

GETACTIVE! SINGAPORE
PESTA SUKAN 2025
HOCKEY 5s

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 2025 General Rules and Regulations.

2. Eligibility & Registration

S/No	Category	Clarification
1	Under 10 (Mixed Gender Hockey) - International	Born year 2015 and after.
2	Under 12 (Mixed Gender Hockey) - International	Born year 2013 and after.
3	Under 15 (Boys and Girls Hockey)	Born Year 2010 and after.
4	Under 17 (Boys & Girls)	Born year 2008 and after.
5	Under 21 (Boys and Girls)	Born Year 2004 and after,
6	Open (Men & Women)	No age restrictions.
7	Mixed Hockey - International	No age restrictions.
8	Masters Over 35s (Women) - International	Born before 1 January 1990
9	Masters Over 40s (Men) - International	Born before 1 January 1985
10	Masters Over 50s (Men) - International	Born before 1 January 1975
11	Masters Over 60s (Mixed) - International	Born before 1 January 1965

3. Event Venue & Schedule

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

Date	Timing	Competition Stage
Fri, 4 July	2pm to 6pm	1. Under 15 Boys and Girls
Sat, 26 July	9am to 9pm	1. Under 10 Mixed (International) 2. Under 12 Mixed (International) 3. Under 21 Boys and Girls
Sun, 27 July	9am to 6pm	Open (Men & Women)
Sat, 2 August	9am to 6pm	1. Mixed Hockey (International) 2. Under 17 – Boys and Girls
Sun, 3 August	9am to 6pm	Men's & Women's Masters (International)

Note: all above may change once the entries are finalized

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	Under 10 Mixed (International)	3 - A - Side
2	Under 12 Mixed (International)	Hockey 5's Modified Pitch
3	Under 15 Girls	Hockey 5s (5-a- side)
4	Under 15 Boys	
5	Under 17 Girls	
6	Under 17 Boys	
7	Under 21 Girls	
8	Under 21 Boys	
9	Men's Open	
10	Women's Open	
11	Women's Master's Over 35 - International	
12	Master's Men (40s, 50s) - International	
13	Master's Mixed (60s) - International	
14	Mixed Hockey - International	

*^Rules for **Age 10 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 all categories except the International Category must comprise of at least 70% Singapore Citizens or Permanent Residents.

For Mixed category, at least 2 females must be playing on the pitch at all times. If one of the female players is carded or injured during the course of the game and there is only one women player left on the pitch, a male player has to be replaced by a female player.

For International categories, each team must comprise of at least 30 percent Singapore Citizens and Permanent Residents. No prize money may be given for the International Categories.

A. Carded Athletes – Inclusion of National Level Athletes

The carding list of National Athletes will be obtained, and we will restrict participation of these athletes to only 2 per team, to any category they are eligible to play.

B. Players Playing in More Than 1 Category

Players are free to play in multiple categories should they meet the qualification criteria. Players may however only play for one team in the same category.

5. Competition

5.1. The Competition will follow the FIH Hockey 5's Rules and/or the Tournament Rules of the Singapore Hockey Federation (SHF) unless otherwise stated.

5.2. The rules will be modified for the Under 10 and Under 12 mixed competitions.

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 appropriate category. A minimum of 4 teams will be required to run a category.

6. Format /Timing and Scoring

15.1. Competition schedule (fixtures) will be announced during the Team Managers' meeting, which will be scheduled 1 hour prior to the start of each category. Only Team Managers are to be present for the meeting. Team Managers meeting is compulsory unless otherwise permission is given by the Competitions Manager.

15.2. Timing and Scoring Display System

A countdown timer, pre-programmed or easily programmable is to be used. Time is to be stopped when a Shoot Out is given.

6.3. Format – Hockey 5s

The competition may be conducted in 2 progressive rounds:

Preliminary Round

- Entries will be drawn and grouped into groups of 4 to 6 (depending on the final entries received) for each event. For an event with less than 8 teams, a single round robin will be played.
- Matches will be played in a group round robin format and will be competed in a maximum time of 15 minutes. It may be played in one or two halves, depending on the number of entries per category.
- At the end of each half or the match, the secretariat is responsible for providing a siren or other suitable sound device, unless this is automatic. A half or a match is over as soon as the final signal has started sounding. The timing of the intermission shall start immediately at the end of the half, and teams are responsible for being back onto the pitch in time to resume play after the intermission.
- The time and format of competition may change depending on the final entries received for each event.

Round 2, Semi Finals and Finals

- Depending on the number of entries, and groups; a Round 2, semifinals and Finals may be played. If no Round 2, or Semi-Finals are required then a Final match shall end of the Preliminary Round and that Category.
- Timing for the matches may be extended in the semi-finals and the finals.
- At the end of each half or the match, the secretariat is responsible for providing a siren or other suitable sound device, unless this is automatic. A half or a match is over as soon as the final signal has started sounding. The timing of the intermission shall start immediately at the end of the half, and teams are responsible for being back onto the pitch in time to resume play after the intermission.
- The time and format of competition may change depending on the final entries received for each event.

7. Regular Game Time

- 7.1. The home team which is the the first named team, shall start on the right side of the technical table.
- 7.2. Should the board comes apart; play shall not be interrupted until the ball is near the place in question.
- 7.3. In case of injuries, play shall be interrupted only on suspicion of a serious injury or if the injured player directly affects play.
- 7.4. Substitution of Players
 - All substitution shall take place near the technical table in the team's own substitution zone and an unlimited number of times during a match.
 - A player leaving the field has to be on his way passing over the side board before a substitute may enter the pitch.
 - An injured player leaving the pitch outside his/her own substitution zone must not be replaced until play is interrupted. A bleeding player is not allowed to participate in the match until the bleeding is under control.

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. For the mixed category, 2 of the players in the minimum, must still be females.
- 8.2. Due to the expected tight schedule of games, the match will strictly follow the countdown timer. Time will start for each quarter regardless of the team being present on the pitch. The onus will be on the teams to ensure they are aware of their games and get ready to get onto the field before the previous game ends.
- 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 the Preliminary Round and Round 2.
- 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. In addition, the team may be barred from further participation in the tournament. Should and ineligible player

have played in the medal games, the medals will be given to the next placed team.

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) unless the Competitions Manager determines otherwise, 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 said three (3) persons shall take the penalty shoot-out in the sequence in which their names are communicated to the umpires. 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 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 2 minutes or more 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) The Competitions Manager has the final right to decide on any other course of action for the postponement.

12. Players' Clothing

A team's uniform may have any color combination, but the jerseys must not be Pink, Turquoise or Green. If the referees consider that the teams cannot be distinguished by their uniforms, the home team, or the first named team in the fixtures is obliged to change or wear the bibs.

13. Prize Money and Medals

- 13.1. Medals will be awarded to the top 3 winners of each event with at least 4 teams. Winning team of each event will also receive a trophy.
- 13.2. For the Under 10 and Under 12 categories, medals will be awarded to all 4 teams that reach the semi finals. Both the losing semi-finalists will get a bronze medal.
- 13.3. Only Medals will be awarded when a category/event has less than 8 participants/team.
- 13.4. There shall be no prize monies for International categories.

- 15.5. Prize Monies will only be applicable to Open, Masters, Community and Para Categories.
- 13.6. Minimum of 4 teams are required for the event to proceed.
- 13.7. If there are less than 4 teams, they may choose 1 of the following options:
- i. **Option 1** - Teams may withdraw and receive a full refund.
 - ii. **Option 2** - Teams may opt to join another category which they are eligible.
- 13.7. Details of Prize Monies will be published on Pesta Sukan 2025 official website on a later date.
- 13.8. Prize Monies for Pesta Sukan 2025 will be transferred to Winners of Individual events or Team Manager for Team events via PayNow NRIC/FIN only.

14. 3-a-side Game Format and Rules:

Notwithstanding the aforementioned Rules under Para 1, the Under 10 Mixed Competition(s) shall follow the Tournament Rules of the Singapore Hockey Federation (SHF) for the "3-on-3" / "3-a-side" / "Hockey 3's" format and constitute as supplementary rules in this document for the Pesta Sukan 2025 Hockey 5s

TEAM COMPOSTITION AND ELIGIBILITY

- Each team will comprise of 3 players with 2 reserves. Rolling Substitutions are allowed at any time. Teams are encouraged to let all players play equally.
- No goalkeepers are required.

FORMAT /TIMING AND SCORING

- The duration of the game will be determined based on the number of entries. This duration can be amended based in case of delays caused by whatever reasons.
- Players can score from anywhere on the pitch. No raised (above the waist) stick hitting is allowed. Slap hits and other below the waist hits are allowed. A sweep pass will also be allowed but the ball must be kept low, or the normal high ball infringement will be applied.
- A penalty stroke variation will be imposed for infringements within the box (demarked by the 8 m from goal line). The attacker will start from the center of the field with one defender, who will start on the back line or just in front of the goalpost. The attacker may score in any one of the two goalposts.
- For what is deemed to be a penalty corner, a free hit will be taken from the

center of the field.

- Each team will defend 2 goalpost. Goalposts are modified to match the total pitch size.
- Normal rules apply for infringements except for the penalty stroke which is the variation mentioned earlier.
- The ball should be brought to the middle for the restart after each goal.
- The ball will be restarted 8 m forward from where it goes out behind the boards.
- Own goals will be considered a goal.
- All players should wear proper protective gear (I.e., shin guards)

PENALTY SHOOT-OUT COMPETITION

- In the event of a penalty shoot-out 3 players from each team will take the shoot out in the same way as they would in a penalty stroke, from the halfway line. Should the shootouts be tied, it will move to a sudden death shootout.

15. Misconduct

- 15.1. 15.1 Umpires or Pitch officials may report any misconduct to the Competitions Manager in writing as soon as the game finishes.
- 15.2. 15.2 The competitions manager may conduct an immediate investigation and a hearing and will convey one of the following actions;
 - 15.3. A suspension to the player or team, including the team official.
 - 15.4. A complete ban from the tournament
- 15.5. 15.3 Should the misconduct be serious and the investigation may take time, the Competitions Manager may hand over the enquiry to Active SG.
- 15.6. 15.4 No appeals will be allowed to the Competitions Managers decision.
- 15.7. 15.5 Should the Competitions Manager be conflicted to conduct a hearing, he may hand over the duty to any other officials as he deems fit, who is in a position of neutrality.
- 15.8. 15.6 A red card would warrant an immediate one match suspension and may be referred for a hearing for further suspension.