

Rules & Regulations Shooting Star Aug 2026 – July 2027

Rules Governing Games: FIH RULES AND REGULATIONS that are in effect for play will apply.



Shooting Star Rules Modifications:

- 1) Field players of the same team have the choice of shorts or kilt/skirt if the shorts/kilt/skirt are of the same color and similar design/trim and cut.
- 2) Game Timing: General time structure below. Please see specific Tournament Timing.
 - Halves: 2 x 25 minutes running time, half-time will be 5 minutes.
 - Quarters: 4 x 12-minute quarters, 2 minute between 1st/2nd and 3rd/4th, half-time will be 3 minutes
- 3) Goalkeeper – RECOMMENDED Throat Protector and Mouth Guard
- 4) Field Player – REQUIRED Shin Guards and Mouth Guard
- 5) Cage Goggle – Permitted. All other face protection for extenuating circumstances must be cleared with Tournament Director.

General Rules: 11v11 Format

Central Horn & Umpire whistle used as master tournament timer.

General Rules: 7v7 Format

6 field players & 1 goalie at all times, no extra field player for the GK is allowed
Teams are permitted to wear reversible pinnies, #'s are encouraged but not mandated
Corners Played: Corners defended with 4 field players + the goalie.

Roster Size:

11 vs 11 Max of 18 players/2 coaches

7 vs 7 Max of 12 players/2 coaches

** coaches may rotate who is on the bench area but a max of 2 at a time **

For any event with a Mixed (Co-Ed) Division, teams may have no more than 5 male field players on the field at any time. For 7v7 competitions, teams may have no more than 3 male field players on the field at any time. Goalkeepers do not count against the limit of male players on the field for Mixed Division competition.

Rules Governing Team/Player Eligibility: **AGE AS OF AUGUST 1, 2026 @ 12:01am

Only registered players for the SHOOTING STAR field hockey tournament and who agree to the following, may participate in tournament games:

- Players may play “up” in age division but may NOT play “down.”
- No player may compete for, or be on a roster for, more than one team during the tournament.
 - Exception: Goalkeepers are allowed to double roster. Must be pre-communicated prior to game time in writing to director

Any team with a player in violation of these rules will forfeit the game that this player is known to have competed in without expressed written consent from the Shooting Star Staff.

Team Color, Bench and Substitutions:

Team listed as the HOME team will wear DARK shirt and socks and will sit at the bench and defend the goal to the RIGHT of their bench as per facing the field.

Team listed as the AWAY team will wear LIGHT shirt and socks and will sit at the bench and defend the goal to the LEFT of their bench as per facing the field.

Up to two coaches per team are allowed in the team’s area.

No unauthorized persons may be in the team area.

All players who are not on the pitch are substitutes on the team’s bench. Substitutions on and off the pitch must be made from the side of the pitch where the team benches are located within 3 meters of the center of the pitch.

Suspended coaches are strictly prohibited from being in the team areas and cannot participate in any kind of coaching activities until their suspension has been served.

Release and Waiver of Liability

Waivers were done automatically during registration or through team invitations on the registration platform.

Rules Governing Scoring and Point System:

Points awarded: 3 = Win 1 = Tie 0 = Loss ** Any game forfeited during the tournament results in a 0-3 loss

Tie breaker criteria for placing if necessary:

- Total Points
- Head-to-head
- Goal differential = Goals for – Goals Allowed: **No more than an 8 goals difference will count towards differential Example: 12 – 0 actual score would mean goal difference = max 8 goals**
- Goals Allowed
- If still tied – whichever team has a higher goal differential versus the next highest ranked team will win tie breaker.
- Continue above procedure sequentially until a no more teams are available to compare within the Pool.
- If still tied – CO-Champion

Scoring & Score Reporting

Each field will be assigned a Field Marshal. They will record the final score and record any issued cards on a scorecard

At the end of each game **both umpires and team coaches will sign** final score and any issued cards

Any challenges must be made immediately following the game with the Umpires, opposing Coach and Field Marshal at that field.

Once the scorecard is confirmed and signed by all parties, the score is considered final.

Forfeits

If a game is forfeited, the opposing team earns a 3-0 win.

A team will forfeit a game under the following circumstances:

- A team does not show up for a match
- A team declares forfeit
- A team arrives more than 5 minutes after the start of the match time
- A team does not have proper uniform qualifications and refuses/is unprepared to change
- A team has less than 9 players dressed in proper uniform after 5 minutes grace period (11v11)
- A team has less than 4 players dressed in proper uniform after 5 minutes grace period (7v7)
- An ineligible player participates in the game
- A suspended coach does not leave the game area within 1 minute of being suspended
- A suspended coach does not report to the tournament table within 5 minutes after the game and does not stop all team contact during the remainder of the game in which the suspension occurred
- A team refuses to play or removes their team from the field of play for any reason

If a team does not communicate a forfeiture, the club will be charged a \$400 forfeiture fee which must be paid prior to registering for any other PSE Event.

Appeals Procedure for Score Reporting Protests

Teams are granted one challenge per tournament for the sole purpose of requesting a review of a posted score.

If the score is posted wrongly, the results will be updated correctly and the team keeps their one challenge to be used later in the tournament, if needed.

If the score posted reflects the score on the official scorecard that the team is challenging, and that score is confirmed, the team will lose its challenge and is not able to challenge results for the remainder of the tournament

Both teams will be consulted prior to any updates or changes

For challenge questions or concerns, contact tournament director Sam Carlino at sam.carlino@performancesportevents.com or Ainslee Lamb at ainslee.lamb@performancesportevents.com

Rules Governing Misconduct:

Removal from the Game, Site or Tournament

Any disrespectful behavior toward umpire or other tournament personnel, will result in expulsion for the remainder of the tournament.

Spectators will need to show respect to all Umpires, Players, Coaches & Staff. Bad behavior will not be tolerated.

Should umpires, umpire managers, or tournament directors deem that a spectator, player, or coach needs to be removed from the tournament site(s), **it will be the responsibility of the COACH from the offender's team to remove the offender from the site.**

Delayed departure from the game, site or tournament will result in a game forfeit for the team that the spectator, player or coach is affiliated with

Game Cards

Green and Yellow cards will be administered per the Rules of Hockey with no modification.

Coaches/team personnel can earn a Green or Red Card, the team will not play short for cards given the coaches/team personnel.

Player Green or Yellow Card

- Suspended players must report to the technical table and sit for the suspension duration and the team plays short for the duration of the card
- If no technical person is available to monitor the suspension, the team coach is responsible for the player serving the full suspension. Allocated time will be communicated by the field umpires

Player Red Card

- Suspended player sits on their designated bench for the remainder of the match and the team must play short
- Suspended player is also suspended from the team's next game in that division, the team does not play short in that subsequent game
- If the player receives 2 red cards during the tournament, they are suspended from all play for the remainder of the tournament

Coach Red Card

- Coach must leave the playing area within 1 minute of receiving the red card and cannot have any contact with the team for the remainder of the match. A replacement coach is allowed.
- The team does not play short for a coach suspension
- The coach is suspended from the team's next game
- If the coach is on staff for multiple teams, the suspension is specific to the team that the coach received the suspension with
- If the coach receives 2 red cards during the tournament, they are suspended from all play for the remainder of the tournament

Red Card Administrative Procedures

Suspended players and coaches must report to the tournament table within 5 minutes of the end of the game in which they were suspended and return their player or coach wristband.

If applicable, a replacement coach can receive a temporary wristband for the team's next game

Suspended players and coaches can return to the tournament table after the team has completed its next game to receive a new tournament wristband.

Umpires will notify the Umpire Managers of any issued red cards immediately after the game in which they were given and all cards are recorded on the official scorecard

Appeals Procedure for Misconduct

Players and Coaches have an opportunity to challenge red cards only. Any appeal must be received in writing up to 10 days after the completion of the tournament, submitted to Performance Sport Events: Ainslee Lamb and Sam Carlino at ainslee.lamb@performancesportevents.com and sam.carlino@performancesportevents.com. All cards issued during the tournament will be reviewed by the Review Committee. The Review committee will be comprised of PSE staff and a Shooting Star Umpire Manager.

Players and coaches can be administered further suspensions based on review including suspension of attending future PSE events.

Refund Policy

Specific refund Policies for each event are posted on the website.

No refunds will be issued if the tournament is shortened in part for any reason, including inclement weather or any other "Act of God."

No refund for any team that is removed from the tournament by the tournament director for using illegal players or behavior that requires the team to be removed from the tournament.

Shooting Star or its staff will not be responsible for any expenses incurred by any team, club or organization if the tournament is canceled in whole or in part.

Weather Policy

In the event of adverse weather or unplayable field conditions, the tournament director reserves the right to:

- Reduce game times in order to catch up with schedule.
- Finish games before inclement weather arrives, or to preserve field conditions. Reschedule games, if possible.
- Every attempt will be made to update cancellations on the website. However, weather conditions can change rapidly and all teams should be prepared to play as soon as weather and fields are playable. Updates will be announced **on social media**.
- No refunds will be granted if these actions are necessary.

Thunder/Lightning Policy

If thunder or lightning is observed play will be suspended immediately and players and fans will be asked to leave the fields to return to cars & seek shelter. Play will be allowed to resume 30 minutes after the last sound of thunder or sighting of lightning is observed which the tournament medical staff will determine. Every attempt will be made to begin subsequent games on time. For up to date schedule changes please check social media @perfsporevents.

Transgender Athletes Policy

**** Shooting Star will adopt and implement the USAFH Policies**

Please see LINK to USAFH Policies for Transgender Athletes: <https://performancesportevents.com/wp-content/uploads/2024/10/Current-USA-Field-Hockey-Transgender-Policy-December-2022.pdf>