

SKA VETERANS CUP 2019

4-A-SIDE HOCKEY TOURNAMENT

RULES AND REGULATIONS



19 January 2019 (Saturday) | 3.00pm to 6.00pm
Premier Pitch | Singapore Khalsa Association

Registration closes 5 January 2019

1. Eligibility and Composition of Team

- 1.1 The tournament is open to players of the following ages:-
- a) Five (5) players aged 45 years and above; and
 - b) One (1) player above 35 years of age.
- 1.2 Only registered players are allowed to play in the tournament. No player may play for more than one team. If a player is found to have breached this rule, he will be banned from the tournament. If a team is found to have fielded a non-registered player in a particular game, it will forfeit that game and three (3) points [and two (2) goals for] will be awarded to the opposing team, provided the opposing team did not win the match by more than two (2) goals. If it is the latter, the score will remain.
- 1.3 A maximum of four players from each team take part in play at any particular time during the match. If a team has more than the permitted number of players on the field, time should be stopped to correct the situation. A personal penalty should be awarded against the captain of the team involved. Decisions taken prior to correcting the situation cannot be changed. Play and time is restarted with a challenge to the opposing team unless another penalty had been awarded against the offending team immediately before time was stopped in which case that penalty is taken.
- 1.4 A team is considered ready to play if not less than three (3) of its players in appropriate hockey playing gear are on the field.
- 1.5 All players are outfield players throughout a match.
- 1.6 Each team is permitted unlimited rolling substitutions demarcated by the passing of a substitution bib (without obstructing the game play). The substitution can only take place at the centre line of the pitch.
- 1.7 A substitution is permitted at any time. There is no limit to the number of players who are permitted to be substituted at the same time or to the number of times any player is permitted to substitute or be substituted. The substitution of a player is permitted only after that player has left the field. Substitutions are not permitted for suspended players during their suspension. After completing a suspension, a player is permitted to be substituted without having to return to the field. The time will not be not stopped for substitutions, except in the case of a substitution of an incapacitated player.
- 1.8 No persons other than the field players and the umpire are permitted on the field during the match without the permission of an umpire.
- 1.9 Players on or off the field are under the jurisdiction of the umpires throughout the match, including during the intervals.
- 1.10 A player who is injured or bleeding must leave the field unless medical reasons prevent this. He must not return until the wounds have been covered and the blood wiped off. No player is allowed to wear blood-stained attire on the field.

2. Captains

- 2.1 One player of each team shall be appointed as the captain.

- 2.2 A replacement captain must be appointed when the captain is suspended.
- 2.3 Captains must wear a distinctive arm-band or similar distinguishing article on an upper arm or shoulder.
- 2.4 Captains are responsible for the behaviour of all players in their team and for ensuring that the substitutions of the players in their team are carried out correctly. A personal penalty is awarded if the captain does not exercise these responsibilities.

3. Players' Clothing and Equipment Based on International FIH Rulings

- 3.1 The field players of the same team must wear the same uniform clothing.
- 3.2 The players must not wear anything which is dangerous to other players. Field players are permitted to wear gloves for protection which do not increase the natural size of the hands significantly and they must wear shin protection. Only soft protective head-covering or eye protection in the form of plastic goggles (that is, goggles with a soft-covered frame and plastic lenses) are allowed.
- 3.3 All players' sticks must conform to the specification agreed by the FIH Rules Committee.
- 3.4 The detailed specifications of the stick, ball and equipment are provided in the FIH Rules of Hockey, and this tournament will abide by those.

4. Match and Result

- 4.1 A match shall be for ten (10) minutes, with an interval of two (2) minutes between each half only at the umpires' discretion. If an incident arises immediately before the end of a half or the end of the match which requires a review by the umpires, the review may be conducted even though time has subsequently been completed and signalled. The review shall take place immediately and action taken to revert to and correct the situation as appropriate. Time will not be stopped except to deal with an injury or for a substitution of an incapacitated or suspended player.
- 4.2 The team scoring the most number of goals in a match shall be declared the winner.
- 4.3 There must be a winner to every match and, if no goals are scored or if the teams have scored an equal number of goals at the end of statutory time (a draw), a shootout commences from the centre line to goal with a defender under five (5) seconds where the ball must sound the board and can be struck from any position within or outside the circle using the sudden death rule.

5. Start and Re-start of a Match

- 5.1 A coin is tossed to decide on the start of a match. The team with the winning toss shall start the match and decide on the direction of the play. The direction of play is reversed in the second half of the match.
- 5.2 A centre pass is taken to start the match and/or after every goal scored in the match. The player making the pass is permitted to play the ball in any direction and all players other than the player taking the centre pass must be in their half of the field.

- 5.3 A bully-off takes place to re-start a match when time or play has been stopped for an injury or for any other reason. The bully-off is taken on the centre line where the ball is placed between one player each from the two teams. All other players must be at least two (2) metres away from the ball.

6. Ball outside the Field

- 6.1 The ball is out of play when it passes completely over the boundary-board on the side-line or the back-line. When the ball travels over the side-line, the play is re-started from where the ball crossed the side-line and the procedures for taking a free hit apply.

- 6.2 When the ball is played over the back-line and no goal is scored:

6.21 If played by an attacker, the play is re-started with the ball from the base-line with all players a minimum of four (4) meters away, and the procedures for taking a free hit apply.

6.22 If played by a defender or a goalkeeper, the play is re-started with the ball from the centre line where the ball (long corner) crossed the back-line, and the procedures for taking a free hit apply.

7. Method of Scoring

- 7.1 A goal is scored when the ball is played completely over the goal-line and under the cross-bar. A goal may be scored when the ball has been touched by an attacker or defender anywhere within the circle.

- 7.2 The players must not use their body, hands, legs or feet to score a goal for their team, and likewise players are not allowed to use their body, hands, legs or feet to defend conceding a goal for their team.

8. Conduct of Play: Players

- 8.1 The players are required to act responsibly and professionally at all times.

- 8.2 The players on the field must not use their hockey in a dangerous way. The players must not lift their hockey sticks over the heads of the other players.

- 8.3 The players may stop, receive and/or deflect the ball in a controlled manner in any part of the field when the ball ONLY below the waist level and play may be stop if this is dangerous or leads to danger.

- 8.4 The players must not play the ball dangerously or in a way which leads to dangerous play. A ball is considered dangerous when it causes legitimate evasive action by other players. The penalty is awarded where the action causing the danger takes place.

- 8.5 The players must not intentionally raise the ball. It is not an offence to raise the ball unintentionally, anywhere on the field unless it is dangerous. If the ball is raised over an opponent's stick or body on the ground, it is permitted unless judged to be dangerous by the Umpire. No hitting, raised hitting or overhead flicks are allowed. A flick or scoop towards an opponent within two (2) metres is considered dangerous. If an opponent is clearly running into the shot or into the attacker without attempting to play the ball with their stick, they should be penalised for dangerous play.

- 8.6 The players must not approach within two (2) metres of an opponent receiving a raised ball until it has been received, controlled and is on the ground. The initial receiver has the right to the ball. If it is not clear which player is the initial receiver, the player of the team which raised the ball must allow the opponent to receive it. The umpire's decision on this is final.
- 8.7 The players must not stop, kick, propel, pick up, throw or carry the ball with any part of their body. It is not an offence if the ball hits the hand holding the stick which would otherwise have hit the stick.
- 8.8 The players must not obstruct an opponent who is attempting to play the ball. It is an obstruction a player:
- backs into an opponent;
 - physically interferes with the hockey stick or the body of an opponent; and
 - shields the ball from a legitimate tackle with their stick or any part of their body.
- 8.9 A stationary player receiving the ball is permitted to face in any direction.
- 8.10 A player with the ball is permitted to move off with it in any direction except bodily into an opponent or into a position between the ball and an opponent who is within playing distance of the ball and attempting to play it.
- 8.11 A player who runs in front of or blocks an opponent to stop him from legitimately playing or attempting to play the ball is obstructing (this is third party or shadow obstruction). This also applies if an attacker runs across or blocks a defender (including the goalkeeper) when a penalty corner is being taken.
- 8.12 The players must not tackle unless in a position to play the ball without body contact. Physical play by field players, such as sliding tackles, which take an opponent to the ground and risk causing injury should attract suitable match and personal penalties.
- 8.13 Players must not throw any object or piece of equipment onto the field, at the ball, or at another player, umpire or person.
- 8.14 Players must not delay play to gain benefit by time-wasting.
- 9. All Players are Outfield Players**
- 9.1 No kicking back rules and no goalkeeping rules apply. Defending of the goal may only be via outfield players playing regulations.
- 10. Conduct of Play: Umpires**
- 10.1 One umpire controls the match, applies the rules and is the judge of fair play for both halves.
- 10.2 The second umpire is responsible for keeping time, keeping a written record of goals scored and of suspension cards used. He/She oversees the game play from outside the field and is the secondary judgement for the match umpire to call on if need be.
- 10.3 The game umpire blows the whistle to:
- start and end each period of the match
 - start a bully-off
 - enforce a penalty
 - start a challenge

- indicate a goal
- re-start the match after a goal has been scored
- stop the play for the substitution onto or off the field of an incapacitated or suspended player
- stop the match for any other reason and to re-start it.

10.4 If the ball strikes an umpire, unauthorised person or any loose object on the field, the play continues.

11. Penalties

11.1 A penalty is awarded only when a player or team has been disadvantaged by an opponent breaking the rules. If awarding a penalty is not an advantage to the team which did not break the rules, play must continue.

11.2 A free hit is awarded to the opposing team for an offence by any player.

11.3 A challenge is awarded for an offence by a defender within the half they are defending which prevents the probable scoring of a goal, for an intentional offence by a defender within the half they are defending against an opponent who has possession of the ball or an opportunity to play the ball. The umpiring signal for a challenge is the same as for a penalty stroke in the rules of hockey; that is, point one arm at the middle the other straight up in the air.

11.4 If there is another offence or misconduct before the awarded penalty has been taken, a personal penalty may be awarded, the penalty may be reversed if the subsequent offence was committed by the team first awarded the penalty.

11.5 There can only be two players touching the ball at one time. If a third player interferes, it is considered as third party and the possession of the ball would go to the team whom only had one player involved in the third party.

12. Procedures for Taking Free Hits and Penalties

12.1 A free hit is taken where the offence with no significant advantage gained.

12.2 In the case of procedures for taking a free hit, a centre pass and putting the ball back into play after it has been outside the field, the ball must be stationary and all players other than the player taking the free hit must be at least two (2) metres from the ball. If any player is within two (2) metres of the ball, they must not interfere with the taking of the free hit or must not play or attempt to play the ball. If this player is not playing the ball, attempting to play the ball or influencing play, the free hit need not be delayed. The ball is moved using a push pass or scoop and the ball may not be shot at goal until it has travelled at least 2 metres or has been touched by a player of either team other than the player taking the free hit. If the player taking the free hit continues to play the ball (that is, no other player has yet played it), that player may play the ball any number of times, but the ball must travel at least two (2) metres, before that player shoots the ball at goal by playing the ball again.

12.3 Alternatively, another player of either team who can legitimately play the ball, can shoot at goal after another player has touched the ball, it can be shot at goal by any other player, including the player who took the free hit.

12.4 For an offence during the taking of a challenge, if the challenge is taken before the whistle is blown, the challenge is taken again, for any other offence by the player taking the challenge, a free hit is awarded to the defence.

13. Personal Penalties

13.1 For any offence, the offending player may be cautioned (indicated by spoken words), temporarily suspended for a minimum of two (2) minutes of playing time (indicated by a yellow card). For the duration of each temporary suspension of a player on the field, the offending team plays with one less player. In the case of a player receiving a red card, he will be permanently suspended from the current match. A personal penalty may be awarded, in addition to the appropriate penalty.

13.2 Temporarily suspended players must remain in a designated place until permitted by the umpire who suspended them to resume play.

13.3 Temporarily suspended players are permitted to rejoin their team during intervals after which they must return to a designated place to complete their suspension.

13.4 The intended duration of a temporary suspension may be extended for misconduct by a player while suspended.

13.5 Permanently suspended players (red carded) must leave the field and its surrounding area.

14. Appeals

14.1 Any appeal shall be lodged with the Organising Committee within five (5) minutes of the completion of the match by the team manager/representative. The team must deposit a fee of S\$200 which will only be refunded if the appeal is upheld.

14.2 All disputes, queries or objections not covered by the above Rules will be referred to the Organising Committee whose decisions and rulings will be final.

14.3 The decision of the Organising Committee will be final and binding on all parties concerned.

15. Others

15.1 Should there be a dispute to the interpretation of the rules, the interpretation by the Organising Committee will be taken to be correct and final.

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