

ActiveSG Cup Hockey

Oct – Nov 2026



Agenda

1. Overview
2. Eligibility & Number of Teams
3. Registration Matters
4. Tournament Format
5. Venue Layout
6. Event Day Check In Matters
7. Fixtures
8. Tournament Rules
9. Important Notes to Team Managers
10. Haze Management Protocol
11. Queries Matters

ActiveSG Hockey Cup

Event Crew

Competition Manager



Sri Gopalan Naidu
Tel: 9739 6821
Email: balestierlions@gmail.com

Floor Manager



Tan Jun Heng

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Overview

Category	Date	Time	Venue
12 & Under Boys	9 th , 16 th , 23 th , 30 th Oct 6 th , 13 th , & 20 th Nov	6pm – 10pm	Delta Sport Centre (Hockey Pitch)
12 & Under Girls	(Postponed games on 17 th , 31 st Oct, 14 th Nov)		

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Eligibility & Number of Teams

Category	Year	Max. Teams
12 & Under Boys	Born 2014 - 2017	12
12 & Under Girls	Born 2014 - 2017	8

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Registration Matters

- Each Team shall consist of minimum 5 players and maximum 12 players. This will include 5 players on field and 7 reserves. One of the players can be a goalkeeper.
- Ensure that players are registered to only **one (1) team**.
- **No changes shall be made to the team list throughout the course of the Tournament.**
- On match day, please register all players, coaches, and Team Managers at the registration counter. Ensure players bring their student passes, passport or NRIC for verification.
- Team Managers and coaches must be at least 21 years old.
- Team to **arrive at least 15 minutes before the match** to register at the registration booth.

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Tournament Format

- 5-a-side Single Round Robin Format
- 7 minutes per quarter with 2 minutes break
- U12 Boys → 12 teams split into three groups of 4. After the round robin, top 2 teams of each group will progress to the Super 4's pool and the next 2 teams of each group will progress to Social 4's Pool. The teams will play a single round robin in their respective pools, followed by placing matches.
- Medals will be awarded to the top 4 teams.

Time (Half)	Period	Duration
First Half	1	7
	Break	2
	2	7
Half Time (Change sides)		3
Second Half	3	7
	Break	2
	4	7
Total Match Time		35

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Tournament Format

■ U12 Girls → 7 teams round robin. After the round robin, top 4 teams will play in the Semi-final, followed by the placing matches including 5th/6th position.

■ Medals will be awarded to the top 4 teams.

Time (Half)	Period	Duration
First Half	1	7
	Break	2
	2	7
Half Time (Change sides)		3
Second Half	3	7
	Break	2
	4	7
Total Match Time		35

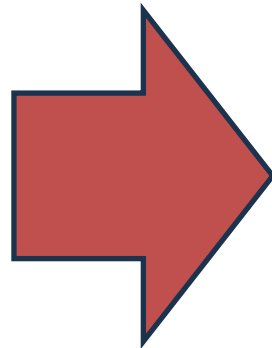
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Tournament Format

Boys Group A
AHA BLAZE
AHA TITANS
ST. ANDREW'S ALUMNI BLUE
TANGLIN LIONS

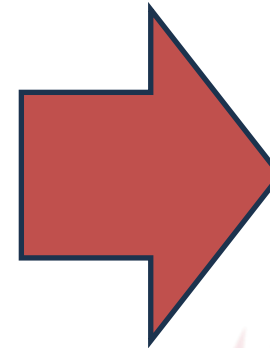
Boys Group B
DCSG U12A BOYS
HOCKEY SCHOOL U12 BOYS
AHA THUNDERSTICKS
AHA LIONHEARTS

Boys Group C
DCSG U12B BOYS
ST. ANDREW'S ALUMNI WHITE
AHA VORTEX
AHA NINJA



Super 4's
1 st of Group A
1 st of Group B
1 st of Group C
2 nd of Group A
2 nd of Group B
2 nd of Group C

Social 4's
3 rd of Group A
3 rd of Group B
3 rd of Group C
4 th of Group A
4 th of Group B
4 th of Group C

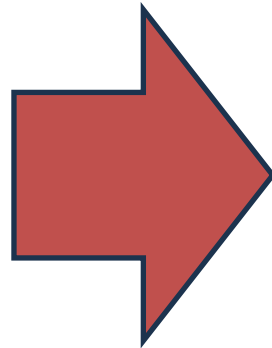


Placing Matches
Final
3 rd & 4 th Placing
5 th & 6 th Placing
7 th & 8 th Placing
9 th & 10 th Placing
11 th & 12 th Placing

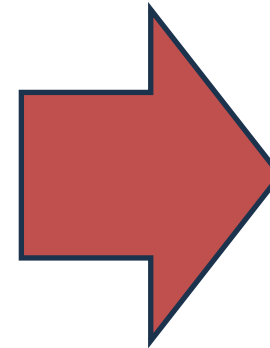
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Tournament Format

Girls Group
AHA RESILIENCE
UWC GIRLS
AHA HONOUR
TANGLIN LIONESSE
DCSG U12 GIRLS TEAM
AHA TEAMWORK
AHA COURAGE



Semi Final
1 st & 4 th
2 nd & 3 rd



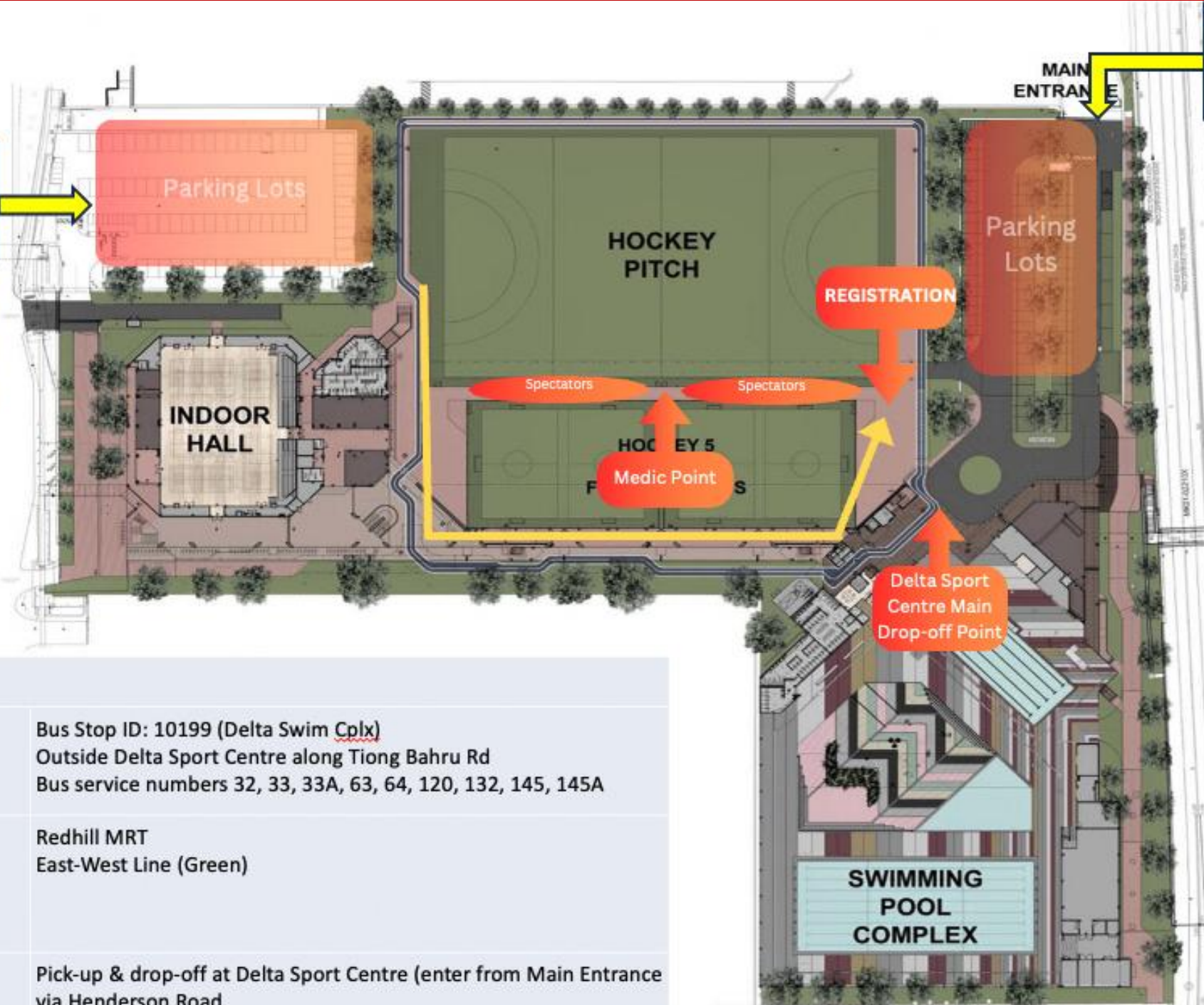
Placing Matches
Final
3 rd & 4 th Placing
5 th to 7 th Placing

Back entrance via
Alexandra Road



HE19 Carpark
(Between Delta Sport Hall
and Bk 101/102 Henderson)

904 Tiong Bahru Rd,
Singapore 158791



Main entrance via
Henderson Road

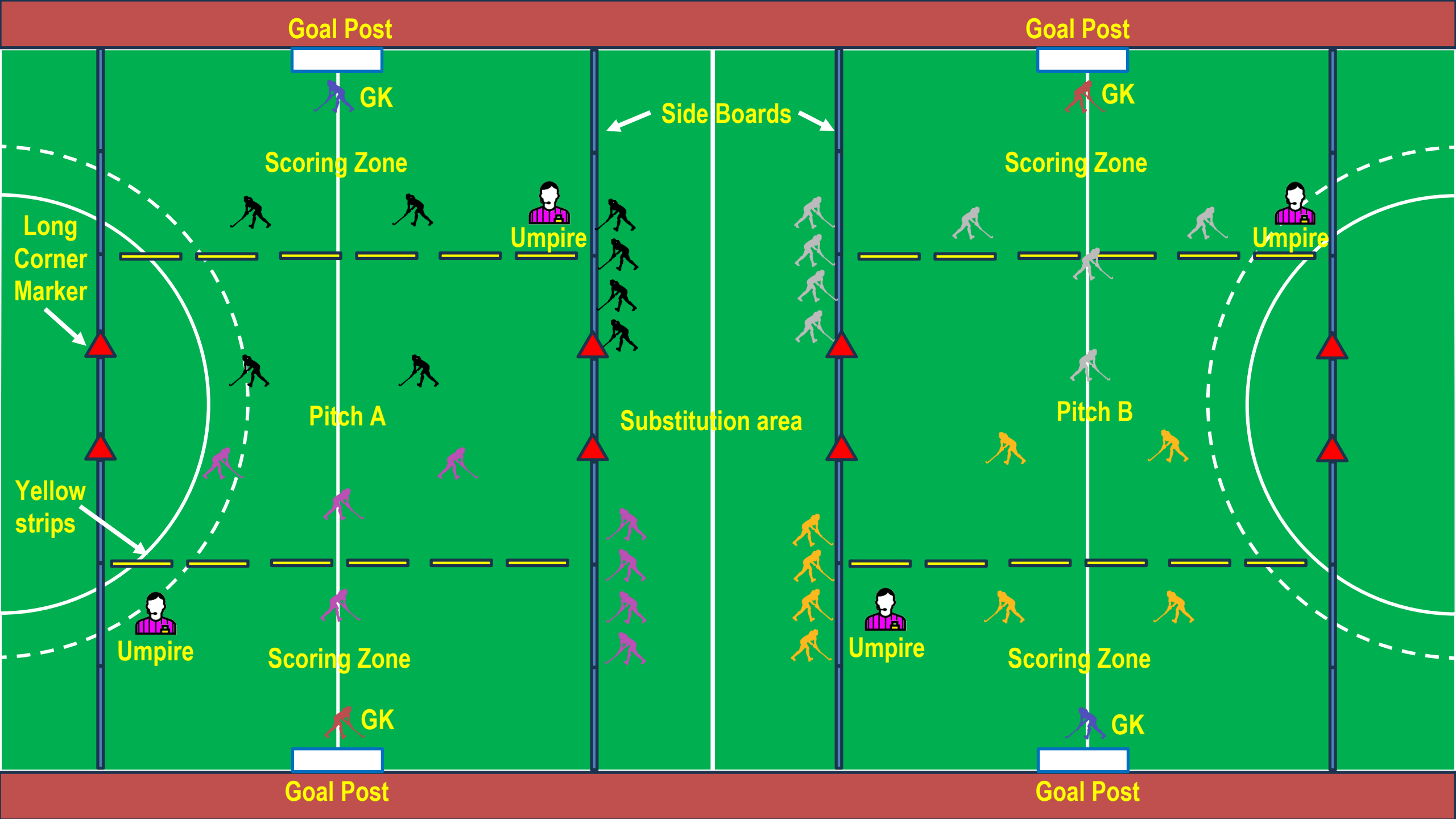


Henderson Crescent
(Outside Delta Sport Centre
Carpark Gantry)

900 Tiong Bahru Rd,
Singapore 158790

PUBLIC TRANSPORT

BUS:	Bus Stop ID: 10199 (Delta Swim Cplx) Outside Delta Sport Centre along Tiong Bahru Rd Bus service numbers 32, 33, 33A, 63, 64, 120, 132, 145, 145A
MRT:	Redhill MRT East-West Line (Green)
TAXI / PRIVATE HIRE:	Pick-up & drop-off at Delta Sport Centre (enter from Main Entrance via Henderson Road)



ActiveSG Cup | Event Day Check-In

Before you arrive

Complete registration and payment. Ensure all players have signed their waiver forms. Have your team QR code ready

1 Report

- Team Manager / official report to the registration counter with the team members
- Show team QR/code or provide team manager phone details.
- Staff will verify the team, category and event.

2 Check In

- Confirm players who are present only.
- Wristbands will be provided to players and coaches
- Players with unsigned waivers will not be able check in.
- Late arrivals can check in separately when they arrive.

Present the QR Code at Check-In

BASKETBALL Youth

Incomplete Team Makeup

[DUMMY] 19U Boys June 2026

Competition: 13, 14, 15, 16, 20 & 21 Jun 2026, 8am-10pm daily

Venue: OCBC Arena Hall 1 & *SCAPE · 5 Stadium Dr Singapore 397631; 2 Orchard Link, Singapore 237978

Reference: [ASGC-DUMMY-BBALLALL-1](#)

Registered: 28 Jul 2026

Changes allowed until: 28 Jan 2027

TEAM NAME

[DUMMY] Basketball All-Series Boys

TEAM MANAGER

[DUMMY] Basketball All-Series Boys Manager

bball-all@asgc-dummy.test

+65 8000 0000



Event Check-In Code

Please have this QR Code ready on your mobile device and present it at the Registration Counter upon arrival for verification and check-in on competition day.

If you cannot show the code, staff can find your registration by name or mobile number.

SWEYJQ4LJAS25YOWNBV

Show at counter

Important

Scanning the QR code does not complete check-in. ALL players' attendance must be completed. No onsite waiver signing or paper-waiver override is available.

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Fixtures & Results



<https://go.gov.sg/asgchkresultsfixtures>

<https://go.gov.sg/asgchkresultsfixtures>

Player's Equipment

- 6.1 A team's uniform may have any colour combination, but the jerseys must not be Pink, Turquoise or Green. If the umpires 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.
- 9.2 Shin Guards and Mouth Guards are mandatory for all players taking part in this competition.
- 9.4 In case of clash of colours, the Home Team (first named team on the fixture schedule) will have to change their jerseys.

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Coaches and Assistant Coaches

- 7.1 All Teachers-in-charge, Team Manager, Head Coach and Assistant Coaches must be properly attired (strictly no slippers and sandals).
- 7.2 Each team may be accompanied by up to 3 team officials.
- 7.3 A team without the accompaniment of any team official listed on the registration form at the commencement of a match will not be allowed to play. **Team officials must be at least 21 years of age.**

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Tournament Rules

- 9.3 As it is a 5-a-side game, a team can start the game with a minimum of 3 players.
- 9.5 Sideboards can be used. If the ball goes out of play at the side line, a Free Hit will be awarded. If the ball goes out of play at the back line, a Long Corner / Defensive Free Hit will be awarded.
- 9.6 All goals must be scored in the shooting zone.

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Tournament Rules

- 9.7 Long Corners will be taken in line with the marker and where the ball went out of play. All players need to be 3 metres away and the ball needs to travel 3 metres in any direction before it is played into the shooting zone.
- 9.8 No Short Corners. Any light and non-deliberate infringement in the shooting zone will result to a Free Hit just outside the shooting zone. For severe and deliberate infringement, an 8-second 1-on-1 penalty shoot-out will be awarded. This includes the deliberate push back into the back line by the defender or goalkeeper.
- 9.9 For Free Hits just outside the shooting zone, the ball will need to travel 3 metres before being played into the shooting zone or a pass to be made outside the shooting zone.

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Tournament Rules

- 9.10 All substitutions shall take place at the halfway line.
- 9.11 No participant, spectator or coach will be allowed to stand behind the goal posts at any time or on the playing surface for safety reasons and to avoid distracting players / goal keepers throughout the duration of the game.
- 9.12 For the 8-second 1-on-1 penalty shoot-out, the ball will be placed in line with the marker.
- 9.13 In an event where it is a draw in the second round, there will be a three 8-second 1-on-1 penalty shoot-out competition. If a tie should result at the end of the 3-penalty shoot-out, the shoot-out will automatically go into the sudden-death series.

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Tournament Rules

- 9.14 Green Card = 1 minute suspension, Yellow Card = 5-minute suspension, Red Card = Suspended from the match.
- 9.15 Apart from the rules above, International Hockey Federation Rules will be adopted.
- 9.16 In case of inclement weather, we will act in accordance with organiser's guidance. In the event due to inclement weather whereby the match cannot be postponed to another date, the final ranking will be based on the latest league ranking.

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Tournament Rules

- 11.1 A team shall concede to a walkover if they fail to report 10 minutes before the match time and be present at the scheduled time of play with at least 3 players.
- 11.2 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.

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17. Protest & Appeal

17.1. A protest is an immediate action to contest the result or conduct of a match.
An appeal may only relate to administrative or regulatory matters.

Protests

- Must be raised with the Competition Manager during or at the end of the match
- Decision is made on the spot and is final – no video reviews
- Teams must continue scheduled matches regardless of outcome

Appeals (administrative/regulatory matters only)

- Must be submitted by Team Manager only, not individuals
- Cannot appeal on-field decisions
- Notify Organiser within 1 day, with full written appeal, supporting evidence, and a non-refundable SGD\$100 fee
- Late or incomplete submissions will be rejected; Appeal committee's decision is final

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Important Notes to all Coaches, Players and Team Officials

All participants to complete the Get Active Questionnaire (GAQ) for self-assessment before participating in the competition. Do Not Compete If Feeling Unwell.



<https://go.gov.sg/ssggetactivequestionnaire>

<https://go.gov.sg/ssggetactivequestionnaire>



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Important Notes to all Coaches, Players and Team Officials

Team Managers and Coaches To Take Note and Share With Parents And Team Members



<https://go.gov.sg/ssgheatstressmanagement>

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MANAGING HEAT STRESS



Before activity

- Ensure aerobic fitness**
A healthy cardiovascular system enhances heat regulation.
- Plan your pace**
Reduce your pace to avoid heating.
- Stay cool**
Lower body temperature before activity and stay under shade with fans.
- Wear loose-fitting & light-coloured clothes**
- Plan for rest breaks**
- Be well-hydrated**

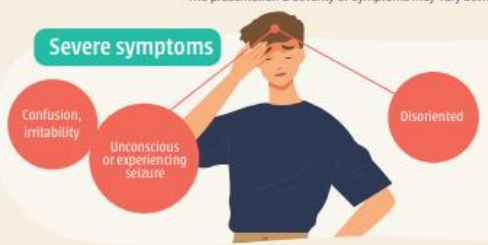
Mild symptoms



- Reduce pace**
Stop the activity.
- Rest in the shade**
Rest in a cool shaded area with ventilation.
- Remove clothing**
Loosen or remove excess clothing.
- Reinforce cooling**
Enhance cooling using fans, cold packs, cold towels, or cold water ingestion.

The presentation & severity of symptoms may vary between individuals.

Severe symptoms



- Rapid temperature reduction**
Cool immediately with the use of ice packs, wet towels, cool water or a cooling blanket. Douse with cold water if possible.
- Rush to hospital**
Call 995 and maintain cooling en route.

Sport SINGAPORE | **NUS** National University of Singapore | Heat Resilience & Performance Centre Yong Loo Lin School of Medicine

Are you at risk for Exertional Heat Stroke (EHS)?

Are you physically ready for training and competition?

Athletes need to match their exercise intensity with their fitness level. Novice athletes with poor physical fitness tend to outpace themselves during competition. An overload in exercise intensity is a key factor contributing to EHS.

Have you acclimatised to the climate?

In Singapore's context, it is important for visiting athletes to have adequate acclimatisation to the heat and local climate.

Have you been ill recently?

Heat stroke risk can be increased by disturbances to the immune system e.g. from a recent bout of illness or sub-clinical infection.

Are you taking any medications?

Some prescriptions and over the counter medications may impair the body's ability to thermoregulate effectively during exercise in the heat. Athletes on medication for chronic conditions should consult a physician on the associated risks before undertaking strenuous physical activity.

Do you tend to push your body too hard?

An athlete's high level of motivation is one of the most consistent hallmarks of exertional heat stroke. Signals which urge the body to slow down are blocked out when athletes knowingly push the limits to reach the highest levels of performance.

The very young and the elderly.

It is well established that classical heat stroke typically affects the very young and the very old.



Sport SINGAPORE



Heat Resilience & Performance Centre
Yong Loo Lin School of Medicine

ActiveSG

Important Notes to all Coaches, Players and Team Officials

- 21.1.1 Maintain an environment free from abuse and harassment, and shall be responsible for knowing the prevailing Singapore Hockey Federation (SHF)'s Safe Sport Policy, SportSG Safe Sport Policy and behaviours which constitute Misconduct under the Safe Sport Unified Code;
- 21.1.2 Submit to the resolution process for any alleged breach of the Safe Sport Unified Code, which have been delegated by Singapore Hockey Federation (SHF) and SportSG to the designated investigative or disciplinary bodies under the Safe Sport Programme.
- 21.2 Any person who witnesses, experiences, or becomes aware of Misconduct under the Safe Sport Unified Code should report it to any of the following channels:
 - 21.2.1 Singapore Hockey Federation (SHF) or SportSG appointed Safeguarding Officer(s)
 - 21.2.2 Safe Sport Commission Singapore

[Reporting a Concern](#)



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HAZE PROTOCOL

1. ActiveSG Cup Hockey – Haze Management Protocol Deck:
<https://go.gov.sg/asgchkhazesopdeck>
2. ActiveSG Cup Hockey – Haze Management Protocol Infographic:
<https://go.gov.sg/asgchkhazesop>
3. Please join the ActiveSG Cup Hockey Updates WhatsApp Community: <https://go.gov.sg/asgchkwaann>



Questions?
Any Other Matters