

**GETACTIVE! SINGAPORE PESTA**  
**SUKAN HOCKEY 2026**

Participating teams are responsible for thoroughly reading the Pesta Sukan General Rules and Regulations 2026 via the link [activesgcircle.gov.sg/hubfs/GetActive Singapore/GetActive Singapore 2026/PS26 General Rules %26 Regulations v2.pdf](https://activesgcircle.gov.sg/hubfs/GetActive%20Singapore/GetActive%20Singapore%202026/PS26%20General%20Rules%20Regulations%20v2.pdf), as well as the Hockey Rules & Regulations 2026 below.

**1. Rules**

- 1.1. The competition shall be conducted in accordance with the existing laws of the game as approved by the International Hockey Federation (FIH), adopted by the Singapore Hockey Federation (SHF) and governed by the Pesta Sukan 2026 General Rules and Regulations.

**2. Eligibility & Registration**

<b>S/No</b>	<b>Category</b>	<b>Eligibility</b>
1	10 years & Under (Mixed Gender Hockey) – International	Those born in/ after the year of 2016
2	12 years & Under (Mixed Gender Hockey) – International	Those born in/ after the year of 2014
3	15 years & Under (Boys Hockey)	Those born in/ after the year of 2011
4	15 years & Under (Girls Hockey)	Those born in/ after the year of 2011
5	17 years & Under (Boys)	Those born in/ after the year of 2009
6	17 years & Under (Girls)	Those born in/ after the year of 2009
7	21 years & Under (Boys)	Those born in/ after the year of 2005
8	21 years & Under (Girls)	Those born in/ after the year of 2005

9	Open (Men)	No age restrictions but only open to male players who are registered in 2025 for MHL 3, 4 and 5 or those not registered in the SHF leagues in 2025. No carded athletes allowed.
10	Open (Women)	No age restrictions but only open to female players who are registered in 2025 for WHL 2 or those not registered for the SHF leagues in 2025. No Carded athletes allowed.
11	Mixed Hockey - International	No age restrictions but restricted to a maximum of 2 carded athletes per team of any gender.
12	Masters Over 35s (Women) - International	Born before 1 January 1991
13	Masters Over 40s (Men) - International	Born before 1 January 1986
14	Master's Over 55s (Men) - International	Born before 1 January 1971
15	Premier (Men's)	No age restrictions but only open to female players who are registered in 2025 for MHL 1 and 2 and below.
16	Premier (Women's)	No age restrictions but only open to female players who are registered in 2025 for WHL 1 and below.
17	Indoor (Men's)	No age restrictions but restricted to a maximum of 2 carded athletes per team
18	Indoor (Women's)	No age restrictions but restricted to a maximum of 2 carded athletes per team.

All players are to register individually in 2026. Upon verification of registration, they will be given a tag, which will allow them participation during the games. Technical officials on duty will check the tags before the game starts. Teams are therefore advised to come early and register their individual players along with their relevant Identity documents.

### 3. Event Venue & Schedule

All matches will be held in Sengkang Sports Centre's Hockey Field except for Indoor Hockey which will be played in Active Sg @ Jurong Town.

Date	Timing	Competition Stage
27 June 2026	9am to 3pm	1. Under 15 Boys 2. Under 15 Girls
5 July 2026	8am to 12pm	1. Masters Women's Over 35s 2. Masters Men's Over 40s 3. Masters Men's Over 55s
18 July 2026	8am to 2pm	1. Indoor Men's 2. Indoor Women's
Sat, 25 July	9am to 9pm	1. Under 10 Mixed (International) 2. Under 12 Mixed (International) 3. Under 21 Boys 4. Under 21 Girls
Sun, 26 July	9am to 6pm	1. Premier Men's 2. Premier Women's 3. Open Men's 4. Open Women's
Sat, 1 August	9am to 6pm	1. Mixed Hockey (International) 2. Under 17 – Boys 3. Under 17 Girls

*Note: all above may change once the entries are finalised*

#### 4. Format of play

4.1. The list of events and format of play shall be as follows for Sengkang Sports Centre. Indoor Hockey Games will be played in Active Sg @ Jurong Town

S/No	Event	Format of Play
1	Under 10 Mixed	3 - A - Side
2	Under 12 Mixed	Hockey 5's Modified Pitch
3	Under 15 Girls	Rules of Hockey 5s (5-a- side)
4	Under 15 Boys	
5	Under 17 Girls	
6	Under 17 Boys	
7	Under 21 Girls	
8	Under 21 Boys	
9	Men's Open	
10	Women's Open	
11	Women's Master's Over 35	
12	Master's Men Over 40s	
13	Master's Men (55s)	
14	Mixed Hockey	
15	Premier (Men's)	
16	Premier (Women's)	
17	Indoor (Men's)	Rules of Indoor Hockey 6-a- side
18	Indoor (Women's)	Rules of Indoor Hockey 6-a- side

4.2. ^Rules for **Age 10 and Under 12** events is appended at the last page of this document

#### 4.2. Team Composition and Eligibility – Hockey 5s and Indoor Hockey

##### Team Composition for Hockey 5's & Indoor Hockey.

Each Team shall consist of minimum 7 players and maximum 9 players for both competitions. This will include 5 players for Hockey 5's and 6 players for Indoor Hockey on field and 2 to 4 reserves. One of the players can be a goalkeeper. Each team in all categories except the International Category must comprise of at least 70% Singapore Citizens or Permanent Residents.

Team line-up list for every game shall consist minimum 70% Singapore citizens or permanent residents.

For International Categories, Team Line up must consist of a minimum of 30% Singapore citizens or permanent residents. **No prize money may be given for the International Categories.**

Any one player is allowed to represent only one team in the same category during this competition.

All youth players are to provide a copy of their student's pass for proof of eligibility during the time of registration.

For Mixed category, at least 2 females must be playing on the pitch at all times. If one of the female players is carded or injured during the course of the game and there is only one women player left on the pitch, a male player has to be replaced by a female player.

For International categories, each team must comprise of at least 30 percent Singapore Citizens and Permanent Residents.

- A. Carded Athletes – Inclusion of National Level Athletes  
The carding list of National Athletes will be obtained, and we will restrict participation of these athletes to only 2 per team, to the categories they are eligible to play.
- B. Players Playing in More Than 1 Category  
Players are free to play in multiple categories should they meet the qualification criteria. Players may however only play for one team in the same category and the carding I

## Eligibility

All participants shall be Singapore Citizens, Singapore Permanent Residents and non-Singapore Citizens residing in Singapore with valid passes stated below:

- Student Pass;
- Long Term Pass;
- Dependent's Pass;
- Work Permit;
- S Pass; or
- Employment Pass

Participants who are aged 18 and below, i.e. born in or after 2008, must obtain parental/legal guardian consent for their participation in the tournament.

Consent forms can be downloaded from Pesta Sukan 2026 official website as follows:  
<https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan/sports>

## 5. Registration Fees & Closing Date

### 5.1

S/N	Categories	Individual Events	Team Events	Bundle Deal (Applicable to Athletics only)	Bundle Deal (Applicable to Swimming only)
1	Youth	\$10/participant	\$10 x minimum number of players required per Team	\$10 for 3 events/participant	\$15 for 5 events/participant
2	Open	\$15/participant	\$15 x minimum number of players Required per Team	\$15 for 3 events/participant	\$20 for 5 events/participant
3	Corporate	\$15/participant	\$15 x minimum number of players required per Team	\$15 for 3 events/participant	\$20 for 5 events/participant

S/N	Categories	Individual Events	Team Events	Bundle Deal (Applicable to Athletics only)	Bundle Deal (Applicable to Swimming only)
4	Masters: 54 and Below categories	\$15/participant	\$15 x minimum number of players required per Team	\$15 for 3 events/participant	\$20 for 5 events/participant
5	Masters: 55 and Above categories	\$5/participant	\$5 x minimum number of players required per Team	\$5 for 3 events/participant	\$20 for 5 events/participant
6	Para Athletes	\$5/participant	\$5 x minimum number of players required per Team	\$5 for 3 events/participant	\$10 for 5 events/participant

*Swimming & Athletics Relays events are free of charge for individual event participants. If none of the participants are taking part in individual events, a fee of \$15 will be charged to the team.*

### 5.2. **Registration closing date: Monday, 8 June 2026**

## 6. Competition

1. The Competition will follow the FIH Hockey 5's Rules. For the Indoor competition, the rules will follow the FIH Rules of Indoor Hockey. Both will otherwise adopt the Tournament Rules of the Singapore Hockey Federation (SHF) unless otherwise stated.
- 6.2. The rules will be modified for the Under 10 and Under 12 mixed competitions as set out in the Annex.
- 6.3. In the event that there are insufficient entries in any particular category, then teams from that category may choose to have their registration fee fully refunded or participate in the next appropriate category. A minimum of 4 teams will be required to run a category.

## 7. Format /Timing and Scoring

Competition schedule (fixtures) will be announced during the Team Managers 'meeting, which will be scheduled 1 hour prior to the start of each category. Only Team Managers are to be present for the meeting. Team Managers meeting is compulsory unless otherwise permission is given by the Competitions Manager.

### 7.1 Timing and Scoring Display System

A countdown timer, pre-programmed or easily programmable is to be used. Time is to be stopped when a Shoot Out is given.

#### 1. Format of all competition.

The competition may be conducted in 2 progressive rounds:

#### ***Preliminary Round***

- Entries will be grouped into groups of 4 to 6 (depending on the final entries received) for each event. For an event with less than 8 teams, a single round robin will be played.
- Matches will be played in a group round robin format and will be competed in a maximum time of 15 minutes. It may be played in one or two halves, depending on the number of entries per category.
- At the end of each half or the match, the secretariat is responsible for providing a siren or other suitable sound device, unless this is automatic. A half or a match is over as soon as the final signal has started sounding. The timing of the intermission shall start immediately at the end of the half, and teams are responsible for being back onto the pitch in time to resume play after the intermission.
- The time and format of competition may change depending on the final entries received for each event.

### **Round 2, Semi Finals and Finals**

- Depending on the number of entries, and groups; a Round 2, semifinals and Finals may be played. If no Round 2, or Semi-Finals are required then a Final match shall end of the Preliminary Round and that Category.
- Timing for the matches may be extended in the semi-finals and the finals.
- At the end of each half or the match, the secretariat is responsible for providing a siren or other suitable sound device, unless this is automatic. A half or a match is over as soon as the final signal has started sounding. The timing of the intermission shall start immediately at the end of the half, and teams are responsible for being back onto the pitch in time to resume play after the intermission.
- The time and format of competition may change depending on the final entries received for each event.

### **8. Regular Game Time**

- 8.1. The home team which is the the first named team, shall start on the right side of the technical table.
- 8.2. Should the board comes apart; play shall not be interrupted until the ball is near the place in question.
- 8.3. In case of injuries, play shall be interrupted only on suspicion of a serious injury or if the injured player directly affects play.
- 8.4. Substitution of Players
  - All substitution shall take place near the technical table in the team's own substitution zone and an unlimited number of times during a match.
  - A player leaving the field has to be on his way passing over the side board before a substitute may enter the pitch.
  - An injured player leaving the pitch outside his/her own substitution zone must not be replaced until play is interrupted. A bleeding player is not allowed to participate in the match until the bleeding is under control. The player must also ensure he does not wear any blood stained clothing on the resumption of play.

## 9. Walkover and Timing

- a. A team shall concede to a walkover if they fail to register and be present at the scheduled time of play with at least 3 players. For the mixed category, 2 of the players in the minimum, must still be females.
- b. Due to the expected tight schedule of games, the match will strictly follow the countdown timer. Time will start for each quarter regardless of the team being present on the pitch. The onus will be on the teams to ensure they are aware of their games and get ready to get onto the field before the previous game ends.
- c. A no show walkover will result in a 5-0 win or the highest score this team has lost by to the opposition. Walkover scores will only be printed after the last group games in the Preliminary Round and Round 2.
- d. If an ineligible player was found to be fielded, the matches he/she participated in will be considered as a loss and the score line of 5-0 will be awarded to the opposing team. In addition, the team may be barred from further participation in the tournament. Should an ineligible player have played in the medal games, the medals will be given to the next placed team.

## 10. What determines the final standings?

3. points for a win, 1 point for a draw and 0 points for a loss.

If at the end of a Tournament, or any part of a Tournament played in a league format.

(A) two (2) or more teams have the same number of points for any place in the ranking, the said teams shall be ranked according to their respective number of matches won.

(B) in the event two (2) or more teams have an identical number of points and matches won, then the said teams shall be ranked by reference to their relative superiority in goal difference between goals scored and goals conceded.

(C) in the event two (2) or more teams have an identical number of points, matches won and goal difference, then the said teams shall be ranked by reference to their relative superiority in the number of goals scored.

(D) should there still remain equality between the teams then the results of the matches played between them will determine the ranking of the teams.

(E) unless the Competitions Manager determines otherwise, in the event two (2) or more teams have an identical number of points, matches won, goals scored and goal difference and equality in terms of the matches played between them, the ranking shall be settled by a penalty shoot-out competition between the said teams. Here the penalty Shoot Out Rules will apply.

(F) at the conclusion of the said penalty shoot-out competition, a ranking shall be established on the basis that 3 points shall be awarded to the winning teams of a penalty shoot-out competition.

(G) if, where there are more than two (2) teams participating in the said penalty shoot-out competition, the said teams (after competing in a penalty shoot-out competition against each other) shall have an equal number of points, the ranking shall be determined by applying Rule (A) (B) (C) and (D) (*mutatis mutandis*)

(H) if, by the application of the said Rule (A) (B) and (C), two (2) or more teams remain equally ranked, the procedure set out in Rule 12 (E) (F) and (G) shall be repeated (*mutatis mutandis*) , until a ranking is achieved.

## **11. PENALTY SHOOT-OUT COMPETITION**

### **Hockey 5s and Indoor Hockey.**

- 11.1.** Three (3) persons and [if the said three (3) persons do not include a goalkeeper] one (1) goalkeeper from each of the two (2) teams, chosen from the Listed Players shall participate in a penalty shoot-out competition. The said three (3) Listed Players shall take a penalty shoot-out against the goalkeeper of the opposing team in alternate sequence.
- 11.2.** The names of the said three (3) persons and [if the said three (3) persons do not include a goalkeeper] and one (1) goalkeeper shall be communicated to the umpires of the match prior to the commencement of the penalty shoot-out competition. The said three (3) persons shall take the penalty shoot-out in any sequence. The goalkeeper playing in the penalty shoot-out competition shall not be replaced in the course of the said penalty shoot-out competition unless he is, to the satisfaction of the umpires of the said match, incapacitated and unable to perform the role of a goalkeeper due to unforeseen circumstances.
- 11.3.** If during a penalty shoot-out competition, a player is suspended with a red card, then that person shall take no further part in the said penalty shoot-out competition. If during a penalty shoot-out competition, a goalkeeper is suspended, that goalkeeper may be substituted, but by another player in the team, who must wear protective headgear when defending a shoot-out. The person replacing the said goalkeeper may be the nominated player for the shoot-out and unless he has already taken a shoot-out, he may continue to take a shoot-out.
- 11.4.** The umpires of the match shall choose the goalpost to be used for the penalty shoot-out competition, and they shall toss a coin in the presence of the captains of the team to decide which team shall take the first shoot-out. The team having the highest number of goals shall be the winner and the said competition shall cease once a winner has been established.
- 11.5.** In the event both teams score an equal number of goals, another series of penalty shoot-out shall be taken with the same persons who were nominated in the penalty shoot-out competition.

**11.6.** Such person(s) may be replaced only if the umpires of the match are satisfied that the said person(s) is/are incapacitated and is/are unable to participate any further in this series of penalty strokes.

**11.7.** This series shall be played on a "sudden death" basis, i.e., the winner shall be the first team to score more goals after an equal number of shoot-outs (no minimum) have been taken by each team. The Team shall be entitled to alter the sequence of their shoot-out takers from the sequence adopted earlier. The team which took the first penalty shoot-out in the First Competition shall not take the first penalty shoot-out of the "sudden death" series.

**11.8.** Only the nominated players for the shootout and the goalkeeper (if different from the players of the shootout) may enter the pitch during the competition. Only the shoot-out taker, goalkeeper (defending the stroke) and umpires of the match shall be entitled to remain within half area of the pitch where the shootout is taken. The rest of the players must remain in the opposite D. Team Members not nominated will remain on the team bench. No one who has been shown a red card during a match shall be eligible to participate in a penalty shootout competition held at the conclusion of the said match.

**11.9.** In case a team does not have a goalkeeper, they can nominate a player to take his position. This player, however, must wear a face mask at all times.

## **12. Postponement**

In case of postponement due to unforeseen circumstances, ALL the following conditions must be met before the remaining time of the match is played at a later time:

- (A) Both teams must either be in a draw situation OR with ONE (1) goal difference in scores
- (B) There must be at least 2 minutes or more left when the match is interrupted.
- (C) Any team which refuses to play the remaining time of the game under the above circumstances will be deemed to have forfeited the game. The opposing team will be awarded a walkover and the score line of 5-0 will be awarded to the opposing team.
- (D) The Competitions Manager has the final right to decide on any other course of action for the postponement.

## **13. Players' Clothing**

A team's uniform may have any color combination, but the jerseys must not be Pink, Turquoise or Green. If the referees consider that the teams cannot be distinguished by their uniforms, the home team, or the first named team in the fixtures is obliged to change or wear the bibs.

## **14. Prize Money and Medals**

**14.1.** Prize Monies will be applicable to Open, Youth, Masters, Corporate, Community & Para categories.

**14.2.** There shall be no prize monies for International categories, Signature Events & Community Events.

- 14.3. A minimum of 4 registered entries is required for Para categories and a minimum of 8 registered entries is required for all other categories to be eligible for prize monies.** Pesta Sukan 2026 – General Rules and Regulations (*Updated as of 3 Apr 2026*)
- 14.4.** Prize Monies for Pesta Sukan 2026 will be transferred to Winners of Individual events or Team Manager for Team events via PayNow NRIC/FIN only.
- 14.5.** To access PayNow, participants can use the participating bank's existing internet banking platform or mobile banking app.
- 14.6.** To receive money via PayNow into their bank account, participants need to register for PayNow service using their Singapore NRIC/FIN (One-Time Registration).
- 14.7.** In the event where the Prize Winner (Individual/Team) authorize an alternate payee to receive the prize money on his/her/team behalf, upon providing the alternate payee's details, the Prize Winner has confirmed that upon payment by Sport Singapore to the alternate payee, Sport Singapore shall be discharged of all obligations and liabilities to the Prize Winner for payment of the prize money.
- 14.8.** Prize monies are disbursed to your PayNow-NRIC-linked bank account. In the event where prize monies are not claimed by 31 October 2026, Sport Singapore reserves the right to forfeit the prize monies.
- 14.9.** Prize Money and medals will be awarded to the top 3 winners of each event with at least 8 teams.
- 14.10.** A minimum of 4 participants/teams is required for the event to proceed. If there are only 3 participants/teams for the event, 'minus 1 rule' applies, i.e. only 1<sup>st</sup> & 2<sup>nd</sup> will be awarded with medal.
- 14.11.** If there are less than 4 participants/teams, participants may choose 1 of the following options:
- a) Option 1- Participants may withdraw and receive a full refund.
  - b) Option 2 - Participants may continue with the competition but will not be eligible for prize money. Medals will be awarded based on the 'minus 1 rule'.
  - c) Option 3 - Participants may opt to join another category which they are eligible for.
- 14.12.** Medals will be awarded to the top 3 winners of each event with at least 4 teams. Winning team of each event will also receive a trophy.
- 14.13.** For the Under 10 and Under 12 categories, medals will be awarded to all 4 teams that reach the semi finals. Both the losing semi-finalists will get a bronze medal.
- 14.14.** Only Medals will be awarded when a category/event has less than 8 participants/team.
- 14.15.** There shall be no prize monies for International categories.
- 14.16.** Prize Monies will only be applicable to Open, Masters, Community and Para Categories.
- 14.17.** Minimum of 4 teams are required for the event to proceed.
- 14.18.** If there are less than 4 teams, they may choose 1 of the following options:
- i. **Option 1** - Teams may withdraw and receive a full refund.
  - ii. **Option 2** - Teams may opt to join another category which they are eligible.

**14.19.** Details of Prize Monies will be published on Pesta Sukan 2026 official website on a later date.

**14.20.** All prize winners of each category must be present at the closing ceremony to receive the awards with proper attire (especially no slippers and sandals). Otherwise, the prizes will not be awarded to the teams concerned.

### **Appendix 1 - 3-a-side game format.**

Notwithstanding the aforementioned Rules under Para 1, the Under 10 Mixed Competition(s) shall follow the Tournament Rules of the Singapore Hockey Federation (SHF) for the "3-on-3" / "3-a-side" / "Hockey 3's" format and constitute as supplementary rules in this document for the Pesta Sukan 2026 Hockey 5s

#### **TEAM COMPOSTITION AND ELIGIBILITY**

- Each team will comprise of 3 players with 2 reserves. Rolling Substitutions are allowed at any time. Teams are encouraged to let all players play equally.
- No goalkeepers are required.

#### **FORMAT /TIMING AND SCORING**

- The duration of the game will be determined based on the number of entries. This duration can be amended based in case of delays caused by whatever reasons.
- Players can score from anywhere on the pitch. No raised (above the waist) stick hitting is allowed. Slap hits and other below the waist hits are allowed. A sweep pass will also be allowed but the ball must be kept low, or the normal high ball infringement will be applied.
- A penalty stroke variation will be imposed for infringements within the box (demarked by the 8 m from goal line). The attacker will start from the center of the field with one defender, who will start on the back line or just in front of the goalpost. The attacker may score in any one of the two goalposts.
- For what is deemed to be a penalty corner, a free hit will be taken from the center of the field.
- Each team will defend 2 goalpost. Goalposts are modified to match the total pitch size.
- Normal rules apply for infringements except for the penalty stroke which is the variation mentioned earlier.
- The ball should be brought to the middle for the restart after each goal.
- The ball will be restarted 8 m forward from where it goes out behind the boards.
- Own goals will be considered a goal.
- All players should wear proper protective gear (i.e., shin guards)

#### **PENALTY SHOOT-OUT COMPETITION**

- In the event of a penalty shoot-out 3 players from each team will take the shoot out in the same way as they would in a penalty stroke, from the halfway line. Should the shootouts be tied, it will move to a sudden death shootout.

## 16. Misconduct

- 16.1. Umpires or Pitch officials may report any misconduct to the Competitions Manager in writing as soon as the game finishes.
- 16.2. The competitions manager may conduct an immediate investigation and a hearing and will convey one of the following actions;
- 16.3. A suspension to the player or team, including the team official.
- 16.4. A complete ban from the tournament
- 16.5. Should the misconduct be serious and the investigation may take time, the Competitions Manager may hand over the enquiry to Active SG.
- 16.6. No appeals will be allowed to the Competitions Managers decision.
- 16.7. Should the Competitions Manager be conflicted to conduct a hearing, he may hand over the duty to any other officials as he deems fit, who is in a position of neutrality.
- 16.8. A red card would warrant an immediate one match suspension and may be referred for a hearing for further suspension.

## 17. NOTES

- 17.1. The Organising Committee holds the right to decide on any issues that may arise that are not stated in the General Regulations.
  - a. The Organising Committee has the right to alter the scheduled time and dates of the tournament if necessary. Participating teams will be informed of the changes as soon as possible.
  - b. **It is the responsibility of participating teams to read through the Rules and Regulations thoroughly.**
  - c. **It is the responsibility of participating teams' players, Teachers-in-charge, Team Managers, Head Coaches, Assistant Coaches, to take note of fixtures after the preliminary rounds to avoid unnecessary walkovers.**
  - d. All decisions made by the Organising Committee are final.