



WHISTLER MARMOT CUP

August 15th, 2026

TOURNAMENT RULES

The Marmot Cup will be played in accordance with FIH rules with the following changes/additions:

Team Composition

6 field players plus a goalie or 7 field players (minimum 6 players to start).

Minimum of 3 women on the field at all times (includes the goalie).

If a team is composed entirely of men, the rules will be adjusted to ensure safe and fair play. Further details will be announced.

All players must be 19 years of age or older.

Protection

All players are required to wear mouth guards and shin guards.

FHBC insurance is not valid at this tournament.

Goalies must wear appropriate protection as they would during a normal game.

Uniforms

Teams are to supply their own shirts, socks and shorts/skirts to wear during all games.

Teams are encouraged to be creative with their team uniforms.

Pinnies will be provided if uniform conflicts arise.

Goalies must wear a different colour top than the other team and the umpires.

Goalies

Each team shall be allowed one goaltender on the field at a time.

The goaltender may be removed and another "player" substituted - the substitute shall not be permitted the privilege of the goaltender.

Goalie's privileges are the same as in regular field hockey game.

If your team goalie is unable to play you are allowed to play without a goalie or use a goalie from another team.

The Field

Games will be played using half the field, using red lines.

Red lines or poly dots will be used to mark the shooting circles.

Two games will run simultaneously each using half the field.

All outdoor 23 meter rules apply but will now apply inside the half line (e.g. all players 5 meters on a free hit, ball being played into the circle)

Goals and Nets

The goals will consist of regulation outdoor field hockey goals.

Goals will be placed straddling the original 23 meter line at opposite ends of the field.

Bench

Players must stand along the original baselines of a full field out of the way of both the umpires and field players

No one (players or spectators) is permitted to stand behind any goals (for safety reasons).

Game Format

Games will be controlled by a central horn (start, half time and end).

Games are scheduled to start on the hour and will run for 40 minutes, with a 5-minute break—regardless of the actual start time. If your game begins on time, you'll play two full 20-minute halves.

Each team must have a minimum of 6 players (goalie included) on the field at the start of the game.

NO HITTING or SCOOPING

No hands **together** hitting or sweeping.

No tomahawks.

No scooping.

Scoring

Same as regular outdoor rules.

Long Corners & 16 Yard Free Hits

Long corners will be played from roughly the half field line.

16 yard free hits: current FIH rules apply

Short Corners

A short corner penalty will become a shoot out.

The shot can be taken by anyone in the field at the time of the penalty.

Start from 5 metres outside the circle.

10 second time limit controlled by the umpire.

Once the ball is out of play or comes outside the circle the shoot out is over.

Intentional foul by the goalie is an automatic goal.

Restart only as a goal or 16 yards.

Penalty Strokes

Can be taken by any player on the field at the time of the penalty.

For teams playing without a goalie, a penalty stroke awarded against them is an automatic goal.

Substitutions

Player substitutions can be made at any time.

All substitutions must be made from the center of the playing field.

Players must be off the field before the substitute comes on the field.

Unlimited substitutions are allowed throughout the game.

Goalies may be substituted at any time but time will not be stopped.

Substitute players can go behind the net and change with the goalie as long as the goalie is off the field prior to the new player going onto the field.

Player Conduct

Team captains are to remind all players that this is a **fun tournament** and the focus is on having fun and enjoying the weekend.

Players and viewers are not permitted to argue with or abuse the umpires. An umpire's decision stands based on what the umpire saw, not what the players saw. Umpires are people who are giving their time to keep you safe. Please be respectful.

Umpire Cards

Any player receiving a card forces their entire team to play short-handed for the duration of the penalty.

Green Card is 2 minutes off the field timed by the umpire. Play does not stop, the 2 minutes start when the player is on the sideline.

Yellow Card is a minimum of 5 minutes at the referees discretion and the Captain should be informed.

Any player receiving a RED card must immediately leave the game, the field, and the rest of the tournament. Your registration fee is forfeited if you are red-carded at any time.

Umpires

There will be one umpire per game.

Umpires should bring two different sounding whistles to each game, if possible, to prevent confusion on the other field of play.

Umpire is responsible for:

- The game ball (umpires pick-up and drop-off balls from the Control Centre/First Aid tent for each game)
- Reporting all Yellow and Red cards to the Tournament Coordinators
- Reminding the captains that they are responsible for their team's conduct
- Assigning pinnies, if teams have conflicting uniforms
- Injury - anything that you feel is serious enough to stop the play (time keeps running). If the injured person is unable to move call 911 and make sure that the player is treated by trained medical personnel
- Dealing with player misconduct, abusive language, or dangerous play. Stop the match to speak to the captain or abusive player or dangerous player on the field.

Protests

We will not consider protests of an umpire's decision. This is a fun tournament.

First Aid and Ice

First aid supplies and ice will be provided at the Info Center Tent/First aid tent.

Emergency Services (911) will be contacted for all serious medical emergencies

Alcohol Consumption

There will be no beer garden or alcohol permitted at the field. Let's save that for the Gold Medal game après-party!

The Whistler Field Hockey Club has the right to suspend the playing privileges at any time during the festival of any person or team that is found to be consuming alcohol at the event.

Food options

There are great options for food close by!

Within a 2' walking distance: Cheaky's Cafe and Cebu de Oro (convenience store) and a 5' drive away across highway 99 in Function Junction: Whistler Brewing, Wildwood, Forecast, Coast Mountain Brewing, Functional Pie, Green Moustache, Purebread, etc.

Food is not allowed on the field. Food can be consumed outside of the field fencing.

Accommodations

The most affordable accommodations in Whistler include the HI Hostel and the Olympic Athletes Centre which are both next door to Bayly Field where we are playing.

Thank you for supporting our Whistler Marmot Cup!

Whistler Field Hockey Club