

GETACTIVE! SINGAPORE
PESTA SUKAN 2022
HOCKEY 5s/HOCKEY 3S

1. Rules

- 1.1 The competition shall be conducted in accordance with the existing laws of the game as approved by the International Hockey Federation (FIH), adopted by the Singapore Hockey Federation (SHF) and governed by the Pesta Sukan 2022 General Rules and Regulations.

2. Eligibility & Registration

S/No	Category	Clarification
1	Age 12 and Under (Mixed)	Born year 2010 to 2014
2	Age 15 and Under (Boys and Girls)	Born year 2007 and after
2	Age 19 and Under (Boys & Girls)	Born year 2003 and after.
3	Open (Men & Women)	No age restrictions - Max 2 Carded Athletes
4	Masters – Age 40 and Above (Men & Women)	Born before 1 January 1982 for Men Born before 1 January 1987 for Women

3. Event Venue & Schedule

All matches will be held in Sengkang Sports Centre's Hockey Field.

Date	Timing	Competition Stage
Sat, 30 July	9am to 1pm	Age 12 and Under (Mixed)
Sat, 30 July	2pm to 6pm	Age 15 and Under (Boys / Girls)
Sun, 31 July	9am to 6pm	Open (Men & Women)
Sat, 6 August	9am – 6pm	Age 19 and Under (Boys / Girls)
Sun, 7 August	9am – 1pm	Masters (Men/Women)

Note: all above may change once the entries are finalised

4. Format of play

- 4.1 The list of events and format of play shall be as follows for Sengkang Sports Centre:

S/No	Event	Format of Play
1	Age 12 and Under Mixed	3-a-side
3	Age 15 and Under Boys & Girls	Hockey 5s (5-a-side)
4	Age 19 and Under Boys & Girls	
5	Men's & Women's Open	
7	Men's & Women's Masters	

^Rules for Age 12 and Under events is appended at the last page of this document

4.2 Team Composition and Eligibility – Hockey 5s

Each Team shall consist of minimum 7 players and maximum 9 players. This will include 5 players on field and 2 to 4 reserves. One of the players can be a goalkeeper. Each team in any of the categories, must comprise of at least 70% Singapore Citizens or Permanent Residents.

A. Carded Athletes – Inclusion of National Level Athletes

The carding list of National Athletes (both Indoor and Outdoor) will be obtained and we will restrict participation of these athletes to only 2 per team, strictly in the Men's Open and Women's Open Competitions.

B. Players Playing in More Than 1 Category

Players are free to play in Under, Age 12, Under, Age 15, 19, Open or Master categories should they meet the qualification criteria's. Players may however only play for one team in the same category.

5. Competition

5.1 All Categories except that of Under 12 will follow the FIH Hockey 5's Rules and/or the Tournament Rules of the Singapore Hockey Federation (SHF).

5.2 The Under 12 competition will be played according to the SHF Hockey 3s Rules as prescribed in Appendix 1.

5.3 In the event that there are insufficient entries in any particular category, then teams from that category may choose to have their registration fee fully refunded or participate in the next offered or appropriate category.

6. Format /Timing and Scoring

6.1 Timing and Scoring

Timing and Scoring will be the responsibility of the Technical Officials as appointed by the Singapore Hockey Federation.

6.2 Format – Hockey 5s

The competition format will be determined on the number of Entries received. It will be communicated to the Team Managers in advance.

Preliminary Round

- Entries will be drawn and grouped into groups (depending on the final entries received) for each event
- Matches will be played in a group round robin format and will be competed in a maximum of 14 minutes and will be played in 2 fast paced halves of 7 minutes with a 1 min break in between for a change over.
- The time and format of competition may change depending on the final entries received for each event.

Round 2, Semi Finals and Finals

- The format of Round Two will be determined based on the number of entries received. The Format will be communicated in advance to the respective Team Managers.
- Match timings may be increased for the Semi - Finals and the Finals.
- The time and format of competition may change depending on the final entries received for each event.

7. Regular Game Time

7.1 In the case of a lack of agreement between the two teams prior to the start of the game, the home team shall choose the end closer to the central core in Seng Kang.

7.2 Should the board come apart; umpires may stop time at an appropriate time to adjust them or have them adjusted.

7.3 The Active Sg's injury management protocols will apply in the event of an injury.

7.4 Substitution of Players

- Rolling substitutions shall take place near the technical table for each field of play. Both teams are to be on either side of the said Technical Table.

8. Walkover and Timing

8.1 A team shall concede to a walkover if they fail to register and be present at the scheduled time of play with at least 3 players. Due to an expected tight schedule, grace period will not be given.

- 8.2 Due to the expected tight schedule of games, the match will strictly follow the technical officials Time. Time may start for each half regardless of the team being present on the pitch. The onus will be on the teams to ensure they get onto the field on time.
- 8.3 A no show walkover will result in a 5-0 win or the highest score this team has lost by to the opposition. Walkover scores will only be printed after the last group games in any rounds.
- 8.4 If an ineligible player was found to be fielded, the matches he/she participated in will be considered as a loss and the score line of 5-0 will be awarded to the opposing team. The team may face additional sanctions as determined by the Competition Manager.

9. What determines the final standings?

3 points for a win, 1 point for a draw and 0 points for a loss.

9.1 If at the end of a Tournament, or any part of a Tournament played in a league format;

(A) two (2) or more teams have the same number of points for any place in the ranking, the said teams shall be ranked according to their respective number of matches won;

(B) in the event two (2) or more teams have an identical number of points and matches won, then the said teams shall be ranked by reference to their relative superiority in goal difference between goals scored and goals conceded;

(C) in the event two (2) or more teams have an identical number of points, matches won and goal difference, then the said teams shall be ranked by reference to their relative superiority in the number of goals scored;

(D) should there still remain equality between the teams then the results of the matches played between them will determine the ranking of the teams;

(E) In the event two (2) or more teams have an identical number of points, matches won, goals scored and goal difference and equality in terms of the matches played between them, the ranking shall be settled by a penalty shoot-out competition between the said teams. Here, the penalty Shoot Out Rules will apply.

(F) at the conclusion of the said penalty shoot-out competition, a ranking shall be established on the basis that 3 points shall be awarded to the winning teams of a penalty shoot-out competition;

(G) if, where there are more than two (2) teams participating in the said penalty shoot-out competition, the said teams (after competing in a penalty shoot-out competition against each other) shall have an equal number of points, the ranking shall be determined by applying Rule (A) (B) (C) and (D) (mutatis mutandis) ;

(H) if, by the application of the said Rule (A) (B) and (C), two (2) or more teams remain equally ranked, the procedure set out in Rule 12 (E) (F) and (G) shall be repeated (*mutatis mutandis*), until a ranking is achieved.

10. PENALTY SHOOT-OUT COMPETITION

Hockey 5s

- 10.1 Three (3) persons and [if the said three (3) persons do not include a goalkeeper] one (1) goalkeeper from each of the two (2) teams, chosen from the Listed Players shall participate in a penalty shoot-out competition. The said three (3) Listed Players shall take a penalty shoot-out against the goalkeeper of the opposing team in alternate sequence.
- 10.2 The names of the said three (3) persons and [if the said three (3) persons do not include a goalkeeper] and one (1) goalkeeper shall be communicated to the umpires of the match prior to the commencement of the penalty shoot-out competition. The goalkeeper playing in the penalty shoot-out competition shall not be replaced in the course of the said penalty shoot-out competition unless he is, to the satisfaction of the umpires of the said match, incapacitated and unable to perform the role of a goalkeeper due to unforeseen circumstances.
- 10.3 If during a penalty shoot-out competition, a player is suspended, then that person shall take no further part in the said penalty shoot-out competition. If during a penalty shoot-out competition, a goalkeeper is suspended, that goalkeeper may be substituted, but by another player in the team, who must wear protective headgear when defending a shoot-out. The person replacing the said goalkeeper may be the nominated player for the shoot-out and unless he has already taken a shoot-out, he may continue to take a shoot-out.
- 10.4 The umpires of the match shall choose the goalpost to be used for the penalty shoot-out competition, and they shall toss a coin in the presence of the captains of the team to decide which team shall take the first shoot-out. The team having the highest number of goals shall be the winner and the said competition shall cease once a winner has been established.
- 10.5 In the event both teams score an equal number of goals, another series of penalty shoot-out shall be taken with the same persons who were nominated in the penalty shoot-out competition.
- 10.6 Such person(s) may be replaced only if the umpires of the match are satisfied that the said person(s) is/are incapacitated and is/are unable to participate any further in this series of penalty strokes.
- 10.7 This series shall be played on a "sudden death" basis, i.e. the winner shall be the first team to score more goals after an equal number of shoot-outs (no minimum) have been taken by each team. The Team shall be entitled to alter the sequence of their shoot-out takers from the sequence adopted earlier. The team which took the first penalty shoot-out in the First Competition shall not take the first penalty shoot-out of the "sudden death" series.

10.8 Only the nominated players for the shootout and the goalkeeper (if different from the players of the shootout) may enter the pitch during the competition. Only the shoot-out taker, goalkeeper (defending the stroke) and umpires of the match shall be entitled to remain within half area of the pitch where the shootout is taken. The rest of the players must remain in the opposite D. Team Members not nominated will remain on the team bench. No one who has been shown a red card during a match shall be eligible to participate in a penalty shootout competition held at the conclusion of the said match.

11. Postponement

In case of postponement due to unforeseen circumstances, ALL of the following conditions must be met before the remaining time of the match is played at a later time:

- (A) Both teams must either be in a draw situation OR with ONE (1) goal difference in scores
- (B) There must be at least 25 percent of the game time left when the match is interrupted
- (C) Any team which refuses to play the remaining time of the game under the above circumstances will be deemed to have forfeited the game. The opposing team will be awarded a walkover and the score line of 5-0 will be awarded to the opposing team.
- (D) In the case where the games cannot be played, the Competitions Manager will consult with the Organising Committee and advise on the appropriate solution to the Team Managers concerned.

12. Players' Clothing

In the event of a colour clash, the first named team in the fixtures, is obliged to wear bibs or change jerseys.

13. Prize Money and Medals

13.1 Medals and Prize monies will be awarded to the top 3 winners of each events with at least 4 teams for all categories except for the Under 12 competition.

13.2 Only Medals will be awarded for the following:

- when entries are below 4 teams, and;

13.3 If there are only 3 teams for the event, 'minus 1 rule' applies, i.e. only 1st & 2nd will be awarded with medal but no prize money.

If there are less than 4 teams, they may choose 1 of the following options:

Option 1

- Participants may withdraw and receive a full refund

Option 2

- Participants may continue with the competition but will not be eligible for prize money. Medals will be awarded based on the 'minus 1 rule'.

Option 3

- Participants may opt to join another category which they are eligible.

13.4 Details of Prize Money will be published on Pesta Sukan 2022 official website on a later date.

HOCKEY 3V3

Field of Play

The Hockey 3v3 will be played in an area measuring 23 by 30 meters. On each end line, there will be two or four mini-goals set up either on the 23 meter or 30 meter lines. . When playing with 2 goals, the said goals are placed in the middle of the 23 meter line. When playing with 4 goals, the said goals are placed on the 30-meter line and are set 12 meters apart.

Goal Scoring

Goals may be scored from anywhere within the field of play. A goal is scored when the ball is played by an attacking player and completely crosses the goal line of the goal being defended by the opposing players.

If the goal has been moved during the match and the ball, in the umpire's opinion, completely crosses the goal line at the goal's original position, the goal is valid still.

Team Composition

A team is made up of a maximum of 3 (three) players (no goalkeeper) The game will not start if there are less than two players.

Duration

Duration will be determined based on the entries received.

Technical Rules

A player may not kick the ball or play it with any other part of his/her body or show any violence.

A player may not pass the ball with a hit (lifting the stick above the ground and use both hands together at the top of the handle).

Free hit: For any breach of rules in any part of the field (with the exception of the defenders in their own defensive zone), a free hit or dribble is awarded for the other side. To put the ball into play, the player may choose either to pass the ball to a teammate or to dribble it. All free hits must be taken at a distance not less than 5 metres away from the goal. and with the defenders also more than 3 metres away from the ball. A goal cannot be scored directly from a free hit and must be passed before a goal can be scored.

Penalty: There are no penalty strokes or penalty corners for an intentional breach of the rules within 5 meters of a goal but the opponent will be awarded a "penalty attack", starting from the center of the field. In a penalty attack, all players except one defender on the end line, must remain 5 meters behind the attacker in possession of the ball. After the umpire has given signal for the attack, they all may interfere in defence as well as support. The defender starts from the end line. In case of an infringement of the rules by any defender, the free attack must be repeated. A goal cannot be scored directly from a "penalty attack" and must be passed before a goal is scored.

Corners: There are no corners in 3v3.

Start and Re-start of game

Start and restart of the game: Always start or restart the game with a back or forward pass in the center of the field.

Match Result

A team scoring the most number of goals is the winner. If no goals are scored or if each team scores the same number of goals then the match is drawn.

Disciplinary sanctions: Temporary expulsion from play is the penalty for unsporting behaviour.

Equipment

All players are required to wear shin guards.

Umpire

A single umpire supervise the match and applies the rules.