



Women's Hockey

Matches shall be played according to the rules of the FIH (Fédération International de Hockey) as adopted from time to time by the Indian Hockey Federation unless otherwise modified.

- Game will consist of two teams of eleven players each. You can have five substitutes to be used throughout the game. You can be substituted at any time during a game except when a penalty stroke or a corner is being taken.
- The tournament shall be played league cum knockout basis.
- Each team must have a captain on the field and they must wear a distinctive arm band.
- Match will be of four quarters each 15 minutes long with a 3-minute break between two quarters. The format is subject to change as per weather conditions or any other circumstances by the umpires.
- No extra time will be allotted in case of tie; we will go with penalty shootout.
- In case of points clash for semi-final matches the team who scored more number of goals will be considered. But if still the point score are level then committee member will decide.

