspension, the offending team plays with one fewer player
c. If a field player receives a yellow card, the Umpires stop the match (but not necessarily the time) to issue the card; if time has been stopped, the Umpires restart it immediately after issuing the card
d. If a goalkeeper receives a yellow card, the Umpires stop the time and re-start it immediately after that player has left the field of play

e. The offending player leaves the field immediately; if he / she interferes with play on their way to the designated suspension area the Umpire may further penalise the player in accordance with the Rules of Indoor Hockey
f. The temporary suspension commences when the player is seated in the designated area
g. Timing of the suspension is controlled by a Technical Official on duty
h. The offending player is permitted to resume play when the Technical Official on duty indicates that the period of suspension has been completed
i. If the offending player is a goalkeeper, the Technical Official on duty notifies the Umpires when the period of suspension has been completed; the Umpires stop the time at the next stoppage of play to enable that player to resume play

15. MATCH REPORT FORMS

15.1 At the end of a match, a Match Report is produced at the technical table. This is a summary of the match showing the names of all players, team officials and technical officials nominated for the match and the key match statistics, including the result

15.2 Within five minutes of the end of the match, the Team Manager of each participating team must sign the Match Report, even if a protest is contemplated

15.3 The match officials must also sign the Match Report once both Team Managers have done so

16. PROTESTS

16.1 If a team wishes to lodge a protest at the end of a match or at the end of a stand-alone shoot-out competition the Team Manager must:

a. declare the intention to do so immediately in writing directly below her / his signature when signing the Match Report or shoot-out competition form;
b. produce in addition in writing the grounds of the protest and must hand that document to the Technical Official on duty within 30 (thirty) minutes of the completion of the match or Shoot-out Competition;
c. deposit in addition two hundred and fifty Euros (€250) with the written protest.

16.2 If a protest is made, the Technical Official on duty must immediately notify the Technical Director.

16.3 Notwithstanding the provisions of this Regulation, a protest from a decision of an umpire or a technical official during a match or shoot-out competition may not be made to or considered by the Technical Delegate

16.4 A team may protest to the Technical Delegate about any other decision of the Technical Delegate under this Regulation or application of these Regulations, other than Regulation

16.5. If a Protest is to be made the Team Manager must:

a. produce, in writing, the grounds of the protest and must hand that document to the Technical Delegate within thirty (30) minutes of the publication or other communication on which the protest is based; deposit two hundred and fifty Euros (€250) with the written protest.

16.6 The Technical Delegate must make a decision and publish it within two hours from the submission of a protest, save for protests relating to the nationality or age of a player where further time is required in order to properly investigate the protest (in which case the Technical Delegate must make a decision and publish it as soon as reasonably possible); if possible, the Technical Delegate should also orally notify the decision to the Team Manager concerned immediately after making the decision

16.7 The Team Manager must make arrangements with the Technical Delegate so that (s)he is available to receive the decision from the Technical Delegate

16.8 Failure to comply with any part of this Regulation will result in dismissal of the protest

16.9 The deposit may be refunded in whole or in part if the protest is allowed, at the discretion of the Hockey Ireland Indoor Committee, who will consider the matter at an appropriate time after the match or the event

16.10 If a team involved in a protest wishes to appeal the decision of the Technical Delegate resulting from any protest under these Regulations, the Team Manager(s) must give written notice to the Technical Delegate within sixty (60) minutes after the Technical Delegate's decision is published. If no such appeal is lodged, the decision of the Technical Delegate is final

16.11 If an appeal is lodged, the Technical Delegate must immediately inform the Hockey Ireland Indoor Committee, if present

17. BAD WEATHER PROCEDURES

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 Hockey Ireland Indoor Committee. This includes making decisions relating to extreme weather conditions that may affect travel to and from an event.

18. Discipline

The Hockey Ireland Disciplinary Regulations can be found on the Hockey Ireland website.

APPENDIX A

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 Officials 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 Technical Officials will specify the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.

5 The Technical Officials 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 Officials 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;
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 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.