

East Seven-A-Side Hockey Tournament 2026

ELIGIBILITY

This competition is open to members affiliated to the Scottish Association of Young Farmers Clubs. The team must consist of at least five members who have not attained their 28th birthday by the date of the National competition. This competition now allows for a maximum of two Associate members to take part that must also not have attained their 30th birthday by the date of the National competition.

- There will be seven players on the field of play at the same time. The seven players on the field shall be made up of mixed teams of equal gender distribution, including one goalkeeper.

SCORING CRITERIA

Points for the League:-	Win	-	3
	Draw	-	1
	Lose	-	0

All teams will be notified of their reporting time, any team not ready to start at their allocated time without good cause or communication will have a 2-0 defeat registered against them and credited to the side that is there and ready to start play, and if neither of the teams are there they will both have a 2-0 defeat put against them. This will be at the discretion of the Chief Steward/Office Bearer on the day and elected by the National Committee.

After each game the team captain must sign the score sheet.

PROCEDURE

1. Depending upon the number of entries received and the facilities available, the competition will be split into leagues on two pitches. All games will be ten minutes one way, except for the semi-finals and the finals, which will be 7 minutes each way. The top team of each league will go forward to the Semi- Finals and the Competition will then be conducted on a knockout basis. If there is only sufficient teams for two leagues, semi-finals will be organised between the 1st and 2nd placed teams in each league on a knockout basis. In the event of a draw in a game at the knockout stage of the Tournament, then 3 penalty shots will be taken by the team members on the field of play at the final whistle. If it remains a draw after this, each team will take one penalty shot until there is a winner.
2. **Teams will be unable to take part if all team members aren't wearing protective shin pads or their goalie isn't fully kitted.** Each player should bring along his or her own outdoor hockey stick and protective equipment.
3. Each team must have a designated goalie on the pitch at all times – no kick and back play will be permitted.
4. Start of Play: Pass back. The winner of the toss can choose whether he/she want the pass back or the choice of ends. The game shall be restarted in like manner after a goal has been scored.
5. Each team of seven players is permitted to substitute no more than three players during the game. A player who has been substituted may re-enter the field of play as a substitute for another player but the makeup of the playing team must comply with Rule 2.
6. The substitution of players may take place at any time other than following the award of a penalty corner or penalty stroke. After the award of a penalty corner or penalty stroke any player who is incapacitated and has to leave the field of play can be substituted.
7. Teams can use their own discretion as to how many substitutes they bring to the tournament as long as this does not exceed five.
8. The competition will follow the Rules of the Game of Hockey as laid down by the Hockey Rules Board.
9. The National Council will suggest and appoint umpires, whose decision will be final.
10. Umpires may change the above on the day; however, all team captains must be made aware and agree on any changes made.

ENTRIES

1. Unlimited entries.