

Please note, unless otherwise stated below, FIH Rules will govern tournament play.

Players Dress and Equipment

1. Mouth guards and shin guards are mandatory for all players.
2. All goalkeepers must wear fully masked helmets.
3. Members of all teams must be in proper uniform (shirts and socks of matching color) with numbers on at least the back of the shirt. Shorts or kilts should be of like color. Goalkeepers must, as a minimum, wear a shirt color different from their team and the opposing team's primary color. Each team must have a second proper uniform that is white with no color other than the number and neck and sleeve and trim. Team and/or sponsors logo is permitted.
4. The team listed first on the schedule will wear white.
5. The wearing of jewelry is prohibited.

Duration of Play

1. Duration of games shall be a continuous thirty (30) minute clock
 2. There will be an official time clock The umpire/site manager will determine the start and stop of game.
 3. Penalty corners or penalty strokes awarded before the end of the game or break will be completed.
 4. 4. At the conclusion of the game, umpires will record the score and a coach from each team will sign the scorecard verifying the accuracy of the official record. Scorecards will be turned in to the Tournament Director to update the standings following each game.
- Penalties

Penalty corners

- a. (3) players + GK in the cage for defensive corners
- b. Normal defending on corners in that players rush to the top of the circle as the ball is inserted.
- c. The ball must come out of the circle on offensive corners in order for the goal to be counted.

Tournament Format 7v7 (6FP + GK) sided field hockey

1. The tournament will have all teams playing in a single round robin with 1st through 3rd place crowned by number of points each team earn
2. Teams will earn 3 points for a win, 1 point for a tie, and 0 points for a loss.
3. If at the end of round robin play, there is a tie in points determining team placement, the following steps will be taken to break the tie:
 - a. Head-to-head competition
 - b. Goal differential
 - c. Goals for
 - d. Coin toss