



2022 GURU NANAK TOURNAMENT RULES

All matches will be played according to the current rules of International Rules of Hockey, with the exceptions specific to the 2022 GNT as listed here. All matches will be played on small fields with sideline boards.

CHECK-IN PROCEDURES – All team managers must check in at the registration desk no later than 30 minutes before their first match to sign the “Code of Conduct”, confirm their final team rosters & turn in Liability/Covid Waiver forms for ALL players & Officials. Teams whose managers have not signed the “Code of Conduct” will not be allowed to participate in the tournament. All teams will be issued colored wristbands (corresponding to the number of players listed on their rosters & Liability/Covid Waivers turned in) which MUST be worn for the duration of the tournament. Replacement for torn, lost or damaged wristbands will be available for purchase by rostered players ONLY for a \$5 fee. **WARNING – NO WRISTBAND = NO PLAY = NO EXCEPTIONS !!**

NEW FOR 2022

- Mixed Social Team must field 2 female players at all times.
- No Boards on end lines.
- All goals must be scored from inside the shooting circle (D).
- No challenges for penalty corners.
- Only 4 defenders (including Goalkeeper) are allowed to defend penalty corners (short corners).
- First shot on goal from a penalty corner must hit the 18” Board inside the goal (includes all hits, flicks & scoops).

1. FORMAT / NUMBER OF PLAYERS

- a. Competitive (Men & Women) – 6 a side (5 players + goalkeeper) Minimum of 4 players required to avoid forfeit
- b. All other divisions – 7 a side (6 players + goalkeeper) Minimum of 5 players required to avoid forfeit

2. TIME

- a. All matches in all divisions will be played 2 periods of 20 minutes with a 5 minute half-time break.
- b. All matches will begin and end at the sound of the buzzer at the technical table.
- c. Matches will be prolonged at half-time & full-time to allow completion of any challenges or penalty strokes.
- d. All matches will begin on time unless the captains mutually agree in the presence of one or both umpires to start late. The clock for the match will however still start and end on the scheduled time.
- e. Any team not ready within 2 min of the start time may be forced to forfeit the match at the discretion of the umpires.

3. SUBSTITUTION

- a. Both teams’ benches may be required to be on opposite sidelines at the discretion of the Umpires.
- b. All substitutions must be within 5 yards of the half line (except goalkeepers can sub in close to their own goal).
- c. Substitution of goalkeepers can only take place if the goalkeeper coming on, already has all protective equipment on.
- d. No substitution of goalkeepers will be allowed in the last 2 minutes of a match unless due to an injury. (Replacing a goalkeeper for a kicking back exempted).

4. HOME TEAM – Pinnies / AWAY TEAM – Match Balls

- a. Home Teams (First named team in each match) are responsible for ensuring that their jerseys do not clash with the jersey colors of their opponents. Pinnies will be available at the TD Desk.
- b. Away Teams (second named team in each match) are responsible for providing match balls for that match.

5. CODE OF CONDUCT

- a. Tournament Related - All Team Managers will be required to sign a “Code of Conduct” form at the time of registration. This form requires managers to be responsible for the behavior of their teams, including all players, spectators and supporters at the tournament site. Violation of these rules, abuse to players, , spectators or grounds may result in the player(s) or the entire team’s ejection from the tournament by the Tournament Committee (EC). Members of any team



so ejected will be required to leave the tournament site within thirty minutes of having been notified. The decision of the Executive Committee will be final.

- b. Match Related - Any player or team official, who is involved in a disturbance on or outside the field of play in a match related incident, whether or not it occurs at the tournament site, will be subject to disciplinary action by the Disciplinary Committee. The manager of the player/official subject to the disciplinary action may file an appeal in writing to the Appeals Committee to review their case. Such an appeal must be filed not more than one hour after the notification by the Disciplinary Committee. The Appeals Committee will have about one hour in which to respond. The decision of the Appeals Committee will be final.
- c. Furthermore, the Campus Police may intercede at their discretion in any incident on campus grounds.

6. ROSTERS - Only those players on the team's submitted roster may play for the team. Any use of unauthorized players will result in forfeiture of all matches in which the unauthorized player(s) participated as a player on and may result in the team's disqualification from the tournament at the discretion of the Executive Committee.

- a. All team rosters are limited to 12 players. Player MUST be rostered to play for the team.
- b. Women's Comp. Division players & Veterans 55+ players are allowed to be rostered on one other Mixed Social Division Team. No other players (including goalkeepers) may play on more than one team during the tournament.
- c. No changes to the roster will be allowed after 30 minutes before the team's first match.
- d. Teams cannot make any changes, switches or additions to their Roster once the team has played its first match.
- e. All teams (except Womens Competitive Division) may field players of either sex.
- f. All Mixed Social Division Teams MUST field a minimum of two (2) female players on the field. Teams may not field more than 5 men on the field at any time even if their female player(s) is/are injured/absent.
- g. Only in case of a verified injury may a Mixed Social team be allowed to play with 1 female player.

7. PLAYERS JERSEYS / EQUIPMENT – All players must wear matching team jerseys. Each team's players' jerseys MUST have different numbers. A player may NOT take part in a match if his/her jersey does not have proper numbers as specified below.

- a. The numbers must be on the back of the jerseys.
- b. The numbers must be large enough to be identified by umpires from 50 yards away.
- c. Numbers may not be produced by markers or other similar methods.
- d. If both teams have similar colored team jerseys, the team listed first in the schedule will wear the pinnies available at the TD desk on the turf field unless they have alternate non-color clashing uniforms.
- e. Protective headgear and different colored shirts are mandatory for all goalkeepers in all matches.
- f. Any players defending penalty corners or penalty stroke must wear a face mask.
- g. All players must wear shin guards at all times while playing. No Exceptions!
- h. All field hockey sticks must conform to FIH guidelines.

8. GOALKEEPERS

- a. Goalkeepers may wear protective equipment comprising of at least headgear, leg guards and kickers. The headgear and any hand protectors may be removed when taking a penalty corner or penalty stroke.
- b. Teams may elect to field:
 - i. Fully padded goalkeeper, or
 - ii. Kicking back goalkeeper with no protective gear
 - Kicking backs must wear a different color jersey from both teams.
 - Kicking back will be allowed goalkeeper privileges inside the defensive 11 meters area.
 - Kicking back must wear a helmet to defend all penalty corners & penalty strokes.
 - iii. No goalkeeper or kicking back and field all field players with:
 - No player having any goalkeeping privileges
 - One player must wear a helmet to defend penalty corners & penalty strokes.

9. SCORING - Each goal will be recorded by the umpires on the tournament score card. Pool matches will result in 3 points for a win, 1 for a tie, and 0 for a loss.

- a. All goals (open play, penalty corners & penalty strokes) will each have the same point value (1 goal)



10. FORFEITS - The score of any forfeited match shall be recorded 0-3 against the forfeiting team. In addition, 3 points will also be deducted from the forfeiting team's total. If neither team is ready to play at the scheduled time the score shall be recorded as 0-0, no points will be awarded to either team and 3 points each will be deducted from both teams. If one team forfeits while the match is in play and the other team is leading by more than 3 goals, the actual score will be recorded and the forfeiting team will still lose 3 points. Teams that forfeit a match risk forfeiture of all matches (past & future) at the discretion of the Executive Committee. Teams and players of a forfeiting team will be given a very low priority in future tournaments.

- a. To avoid a forfeit, a mixed social team MUST field a minimum of 1 female player to avoid a forfeit irrespective of injuries.

11. POOL STANDINGS - will be determined as follows:

- a. POINTS - Teams will be ranked according to their total number of points.
- b. GOAL DIFFERENCE - Should two or more teams still be tied, the tied teams will be ranked according to their respective goal difference (Goals for minus goals against). A positive goal difference takes precedence over a negative one.
- c. GOALS FOR - If two or more teams are still tied, teams will be ranked according to their number of goals scored.
- d. WINS - Should two or more teams be tied, teams will be ranked according to their number of matches won.
- e. If two or more teams are still tied on points, same number of matches won and same goal difference, then the result of the match between those teams will determine the ranking of the teams. The winning team will be ranked higher.
- f. If two or more teams are still tied, the standings will be settled by a penalty stroke competition (coin toss if time / field availability does not permit strokes) between those teams at a time & place determined by the Tournament Director..

12. PENALTY STROKES (FIH rules apply)

- a. For an offence by a defender in the circle which prevents the probable scoring of a goal.
 - i. If the ball hits a piece of equipment lying in the circle and a probable goal is prevented, a penalty stroke may be awarded.
- b. For an intentional offence in the circle by a defender against an opponent who has possession.

13. PENALTY CORNERS (FIH rules apply)

- a. For an offence by a defender in the circle which does not prevent the probable scoring of a goal.
 - b. An intentional offence in the circle by a defender against an opponent who does not have possession of the ball or an opportunity to play the ball
 - c. For an intentional offence a defender outside the circle but within the 23 metres area they are defending
 - d. For intentionally playing the ball over the back-line by a defender
 - a. *Goalkeepers are permitted to deflect the ball with their stick, protective equipment or any part of their body in any direction including over the back-line.*
 - e. *When the ball becomes lodged in a player's clothing.*
- a. Any intentional foul by the goalkeeper during a challenge will result in a penalty stroke.

14. LONG CORNERS

- a. Long Corners must be taken from a spot on the half way line relative to the spot where the ball exited the back line.
- b. Intentional exit of the ball over the backline by defending team will result in penalty corner against them.

15. PERSONAL PENALTIES (CARDS)

- a. Green Card - will result in a one minute suspension. Any player who is green carded is required to exit the field immediately with haste as the suspension (and subsequent return to the field – must be supervised by the umpires) will not start until the player exits the field of play.
 - i. The suspended player may return immediately if the opposing team scores a goal.
- b. Yellow Card – will result in a 3 minute suspension. A player suspended with a yellow card may not return until the full three minutes have been served (Player cannot return if opposing team scores a goal).
 - i. Any player accumulating 3 yellow cards in pool matches will automatically be suspended for his/her next match. The suspension will apply to the semi-final or placing matches.
- c. Red Card - Any player receiving a red card will be required to exit the field immediately and leave the bench ASAP.



Failure to do so WILL result in additional suspension in addition to the automatic 1 match suspension.

- i. Any player receiving a red card will be automatically suspended for the next match and maybe subject to additional disciplinary action by the Disciplinary Committee. See #19.

16. PENALTY SHOOTOUT

- a. Penalty shootouts will apply to all playoff matches that are tied after regulation time has ended.
- b. FIH rules will apply including the 8 seconds time limit.
- c. Five players from each team take a one-on-one penalty shoot-out alternately against the goalkeeper of the other team making a total of 10 penalty shoot-outs. The players must take the penalty shoot-out in the sequence nominated and communicated by the team managers/captains to the Umpires before the start of the penalty shoot-out competition. Players are chosen by their respective team manager or captain from those listed on the team entry form for that particular match except as excluded hereunder:
 - i. Any player suspended at that same match with a red card.
 - ii. Any player serving a suspension as determined by the Disciplinary Committee or the TD.
 - iii. Any player green carded or yellow carded through the end of the match is eligible for the shootout.
- d. The Umpires will determine the goal to be used.
- e. A coin toss will determine which team will take or defend the first penalty shoot-out.
- f. Team awarded the most goals at the conclusion of the Shoot Out competition will be declared the winner.
- g. During a penalty shoot-out competition, all team personnel at the team bench for that match are permitted to enter the field of play but must remain beyond the half way mark on the field. The goalkeeper of the team taking a penalty shoot-out must remain near the corner (end line & the sideline).
- h. The shootout shall start at the half line.
- i. A goal must be scored from inside the circle.
- j. The shoot-out is completed when one of the following occurs:
 - i. 8 seconds have elapsed;
 - ii. The attacker scores a goal;
 - iii. The attacker commits an offence;
 - iv. The goalkeeper commits an offence in which case the shoot-out is re-taken;
 - v. The goalkeeper commits an intentional offence, in which case a penalty stroke is awarded;
 - vi. The ball goes out of play over the back-line or side-line; this includes the goalkeeper intentionally playing the ball over the back-line.
- k. If during a penalty shoot-out competition a player (either an attacker or a goalkeeper) is suspended (Yellow or Red card), that player will take no further part in that penalty shoot-out competition and, unless a defending goalkeeper, cannot be replaced. If the defending goalkeeper is suspended, the replacement can only come from the 5 players nominated to take part in the penalty shoot-out competition. The replacement goalkeeper is allowed reasonable time to put on protective equipment. If an attacker is suspended, any penalty shoot-out the player was entitled to take counts as a 'no goal'.
- l. If during a penalty shoot-out competition, a defending goalkeeper is incapacitated, that goalkeeper may be replaced by another player from within the players listed on the roster form for that particular match, except as excluded above in 18 (c) i & ii. If the replacement goalkeeper is a field player, that player is allowed reasonable time to put on protective equipment.
- m. In the event of an equal number of goals scored or awarded after each team has taken 5 shoot-outs, a second series of (sudden death) penalty shoot-outs is taken with the same 5 players in any sequence (subject to an incapacitated defending goalkeeper(s) being replaced).
- n. Before each penalty shoot-out in the sudden death series, the team manager or captain chooses which of the 5 nominated players take the particular penalty shoot-out.
- o. All five nominated players must have attempted a penalty shoot-out before any of them are eligible to take a further penalty shoot-out.
- p. The team scoring or been awarded one more goal than the opposing team after an equal number of attempts have been taken by each team shall be declared the winner.
- q. The team that takes the first penalty shoot-out of the first series must defend the first penalty shoot-out of the second (sudden death) series.

17. DISCIPLINARY ACTION

Red card - Any player red carded in a match will have his/her name and the circumstances recorded by the umpires and shall automatically be suspended from his/her team's next match, including Semifinals and Final. Based upon the umpires report & the severity of the infraction, the Disciplinary Committee (DC) will determine that player's eligibility for further participation in the tournament beyond his/her one match suspension. Any team using a disqualified player shall forfeit the match in which the disqualified player was a participant. The team may be subject



to disciplinary action by the Executive Committee. The disqualified player should leave the field in a timely manner and not interfere with any players or umpires. Failure to do so may result in additional matches suspension and / or the players ejection from the tournament by the Executive Committee.

20. VETERANS DIVISION

- a. Hitting is NOT allowed at any time. Slap shots are acceptable.

21. PROTESTS, APPEALS & DISCIPLINARY ACTIONS – Time out (during matches) may not be taken to lodge a protest or appeal. Judgment calls cannot be protested. The captain of a protesting team should notify either umpire of his/her intention to file a protest at the time of the Umpires decision. At the end of a match, the captain of the team wishing to lodge a protest **must** notify the captain of the opposing team and **must** file the written protest within 15 minutes after the match ends.

- a. Protests - Protest Forms will be available at the Technical Table. A monetary deposit of \$200.00 cash **must** be posted with a protest. The Appeals Committee will then assess the protest and decide the matter promptly. Should the protest be upheld, the deposit will be refunded. If the match needs to be replayed, it shall be scheduled in the first available time slot, and will begin from the point of notification of the protest to the umpire or any other time at the discretion of the Appeals Committee. If the protest is denied, the \$200 deposit will be forfeited. The decision of the Appeals Committee will be Final.
- b. Appeals – Teams may appeal the decision of the Disciplinary Committee to the Appeals Committee. Appeal Forms will be available at the Technical Table. A monetary deposit of \$200 cash must be posted with the appeal. The Executive Committee will then assess the appeal and decide the matter promptly. Should the appeal be upheld, the \$200 deposit will be refunded. If the appeal is denied, the \$200 deposit will be forfeited. The decision of the Appeals Committee will be final.

DISCIPLINARY COMMITTEE

Randy Sundeen
Ron Lal
Sonny Bhogal

APPEALS COMMITTEE

Rajen Bhogal
Pompy Bilkhu
Allie Jarman

EXECUTIVE COMMITTEE

Ajmeet Manku
Manvir Gahir
Rinku Bhamber

22. RESULTS & POOL STANDINGS PUBLISHED ONLINE - <https://www.latigershockey.com/gnt-schedule-results>

The Games Director may change any Fixtures, Fields, Schedules, and Umpire Assignments, as deemed necessary. The Games Director shall also determine safety conditions of the field and any other weather related stoppages or other unforeseen circumstances. The Games Director can also revise / modify any tournament rule if in the interest of the tournament's integrity and fairness. The score, at the time matches are ended by darkness or other stoppages, shall be recorded as official for the match unless the Executive Committee decides otherwise.

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