



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS
Competitions Programme 2025-2026

NFYFC Mixed 7 A-Side Hockey (Small Sided Hockey)

(18 – 28 years)

RULES

Competition Aim

To provide members with the opportunity to take part in a National Mixed Hockey Competition.

Learning outcomes

Hockey skills, teamwork, adhering to rules, exercise, fun, winning/losing, personal development skills and improving own performance

1. DATE & VENUE

1.1. After Area Eliminators, the Final will be held at the National Sports Day on **Sunday 5th July 2026** in Staffordshire.

2. REPRESENTATION

2.1. Counties may enter one team per 600 members or part thereof in Area Events.

2.2. Areas will be represented in the Final by one team per 3,000 members or part thereof. (Northern Area 2, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)

1. ELIGIBILITY

1.1. A squad of ten (10) players, from whom Seven (7) players will be chosen to be on the pitch at any one time.

1.2. There must be at least a minimum of three (3) females on the pitch at any one time.

1.3. All players must be aged 18 years on the 1st September 2025 and 28 on the 1st September 2025. **This means competitors may be 29 on the day of the final of the competition.** This age group must be strictly adhered to).

2. SUBSTITUTION

1.1. If over half of the original team is unable to go forward to subsequent rounds, then the next highest placed team will represent the Area.

2.1. **All substitutions must have been eligible to play in the first round of the competition.**

3. PROCEDURE

3.1. The Rules of the Game of Small Sided Hockey will apply as per link

<https://www.Englandhockey.co.uk/play/small-sided-hockey>

A half-size all-weather outdoor pitch will be used. Size 55m long and 29m wide.

3.2. The matches will be played either in 2 leagues with the winner of each league playing for 1st and 2nd place, or as a round robin tournament depending on the number of teams taking part and number of pitches available on the day of the National Final.

3.3. League points will be awarded as follows:

Win	3
Score Draw	2
No Score Draw	1
Lose	NIL

3.4. Each game will be played seven (7) minutes each way, with a 1 minute interval.

- 3.5. During the game rolling substitutions will be allowed from your squad.
- 3.6. All competitors must be suitably dressed, i.e. astro boots, socks, shinpads, shorts and shirts and the goalkeeper must wear the full goalkeeper kit, including face-mask and shin-pads, as specified by HA Rules. All teams to provide their kits and goalkeeping kit.
- 3.7. In the event of the points being tied after all the games have been played, the order will be decided using the greatest positive goal difference. If the points are still the same then the order will be decided by the highest goals for, followed by the lowest against and the results of the game between the two tied teams.
- 3.8. The Final and Semi-Finals will consist of two halves of twelve minutes each way with a two-minute interval for half time. In the event of the scores being equal at full time a further 5 minutes one way will be played. If the points are still equal after extra time a penalty shoot-out will take place with three nominated members from each team taking part. If the scores are still tied, then a sudden death penalty shoot-out will decide the winner.
- 3.9. Qualified Hockey refs are to be used for this competition.
- 3.10. The Umpires decision is final.

4. **AWARDS**

- 4.1. Trophy and NFYFC Prize Card to the winner.
- 4.2. NFYFC Prize Cards to competitors placed 2nd, 3rd and 4th.
- 4.3. NFYFC Certificates of Achievement will be awarded to all competitors.

5. **NOTES**

- 5.1. It is advised to have a competent medical advisor in attendance at both County and Area Rounds and only use qualified referees in order to minimise any risk to members.
- 5.2. Referees must be registered to England or Wales Hockey Association.