



TALENT ACADEMY CUP – REGULATIONS 2026

1. PRINCIPLES

- a. The Talent Academy Cup provides competitive matches for both boys and girls teams against other Talent Academy squads throughout England to provide 24 teams within each gender.
- b. The Talent Academy Cup is for the end of cycle competition and forms a part of a player's ongoing development where the highest potential players from across all Talent Academies perform in a safe environment.
- c. Coaches from within each Talent Academy are encouraged to seek support and guidance from England Hockey's Lead Coaches on selection and the process used to make vigorous and transparent decisions

2. TALENT ACADEMY CUP FORMAT

- a. Both the boys' and girls' event will run concurrently 24-26 July 2026
- b. Pitches will be located at Nottingham Hockey Centre and the University of Nottingham
- c. Each team will play 3 matches – one per day
- d. Each gender will have 6 pools of 4 teams and will play 3 matches against teams of "equal" ranking based on TA Conference table positions.
- e. A ceremony will take place to celebrate the Talent Academy who has accumulated the most points from both genders combined.

3. MATCH RULES

- a. The Rules of Hockey (January 2022) shall be those in effect with the variations as follows: -
- b. Match times are four 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 7 minutes between quarter 2 and 3, with the time being stopped for penalty corners.
- c. When an initial penalty corner is awarded, the timing of the match shall be stopped for **UP TO 40 seconds**, before allowing the penalty corner to commence. The engaged Umpire shall manage the 40 seconds and advise teams when it approaches zero. After 40 seconds (**or earlier if the defenders are ready**) the Umpire will re-start play by blowing the whistle, and the ball shall be injected immediately or very shortly thereafter.
- d. Re award preparations = Time will be stopped but teams should take as little time as possible to take their positions for the taking of re awarded penalty corner.

- e. Time will not be stopped after the award of a goal
- f. Players are expected to play close to equal minutes within their playing sides. The minutes played should be recorded and made available upon request to the England Hockey Talent Team or Tournament Director
- g. At the conclusion of all matches a shoot-out will take place in line with Talent Academy Cup regulations (see Appendix 1) and are different to that of the Rules of Hockey (January 2022) to allow maximum exposure for the teams involving five field players to take the shoot-out, and both teams' GKs will defend each shoot-out alternately.
- h. At the end of normal match times subject to the score Teams shall be awarded 3 points for a win, 1 point for a draw, 0 points for a loss with the winning team of the shootout receiving an additional bonus point.
- i. In the event of teams being equal on points at the end of the competition final pool positions shall be determined by each of the following factors, in the order shown:
 - i. Highest goal difference
 - ii. Highest number of goals scored
 - iii. Highest number of matches won
 - iv. Highest number of bonus points

4. TOURNAMENT DIRECTOR

- a. A Tournament Director shall be appointed by the EH Technical Appointments Panel. The TD is empowered to interpret and apply these regulations at his/her discretion (in consultation with the EH Event Lead and the Junior Talent Development Manager. The TD is empowered to suspend any player or official for one or more matches for misconduct on or off the field of play during the Competition.
- b. If a team wishes to lodge a protest at the end of the match, or at the end of shoot-out competition, the Team Manager must: -
 - i. Declare the intention to do so immediately in writing below his / her signature when signing the Match Sheet or Shoot-out Competition Form
 - ii. Provide written grounds for the protest to the Match Official on duty within 15 minutes of the end of the match or shoot-out competition.
- c. The Tournament Director will consider any protest (in consultation with the EH Event Lead or Junior Talent Development Manager), the outcome of such a protest will be given verbally and in writing to both teams involved within one hour of receipt. The Team Manager must make arrangements with the TD to be available to receive the decision.
- d. Failure by a team to comply with this procedure will result in the dismissal of the protest.
- e. For the avoidance of any doubt, there can be no protest made against any umpiring decision, including the award of any disciplinary cards.
- f. The Tournament Director shall be entitled to request such video, written or oral evidence as he/she considers necessary to make any decision.

5. OFFICIALS

- a. Umpires will be appointed by NPUA (National Programme Umpiring Association) including those from NYUP (National Young Umpires Programme) and eight Areas within England's Youth programme
- b. Match officials will be appointed to manage matches, liaise with team managers and record match data as each game is in progress.
- c. Results of matches will be uploaded onto Altius (TMS) after each match has been played by England Hockey event staff.

6. TEAM ENTRIES AND ELIGIBILITY

- a. Each Talent Academy must enter its teams into Altius by the designated date set by England Hockey Competitions Department (EHCD) – 17 JULY 2026
- b. Talent Academies may enter one team per gender.
- c. Each team will be made up of 18 players (up to 16 outfield players and minimum 2 goalkeepers). Squads should be made up of the following profile:-

2026 TA Cup						
Maximum 18 players profiled as below (inc. min. 2 GK - 1 U16 & 1 U18)						
	School yr	Eligible DoB		No. Players	Age (this season)	EAG (next season)
Group 3	13	9/1/2007	8/31/2008	Max. 3	17-18	U21
	12	9/1/2008	12/31/2008		16-17	U21
Group 2	12	1/1/2009	8/31/2009	Min. 2	16	U18
	11	9/1/2009	8/31/2010	Min. 3	15-16	U18/U17
	10	9/1/2010	8/31/2011	Min. 3	14-15	U17/U16
Group 1	9	9/1/2011	8/31/2012	Max. 3 by exception	13-14	U16 /U15
	8	9/1/2012	12/31/2012		12	U15

No EAG players until after the 8 nations selection. After the 8 Nations selection then players that have not been selected can be included as part of squads and teams for the TA Cup

Any queries relating to selection should be sent to

Boys	Pip Konerth	Pip.konerth@englandhockey.co.uk
Girls	Brett Holland	brett.holland@englandhockey.co.uk

7. TEAM MANAGEMENT

- a. Each team must have 3 x bench staff – 1 x Team Manager and 2 x coaches, all of whom must hold the relevant DBS and Safeguarding certification.

- b.** Each team must have a Team Manager who will liaise with England Hockey Competitions Department (EHCD), in providing information before the event and support the players and coaching staff throughout the duration of the Cup. The team managers will be different for each gender from each Talent Academy providing optimal experience both in terms of hockey development while also considering safeguarding and welfare.
- c.** Should a Team Manager become incapacitated during the Talent Academy Cup due to a suspension or injury, one of the two team coaches will be appointed to act as a stand-in Team Manager.
- d.** No player named on the team sheet may take on the role of Team Manager.
- e.** Team Managers MUST provide squad lists and by the deadline date requested by England Hockey Talent Team
- f.** Team Managers MUST report to the Tournament Director in the Competition Event Office on the first day of the Cup to verify their squad and make any amendments to the Team Reconcile Sheet provided.
- g.** Individual teams are not required to provide their own medical staff. There will be paramedics and a team of physiotherapists in place throughout the competition.

8. COMMUNICATING WITH PARENTS

- a.** Each Talent Academy may make and communicate their selection decisions to players and parents as they see fit. There will not be a formal England Hockey selection announcement.

9. UNIFORM KIT

- a.** Unless agreed by the EH Talent Team or Tournament Director, each team will have two sets of numbered shirts and socks – each kit different to the other to allow for a colour schedule to be drawn up to avoid colour clashes.
- b.** Each set of kit shall be skorts or shorts, shirts and knee length socks.
- c.** Primary and secondary shirts MUST have the same numbers for each player, including goalkeepers. This is for the purpose of England Age Group scouting
- d.** Goalkeepers' smocks shall be a different colour to the opposition and to their own team.
- e.** Field player undergarments such as base layers and cycling shorts, should be plain colored and match the outer layer.
- f.** Turbans, Hijabs (or other agreed head coverings) should be plain or match the shirt in line with colours on Altius. For all head coverings, for safety reasons, they must not: -
 - i.** Be attached to the playing shirt
 - ii.** Have any protruding items on the surface
 - iii.** Have any metal fastenings or pins
 - iv.** Cause a danger to the player or other players
 - v.** Have the potential to be pulled or unravelled

- g. Further to players' safety, any facial jewellery, piercings and earrings etc. should either be covered with tape or removed before a player enters the field of play. Players with long hair, are strongly advised to tie their hair back as not to be an obstruction to them or other players.
- h. The nominated captain for each match will wear a distinctive arm or leg band.

10. MATCH DAY ADMINISTRATION

MATCHES

- a. All matches will be played on artificial turf in line with EH guidance.
- b. Games will be 60 mins duration played in 4 quarters of 15 minutes each.
- c. There will be 2 minutes break between Q1 and Q2 and between Q3 and Q4 with a 7 minute break at half time. The umpires will provide a verbal warning of time left to return to the pitch. The time of the match will begin immediately after the 2 or 7 minutes has been reached.
- d. Time will be stopped on the award of a penalty corner and a penalty stroke.
- e. All matches must start at the advertised time. However, the Tournament Director may, at his / her discretion, allow a delay or make alterations to the schedule if necessary.
- f. In the event of adverse weather conditions, there may be a change to the times of the matches. If the temperatures soar which makes it uncomfortable for playing 15-minute quarters, additional breaks will be brought in to allow players to take on board additional fluids. Each quarter will be broken into two 7 ½ minutes with a maximum of one minute between them to reach the side-line to drink. The fluid break is not for additional coaching which delays the restart of the match after 60 seconds. The match official will manage this with support from the umpires.
- g. If a team fails to attend the advertised start of the match for reasons beyond their control, all efforts will be made to re-arrange the match.
- h. EH will supply suitable match balls whilst teams should supply their own practice balls and bibs.

TEAM SHEETS

- i. A team shall be entitled to name up to 18 players in its squad and entered into Altius (TMS) no less than 60 minutes before a match start time. By uploading a player onto a match sheet, the Talent Academy confirms that each player has played in that match.
- j. The Match Official on duty will record game events onto the Match Sheet. At the end of the match, Team Managers are asked to check the details are correct – result, goal scorers / action plus any cards and sign the sheet. Once signed, the result will stand.

INJURIES

- k. Any player sustaining an injury which bleeds or any player with an open wound must leave the pitch immediately to receive treatment. The wound must be covered, and any bloodstained clothing must be replaced before returning to the field of play.
- l. Time will NOT be stopped for injuries unless there is a serious one, requiring assistance on the pitch.
- m. If the Team Manager is required by the umpire to enter the field of play to attend to a player (including the goalkeeper), that player must leave the field of play and return to the bench area for a minimum of two minutes. The two minutes will be managed by the Match Official on duty. The player required to leave the field of play may be substituted, subject to the provisions in the Rules of Hockey.

SUSPENSIONS

- n. Any period of temporary suspension (green or yellow card) shall commence once the player is seated at the technical bench area. They are to remain seated and cannot encourage their team or make any disparaging comments towards the opposing team or officials. The timing of the suspension shall be controlled by the Match Official with the player being advised when the suspension time is completed. That player can either return to the field of play or be substituted.
- o. Should a team official be temporarily suspended, they will be seated at the technical bench area and remain seated. They cannot take part in the game through coaching or making any comments towards players and team staff or of any officials. The team will play with one less player. The captain will be removed from the field of play and sit in the dug-out area until the period of suspension is completed.
- p. A player or team official issued with a red card under sanction of 11.13 of the England Hockey Disciplinary Regulations (“EHDR”). The following shall apply to all matches during TA Cup 2026. They will attend a disciplinary meeting with their Talent Academy Team Manager, Tournament Director and EH Talent Partnership Manager and / or a member of the Welfare Team when the match is completed where next steps will be outlined.
- q. Where an umpire issues a red card that they consider should be subject to sanction under regulation 11.13 of the EHDR the umpire should inform the offender of this at the time that the red card is issued.
- r. For the avoidance of doubt an umpire who has awarded a red card under sanction regulation 11.13 of the EHDR may, in the event of further misconduct by the player, upgrade the penalty to a red card-carrying sanction under regulation 11.12 of the EHDR. If the umpire decides to do this, they should inform the offender (or at least the team manager for the player concerned) that this has been done.
- s. The umpire issuing a red card under sanction of regulation 11.13 of the EHDR shall forthwith after the conclusion of the match provides written reasons for the card to the Tournament Director who shall then consider what, if any. Further action shall be taken against the offender under section 3 of Appendix 7 and refer the red card to the

England Hockey Disciplinary Lead to consider if the National Disciplinary Panel needs to consider categorization of the offence.

- t.** Any player who receives a red card under sanction of regulation 11.13 of the EHDR must immediately leave the playing area until the end of the match and may not participate any further in the match (which includes making any audible comments from the spectator or any other viewing area).
- u.** For the avoidance of doubt any player who receives a red card under sanction of regulation 11.12 of the EHDR must immediately leave the playing area and may not participate in this or any further matches in any capacity (which includes making any audible comments from the spectator or any other viewing area over the event of the incident. Any further period of suspension will follow the requirements and processes of the EHDR.
- v.** There can be no appeal or complaint against any decision (or non-decision) of an umpire or technical official on the field of play or a tournament official during a match or shoot out competition.

Appendix 1 – Shoot-out competition – unique to Talent Academy Cup 2026

In a shoot-out competition, **five** players from each team take a one-on-one shoot-out alternately against both goalkeepers (alternately defending) 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.

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.

1. The respective Team Managers provide **five** players to take and **two** GKs to defend the shoot-outs alternately from those on the Match Report except as excluded below. No goalkeepers can be nominated to take a shoot-out. No substitutions / replacements are permitted during the shoot-out competition other than as specified below.
2. 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 suspended (green or yellow card) may take part in the shoot-out competition even if the period of their suspension has not been completed at the end of the match.
3. The Match Official will specify the method of timing shoot-outs, taking account of the facilities available and the need to control time accurately.
4. The Match Official will specify the goal to be used.
5. A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.
6. 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.
7. Both goalkeepers of each team shall wait on the back-line outside the circle.
8. **Five** players from each team take a shoot-out alternately against both goalkeepers of the other team alternately.
9. 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. the Match Official stands with the reserve umpire outside of the 23m area who has their back to the field of play and indicates to the Umpire that they are ready;
 - d. an Umpire blows the whistle to start time;
 - e. the reserve Umpire starts their watch;
 - f. the attacker and the goalkeeper may then move in any direction;
 - g. the shoot-out is completed when:

1. 8 seconds has elapsed since the starting signal;
 2. a goal is scored;
 3. the attacker commits an offence;
 4. 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;
 5. the goalkeeper commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
 6. 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 by any eligible player on the Match Report subject to the provisions of Articles 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 cannot be replaced;
 - b. the replacement for a suspended goalkeeper shall be the other goalkeeper
 - c. should the second goalkeeper also be suspended, then the match will be awarded as a win to the other team
17. If during a shoot-out competition, a defending goalkeeper is incapacitated:
- a. that goalkeeper will be replaced by the second goalkeeper except as excluded in this Appendix or unless suspended by an Umpire during the shoot-out competition;
 - b. Should the replacement goalkeeper also become incapacitated, a field player from amongst 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 can replace. They shall wear a goalkeeper's helmet but no other protective equipment specific to goalkeepers.
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 six shoot-outs:

- a. a second series of six 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, not necessarily being all six shoot-outs, that team is the winner.
20. If an equal number of goals are scored after a second series of six shoot-outs, additional series of shoot-outs are 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.
21. Unless varied by these regulations, the Rules of Hockey apply during a shoot-out.

Appendix 2 – England Hockey policies

All England Hockey policies shall apply to matches in the Talent Academy Cup

These may be revised and or supplemented from time to time by England Hockey but include

- FIH Rules of Hockey
- EH Code of Ethics
- EH Red Card and Matchday Misconduct Regulations & EH Disrepute Regulations
- EH Safeguarding and Protecting Young People in Hockey
- EH Privacy Policy
- EH Equality Policy
- EH Transgender Policy
- UK Anti-Doping Rules
- EH Anti-Corruption Policy
- EH League Sponsorship Policy
- EH Planning Safe Hockey