**LBHC Summer League Rules 2019**

We will be running the league as 7-a-side games with each team playing 2 games each night. The aim is for more players to get more pitch time and hopefully bringing more enjoyment.

The format for the season ahead is -

* Round robin league over 10 weeks
* Week 11 to be a ‘Finals Week’
* 2 Games per team each week
* Top 2 teams play for The Tom Hughes Shield
* Bottom 2 teams play for The Wooden Spoon
* Teams tied on points at the end of the season position will be decided by
  + Goal Difference, then goals scored, then goals conceded
  + Most wins, score draw, no score draws, losses
  + Result against each other
  + Coin toss

Below are the rules for the season ahead,

* Games will be played on half a pitch
* Game time will be as close to 60 minutes in total
* Each game will be 7-a-side
  + 6 outfield players & 1 GK
  + 7 outfield players if no GK available
  + 3 female outfield players on the pitch, at all times, minimum
* Playing squad should be no more than 10 players (if possible)
  + Players must only play in 1 game unless team is struggling to get a team out
  + Players who are helping out should be playing for the 3s or lower and not for the 1s or 2s, but if required then will be dealt with in a case-by-case basis.
* Normal hockey rules apply
* First names team will have first push back
* Half time will be approximately 2 minutes
* Short corners played as usual
  + 4 outfield players & 1 GK behind the line
  + 2 remaining outfield players to be in the opposition D
  + Any player breaking early, whether they belong to the defensive or attacking team, will be sent to the opposition D without a being replaced
* Long corners to be taken from halfway line
* No Aerials will be allowed
* No full Reverse Stick hits will be allowed
  + Deflections, bunts, etc. will be allowed
* Green cards will be treated as an automatic substitution
* Yellow cards will be treated with a 5-minute game suspension
* Red Cards will be actioned as per the EHB guidelines and full suspension will follow

Points for the season ahead are,

* Win (5 points)
* Score Draw (4 points)
* No Score Draw (3 points)
* Loss (1 point)
* Any Team scoring 4 goals or more (1 additional point)
* Any Losing Team by 2 goals or less (1 additional point)