



SANGRAM'26

HOCKEY

- All matches must be played according to the Rules issued by the FIH Rules Committee under the authority of the International Hockey Federation.
- Every college shall submit a list of players, not exceeding 16 for participating in the tournament.
- A maximum of eleven players from each team take part in play at any particular time during the match.
- A match consists of four quarters of 15 minutes, an interval of 2 minutes between quarter 1 and 2 and between quarter 3 and 4 and a half- time interval of 5 minutes between quarter 2 and 3.
- Captains wear distinctive armbands and oversee player behaviour or substitutions; penalties ensue for neglecting these duties.
- A penalty is awarded only when a player or team has been disadvantaged by an opponent breaking the Rules.
- The team scoring the most goals is the winner; if no goals are scored, or if the teams score an equal number of goals, then there will be a Shoot-out competition.
- A penalty stroke is awarded for an intentional offence in the circle by a defender against an opponent who has possession of the ball.