2026 VANCOUVER INTERNATIONAL TOURNAMENT INFORMATION AND TOURNAMENT RULES SHEET

REGISTRATION:

Team Registration packages can be collected from the Technical Table at the playing venue (Burnaby Lake West Complex) on Saturday 16 May.

You will receive a package containing:

- ❑ Team programs
- ❑ Game cards
- ❑ Game ball
- ❑ Captain's band
- ❑ Tournament rules
- ❑ Emergency protocol
- ❑ Award nomination card
- ❑ Warm and hearty welcome

GAME CARDS:

Each team will receive game cards to present to the Umpires prior to a match. At least one of these cards must be returned to the Technical Table signed by the umpires.

PITCHES:

The Tournament Venue is The Burnaby Lake West Complex, where there are 5 field turf artificial surfaces (three of which will be in use for the 2026 VIT – Field #2/#3/#4). Check the schedule carefully to make sure you go to the right field! The Burnaby Lake Complex is located on Kensington Avenue at the West End of Burnaby Lake Regional Nature Park. There is free parking at the Burnaby Complex.

INSURANCE:

Please note Field Hockey Canada dental insurance only covers injuries sustained while wearing a mouth guard for Canadian teams only. Medical and liability coverage for Canadian teams is provided as part of your annual national and provincial participant registration. Participants must be in good standing at the time of this event in order to be covered to play.

Out-of-country teams must provide their own medical/dental and liability coverage (minimum 3 million) and be able to provide the Tournament Director with this information prior to play commencing.

MEDICAL SERVICES:

There will be an athletic trainer located at the playing venue. For a serious emergency, call 911 and file a medical report at the Technical table at Burnaby Lake.

MAIN VENUE (Concession, Beer Garden, Facilities):

There will be a concession facility open at the Burnaby Lake West Complex throughout Saturday, Sunday and Monday. And of course, there will be the Beer Garden adjacent to turf fields #2 and #3 open on Saturday, Sunday and Monday from 11.00am. The Metro Vancouver Pro League (MVPL) will be operating the beer garden on behalf of the Tournament Committee. Be sure to stop by often to wish them luck and make your 'donation'. Washrooms and Changing facilities will be readily available at Burnaby Lake West Complex.

Rules specific to The Burnaby Lake Complex:

- ***All alcoholic beverages MUST be consumed within the Beer Garden Perimeter. Failure to do so could result in the closing of the Beer Garden by Burnaby Park Officials.***
- ***Under no circumstance are BBQ's or Propane instruments of any kind allowed at the Burnaby Lake Complex.***
- ***Spectators are not permitted to watch any game from inside the pitch perimeters.***
- ***The consumption of nut products or sunflower seeds is prohibited.***
- ***Please keep your trash off the fields and in the trashcans provided!!***

The future of the tournament at this venue depends on everyone adhering to local rules. Your cooperation is appreciated.

MERCHANDISE:

A number of equipment vendors will be at the main venue. Be sure to drop by and check out the latest Field Hockey equipment.

Tournament Rules

1. **RULES:** The tournament shall be conducted in accordance with the Rules of the Game of Hockey (FIH).

2. **POINTS:** Points will be awarded as follows: 3 pts – win; 1 pt - tie; 0 pts – loss

3. **TIES**
   a) If at the end of pool play or round robin play, 2 or more teams have the same number of points, they will be ranked accordingly:
      i) Goal differential ii) Goals for
      iii) Result between the tied teams iv) Penalty Stroke Competition

   b) Ties at the end of regulation play in the semi-finals or finals will be broken as follows:
      i) One round of penalty strokes, 5 per team.
      ii) Sudden death penalty strokes.
      Note: due to time constraints, these may be taken at a spot not on the field of play as designated by the Tournament Director. Penalty strokes are utilized in this case again due to the time constraints between matches.

4. **MATCH LENGTH**
   i) The matches shall have 25-minute halves.
   ii) The halves will be started and ended by **one long blast** of the technical table horn.
   iii) One minute before the start of the halves, **three short blasts** of the technical table horn will sound.
   iv) **Umpires are not to start the game early.**
   v) If a penalty stroke or penalty corner is awarded before the horn ending the half or the game, they shall be taken.

5. **UMPIRES**
   i) Umpires shall record the scores of all the games on the game card provided by the teams **and submit them to the technical table at Burnaby Lake.**
   ii) Umpires shall also record any yellow or red cards and the name of the player(s) **and submit them to the technical table at Burnaby Lake.**
   iii) The timing for Green and Yellow cards will be managed by the Match Umpires.

6. **GAME BALLS:** Each team will be given a game ball at the beginning of the tournament. The team listed **first** is responsible for providing the game ball.

7. **UNIFORMS:** Teams are requested to wear presentable and appropriate uniforms, i.e. matching shirts, shorts/skirts, and socks.

i) The team listed **first** has the choice of uniform colors.
ii) Should there be a conflict, the second team listed must change.
iii) Alternate pinnies will be available from the Technical Table.
iv) **All teams are required to bring an alternate set of socks and a white shirt.**
v) Team shirts do not need to be numbered or crested.

8. **DISCIPLINARY CARDS:** One red card or two cumulative yellow cards issued to a player shall result in suspension from the following game. A second red card or equivalent will result in suspension from the rest of the tournament. Match Umpires are responsible for reporting all player Red and Yellow cards to the Technical Table at Burnaby Lake.

9. **TEAM ROSTERS:** Team rosters must be received before the tournament:

a) Players may appear on more than one roster **BUT not within the same division**. Female players may play between the women's social, mixed, and women's masters divisions in the 2026 VIT (noting the over 35 eligibility restriction for the Women's Masters Division)
b) Players must have played at least one round robin game for their team in order to play in the playoffs.
c) Currently Carded National team members are not permitted to play for any team in the 2026 tournament.
d) Teams may apply to the TD in writing for roster changes or additions.
e) Any team playing an illegal player will forfeit the match(es). The result of this match will be a 3-0 score.
f) The Mixed Division shall include a minimum of 5 women on the pitch at any one time.
g) The Masters Division permits each team roster to include **one** player per game who is under the age of 35. Under-age players must be 'declared' upon submission of team rosters.

10. **CAPTAINS**

a) Team captains MUST wear Captain's bands. A Captain's band will be included in each team's registration package.
b) Team Captains are responsible for the conduct of their teammates, coaches, managers and spectators. Any disciplinary action required will be applied to the captain as well as the other parties involved.

11. **PROTESTS**

i) All protests must be submitted in writing, with a two hundred ($200) dollar cash deposit, within 20 minutes following the game to the Tournament Director.
ii) All decisions are final.
iii) The deposit will be refunded only if the appeal is successful.

12. **FAILURE TO APPEAR:** Any team failing to appear for a match may be disqualified from the tournament.

13. **TOURNAMENT DIRECTOR:** It will be the responsibility of the Tournament Director to add any additional rules as required to ensure the integrity of the event.

14. **PLAYER ELIGIBILITY:** Every player on a Canadian domestic team must be a current registered participant in good standing of Field Hockey BC and Field Hockey Canada. No player under the age of 14 (as of January 1st, 2026) is permitted to play in this event.

15. **MOUTHGUARDS:** Mouthguards should be worn by all tournament participants. **Dental claims (by FHC/FHBC Participants) will only be honored if the claimant was wearing a mouthguard at the time the injury was incurred.**

16. **OUT-OF-CANADA TEAMS: All members of foreign teams must have private medical and liability insurance. Medical expenses will not be covered by Field Hockey Canada's insurance policy.**