



**TOURNAMENT RULES AND REGULATIONS
TNB MALAYSIAN HOCKEY LEAGUE, 2026
(PREMIER & WOMEN)**

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	TNBMHL	TNB Malaysian Hockey League
1.5	Team	Clubs, Districts, Higher Learning Institution
1.6	OC	Organizing Committee
1.7	TC	Technical Committee
1.8	TD	Technical Delegate
1.9	TO	Technical Official





2. NAME

The tournament shall be called the “TNB Malaysian Hockey League 2026” (“TNBMHL”).

3. RULES OF THE GAME

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

4. PRE-TOURNAMENT BRIEFING MEETINGS

- 4.1 Team Managers must attend the Event Briefing Meeting at a time and place to be specified by The MHC Competition Committee.
- 4.2 Team Managers must bring to this meeting or such other meeting specified by the Technical Delegate: a sample of the clothing of their field players and goalkeepers (primary and alternate colours) and all playing equipment for approval prior to the commencement of the competition; equipment includes goalkeepers’ headgear, hand protectors, leg guards and kickers together with any protective equipment such as face masks and hand protectors worn by field players; sticks for all players will also be checked but the Technical Delegate may authorize this to be done at another time;

NOTE: A FINE OF RM500 IF MANAGERS FAIL TO ATTEND PRE-TOURNAMENT BRIEFING MEETINGS INCLUDING ONLINE MEETING

- 4.3 A Team’s Head Coach must attend the meeting with the tournament appointed Umpires Manager(s) at a time and place to be specified.

5. PARTICIPATION

- 5.1 The tournament is open to all clubs that are affiliated to the affiliates of the MHC and *invited foreign club teams. Such clubs should be properly constituted bodies, registered with the Registrar of Societies/ sports commission. In the case of Employer Clubs, they should be registered with the Registrar of Companies. The tournament is also open to colleges and universities constituted registered in Malaysia.

****The organizer reserves the right to accept any clubs / teams by way of invitation to register and participate in MHL 2026. The organizer at its discretion may disapprove any CLUB / Teams the organiser feels does not comply for any reason and seem not qualified to participate.***

*** Exempted from clause 5.1**

- 5.2 Teams that have consented to participate must not be in arrears of dues to the MHC.
- 5.3 Confirmation to participate must be in writing and must be made in the prescribed forms.





- 5.4 A mandatory fine of RM500.00 will be imposed on a team should the team confirming its participation withdraws from the TNBMHL 2026 after Closing date of Calling of Entry cut-off date.
- 5.5 The organizing committee has the rights and discretion to hold, postpone, cancel, changes of venue of any matches due to any unforeseen circumstances for safety and to adhere to the local authorities rules and regulations guiding sports activities.

6. ELIGIBILITY OF PLAYERS

6.1 Local teams are allowed to **register max number of 3 foreign players and any number of national players**. However, **only 8 players in combination of Foreign and National players are allowed in the field of play during matches between teams. During matches between local and foreign team there is no limitation in the combination of foreign and national players**. Responsibility of registration and approval for foreign players are the solely responsibility by the Team management.

6.2 Criteria of foreign players registration must have represented their national (senior or junior level) teams.

6.3 Teams which name students (colleges / Universities / school) as players are reminded to adhere to rules and regulations of Ministry of Education pertaining to participation of students in activities which are not organized by the Ministry of Education, State District Education Department and schools. A letter of authorization from such institution / school and parents must be submitted together with the registration forms before the tournament.

6.4 Any team found violating the player's eligibility rule will be barred from further participation in this tournament and referred to the MHC Disciplinary Board for further action. All subsidies and prize money will be forfeited.

7. REGISTRATION OF PLAYERS

7.1 Each team will be allowed to register a minimum number of 18 and a maximum number of 25 players for the TNBMHL 2026.

7.1.1 A team may replace players who are subject to injury, illness or any other justified reason to such an extent that they cannot take any further part in the Tournament. Applications to replace a player must be accompanied by full details that would be requested by Technical Delegate.

7.1.2 Any players replaced in accordance with Regulation 7 cannot take any further part in the Tournament. However, players who are to be replaced need to be endorsed by Technical Delegate.

7.1.3 Teams are allowed to replace (via the official transfer form) max 6 players (inclusive of the foreign players) up to 1 week before the first match of the second window.

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

7.2 For a given match, however, the team shall register a maximum of 18 players only.





The team manager shall indicate, on the prescribed form, the starting eleven players and the reserves.

- 7.3 The Registration of players, on the prescribed forms must be submitted to the Organizing Committee together with the Entry Form before the stipulated date.

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 (mandatory)
- 8.1.2 Stand-in Manager (mandatory) *(Only one can stand in front of the team bench to coach the team)*
- 8.1.3 Coach
- 8.1.4 Assistant Coach
- 8.1.5 Physiotherapist or Masseur
- 8.1.6 Doctor

- 8.2 However, for any given match, a maximum of 4 officials **and a registered doctor** only will be allowed at the team bench. They are being:

- a. Manager or Stand in Manager
- b. Coach and Assistant Coach
- c. Physiotherapist or Masseur

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

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

9. DRESS AND TEAM COLOURS

- 9.1 Details of the primary and alternative colours of field players clothing that no colour that is in 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
- 9.2 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.
- 9.2.1 Shirt
 - 9.2.2 Shorts/ Skirts/**skorts**
 - 9.2.3 Stockings
 - 9.2.4 Goalkeeper's shirt

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

Note: One of the colours registered must be of a 80% single colour per piece.

- 9.3 Goalkeepers must wear a shirt of a colour that is different and distinctive from those of both of the teams.





- 9.4 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 or as specified for the corresponding piece of clothing or BLACK.
- 9.5 **The Technical Committee (TC) \ Technical Delegate (TD) at their absolute discretion, shall specify to the Team Managers the clothing to be worn by their field players and goalkeepers for each match.**
- 9.6 Each field player's number must:
- appears in distinctive filled (no fancy number) figure(s) bold and visible;
 - be not less than 16 cm and not more than 20 cm in height on the back of the player's shirt;
 - be not less than 7 cm and not more than 9 cm in height on the front of the player's shorts/skirt at thigh level.
- Each goalkeeper's number must:
- appears in distinctive filled (not outlined) figure(s);
 - be not less than 16 cm and not more than 20 cm in height on the back of the goalkeeper's shirt;
 - 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 99.
- 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.**





- 9.11 In relation to playing equipment worn by field players they must:
- wear shin guards, worn inside the socks and below the knee, at all times during a match;
 - wear body protection (including leg protection) underneath / inside normal playing clothing;
- 9.12 A player on the field of play must not use or be equipped with any device to receive communication.
- 9.13 not use equipment or wear anything that is dangerous. All items of jewellery (necklaces, rings, bracelets, earrings, etc.) are forbidden and must be removed. Permanent jewelry or any jewelry that cannot be easily removed must be adequately covered or taped.

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 18 players may be used by a team in a match, If a player(s) has been suspended by the Technical Committee 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 seven 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 9 players, on the field of play for a match to be started.
- 11.5 Each team must nominate, at least **30 minutes** before the commencement of every match, the numbers of 11 players who will be the Starting Eleven 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:
- the eleven players who will be on the field of player 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)
- 11.8 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.
- 11.9 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. MODE OF COMPETITION

12.1 Charity Shield

- The Charity shield match for the “**TNB Malaysian Hockey League 2026**” (“TNBMHL”). The match will be between the 2025 TNBMHL Champions and the 2025 TNB Cup Champion.
- If in the event the match ends in a draw during regulation; the match will be declared as a draw and points shared in the league. The winner of the Charity Shield will be determined by a **Shoot-out** competition.

12.2 MHL Premier & Women League

- 12.2.1 The teams shall play (**home & away**) for Men’s and **Single (1) round league** for Women’s. The winners will be decided based on their standings at the end of the league. If there is a tie, the winners will be decided based on Rule 13.
- 12.2.2 Top 4 teams from the Men’s Premier League shall qualify for the TNB Cup Semi Finals (home & away) Top 4 teams from the Women’s League shall qualify for the VIVIAN MAY SOARS Cup semifinals
- 12.2.3 The Draw for the Semi Finals for the TNB Cup & Semi Finals VIVIAN MAY SOARS Cup will be as provided for in the approved TNBMHL 2026 Fixtures.





12.2.4 The knockout stage of both the Cups will be played in at the venues to be decided by the MHC Competitions Committee.

12.2.5 **Should there be a draw at the end of the match**, the winner shall be decided by the **Shoot-out** competition. This **Shoot-out** competition will be held immediately after the match.

12.3 QUARTER FINAL, SEMI FINALS,

12.3.1 **Shoot Out Competition will be held immediately if the above matches ended in draw. Regulation 14 will be applicable.**

12.3.2 3RD / 4TH PLACING & FINALS

Should there be a tie at the end of the matches, the winner shall be decided by the **Shoot-out** competition. This **Shoot-out** competition will be held immediately after the match. **If the game ends in a draw at the end of regulation time, the Prize money if any will be shared equally between the teams concerned.** Regulation 14 will be applicable.

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 Teams will be ranked according to the number of points each has accumulated in the competition one round league.

13.3 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.

13.4 Should there still remain equality between two or more teams, then these teams will be ranked according to their respective goal difference (“goals for” minus “goals against”).

A positive goal-difference always takes precedence over a negative one.

13.5 If there still remains equality between two or more teams, then these teams will be ranked according to their respective number of “goals for”.

13.6 If there remains equality between two or more teams, 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.

13.7 If there still remains equality among two or more teams, then these teams will be ranked according to the number of Field Goals scored in the pool matches.

13.8 Should there still remain equality between 2 teams, then the matter will be settled by a *shoot-out* competition between those teams (refer to Regulation 13).





- 13.9 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 Regulation 13).
- 13.10 A ranking will then be established based upon the results of the round of shoot-out competition 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. SHOOT-OUT COMPETITION

- 14.1 In a shoot-out competition, five players from each team take a one-on-one shoot-out alternately against a defender from the other team as set out in this Regulation. The shoot-out competition comprises all series of shoot-outs required to determine a result.
- 14.2 If the shoot-out competition takes place after the end of a match, the first shoot-out shall take place no later than (5) minutes of the end of the match.
- 14.3 The respective Team Managers provide five players to take and one player to defend the shoot-outs from those on the Match Report except as excluded below. A player nominated to defend the shoot-outs can also be nominated to take a shoot-out. No substitutions / replacements are permitted during the shoot-out competition other than as specified below.
- 14.4 A player who is still serving a disciplinary suspension by the Technical Delegate at the time the shoot-out competition takes place or has been excluded permanently (red card) during the match which leads to the shoot-out competition, cannot take part in that shoot-out competition. A player who has been warned (green card) or temporarily suspended (yellow card) may take part in the shoot-out competition even if the period of their suspension has not been completed at the end of the match.
- 14.5 The Technical Official on duty will specify the method of timing shoot-outs taking account of the facilities available and the need to control time accurately. The Technical Official on duty will specify the goal to be used
- 14.6 A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.
- 14.7 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 shoot-out competition are permitted to enter the field of play outside the 23m area used for the shoot-out but must be at least 10 metres from the spot where the ball is placed at the start of the shoot-out.
- 14.8 The goalkeeper / defending player of the team taking a shoot-out may be on the back-line outside the circle.





- 14.9 A player taking or defending a shoot-out may enter the 23m area for that purpose.
- 14.10 Players taking a shoot-out and also defending the shoot-outs taken by 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.
- 14.11 Five players from each team take a shoot-out alternately against the goalkeeper / defending player of the other team making a total of 10 shoot-outs.
- 14.12 Taking a shoot-out:
- i. the goalkeeper / defending player starts on or behind the goal-line between the goal posts;
 - ii the ball is placed on the nearest 23m line opposite the centre of the goal;
 - iii an attacker stands outside the 23m area near the ball;
 - iv the Umpire blows the whistle to start time;
 - v an official at the technical table starts the clock;
 - vi the attacker and the goalkeeper / defending player may then move in any direction;
 - vii the shoot-out is completed when:
 - 8 seconds has elapsed since the starting signal;
 - a goal is scored;
 - the attacker commits an offence;
 - the goalkeeper / defending player commits an unintentional offence inside or outside the circle in which case the shoot-out is re-taken by the same player against the same goalkeeper/defending player;
 - the goalkeeper / defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
 - the ball goes out of play over the back-line or side-line; this includes the goalkeeper/defending player intentionally playing the ball over the back-line.
- 14.13 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 14.16, 14.17 and 14.18.
- 14.14 The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.
- 14.15 A player may be suspended by a yellow or red card but not by a green card during the shoot-out competition.
- 14.16 If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
- a that player takes no further part in that shoot-out competition and, unless a goalkeeper / defending player, cannot be replaced;
 - b the replacement for a suspended goalkeeper / defending player can only come from the five players of that team nominated to take part in the shoot-out competition:
 - i the replacement goalkeeper / defending player is allowed reasonable time to put on protective equipment similar to that which the





- goalkeeper/defending player they are replacing was wearing;
 - ii for taking their own shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
 - c any 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.
- 14.17 If during a shoot-out competition, a defending goalkeeper/ defending player is incapacitated:
 - a that goalkeeper/defending player may be replaced by another player from among the players listed on the Match Report for that particular match, except as excluded in regulation 13 or unless suspended by an Umpire during the shoot-out competition;
 - b the replacement goalkeeper:
 - i is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing;
 - ii if this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
- 14.18 If during a 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 shoot-out competition.
- 14.19 If an equal number of goals are scored after each team has taken five shoot-outs:
 - a an additional series of shoot-outs is taken with the same players, subject to the conditions specified in Regulation 13;
 - b the sequence in which the attackers take the shoot-outs need not be the same as in the first series;
 - c the team whose player took the first shoot-out in a series defends the first 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 shoot-outs, not necessarily being all five shoot-outs, that team is the winner.
- 14.20 Unless varied Regulation 14, the Rules of Hockey apply during a shoot-out

15. DURATION OF MATCHES

- 15.1 A match consists of 4 periods of 15 minutes.
- 15.2 At the end of the first and third period there shall be an interval of 2 minutes. During this interval, teams are not permitted to leave the field of play.
- 15.3 At the end of the second period there shall be an interval of 10 minutes. During this interval, Team officials and players may leave the technical facility area surrounding the field of play only with the prior permission of the Technical Officer on duty. Play is resumed by a centre pass which is taken by the team that did not





take the centre pass for the first period.

- 15.4 Play for the second period is resumed by a centre pass taken by the team that started the first period. Play for the fourth period is resumed by a centre pass is taken by the team that started the third period.
- 15.5 When a penalty corner is awarded, time is stopped for 40 seconds, except in the case of re-awards or penalty corners awarded after a Video Umpire referral.
- 15.6 In the case of a re-awarded penalty corner time will be immediately stopped but the teams will not be allowed an additional 40 seconds. The umpire will re-start play at the earliest possible opportunity, ensuring that any delay is kept to a minimum.
- 15.7 Time is stopped after a goal is scored and umpire re-starts play as soon as the players are ready. (If No Live Telecast)
- 15.8 After a goal is scored, time is stopped for 40 seconds, except in the case of goals awarded after a Video Umpire Referral. The umpire will then re-start play, unless time has to be stopped for another reason. (If Live Telecast).

16. TIME-KEEPING

- 16.1 Time keeping will be controlled by the Technical Officials' Table officials whose responsibility it will be to signal the end of the periods of regulation time at half time and at full time. However, in the case of an extension of any period of regulation time to permit the completion of a penalty corner, the umpires will signal the end of that period.
- 16.2 The umpires shall blow the whistle to start or restart the match. They shall also signal to the Technical Officials' Table officials every stoppage they may order and the subsequent restart.

17. INTERRUPTIONS OF A MATCH

If a match is interrupted by the umpires (eg because of weather or Field of Play conditions) or by the Technical Delegate OR 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 The match must be completed up to the agreed regulation time, the score on resumption being that at the time the interruption took place.
- 17.2 On resumption, Regulation 19 relating to the substitution of players shall apply as though there had been no interruption to the match.
- 17.3 A maximum total duration of 30 minutes shall be allotted for the interruption of a match.
- 17.4 If in the opinion of the TO play cannot be resumed or the time frame of 30 minutes has elapsed, the following Rules will apply:
 - 17.4.1 If at least 30 minutes of play had not been completed (second quarter not completed), the match will be considered as abandoned. The match will be





replayed at a date and venue that will be decided by the TD.

17.4.2 If at least 30 minutes of play had been completed (completion of second quarter), the result of the game will be that at the time of interruption of play.

17.5 If under any circumstances if the match cannot be started within 45 minutes of the actual playing time, the match will be postponed.

18. FAILURE TO PLAY

18.1 During the Preliminary Round.

18.1.1 A team refusing to play or to complete a match shall be considered as withdrawing from the tournament.

18.1.2 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.

18.2 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.

18.3 A team refusing to play or to complete a match during the preliminary or classification matches will be deemed to have committed a breach of discipline. Such cases will be referred to the MHCDC.

The offending team will not be allowed further participation in any other tournament until the MHCDC arrives at a decision.

The MHCDC shall meet and arrive at a decision within a period of 30 days, from the date of the withdrawal.

18.4 A grace period of not more than 15 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 15 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 and substitute players nominated for that match must remain near or within the team bench during playing time, including time stoppages, or when implementing the substitution procedures. The Team Coach nominated for the match 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; wherever possible treatment should take place 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. 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, including referring the matter to the **MHCDC**, may be taken by the TD/TC 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 unless the Physiotherapist or Team Doctor reasonably believe that a player requires medical attention and for that reason, they may enter the Field of Play without permission:
- a if a team does not have such registered officials, the on-duty Medical Officer or Team Manager in the case that the on-duty Medical Officer is not present, may enter the Field of Play if they reasonably believe that a player requires medical attention;
 - b if necessary, the Umpire may authorise stretcher bearers to enter the Field of Play;
 - c persons authorised 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:
- a that player must leave the Field of Play and return to the team bench area for a minimum of two minutes of playing time;
 - b the two minutes period will be managed by the Technical Officials on duty;
 - c **the player required to leave the Field of Play may be substituted in accordance with the Rules of Hockey**
 - d As an exception to the above, if a goalkeeper is treated on the pitch for an injury incurred immediately prior to the award of a penalty corner or penalty stroke, including following a video umpire referral, the goalkeeper does not have to leave the pitch for two minutes of playing time.
- 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 and is permitted to re-enter but, not within the 23 meters lines and





the goal lines. A goalkeeper may re-enter the Field of Play only adjacent to the goal.

- 19.9 Team officials and players may leave the technical facility area surrounding the Field of Play during half time and must return not less than two minutes before the match is due to be restarted.
- 19.10 **Ungentlemanly conduct by any player / team officials during the course of the tournament, whether on or off the field and whether or not his / her team is involved in a match, shall be referred to the Technical Delegate for further action.** The Technical Delegate shall have the powers to refer to the MHC Disciplinary Board 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 the TD/TC for appropriate action to be taken. The Technical Delegate shall have the powers to refer to the MHC Disciplinary Boardsuch cases.
- 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 Each team is permitted to substitute any player during a match and at any time. However, no substitution will be permitted following the award of a penalty corner and during the play time of this penalty except if the defending goalkeeper is incapacitated or suspended and has to leave the field of play in which case the replacement may enter the field of play immediately.

Note: If a suspended goalkeeper is replaced by another goalkeeper, the team will have to remove one other field player; the offending team could only have 10 players on the Field of Play during the period of suspension.

- 20.2 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.
- 20.3 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.
- 20.4 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.
- 20.5 Each team may play with:
- 20.5.1 A goalkeeper with goalkeeping privileges wearing full protective equipment composed of at least headgear, leg guards and kickers and different colour shirt; or





- 20.5.2 Only 11 field players.
- 20.5.3 A team may change between these options by making a substitution.
- 20.6 A player, upon being suspended, may not be substituted and may not be used as a substitute during the period of suspension.
- 20.7 Time will not be stopped for substitution except;
- 20.7.1 For the replacement of an incapacitated player.
- 20.7.2 For the substitution of a goalkeeper.
- These substitutions shall be supervised by the umpires.
- 20.8 Players involved in substitution must enter or leave the Field of Play in the vicinity of the center line at the side in front of the technical official's table.
- 20.9 If a substitution is due to a player being incapacitated then the control of substitution will be at the sole discretion of the umpire.
- 20.10 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.
- 20.11 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.
- 20.12 A suspended goalkeeper may be replaced by another goalkeeper who is not among the players on the field of play. If so replaced, a field player must leave the field of play. The option to replace the suspended goalkeeper with a field player still remains.

21. DISCIPLINARY ACTIONS

- 21.1 The following demerit points will be enforced for disciplinary actions taken during the course of the TNB MHL:
- | | |
|--------------|----------|
| Green Card: | 2 points |
| Yellow Card: | 4 points |
| Red Card: | 8 points |
- 21.2 The following disciplinary actions are mandatory based on the demerit points:
- 08 demerit points: 1 -match suspension
16 demerit points: 2 -match suspension
24 demerit points: 3 -match suspension
32 demerit points: suspension for the rest of the TNB MHL

The Green card would not be taken into calculation of demerit points for suspension of player but would be taken into consideration for FAIRPLAY

Interpretation:

If a player accumulated 8 demerit points he / she will serve a 1 match suspension.





The points are not wiped out but accumulated. When he / she reached 16 points another 1 match suspension is required to be served. The calculation will continue to be apply for the following two levels.

- 21.3 The TD/TC shall have the powers to suspend a player who received permanent suspension in a match for more than one match, depending on the seriousness of the offence.
- 21.4 The TO on duty for a particular match shall have the powers to remove, from the team bench, any player or official for misconduct. The offending player or official shall be then referred to the TD/TC for further action.
- 21.5 **The TC shall have the powers to refer, to the MHCDC, any player or official for breach of discipline, on or off the field.**
- 21.6 The procedure for all disciplinary cases, referred to the MHCDC are as follows:
- 21.6.1 The TC for that tournament must submit a full report on the alleged offence to the Competitions Committee. The report must be received by the Competitions Committee within 72hours of the alleged offence.
- 21.6.2 Upon receipt of the report, the Competitions Committee shall submit, on the same day or the very latest the next day, the same to the Chief Executive Officer, MHC.
- 21.6.3 Upon receipt of the report, the Chief Executive Officer, MHC shall consult the Chairman of the MHCDC and convene a meeting of the MHCDC within 14 days from the date of the alleged offence.
- 21.7 A player suspended from playing in a match will not sit on the team bench during that given match.
- 21.8 **The demerit points will NOT be carried forward from the preliminary round to the KNOCK OUT STAGES and TNB Cup / Vivian May Soars Competition. However, any suspension received (in final group match) will still need to be observed / completed.**

22. PROTESTS

- 22.1 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. 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.
- 22.2 The protest having been properly declared; the team manager will then have a further fifteen (15) minutes to remit to the same TO a cash 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.
- 22.3 The TC must make a decision in writing at the latest 72 hours after the end of the match in question. **The TC will not entertain any protest from the decision of**





an umpire or appointment of umpires for a match.

23. APPEALS

- 23.1 If one or both teams involved in a protest wish to appeal against the decision of the TC, the Team Manager(s) must do so in writing within 24 hours after the decision of the TC. If no appeal is lodged, then the decision of the TC is final.
- 23.2 Appeals must be handed to the Competitions Committee Chairman MHC either with a cash deposit of **RM 700.00**. The deposit will be refunded unless the appeal is deemed futile.
- 23.3 The Jury of Appeal shall meet not later than 72 hours after the Appeal has been received. Three members of the Jury of Appeal shall form the quorum. The Jury of Appeal's decision shall be final.

24. SHIRT ADVERTISEMENT

- 24.1 **The front of the players' shirts shall bear the official tournament logo. TNB MHL**
- 24.2 Teams are permitted to use logos of their sponsors provided **no obstruction for the official tournament logo in front** of their playing attire / jersey during the match and the prize presentation ceremony.

25. ATTIRE FOR OFFICIAL FUNCTIONS/ CEREMONIES

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

26. MATCH REPORT FORMS

- 26.1 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.
- 26.2 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.
- 26.3 The match officials must also sign the Match Report once both Team Managers have done so.

27. DOPING

- 27.1 Each player and team staff member shall comply with the MHC and or the FIH Anti-Doping Regulations and they shall not direct any verbal or physical abuse or hostility towards Doping Control Test Officials. No player, coaching staff, management team or any support staff who is currently serving any active sanction/punishment for a positive drug test shall be permitted to be involved in this tournament.





27.2 The MHC / Doping Control Test Officials has the right to pick players for random doping test and the team managers will be duly informed at the end of the game if any of their players will be subjected to these test

28. MATTERS NOT PROVIDED FOR

All matters not provided for in these Rules and Regulations shall be dealt with by the TECHNICAL COMMITTEE or the Executive Board of MHC whose decision shall be final.





APPENDIX 1 SCHEDULE OF VARIATIONS TO THE RULES OF HOCKEY APPLICABLE TO THIS TOURNAMENT

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

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.

If a captain is suspended, a new captain needs to be identified (no change of Captain's armband required)

2 MATCH PERIODS

Rule 5.1: A match consists of four quarters of 15 minutes, an interval of 2 minutes between quarter 1 and 2 and between quarter 3 and 4 and a half- time interval of 5 minutes between quarter 2 and 3.

Regulation:

- a A Match consists of 4 quarters of 15 minutes.
- b At the end of the first and third quarters there shall be an interval of 2 minutes. During these intervals' teams are not permitted to leave the Field of Play.
- c At the end of the second quarter there shall be an interval of 10 minutes. During this interval Team officials and players may leave the technical facility area surrounding the Field of Play.
- d When a penalty corner is awarded, time is stopped for 40 seconds, except in the case of re-awards or penalty corners awarded after a Video Umpire referral.
- e In the case of a re-awarded penalty corner time will be immediately stopped but the teams will not be allowed an additional 40 seconds. The umpire will re-start play at the earliest possible opportunity, ensuring that any delay is kept to a minimum.
- f After a goal is scored time is stopped for 40 seconds, except in the case of goals awarded after a Video Umpire Referral and a Penalty Stroke. The umpire will then re-start play as soon as possible, unless time has to be stopped for another reason.

3 GREEN CARD – TWO MINUTE SUSPENSION

Rule 14.1.b: For any offence, the offending player may be warned and temporarily suspended for 2 minutes of playing time (indicated by a green card)

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





- a For the duration of each temporary suspension, the offending team plays with one fewer 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 receives a green card, the Umpires stop the time and re-start it immediately after that player has left the field of play.
- d The offending player leaves the field immediately; if he / she interferes with play on their way to the designated suspension area the Umpire may further penalise the player in accordance with the Rules of Hockey.
- e The 2 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.
- 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

4 YELLOW CARD – TEMPORARY SUSPENSION

Rule 14.1.c: For any offence, the offending player may be temporarily suspended for a minimum of 5 minutes of playing time (indicated by a yellow card).

Regulation: For any offence, the offending player may be temporarily suspended for a minimum of 5 minutes of playing time (indicated by a yellow card).

- a The duration of temporary suspension is indicated to the Technical Official on duty by the Umpire who issues the yellow card.
- b For the duration of each temporary suspension, the offending team plays with one fewer player.
- c 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.
- d If a goalkeeper receives a yellow card, the Umpires stop the time and re-start it immediately after that player has left the field of play.
- e The offending player leaves the field immediately; if they interfere with play on their way to the designated suspension area the Umpire may further penalise the player in accordance with the Rules of Hockey.





- f The temporary suspension commences when the player is seated in the designated area.
- g Timing of the suspension is controlled by a Technical Official on duty.
- h The offending player is permitted to resume play when the Technical Official on duty indicates that the period of suspension has been completed. FIH General Tournament Regulations: Outdoor Competitions – March 2019 Page 18
- i 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.

5 PENALTY CORNER COUNTDOWN CLOCK

Regulation: When an initial penalty corner is awarded, the timing of the match shall be stopped for 40 seconds, as specified in Article 4 above, (inter alia to permit defenders to put on protective gear etc) before allowing the penalty corner to commence. The engaged Umpire shall advise both the defence and the attackers as the countdown clock approaches zero. After 40 seconds the Umpire will re-start play by blowing the whistle and the ball shall be injected immediately or very shortly thereafter.

In the event that a team is not ready the umpire is to identify and issue a personal penalty (i.e. a green card) to the player who is responsible for the delay, with an increased personal penalty (i.e. a yellow card) for repeated offences. If this player is a defender, the defending team defends the particular Penalty Corner with one player fewer. For any offence of this rule by a defending goalkeeper, the defending team defends the penalty corner with one fewer player: ie the corner is defended by one fewer player than before this incident. The defending team nominates which defender will be subject to a personal penalty





RESPONSIBILITIES OF HOME TEAM

The first team mentioned in the Match Schedule is the “Home Team”.

1. THE FIELD OF PLAY

- 1.1. Please liaise with the stadium authorities on the accuracy of the markings of the field of play and that the markings are visible;
- 1.2. The goal posts must be in accordance to specifications with proper nets; a spare set of goal post must be available;
- 1.3. Must ensure proper watering of the field of play before the match and during half time.

2. THE TECHNICAL OFFICIALS' TABLE

- 2.1. The table must be situated at the center and on the side of the field of play where there is least annoyance from the sun. The Team Bench must be completely visible from the table.
- 2.2. The front should be at least 3 meters from the sideline of the field of play. There must be a protective cover against, rain, sun, wind and watering of the field of play.
- 2.3. The table should measure 3 metres by 1 metre.
- 2.4. Stick Racks with protective covers should be placed for both the teams, close to the Technical Officials' Table.

3. THE TECHNICAL OFFICIALS' TABLE EQUIPMENT

The Technical Officials' Bag for the Technical Officials' Table should contain the following:

- 3.1. Hooters/Horns 1
- 3.2. Stop Watches 3
- 3.3. Warning Cards 2 sets
- 3.4. Whistle 1
- 3.5. Armbands/Ribbons 4 (assorted)
- 3.6. Safety Pins
- 3.7. Office Stationery
- 3.8. Match Sheet
- 3.9. Appointment Sheet
- 3.10. Rules of Hockey
- 3.11. Tournament Regulations
- 3.12. 40 sec countdown clock
- 3.13. Pointed Wedge (to check the rake or bow)





4. BALL PATROL

- 4.1. It shall be the responsibility of the “Home Team” to provide a minimum of 6 ball patrol for each of the matches. (Ball patrol should be above the age of 13 years and adhere the Malaysian Ministry of Education restriction, if any).
- 4.2. The payment for the ball patrol will be the responsibility of the “Home Team”.

5. SECURITY

- 5.1. It shall be the responsibility of the “Home Team” to provide security for the players and the officials before, during and after the match.
- 5.2. Kindly secure the assistance of the Police or RELA for the above purpose.

6. FIRST-AID

- 6.1. First-Aid Facility must be provided at the ground by the “Home Team”.
- 6.2. The treatment of the injured player will not be allowed on the field of play. As such, stretcher-bearers must be provided.
- 6.3. An ambulance must be on standby for emergency cases.
- 6.4. To provide a minimum of 4 Stretcher Bearers be available at each match responsibility of the “Home Team”.

7. REFRESHMENT

- 7.1 Half time drinks must be provided for the officials and the ball patrol by the “Home Team”.
- 7.2 Each of the teams will take care of refreshment (and ice) of their respective players. Thus, it will no longer be the responsibility of the home team to provide refreshment for the away team.

8. ADVERTISING

- 8.1. Teams are permitted to use logos of any sponsors on their playing attire besides the logos of the official sponsors (MHC, TNB) during the match and the prize presentation ceremony. The sponsors of teams may only advertise at the respective home venues of the teams concerned with the written approval of the Finance Committee / Executive Board of MHC.
- 8.2. Any financial assistance secured by the team shall be wholly retained by the team concerned.

9. Team managers are to make sure all players and officials adhere to rules and conditions made by government agencies, local councils, sports regulatory bodies, MHC from time to time before, during and after match at the stadium.





NOTES FOR TEAM MANAGERS

1. TOURNAMENT RULES

- 1.1. Kindly ensure that you have a copy of the Tournament Rules & Regulations and that you have gone through them thoroughly. The TC / 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 minimum of 18 players and a maximum of 25 players for the TNB MHL 2025. Please refer to Players Eligibility rules in the Tournament rules
- 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.

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, **30 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. The TD/TC, at their absolute discretion, shall specify to the Team Managers the clothing to be worn by their field players and goalkeepers for each match.
- 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. OR BLACK.**
- 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 by the Judge on duty. A field player with goalkeeping privileges must wear a different colour shirt and may wear protective headgear when inside his 23 metres area; he must wear a protective headgear when defending a penalty corner or penalty stroke.





- 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 plain scarf that is black in colour. or a colour corresponding to the jersey colour.**

5. STICK CHECK

- 5.1. All sticks will be checked prior to the teams' warm-up. The players are required to line up in front of the Technical Officials' Table for this purpose.

6. TEAM BENCH

- 6.1. The Home team shall occupy the player bench located on the left side of the Technical table / bench.
- 6.2. A maximum of seven (7) players and three (4) 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 remain near or within the team bench during playing time including time stoppages or when implementing the substitution procedures.
- 6.4. The Manager shall be responsible for the behaviour 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 immediately and remain in the changing room or outside the stadium until the end of the match.

7. INJURIES

- 7.1. In the case of an injury, no incapacity treatment is permitted on the Field of Play unless the Physiotherapist or Team Doctor reasonably believe that a player requires medical attention and for that reason, they may enter the Field of Play without permission: If the team does not have such registered officials, the team concerned may utilise 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 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 TD/TC has the authority to suspend for one or more matches, players, team officials and other officials who in the opinion of the Technical Delegate/Technical Committee 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 indicate verbally to the match TO.

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. If a captain is suspended, a new captain needs to be identified (no change of Captain's armband required)
- 12.3. The Team Manager will be responsible for the conduct of the players and officials on the team bench.
- 12.4. 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.





- 12.5. Home teams are to ensure that the Ball boys and Tournament Officials are provided refreshment during half time.
- 12.6. Medical assistance inclusive of first-aid and stretcher facilities is the responsibility of the home team.

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 authorised 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.

14. STANDARD OPERATING PROCEDURES (SOP)

- 14.1 Teams Manager will be responsible to make sure all team officials and players does the screening and registration process of MY Sejahtera, cleanliness of changing room, team bench upon arriving at stadium and leave the stadium within stipulated time given by Venue stakeholders.
- 14.2 Team managers are to make sure all players and officials adhere to rules and conditions made by government agencies, local councils, sports regulatory bodies, MHC from time to time before, during and after match at the stadium.**

15. SUBMISSION OF DOCUMENTS

- 15.1 All relevant forms must be submitted at least 2 weeks before the first match.**





INSTRUCTIONS TO TECHNICAL OFFICERS

1. BEFORE THE START OF THE MATCH

- 1.1 Make sure you are familiar with the facilities at the stadium e.g.
 - 1.1.1 Players' Changing Rooms
 - 1.1.2 Umpires' Rest Room
 - 1.1.3 Medical Room/Doping Facilities
- 1.2 Check with the Technical/Stadium Facilities personnel on the availability of the people:
 - 1.2.1 Manning the watering system;
 - 1.2.2 Floodlighting
- 1.3 Make sure the ball boys are present.
- 1.4 Check to see the following Technical Officials' Table Equipment:

Hooters/Horns	1
Stop Watches	3
Warning Cards	2 sets
Whistle	1
Armbands/Ribbons	4 (assorted)
Safety Pins	
Office Stationery	
Match Sheet	
Appointment Sheet	
Rules of Hockey	
Tournament Regulations	
40 sec countdown clock	

Pointed Wedge (to check the rake or bow)
- 1.5 Allocate the duties to the Judge(s).
- 1.6 Get from the Team Manager the names of players registered for the match and the Starting XI players.
- 1.7 Adhere to the following schedule:
 - 1.7.1 20 minutes before: make sure that the field of play is sufficiently watered;
 - 1.7.2 approximately 8 minutes before: check all the players' s shirt numbers;
- 1.8 Report immediately any irregularities to the Technical Committee.

Technical Officials are personally responsible for checking their appointments for each week. The attire of the Technical Officials for the matches in which they officiate will be dark long pants and MHC allocated T shirts.

2. DURING THE MATCH

- 2.1 Be alert at all times.





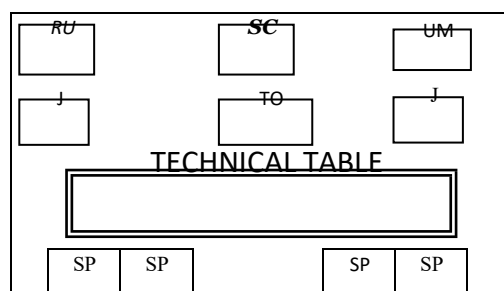
- 2.2 Always acknowledge the signals from the umpires, especially:
 - 2.2.1 during stoppages, restarts
 - 2.2.2 issuing of cards (green, yellow and red)
- 2.3 Keep an eye on the team benches for any breach of discipline.
- 2.4 If a captain is suspended, a new captain needs to be identified (no change of Captain's armband required);
- 2.5 Regularly check with your Judge(s) on the time and that all entries in the Match Sheet are made correctly.

3. AT THE END OF THE MATCH

- 3.1 Restart one of the stopwatches for 10 minutes to make sure that any protest is received within this time.
- 3.2 Get the Team Managers, the Umpires and the Judge(s) to sign the Match Sheet. You may then sign the Match Sheet.
- 3.3 Check to see that the Technical Officials' Table equipment is returned in order.
- 3.4 Hand over the Match Sheet and all other relevant forms to the Technical Committee.

4. GENERAL

- 4.1 Make sure you are at the venue well ahead of time - at least one hour before the commencement of the match will be reasonable.
- 4.2 Adhere to the following seating plan:



- 4.3 Allocation of Specific Duties:

4.3.1 Technical Officer

- 1. Official Time
- 2. 40 sec countdown
- 3. Discipline at Team Benches
- 4. Protests





4.3.2 First Judge

1. Match Sheet
2. Time

4.3.2 Second Judge

1. Normal Timekeeping
2. Time: Suspension

4.3.3 Reserve Umpire

1. Substitution of players.

4.3.4 Seat Reserved for Umpires' Manager

4.3.5 Home Team Responsibility

1. Responsible for technical table equipment (including technical bag)
2. Match Sheet and other necessary tournament forms are available.
3. Stadium attendants are available to water the pitch when required.
4. Stadium Lightings.
5. Safety of the Technical bag and the contents.
6. Send results and other required documents to MHC office at the stipulated time/period.
7. Liaise with the home team for ball-boys, medical and police / safety requirement at the stadium.
8. 40-second clock
9. To provide refreshment (mineral / drinking water) for officials on duty.

10. STANDARD OPERATING PROCEDURES (SOP)

10.1 Teams Manager will be responsible to make sure all team officials and players does the screening and registration process of MY Sejahtera, cleanliness of changing room, team bench upon arriving at stadium and leave the stadium within 45min upon finalwhistle.

10.2 Team managers are to make sure all players and officials adhere to rules and conditions made by government agencies, local councils, sports regulatory bodies, MHC from time to time before, during and after match at the stadium.





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 week. 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

6. Keep the time and watch the umpires' signals carefully with regard to time-outs and confirm them clearly.
7. 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;

PC = penalty corner;

PS = penalty stroke.





8. Register warning cards on the match sheet against the correct number of the player recording the minute of play.
9. Check the team benches for authorized persons and report any misconduct to the Technical Officer on duty.
10. 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.**
11. Monitor the taking of refreshments during the match by players **according to the method outlined in the Technical Regulations.**

C. After the Match

12. Immediately when the match is stopped for each period start the watch to time the 2/10 /2 minutes for the restart.
13. 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.
14. In the event that a protest is lodged, remain available to give testimony to the Technical Delegate.
15. Sign the match sheet at the end of the match after it has been signed by both Managers and Umpires.
16. Ensure that table equipment is collected, including captains' arm- bands and hand over to the tournament secretariat / home team.
17. 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 Delegate/Technical Committee**.





MALAYSIAN HOCKEY CONFEDERATION CODE OF CONDUCT

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 office bearers, clubs office bearers, 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 behavior and conduct, and as such, held 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 3.ii & 3.iii, shall first review the 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, who in turn, may refer the matter to 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 recognises that fair and reasonable comments on the game in general are essentially in the interests of everyone. However, it further recognises 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, social media, etc.) or other means through the medium of television, radio or any other manner whatsoever, regardless of the circumstances in which the statement was made.

7. Standard Operating Procedure (SOP)

- i. All State Hockey Associations office bearers ,clubs office bearers, 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 are **strictly to follow all SOP's** set by government agencies, local councils, sports regulators bodies, MHC and State officials rules and conditions from official team registration date to final date of TNB MHL 2026 and adhere all requirement and conditions from time to time. **Any breach of these SOP / rules / conditions without prejudice the organizing committee has the rights and discretion to refer to TC / MHCDB / relevant authorities base on the seriousness of the breach of SOP.**





**MALAYSIAN HOCKEY 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, SOP and the directives brought to their notice.

Tournament: **TNB MALAYSIAN HOCKEY LEAGUE (PREMIER & WOMEN), 2026**

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 :