



TOURNAMENT RULES AND REGULATIONS MALAYSIA HOCKEY 5'S LEAGUE (MENS & WOMENS) 2025

1. DEFINITIONS

As herein defined:

- 1.1 **FIH** International Hockey Federation
- 1.2 **MHC** Malaysian Hockey Confederation
- 1.3 **MHCDC** Malaysian Hockey Confederation Disciplinary Committee
- 1.4 **SHA** State Hockey Association (s)
- 1.5 **MAFHA** Malaysian Armed Force Hockey Association
- 1.6 **RMPHA** Royal Malaysia Police Hockey Association
- 1.7 **OC** Organizing Committee
- 1.8 **TD** Technical Delegate
- 1.9 **TO** Technical Officer

2. NAME

The tournament should be called National Hockey 5s Tournament (Men & Women), 2025

3. RULES OF THE GAME

The tournament shall be conducted in accordance with the latest Rules of the Game of Hockey, variation to rules of hockey and tournament regulation issued by the FIH, the Rules governing the MHC Constitution and the Regulations herein provided.

4. PARTICIPATION

- 4.1 The tournament is open to:
 - 4.1.1 Affiliates of the Malaysian Hockey Confederation.
 - 4.1.2 Guest Team (s) – Only by Invitation by MHC.
- 4.2 Teams accepting to participate:
 - 4.2.1 Should not be in arrears of any money due to the Malaysian Hockey Confederation. Should abide by the Rules & Regulations of the tournament.
 - 4.2.2 Should abide by the Rules & Regulations of the tournament.
- 4.3 The participation fee shall be RM 150.00
- 4.4 **A mandatory fine of RM 500.00 will be imposed on any team that after confirming its participation, withdraws from the tournament except for any unforeseen circumstances due to government / authority directive.**



5. ELIGIBILITY OF PLAYERS

- 5.1 Only Malaysian Citizens are allowed to represent affiliates of MHC.
- 5.2 National squad Players representing MHC affiliates teams are subject to get approval and release letter from MHC National Team Management Committee and National Coach.
- 5.3 Players are eligible to play in accordance with the order of priority stated below:
 - 5.3.1 Players who are still students will have to represent the state where they are studying (Note: the rules with regards to sport school student status remain unchanged).
 - 5.3.2 Players who are already working but under the age of 23 and below will have represented the state where they were studying or played in the last SUKMA.
 - 5.3.3 There is no age limit but at least 3 players must be below the age of 23 on the 31 December of the year preceding the start of the relevant competition.
 - 5.3.4 Players below 18 years are subject to KPM / KPTM approval and should obtain parents / guardian consent.
 - 5.3.5 If a player is not in any of the above categories, they are deemed as a guest player. (Note: only 2 guest player per team).
 - 5.3.6 If a player who attends trials / selection is not selected to play for the 'home state', he is to be released to play for any state / team. The release letter is to be signed by the President or the Hon. Secretary of the State Hockey Association of the 'home state' and shall be given at least 7 days before the commencement of the Tournament. A copy of such release letter must be submitted to the Organizers of the Tournament and the Malaysian Hockey Confederation at the team manager's meeting day.
 - 5.3.7 The MAFHA / RMPHA shall have in its team players who are employed or attached permanently to the respective organization. However, MAFHA / RMPHA are allowed to register any player who has been duly released by any other affiliates with the release letter signed by the President or the Honorary Secretary of the state concerned.
 - 5.3.8 A regular member of the MAFHA/RMPHA who desires to play for any state must obtain prior approval in writing from his respective organization. Such approval to release the player shall bear the signature of either the President or the Honorary Secretary of the MAFHA / RMPSC.
 - 5.3.9 All release letters must be submitted with the final team list at the Team Managers' Meeting. Players who fail to produce release letter at the Team Managers' Meeting will not be eligible to play in the tournament. No extension of time be given by the MHC CC / Technical Delegate / TC.
 - 5.3.10 Players who are in school and / or are under the age of 18 years as on 1st January 2025 are subject to KPM / KPTM approval and must obtain prior consent of their parent / guardian and or the principal before they are allowed to participate in the tournament. The permission forms, duly completed must be handed at the Team Managers' meeting.
 - 5.3.11 On all matters related to the eligibility clause, the decision of the MHC Competition Committee is final and binding on all affiliates / teams.



6. GROUPING OF TEAMS

- 6.1 Men - The teams will be grouped into 2 pools, each comprising 6 & 7 teams.
6.2 Women - The teams will be grouped into 2 pools, each comprising 5 teams.
6.3 The two pools will be composed as follows based on the 5s Competitions Committee's draw.

GROUPING OF TEAMS MEN

GROUP A	GROUP B
PERAK	PAHANG
MELAKA	PERLIS
KUALA LUMPUR	TERENGGANU
JOHOR	ATM
SELANGOR	PDRM
NEGERI SEMBILAN	PULAU PINANG
	KELANTAN

GROUPING OF TEAMS WOMEN

GROUP A	GROUP B
PDRM	KUALA LUMPUR
PERAK	PULAU PINANG
NEGERI SEMBILAN	PAHANG
MELAKA	SELANGOR
JOHOR	TERENGGANU

7. REGISTRATION OF PLAYERS

- 7.1 Each team will be allowed to register a maximum number of 10 players (at least 3 below the age of 23). **EXCEPT** for MAFHA and RMPHA.

Players below 18 years are subject to KPM approval and should obtain parents / guardian concern except for MAFHA and RMPHA. Those players in Higher Education Institution are subject and bound to KPTM / Higher Institution / Universities / Colleges directive.

Note: Team Officials will not be allowed to register themselves as players.



8. REGISTRATION OF TEAM OFFICIALS

8.1 Each team will be allowed to register a maximum of 6 officials for the following categories:

- 8.1.1 Team Manager
- 8.1.2 Stand-in Manager
- 8.1.3 Coach
- 8.1.4 Assistant Coach
- 8.1.5 Doctor
- 8.1.6 Physiotherapist or Masseur

8.2 However, for any given match, **a maximum of 3 officials** and a registered doctor only will be allowed at the team bench. They being:

- 8.2.1 Manager or Stand in Manager
 - 8.2.2 Coach or Assistant Coach
 - 8.2.3 Physiotherapist or Masseur
- ONLY 1 CAN STAND TO COACHING**

Officials registering themselves as Medical Doctors or Physiotherapists must be qualified people of the discipline concerned. Photostat copies of their qualifications need to be attached with the entry form.

8.3 It is important that the Team Manager be present at all matches. Should the Team Manager be absent for two consecutive matches, he will be automatically disqualified as the Team Manager. The Stand-in Manager shall then assume the post of Team Manager. The team may seek the consent of the Technical Delegate for the replacement of any one of the abovementioned officials.

8.4 The Coach or the Assistant Coach will not be permitted to deputize as the Team Manager or as the Stand-in Manager.

9. DRESS AND TEAM COLORS

9.1 Each team is required to register 2 different sets of playing attire preferably one light and one dark coloured (1st. colour and 2nd. colour). The colours shall be for the following attire:

- 9.1.1 Shirt
- 9.1.2 Skirt / skort / short
- 9.1.3 Stokings
- 9.1.4 Goalkeeper's shirt

All players must be uniformly and neatly dressed at all times during a match

9.2 Each piece in one set must consist of at least 80% single colour. No colour that is one set of clothing may be repeated in the other relevant item of uniform (i.e. shirts, shorts, skirts / shorts and socks) except in collars, edging, piping or other decorative features (e.g., an accepted manufacturer's branding); and FIH General Tournament Regulations: Outdoor Competitions – January 2025 details as to primary and alternate colours of goalkeeper's shirts which must consist of colours completely different from each other and must not include any colours of the field players' shirts.



- 9.3 Any additional items of clothing (particular reference is made to the wearing of tights) worn by a player during a match must be of the same colour as specified for the corresponding piece of clothing.
- 9.4 The Technical Delegate, at his/her absolute discretion, shall specify to the Team Managers the clothing to be worn by their field players and goalkeepers for each match.
- 9.5 Each field player's number must:
- 9.5.1 Appear in distinctive filled (not outlined) figure(s);
 - 9.5.2 Be not less than 16 cm and not more than 20 cm in height on the back of the player's shirt;
 - 9.5.3 be not less than 7 cm and not more than 9 cm in height on the front of the player's shorts/skirt/shirts at thigh level.
- 9.6 Each goalkeeper's number must:
- 9.6.1 Appear in distinctive filled (not outlined) figure(s);
 - 9.6.2 Be not less than 16 cm and not more than 20 cm in height on the back of the goalkeeper's shirt;
 - 9.6.3 Be not less than 7 cm and not more than 20 cm in height on the front of the goalkeeper's shirt.
- 9.7 Each team will choose the numbers 1 to 32.
- 9.8 Whoever is appointed captain of a team, must wear a distinctive arm-band/ ribbon.
- 9.9 A player must be properly dressed at all times during a match. This includes the following:
- 9.9.1 All players, except the goalkeepers, must wear protective full-sized shin guards.
 - 9.9.2 Goalkeepers or any player acting as goalkeeper must wear protective headgear at all times during the match, including when defending a penalty stroke. When required to take a penalty stroke, then the protective headgear may be removed.
 - 9.9.3 The wearing of a headgear by players (cap etc) other than the goalkeeper is strictly prohibited. If the need arises, a player may wear a scarf which is complete black in colour.
 - 9.9.4 All players are encouraged to wear protective mouth guards.
- 9.10 Each team involved in a match must have available with it two spare sets of players clothing without number plus suitable material for numbering in an emergency such as replacement of blood-stained clothing.

10. STICK SPECIFICATION

- 10.1 Any curvature along the length of the stick (the rake or bow) must have a continuous smooth profile along the whole length, must occur along face side or the back of the stick but not both and is limited to a depth of 25mm.

The rake or bow is tested using a pointed wedge the point which is 25mm from the flat base. The stick is laid on a flat surface. The wedge must not pass completely under the stick at any place along its length.



11. COMPOSITION OF A TEAM

- 11.1 **A maximum of 10 players** may be used by a team in a match, of whom **2 must be goalkeepers** wearing full protective equipment. If one of the goalkeepers become injured or is suspended during a tournament or if the team chooses not to include a second goalkeeper in the 10 players, they can continue to use 9 players including only 1 goalkeeper. If a player(s) has been suspended by the Technical Delegate for one or more matches then, for those matches, the number of players the team concerned may use will be reduced by the number of players suspended.
- 11.2 Each team must have a captain, on the field of play or on the team bench during a match. The captain is responsible for the behavior of his team players on the field of play. He must, at all times, wear a distinctive armband.
- 11.3 Up to five players who are to start on the team bench. (Unless one or more players have been suspended for that game in which case the number of players is reduced accordingly).
- 11.4 Each team must have a minimum of 4 players, on the field of play for a match to be started.
- 11.5 Each team must nominate, at least 20 minutes before the commencement of every numbers of 10 players who will be the Starting Ten for that particular match.
- 11.6 The nominations can only be selected from those players whose names appear on the Entry Form.
- 11.7 Each team manager must before every match complete the appropriate form nominating from the players and support staff whose names appear on the entry form, excluding any player who has been suspended from playing in the match:
- 11.8 The five players who will be on the field of play at the commencement of the match. The players who are to start on the team bench (unless one or more players have been suspended for that game in which case the number of players is reduced accordingly).
- the captain and goalkeeper(s) for the match
 - team manager
 - coach or assistant coach (but not both)
 - physiotherapist (if any)
 - medical doctor (if any)
- 11.9 The remaining players and support staff, with the exception of suspended players, if any, may warm-up and practice with their team up to 10 minutes prior to the scheduled start time of the match. The team manager shall be responsible to ensure that these players and support staff, and the suspended players, if any, then go and remain outside the technical facility areas surrounding the field of play until the match is finished.



- 11.10 A nominated player who becomes incapacitated during warm-up or practice may be replaced by a player whose name appears on the entry form up to 10 minutes prior to the scheduled starting time of the match. The team manager must notify the Technical Officer on duty accordingly, who will inform the team manager of the opposing team and the media.

12. PLAN OF COMPETITION

12.1 FOR 2 POOL

- 12.1.1 Teams will be placed in two groups and they shall play each other in a one round league.
- 12.1.2 The Top 4 from each group will qualify to the quarter. The quarter final matches will be played in a crossover format. (MEN ONLY)
- 12.1.3 For Women, Top 2 from each group will qualify to the Semi Final.

13. RANKING IN THE POOL

- 13.1 In the pool, all teams will play against each other and the following points will be awarded for each match:
- 13.1.1 3 Points to the winner.
- 13.1.2 1 point to each team for a draw.
- 13.1.3 0 points to the loser.
- 13.2 If at the end of the pool matches two or more teams have the same number of points for any place in a pool, these teams will be ranked according to their respective number of matches won.
- 13.3 Should there still remain equality between two or more teams, then these teams will be ranked according to their respective goal difference.
- A positive goal-difference always takes precedence over a negative one.
- 13.4 If there still remains equality between two or more teams, then these teams will be ranked according to their respective number of "goals for".
- 13.5 If there remains equality between two or more teams with the same number of points and the same number of matches won, for any place in a pool, then the result(s) of the match(es) between (only) those teams involved will be taken into consideration to determine the ranking of the tied teams.
- 13.6 If there still remains equality among two teams, then these teams will be ranked according to the number of Field Goals scored in the pool matches. (LATEST)
- 13.7 Should there still remain equality between 2 teams, then the matter will be settled by a Challenge Shoot-out Competition between those teams (refer to Appendix 1).
- 13.8 Should there still remain equality among 3 (or more) teams, then each team will play a Shoot-out Competition against the other teams (refer to 13.9).
- 13.9 A ranking will then be established based upon the results of the round of shoot-out with the award of the following points:



13.9.1 3 points to the winner.

13.9.2 0 points to the loser.

If equality remains, then teams having an equal number of points shall be ranked according to Regulations 13.3, 13.4 , 13.5 and 13.6.

14. FINAL AND 3RD & 4TH PLACING

- 14.1 Should the match end in a draw at the end of regulation time, the winner shall be decided by the Challenge Shoot-out Competition. This Challenge Shoot-out Competition will be held immediately after the match. In case of decision by Challenge shoot- out competition, the total prize money for both teams shall be shared equally between the two teams.

15. DURATION OF MATCHES

- 15.1 A match consists of 2 periods of 10 minutes.
- 15.2 At the end of the first period there shall be an interval of 3 minutes. During this interval, teams are not permitted to leave the field of play.

16. TIME-KEEPING

- 16.1 Time keeping will be controlled by the Technical Officials at the Technical Table whose responsibility it will be to signal the end of the periods of regulation time at half time and at full time.
- 16.2 The umpires shall blow the whistle to start or restart the match. They shall also signal to the Technical Officials every stoppage they may order and the subsequent restart.

17. INTERRUPTIONS OF A MATCH

- 17.1 If a match is interrupted by the umpires (eg because of weather or Field of Play conditions) or by the Technical Officials (eg because of thunderstorm with lightning), this match must be resumed as soon as possible (not necessarily on the same Field of Play or on the same day), under the following conditions:
- 17.1.1 The match must be completed up to the regulation full time, the score on the resumption being that at the time the interruption took place;
- 17.1.2 On resumption, Regulation 20 relating to the substitution of players shall apply as though there had been no interruption to the match.

18. FAILURE TO PLAY

- 18.1 During the Preliminary Round, a team refusing to play or to complete a match shall be considered as withdrawing from the tournament.
- 18.2 If a team thus withdraws from the tournament, all the matches it has played up to then shall be considered as not having been played, not only by the withdrawing team but also by all the teams it had played against. The points table will be corrected accordingly. Statistics for the team and individual player scoring statistics will be removed for all matches in which a team has been disqualified or has failed to play.



- 18.3 During the classification matches, a team refusing to play or to complete a match shall be considered as withdrawing from the tournament at that stage and losing the match in question.
- 18.4 A team refusing to play or to complete a match during the preliminary matches will be deemed to have committed a breach of discipline. Such cases will be referred to the Technical Delegate and subsequently to MHCDC. The offending team will not be allowed further participation in any other tournament until the MHCDC arrives at a decision.
- 18.5 A grace period of not more than 10 minutes will be given to a team that takes the field late. Such consideration will be given to the team only once. Should the same team fail to take the field at the specified time the second time, without good reason(s), the team will be considered to have withdrawn from the tournament. The Rules pertaining to withdrawals will then take effect. If a team fails to take the field after the 10 minutes of grace period, the match will be awarded to the opposing team with a 3 - 0 goal margin.

19. ADMISSION TO THE FIELD OF PLAY

- 19.1 No one, except the players and the umpires properly engaged in a match, may enter the Field of Play during that match unless permitted to do so by one of the umpires. This rule is obligatory even in the event of a player or an umpire becoming incapacitated.
- 19.2 The Team Manager, the Physiotherapist and substitute players nominated for that match, up to a maximum of seven persons, including the Team Medical Doctor, if registered, must remain seated on the team bench during playing time, including time stoppages, unless the Technical Officer on duty or Umpire(s) direct otherwise or when implementing the substitution procedures. The Coach nominated for the team bench must remain in an area designated by the Technical Officer on duty but need not be seated. Substitutes may leave their seats to warm up in an area designated by the Technical Officer on duty. The Team Medical Doctor and Physiotherapist may leave their seats to treat players at the end of the team bench.
- 19.3 The nominated Team Manager is responsible for the conduct of all persons occupying the bench, must be present on the bench during the match and occupy the seat nearest to the technical officials' table. Officials or players who were not registered prior to the commencement of the tournament will not be allowed to sit on the team bench.
- 19.4 Vocal communication by team officials and/or players on the team bench must not be directed at the technical officials seated at the table, the Umpires and / or the players of the opposing team.



- 19.5 The TO on duty, after warning a team manager of acts of misconduct by a person or persons on that team bench is empowered, should the misconduct continue, to order that person or persons involved to leave the team bench and stay in the team changing room for the remainder of the match. Further disciplinary action may be taken by the TD after the match, depending upon the circumstances or the seriousness of the offence.
- 19.6 No incapacity treatment is permitted on the field of play. If a player becomes incapacitated on the field of play, one of the Umpires may stop the match and assess whether or not the player requires attention:
- 19.6.1 The Umpire may authorize the registered Team Medical Doctor and / or Physiotherapist to enter the field of play;
 - 19.6.2 if a team does not have such registered officials, the Umpire will authorize the on-duty Medical Officer and / or Team Manager, to enter the field of play;
 - 19.6.3 if necessary, the Umpire may also authorize stretcher bearers to enter the field of play.
 - 19.6.4 persons authorized to enter the field of play are required to assist and remove the player concerned from the field of play as soon as it is safe to do so.
- 19.7 If any person from the team bench and / or the on-duty Medical Officer enters the field of play to attend to a player/ goalkeeper:
- 19.7.1 that player/ goalkeeper must leave the field of play and return to the team bench area for a minimum of two minutes of playing time;
 - 19.7.2 the two minutes period will be managed by the Technical Officials on duty;
 - 19.7.3 the player required to leave the field of play may be substituted.
- 19.8 No liquid or other refreshment may be consumed on the Field of Play. Any player wishing to take refreshment during a match, including during stoppages, must leave the Field of Play.
- 19.9 Team officials and players may not leave the technical facility area surrounding the Field of Play during the intervals.
- 19.10 Misconduct by any player and team officials during the course of the tournament, whether on or off the field and whether or not his team is involved in a match, shall be referred through the Technical Delegate. TD shall have the powers and may refer to the MHCDB any player or official for breach of discipline, on or off the field.
- 19.11 Any accredited representative of a team, who, in the opinion of the Umpires / Technical Officials, is found interfering with the tournament or bringing disrepute to the tournament or act of misconduct by a player(s) or a team official(s) towards an Umpire(s) and or a Technical Official(s) be it verbally abusive or physical shall be referred to MHCDB for appropriate action.
- 19.12 Audible vocal communication from the videographer facility overlooking the field of play is not permitted by the personnel admitted to this facility.



20. SUBSTITUTION OF PLAYERS

- 20.1 The substitute players will be chosen from amongst the players whose names appear on the entry form and who were starting the match or sitting on the team bench from the start of the match. When substituted, a player shall go immediately to the team bench.
- 20.2 A player who has been substituted may be permitted to return to the Field of Play again during the same match following the substitution procedure.
- 20.3 Substitution of a player may only take place under the supervision of a Technical Officials' Table official and the substitute player may not enter the Field of Play until the player in the same team being substituted has left it.
- 20.4 The Team Managers are responsible for the proper application of the procedures.
- 20.5 Time will not be stopped for substitution except;
 - 20.5.1 For the replacement of an incapacitated player;
- 20.6 Players involved in substitution must enter or leave the Field of Play in the vicinity of the centre line at the side in front of the technical official's table.
- 20.7 If a substitution is due to a player being incapacitated then the control of substitution will be at the sole discretion of the umpire.
- 20.8 If a team captain is substituted, he will continue to remain as the captain and it will not be necessary for another player on the field of play to act as the captain.
- 20.9 In case of an injury to a player causing bleeding, then that player must be substituted immediately. He may re-enter the Field of Play only after stoppage of bleeding and the wound, dressed.
- 20.10 The player to be suspended for one match only is that he would have already served a one match suspension upon accumulating 8 demerit points.
- 20.11 A player who received permanent suspension in a match may be suspended for more than one match by the TD, depending on the seriousness of the offence.

21. PROTESTS

- 21.1 If a team manager wishes to lodge a protest at the end of a match, then such a protest must be in writing in the prescribed form and handed to the Technical Officer on duty within ten (10) minutes of the match ending declaring the intention to do so when signing the match report by noting the intention immediately under the signature. If the text of the protest is not received in writing prior to the expiry of the ten (10) minutes, then it will be deemed that no protest has been registered.
- 21.2 The protest having been properly declared; the team manager will then have a further fifteen (15) minutes to remit to the same Technical Officer a deposit of **RM 500.00**. Upon failure to do so, the protest will be considered void. The deposit will be refunded unless the protest is deemed futile.



21.3 The TD must make a decision in writing within 24 hours after the end of the match in question. A protest from a decision of an Umpire during a match, Challenge shoot-out competition or sudden death may not be made to or considered by the TD.

21.4 The Technical Delegate decision shall be final.

22. SHIRT ADVERTISEMENT

22.1 Teams may advertise their sponsor's logo with the written approval of the MHC Competition Committee at the back or at the sleeves of their shirts.

23. ATTIRE FOR OFFICIAL FUNCTIONS/ CEREMONIES

23.1 Should there be an official sponsor for attire, teams are required to use the attire of the official sponsor for official ceremonies, including the prize-giving ceremony.

24. MATCH REPORT FORMS

24.1 At the end of a match, a Match Report is produced at the technical table. This is a summary of the match showing the names of all players, team officials and technical officials nominated for the match and the key match statistics, including the result.

24.2 Within ten minutes of the end of the match, the Team Manager of each participating team must sign the Match Report, even if a protest is contemplated.

24.3 The match officials must also sign the Match Report once both Team Managers have done so.

25. PRIZES AND SPECIAL AWARDS

TBC

26. MATTERS NOT PROVIDED FOR

All matters not provided for in these Rules and Regulations shall be dealt with by the Organizing Committee whose decision shall be final.



APPENDIX 1

CHALLENGE SHOOT-OUT COMPETITION

In a Challenge Shoot-out competition, three players from each team take a one-on-one shoot out alternately against a goalkeeper from the other team as set out in this Regulation. The Challenge Shoot-out competition comprises all series of Challenge Shoot-outs required to determine a result.

The following sets out both the playing Rules and the procedures to be followed:

1. The Challenge Shoot-out competition takes place after the end of a match; the above procedures must be carried out promptly so that the first shoot-out can take place within five (5) minutes of the end of the match.
2. A player who is still serving a disciplinary suspension by the Technical Delegate at the time the Challenge Shoot-out competition takes place or has been excluded permanently (red card) during the match which leads to the Challenge Shoot-out competition, cannot take part in that Challenge Shoot-out competition. A player who has been temporarily suspended (either by a green or yellow card) may take part in the Challenge Shoot-out competition even if the period of suspension has not been completed at the end of the match.
3. The Tournament Director, if present, or the Technical Delegate will specify the goal to be used.
4. The Technical Delegate will specify at the pre-competition briefing meeting the method of timing Challenge Shoot-outs taking account of the facilities available and the need to control time accurately.
5. A coin is tossed; the team which wins the toss has the choice to take or defend the first Challenge Shoot-out.
6. All persons listed on the Match Report other than any player who has been excluded permanently (red card) during the match which leads to the Challenge Shoot-out competition are permitted to enter the field of play outside the half used for the Challenge Shoot-out but must be at least 15 metres from the spot where the ball is placed at the start of the Challenge Shoot-out.
7. The goalkeeper of the team taking a Challenge Shoot-out must stand on the back-line near the corner of the pitch.
8. A player taking or a goalkeeper defending a Challenge Shoot-out may enter the quarter area for that purpose.
9. Players taking a Challenge Shoot-out and also defending those taken by their opponents are allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put back on their protective equipment.
10. Three players from each team take a Challenge Shoot-out alternately against the goalkeeper of the other team making a total of 6 Challenge Shoot-outs.



11. Taking a Challenge Shoot-out:

- a. The ball is placed on the quarter-line;
- b. An attacker stands behind the ball;
- c. The defending goalkeeper must stand with both feet on or behind the goal line;
- d. The Umpire signals to the technical table that the time may start;
- e. An official at the technical table starts the clock which automatically issues an audible signal; the attacker and the goalkeeper may then move in any direction;
- f. If either the attacker or goalkeeper / defending player start the process of the challenge before the umpire has blown the whistle, the shoot-out is reset;
- g. The Challenge Shoot-out is completed when:
 - i. 8 seconds has elapsed since the starting signal;
 - ii. A goal is scored;
 - iii. The attacker commits an offence;
 - iv. For any unintentional offence by the defending goalkeeper against the player taking the challenge, the challenge is taken again;
 - v. For any intentional offence by the defending goalkeeper against the player taking the challenge, a penalty stroke is awarded;
 - vi. If a penalty stroke is awarded as specified above, it can be taken and defended by any eligible player on the Match Report subject to the provisions of Articles 14, 15 and 16 of this Appendix;
 - vii. The ball goes out of play over the back-line or side-line; this includes the goalkeeper intentionally playing the ball over the back-line.

12. The team scoring the most goals (or ahead by more goals than the other team has untaken Challenge Shoot-outs available) is the winner.

13. A player may be suspended by red card but not by a yellow card during the Challenge Shoot-out competition.

14. If during a Challenge Shoot-out competition, a player is suspended by a red card:

- a. That player takes no further part in that Challenge Shoot-out competition and, unless a goalkeeper, cannot be replaced;
- b. The replacement for a suspended goalkeeper can only come from the three players of that team nominated to take part in the Challenge Shoot-out competition:
 - i. The replacement goalkeeper is allowed reasonable time to put on equipment similar to that which the goalkeeper they are replacing was wearing;
 - ii. This player is allowed reasonable time to take off their protective equipment to take their Challenge Shoot-out and subsequently to put it on again.
 - iii. Any Challenge.

Shoot-out due to be taken by a suspended player is forfeited; any goals scored by this player before being suspended count as a goal.

15. If during a Challenge Shoot-out competition, a goalkeeper is incapacitated:

- a. That goalkeeper may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded in this appendix or unless suspended by an Umpire during the Challenge Shoot-out competition.
- b. If a team has another goalkeeper on the Match Report for that particular match, that goalkeeper replaces the incapacitated goalkeeper; if there is not another goalkeeper on the Match Report for that particular match the replacement goalkeeper:



- i. Is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper was wearing;
 - ii. If this replacement is also nominated to take a Challenge Shoot-out, this player is allowed reasonable time to take off their protective equipment to take their Challenge Shoot-out and subsequently to put it on again.
16. If during a Challenge Shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded above or unless suspended by an Umpire during the Challenge Shoot-out competition.
17. Any replaced player (defender or attacker) takes no further part in the Challenge Shoot-out competition.
18. If an equal number of goals are scored after each team has taken three Challenge Shoot-outs:
 - a. A second series of three Challenge Shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;
 - b. The sequence in which the attackers take the Challenge Shoot-outs need not be the same as in the first series;
 - c. The team whose player took the first Challenge Shoot-out in a series defends the first Challenge Shoot-out of the next series;
 - d. When one team has scored or been awarded one more goal than the opposing team after each team has taken the same number of Challenge Shoot-outs, not necessarily being all three Challenge Shoot-outs, that team is the winner.
19. If an equal number of goals are scored after a second series of three Challenge Shoot outs, additional series of Challenge Shoot-outs are taken with the same players subject to the conditions specified in this Appendix:
 - a. The sequence in which the attackers take the Challenge Shoot-outs need not be the same in any subsequent series;
 - b. All eligible players from each team must take a Challenge Shoot-out before any one of them can take another; any Challenge Shoot-out due to be taken by a suspended player is forfeited.



APPENDIX 2

SCHEDULE OF VARIATIONS TO THE RULES OF HOCKEY

Below is a list of Regulations which supersede the Rules of Hockey 5s.

1. CAPTAINS

Rule 3.3: Captains must wear a distinctive arm-band or similar distinguishing article on an upper arm or shoulder or over the upper part of a sock.

Regulation: Captains must wear a distinctive single colour (not black) or in the team's national colour(s) arm-band or similar distinguishing article on an upper arm or shoulder or over the upper part of a sock.

2. GREEN CARD – ONE MINUTE SUSPENSION

Rule 14.1.b: For any offence, the offending player may be warned and temporarily suspended for 1 minute of playing time (indicated by a green card).

Regulation: For any offence, the offending player may be warned and temporarily suspended for 1 minute of playing time (indicated by a green card).

- a. For the duration of each temporary suspension, the offending team plays with one less player.
- b. If a field player receives a green card, the Umpires stop the match (but not necessarily the time) to issue the card; if time has been stopped, the Umpires restart it immediately after issuing the card.
- c. If a goalkeeper is awarded a green card, the team may nominate a field player to serve the suspension on their behalf.
- d. The offending player leaves the court immediately; if they interfere with play on their way to the designated suspension area the Umpires may further penalize the player in accordance with the Rules of Hockey.
- e. The one minute temporary suspension starts when the player is seated in the designated area.
- f. Timing of the suspension is controlled by a Technical Official on duty.
- g. The offending player is permitted to resume play when the Technical Official on duty indicates that the period of suspension has been completed unless this occurs during the taking of a challenge in which case the player cannot return until the challenge has been completed or another challenge is awarded.
- h. The suspended player may return to the court immediately the opposing team scores a goal.

3. YELLOW CARD – TWO MINUTES SUSPENSION

Rule 14.1.c: For any offence, the offending player may be temporarily suspended for a minimum of 2 minutes of playing time (indicated by a yellow card).

Regulation: For any offence, the offending player may be temporarily suspended for a minimum of 2 minutes of playing time (indicated by a yellow card).



- a. For the duration of each temporary suspension, the offending team plays with one less player.
- b. If a field player receives a yellow card, the Umpires stop the match (but not necessarily the time) to issue the card; if time has been stopped, the Umpires restart it immediately after issuing the card.
- c. If a goalkeeper receives a yellow card, the Umpires stop the time and re-start it once a replacement goalkeeper has entered the pitch in accordance with Rule 2.4f.
- d. The offending player leaves the field immediately; if they interfere with play on their way to the designated suspension area the Umpires may further penalize the player in accordance with the Rules of Hockey.
- e. The two minutes temporary suspension starts when the player is seated in the designated area.
- f. Timing of the suspension is controlled by a Technical Official on duty.
- g. The offending player is permitted to resume play when the Technical Official on duty indicates that the period of suspension has been completed unless this occurs during the taking of a challenge in which case the player cannot return until the challenge has been completed or another challenge is awarded.
- h. If the offending player is a goalkeeper, the Technical Official on duty notifies the Umpires when the period of suspension has been completed; the Umpires stop the time at the next stoppage of play to enable that player to resume play.



APPENDIX 3

1. TOURNAMENT RULES

Kindly ensure that you have a copy of the Tournament Rules & Regulations and that you have gone through them thoroughly. The TD / OC / Executive Board of MHC may amend / change / delete / add the Tournament Rules and Regulations if deemed necessary.

2. REGISTRATION OF PLAYERS

- 2.1 Each team will be allowed to register a maximum of 10 players. (refer to rules 5.3 for Eligibility of Players).
- 2.2 Should a team decide to drop a player or a player withdraws from the team during the course of the tournament, there will not be a substitute for the player who has been dropped or who has withdrawn from the team.
- 2.3 Each state is only allowed a maximum of 2 guest players.

3. COMPOSITION OF A TEAM

- 3.1 Team Managers are obliged to deliver a signed sheet indicating the names and numbers of players starting the match to the Technical Officer, 20 minutes prior to the start of the match. They should also indicate the names of the captains and the goalkeepers on the same sheet.
- 3.2 Players must wear the shirt number under which they have been registered. Please ensure that this requirement is strictly adhered to for there will not be any compromise to this Rule.

4. DRESS AND TEAM COLOURS

- 4.1 The teams shall wear the colours that are registered in the team registration form.
- 4.2 Any additional item of clothing worn by a player during a match (e.g. tights) must be of the same colour specified for the corresponding piece of clothing i.e. the colour of shorts.
- 4.3 The goalkeeper's shirt must be of a colour, which is different and distinctive from the shirts of either team. A clear visible number should be on both the front and back of the shirt.
- 4.4 The goalkeeper must wear protective headgear. The goalkeepers' gloves and equipment will be checked during the Equipment check Pre-Briefing meeting.
- 4.5 The Captains are required to wear a distinctive arm-band/ribbon, which is clear enough to be seen by the Umpires and the Technical Officials' Table.
- 4.6 The wearing of a headgear by players (cap etc) other than the goalkeeper is strictly prohibited. If the need arises, a player may wear a scarf that is black in colour. or a colour corresponding to the jersey colour.

5. STICK CHECK

- 5.1 All sticks will be checked will be checked during the Equipment check Pre- Briefing meeting or prior to the teams' first match warm-up.



6. TEAM BENCH

- 6.1 The First Mentioned team shall occupy the player bench located on the left side of the technical table / bench.
- 6.2 A maximum of four (4) players and three (3) officials will be allowed to be seated at the team bench. If a doctor is registered with the team, he is also allowed to sit at the bench.
- 6.3 The Manager must sit at the end of the bench nearest the Technical Officials' Table.
- 6.4 The Manager shall be responsible for the behavior of all persons on the team bench.
- 6.5 Interference during the match from anywhere, especially the team bench, is not allowed.
- 6.6 A player, who has been given permanent suspension (Red Card) during a match, shall return to the team bench to collect his equipment only. He must then leave the team bench and remain in the team changing room for the rest of the match.
- 6.7 If misconduct occurs after a Team Manager has been warned about acts of misconduct on his / her team bench, the Technical Officer on duty is empowered to order the person or persons involved to leave the team bench and remain in the team changing room for the rest of the match. After the match, the Technical Officer will report the circumstances to the Technical Delegate who may take further disciplinary action.

7. INJURIES

- 7.1 In the case of an injury, the team doctor and/or the physiotherapist together with the team manager may enter the Field of Play after permission has been given by one of the umpires. If the team does not have such registered officials, the team concerned may utilize the services of the First-Aid personnel on duty. The Team Manager will be permitted to enter the Field of Play.
- 7.2 The coach (es) will not be permitted to enter the Field of Play under any circumstances.
- 7.3 In case of an injury to a player causing bleeding, then that player must be substituted immediately. The injured player may re-enter the Field of Play only after stoppage of bleeding and the wound dressed.
- 7.4 No treatment of players will be permitted on the pitch. Any player or goalkeeper treated for injury shall only return to the pitch after two minutes of treatment time.

8. DISCIPLINARY ACTIONS

- 8.1 Team Managers are obliged to maintain a record of all disciplinary actions and act in accordance with the Rule(s).



- 8.2 The Technical Delegate has the authority to suspend for one or more matches, players, team officials and other officials who in the opinion of the Technical Delegate are guilty of misconduct before, during or after a match.

9. REFRESHMENT

- 9.1 No liquid or other refreshment will be allowed to be consumed on the Field of Play.
- 9.2 Any player wishing to take refreshment during a match, including stoppages, must leave the Field of Play and is permitted to re-enter but not within the 23 meters lines and the goal lines. A goalkeeper shall re-enter the Field of Play only adjacent to the goal.

10. MATCH SHEET

- 10.1 Managers are advised to check the match sheet to ensure that the details therein are correct before signing it.
- 10.2 If there is a protest, managers should sign the match sheet promptly following the end of a match and write the words 'to protest' under his signature.

11. PRIZE GIVING CEREMONY

- 11.1 Managers are to ensure that very little time is taken for their players to be ready for the prize giving ceremony. Your kind co-operation on this matter will be much appreciated.
- 11.2 Players should be in uniform attire for this ceremony. Sandals and slippers are strictly prohibited.

12. GENERAL

- 12.1 Team Captains will be responsible for the discipline of the players on the Field of Play. Disciplinary action can also be taken on the captain whose player(s) misbehave on the Field of Play.
- 12.2 The Team Manager will be responsible for the conduct of the players and officials on the team bench.
- 12.3 Team Managers are hereby advised to ensure that their players are insured against any injuries or death caused by accidents or otherwise during the duration of the tournament. MHC shall not be held responsible.

13. THE TEAM TECHNICAL AREA

- 13.1 The team technical area extends 1 meter on either side of the designated seats and extends forward up to a distance of 2 meter from the sitting area.
- 13.2 The number of persons permitted to occupy the team technical area is defined in the tournament regulations.



- 13.3 Only one person at a time is authorized to convey tactical instructions and he must return to his position after giving instructions.
- 13.4 The coach and other officials must remain within the confines of the team technical area except in special circumstances for a physiotherapist or doctor entering the field of play, with the umpire's permission to assess an injured player.
- 13.5 The coach and other occupants of the team technical area must behave in a responsible manner.



BEFORE THE START OF THE MATCH

1. Make sure you are familiar with the facilities at the stadium.
e.g:
 - a. Players' Changing Rooms
 - b. Umpires' Rest Room
 - c. Medical Room / Doping Facilities
2. Check with the Technical / Stadium Facilities personnel on the availability of the people:
 - a. Manning the watering system;
 - b. Floodlighting
3. Make sure the ball boys are present.
4. Check to see the following Technical Officials' Table:

Equipment:
 - a. Hooters / Horns - 1
 - b. Stop Watches - 3
 - c. Warning Cards - 1 set
 - d. Whistle - 1
 - e. Armbands - 4 (assorted)
Office Stationery:
 - a. Match Sheet Appointment Sheet Rules of Hockey Tournament
 - b. Regulations Pointed Wedge (to check the rake or bow)
5. Allocate the duties to the Judge(s).
6. Get from the Team Manager the names of players registered for the match and the Starting 5 players.
7. Adhere to the following schedule:
 - a. 20 minutes before: make sure that the field of play is sufficiently waters; 1.7.2 approximately 8 minutes before: check all sticks and the players' s shirt numbers (if not checked at the pre-tournament briefing);
 - b. Report immediately any irregularities to the Technical Committee. Technical Officials are personally responsible for checking their appointments for each day. The attire of the Technical Officials for the matches in which they officiate will be dark long pants and MHC allocated T shirts.



INSTRUCTIONS TO JUDGES

- Appointed Judges should report at the venue at least 30 minutes before the match and should report to the Technical Delegate / Technical Officer on duty at least 30 minutes before the start of the match.
- Judges are personally responsible for checking their appointments for each day. The attire of the Judges for the matches in which they officiate will be dark long pants and MHC allocated T-shirts.
- Judges should assist the Technical Officer on duty by understanding the following responsibilities:

A. Prior to the start of the match:

1. Check all equipment at the technical table to ensure that it is present and in good working order before and after each match. Any malfunctions or missing items should be reported to the Technical Officer on duty immediately.
2. Check all sticks prior to the start of the match. If possible, all sticks (playing and reserve) should be checked at the same time prior to the start of the team's warm-up.
3. Check the Goalkeeper's gloves and equipment and ensure that the colour of the Goalkeeper's shirt is different from that of his own team, opponents and umpires; also ensure that the Goalkeeper's number is visible on both the front and the back of the shirt.
4. Ensure that any additional piece of clothing (e.g., cycling shorts) worn by a player during a match is of the same colour specified for the corresponding piece of clothing; also ensure that captains are wearing a distinctive arm-band or ribbon which is visible to the umpires and the technical table.
5. If possible, during the line-up prior to the start of the match, verify the shirt numbers of both teams with the match form. Complete this during the opening minutes of the match if necessary. Any discrepancy should be reported to the Technical Officer on duty immediately.

B. DURING THE MATCH

1. Keep the time and watch the umpires' signals carefully with regard to time-outs and confirm them clearly.
2. Register the goals on the match sheet together with the scorer, the minute of play, and the type of goal. When there is recording to be done, ensure that at least one person at the table is watching the match while others write.

Goals should be recorded under the following categories:

FG = field goal; C=Challenge; PS = penalty stroke

3. Register warning cards on the match sheet against the correct number of the player according to the minute of play.
4. Check the team benches for authorized persons and report any misconduct to the Technical Officer on duty.



5. Ensure that all sticks, and goalkeepers' gloves and headgear are left at the team bench at half time.
6. In the case of injury, and in conjunction with the umpire, ensure that a maximum of only two / three persons enter the pitch in accordance with the Technical Regulations.
7. Monitor the taking of refreshments during the match by players according to the method outlined in the Technical Regulations.

C. After the Match

1. Immediately when the match is stopped for half time start the watch to time the 10 minutes for the restart.
2. Immediately following the stoppage of time for the end of the match, start a watch to time the 10-minute protest period. As soon as both Managers have signed the match sheets and no protest has been lodged, the watch may be stopped.
3. In the event that a protest is lodged, remain available to give testimony to the Technical Delegate.
4. Sign the match sheet at the end of the match after it has been signed by both Managers and Umpires.
5. Ensure that table equipment is collected, including captains' arm- bands and hand over to the tournament secretariat.
6. Do not make any statement about the match or about the umpire with any other person other than the Technical Delegate.



INSTRUCTIONS TO UMPIRES

1. Umpires are personally responsible for checking their appointments, even if they have not received the relevant appointment sheet.

If an appointed umpire is ill or injured, he must inform the Tournament Secretariat and Umpires' Manager without delay.

2. Umpire should be at the venue at least one hour before the match and should report to the Technical Delegate / Technical Officer in charge of the game at least 30 minutes before the commencement of the match.
3. Prior to the match, umpires should check the goals and report any irregularities to the rules or regulations they may observe immediately to the Technical Officer in charge of the game. They should also ensure that each captain wears an armband and that there are no similarities between the colours of the goalkeeper, the teams and the ball boys. They must report any clashes immediately to the Technical Officer in charge of the game.
4. Umpires must ensure that in the case of stoppages of time their time-out signal is confirmed by the technical officials' table and they should not start or restart the game before a clear signal has been given to technical officials' table and has been acknowledged by the Technical Officer on duty. The umpire on the tableside shall be responsible for the restart of the match.
5. Umpires must not allow more than two / three authorized persons to enter the field in case of injuries. Do not allow anyone to interfere in any way with the game whilst it is in progress or even during stoppages without your permission.
6. After the game the umpire should first check the result of the game and confirm the result with the Technical Officer in charge of the match. Do not sign the match sheet before both managers sign it.
7. Umpires must not leave the ground after the game without prior agreement of the Technical Officer on duty. If a protest is lodged then umpires must remain available to give their testimony to the Technical Officer / Technical Committee.



The Code of Conduct is applicable for participants at any approved MHC tournament or any tournament approved by a State Hockey Association.

Participants shall be considered:

1. All State Hockey Associations, team members and officials including players, team management, coach and coaching staff, medical staff and the duly appointed representatives of the State Hockey Associations of the participating teams.
2. All MHC tournament officials including the MHC Representatives, Technical Delegates, Technical Officers, Umpires' Manager, Medical Officer, Media Officer, Judges and Umpires, and any other ad hoc officials appointed by the MHC or the organising committee.
3. The host State Hockey Association representatives and the members of the organising committee.
 - i. The code is established to create awareness of and accountability for the promotion of the game of hockey amongst the participants of the above-mentioned events.
 - ii. All participants are responsible for their own behaviour and conduct, and as such, accountable. They must abide by the MHC Constitution, Rules of Hockey, Tournament Regulations and Directives of the Code of Conduct as set out thereafter.
 - iii. It is therefore the responsibility of the State Hockey Associations of the participating teams to instruct their players and team officials of the requirement. The State Hockey Associations shall share liability with their players and team officials should breaches occur of the terms of the MHC Constitution, all Rules and Regulations, and Rules and Directives of the Code of Conduct as mentioned in II above.
 - iv. The Technical Delegate/Technical Committee as mentioned in ii above, shall in the first deal with etc complaints in relation to either misconduct or breaches of the terms of the Constitution and Rules and Regulations, during the competition, or after the competition, by the MHC Competitions Committee, who in turn may refer and involve the MHC Disciplinary Committee.
 - v. All participants are therefore subject to the jurisdiction of the MHC.

MHC is committed in maintaining the highest standards of behaviour and conduct of those subjects to this jurisdiction. In pursuance of these standards, all participants shall observe also the following Rules and Directives:

4. Participants shall at all times conduct themselves fairly and properly on the field of play and any part of the hockey venue/accommodation. No person may conduct himself in a manner or commit any act or omission which may prejudice the interest of hockey or which may bring the game of hockey into disrepute.
5. Without prejudice to the generality of the foregoing, the following shall be regarded as conduct which is improper, unfair, and unacceptable:
 - i. Verbal / physical abuse or hostility towards any other participant, person or other member of the public;
 - ii. Disputing / protesting, reacting in a provocative or disapproving manner toward any decision made by an umpire or official in an inappropriate way.
 - iii. Using rude or abusive language or hand signals.



6. Public Statements

- i. Public statements must be fair and reasonable and must not involve a personal attack on another player, umpire, appointed official or administrator.
- ii. The MHC recognizes that fair and reasonable comments on the game in general are essentially in the interests of everyone. However, it further recognizes that in the interest of maintaining the generally excellent relations that currently exist between players, umpires and officials, it is necessary to ensure that any such comment and criticism be constructive. Any public statement therefore by a participant shall not comprise "a personal attack", upon any similar participant like himself also subject to the jurisdiction of the MHC.
- iii. The MHC defines a "public statement" as follows:

Any statement in which the whole, part or essence, is made public. Such a statement may be made in a newspaper, magazine, periodical or by any electronic (Internet, E-mail, etc) or other means through the medium of television, radio, social media or any other manner whatsoever, regardless of the circumstances in which the statement was made.



**CONFEDERATION
CODE OF CONDUCT
ACKNOWLEDGEMENT**

We confirm that each one of our team officials and players participating in the below-mentioned tournament has agreed to observe the MHC Constitution, the Rules of the Game, the Tournament Regulations, the Code of Conduct and the directives brought to their notice.

Tournament:

NATIONAL HOCKEY 5S TOURNAMENT (MEN & WOMEN), 2025

For and on behalf of the team

Signature of Team Manager :

Name :

I.C.No :

Team :

Date :

Signature of Secretary / Principal:

Name :

Name of Club/School :

Date :

For and on behalf of the State Hockey Association

Signature :

Name :

Position : President / Hon. Secretary

State Hockey Association :

Date :