

5 a side rink hockey tournament – Rules

Composition of Teams (10 member team)

- 1) A maximum of five players from each team take part in play at any particular time during the match.
- 2) Each team has a goalkeeper on the court throughout a match.
- 3) Each team is permitted up to five substitutes.
- 4) Substitution is permitted at any time
- 5) 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 be substituted
- 6) Substitution of a player is permitted only after the player to be substituted has left the court
- 7) Time is not stopped for substitutions except for the substitution of an incapacitated or suspended goalkeeper.
- 8) Players must leave or enter the court for substitution at the centre-line on a side of the court agreed with the umpires.

Players substituting for each other must do so within touching distance of each other.

- 9) A player is not permitted to play for more than one team.
- 10) No persons other than field players, goalkeepers and umpires are permitted on the court during the match without the permission of an umpire.
- 11) Players on or off the court are under the jurisdiction of the umpires throughout the match including the intervals.
- 12) A player who is injured or bleeding must leave the court unless medical reasons prevent this and must not return until wounds have been covered; players must not wear blood stained clothing.

Start and Re-start the Match

1. A coin is tossed:
 - a) The team which wins the toss has the choice of which goal to attack in the first period of the match or to start the match with a centre pass
 - b) If the team winning the toss chooses which goal to attack in the first period of the match, the opposing team starts the match
 - c) If the team winning the toss chooses to start the match, the opposing team has the choice of which goal to attack in the first period of the match.
2. Direction of play is reversed in the second period of the match;
3. A centre pass is taken:
 - a) To start the match by a player from the team winning the toss if they chose this option; otherwise by a player from the opposing team
 - b) To re-start the match after an interval by a player of the team which did not take the centre pass in the previous period
 - c) After a goal by a player of the team against which the goal was scored.
4. Taking a centre pass:
 - a) Taken at the centre of the court
 - b) It is permitted to play the ball in any direction

Players' Clothing and Equipment

1. Field players of the same team must wear uniform clothing.
2. Players must not wear anything which is dangerous to other players.
3. Goalkeepers must wear a single coloured shirt or garment which is different in colour from that of both teams.

Goalkeepers must wear this shirt or garment over any upper body protection.

4. Goalkeepers must wear protective equipment comprising at least headgear, leg guards and kickers.

Format and point system:

- 1) The teams are divided into 4 pools of 3 teams each. The winner in each pool will qualify for the knockout semi final.
- 2) A win in the pool match will earn team 3 points.
- 3) A draw will earn both the teams 1 point each.
- 4) In case of equal points, goal difference will be taken into consideration.

General Game rules:

- 1) The playing area is surrounded by wooden boards.
- 2) The match will be played with only push. No hit or scoop is permitted.
- 3) In case of infringement outside the striking circle, player is permitted to self start the game and does not necessarily have to pass to another player to start the game. The player has to ensure that the ball is dead before restarting. Defending player has to be 4 meters away from attacking player in a dead ball situation.
- 4) Infringement inside the 'D' will lead to a penalty.
- 5) Penalty will be a one on one with the goal keeper. Attacking player to start from the centre line. Goal keeper to be on the goal line. Attacking player to score in a time frame of 6 seconds. A penalty will be completed if a goal is scored, or the ball touches the side boards, or the ball crosses the centre line or if a penalty stroke is awarded.
- 6) A harsh / intentional tackle inside the 'D' can lead to a penalty stroke.

Duration:

The match is divided into 2 periods of 7 ½ minutes each separated by a break of 3 minutes.

Personal penalties:

Green card: 1 minute suspension

Yellow card: 2 minute suspension

Red card: suspension for remaining period of ongoing match and following match.

The umpire's decision is final and no protests will be entertained