



## **SEASON 2011/12 CUP COMPETITIONS FORMAT**

### **MEN'S KNOCK OUT CUP**

1. All matches shall be played in accordance with the GHLBG League & Cup Competition Rules as adopted by the League & Cup Competitions Committee.
2. The format will be a straight KO competition starting at the Quarter Finals stage. The teams entering the competition and the draw will be announced by the Fixtures Secretary and will consist of teams from Men's League Division 1 and Men's League Division 2.
3. The 4 winners of the Quarter Finals stage will go onto the Semi Finals and Final.
4. The 4 losers will go into a Men's Knock Out Cup Plate starting at the Quarter Finals stage, where they will be joined by teams from Men's League Division 2 not entered into the main draw. The teams entering the Men's Knock Out Cup Plate and the draw will be announced by the Fixtures Secretary. These teams will then play to the Semi Finals and Final.
5. Fixtures can only be rescheduled with a minimum of fourteen (14) days notice prior to the published match date and only in exceptional special circumstances at the discretion of the Fixtures Secretary.
6. If both Teams are unable to field a side the match will be declared cancelled and shall be rearranged and replayed.
7. The first named Team shall be the Home Team and shall provide a new match-grade dimpled hockey ball to the Umpires prior to the start of the match.
8. It is the responsibility of both Team captains to ensure that their respective Team Sheets are correctly completed listing all the players and substitutes for that match and are handed to the Umpires prior to the Start Time of a match. No amendments to the Team Sheets shall be permitted once the match has started. Any players not listed on the Team Sheets will not be allowed to take part in the match.
9. The second named Team shall be the Away Team and shall change shirts in the event of a colour clash in accordance with section 5.12 of the GHLBG League & Cup Competitions Rules.



10. A player will be cup tied, that is ineligible to play for any other Team in that Cup competition, after playing one (1) match for a Team in that Cup Competition (section 2.15 of the GHLBG League & Cup Competitions Rules).
11. Any players registered for any of their Member Hockey Clubs' Team's in Division 2 are allowed to play in Cup competitions for any of their Member Hockey Clubs' Team's playing in Division 1 unless they are cup tied (see section 2.15 of the GHLBG League & Cup Competitions Rules).
12. If a match is a draw at the end of regulation time, a period of extra-time shall be played to determine the winner. After a rest period of five minutes, the Umpires shall toss a coin with the captains of each Team and the winner will have the choice of ends or possession of the ball to re-start the match. Extra-time shall consist of two halves of 7 ½ minutes each in between which Teams shall change ends, without a rest period.
13. If the match is still a draw at the end of the extra-time, a penalty stroke competition shall be played to establish the winner.

### **LADIES DIVISION CUP**

1. All matches shall be played in accordance with the GHLBG League & Cup Competition Rules as adopted by the League & Cup Competitions Committee.
2. A round robin of full matches will be played throughout the season. Each team will play each other once. Fixtures can only be rescheduled with a minimum of fourteen (14) days notice prior to the published match date and only in exceptional special circumstances at the discretion of the Fixtures Secretary.
3. If both Teams are unable to field a side the match will be declared cancelled and shall be rearranged and replayed.
4. Points will be awarded for each match as set out in section 5.7 of the GHLBG League & Cup Competition Rules (i.e. Win - 3 points, Draw - 1 point, Loss - 0 points).
5. The first named Team shall be the Home Team and shall provide a new match-grade dimpled hockey ball to the Umpires prior to the start of the match.
6. It is the responsibility of both Team captains to ensure that their respective Team Sheets are correctly completed listing all the players and substitutes



- for that match and are handed to the Umpires prior to the Start Time of a match. No amendments to the Team Sheets shall be permitted once the match has started. Any players not listed on the Team Sheets will not be allowed to take part in the match.
7. The second named Team shall be the Away Team and shall change shirts in the event of a colour clash in accordance with section 5.12 of the GHLBG League & Cup Competition Rules.
  8. A player will be cup tied, that is ineligible to play for any other Team in that Cup competition, after playing one (1) match for a Team in that Cup Competition (section 2.15 of the GHLBG League & Cup Competitions Rules).
  9. If any Team fails to field a side for a fixture, a 3-0 result will be awarded to the opposing Team. Fixtures can only be rescheduled with a minimum of fourteen (14) days notice prior to the published match date and only in exceptional special circumstances at the discretion of the Fixtures Secretary.
  10. The Teams placed first and second overall after each Team has played each other Team once shall play in the Knockout Cup Final. If two Teams are on equal points in first place they shall play in the final.
  11. If one Team is the overall winner but two Teams have the same number of points in second place the winner shall go through to the final and the second finalist shall be determined as follows:
    - a. The team with the biggest goal difference ('goals for' less 'goals against') shall go through to the final
    - b. If there is still equality then the team with the most number of 'goals for' shall go through to the final
    - c. If there is still equality a Penalty Stroke Competition shall determine the second finalist.
  12. In the final, if the match is a draw at the end of regulation time, a period of extra-time shall be played to determine the winner. After a rest period of five minutes, the Umpires shall toss a coin with the captains of each Team and the winner will have the choice of ends or possession of the ball to re-start the match. Extra-time shall consist of two halves of 7 ½ minutes each in between which Teams shall change ends, without a rest period.
  13. If the match is still a draw at the end of the extra-time, a penalty stroke competition shall be played to establish the winner.



## **PENALTY STROKE COMPETITION**

1. Five (5) players from each of the two Teams, chosen from the players listed on the team sheets, except as excluded hereunder, shall take a penalty stroke alternately against one and the same defending goalkeeper of the other Team unless the latter has been incapacitated and replaced, making a total of ten (10) penalty strokes, five (5) for each Team. The players must take the penalty strokes in the same sequence as the list of five players nominated prior to the start of the penalty stroke competition.
2. No player who has been permanently suspended (i.e. red card) by the Umpires during the match, shall to take part in the penalty stroke competition.
3. If during the penalty stroke competition a player (either a stroke taker or a defending goalkeeper) is suspended, then that player shall take no further part in that penalty stroke competition and, unless a defending goalkeeper, cannot be replaced. If a stroke taker, any stroke the player should have been entitled to take will be counted as no goal. If a defending goalkeeper, the replacement may only be from one of the nominated stroke takers. The player replacing the defending goalkeeper may continue to take penalty strokes but, when required to defend penalty strokes, must wear protective headgear. This player may also wear other approved protective equipment.
4. The Umpires shall choose the goal to be used and shall toss a coin with the Team captains, the winner having the choice to take or defend the first penalty stroke. The Team having scored or been awarded the highest number of goals shall be the winner and the competition will cease once an outright winner has been established.
5. In the event of an equal number of goals having been scored or awarded, a second series of penalty strokes shall be started with the same players, subject to incapacitated defending goalkeeper(s) being replaced, and shall cease after a Team shall have scored or been awarded one more goal than the opposing team after an equal number of strokes (no minimum, no maximum) have been taken by each Team. That Team shall be the winner of the second series.
6. The sequence of stroke takers for the second series penalty strokes does not need to be the same as in the previous series and the Team has the choice at the time of each stroke as to which of the nominated players shall take the stroke. In this second (unlimited) series, all five nominated players shall take a stroke before any of them are eligible to take a further stroke.



7. The Team whose player has taken the first penalty stroke of the first series (see section 1 above) must defend the first penalty stroke of the second (unlimited) series.
8. Only the defending goalkeepers and nominated stroke takers may enter the field of play during a penalty stroke competition. These persons will remain outside the 23 meters area unless a player is authorised by an Umpire to take or defend a penalty stroke.

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