

Team Details Malaysia

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|---------------------------------|---------------|------|------|
| 1 | KAMARUZAMAN Khairul (GK) | 2 Jul 1987 | 32 | 70 |
| 3 | ZAIN Aminudin | 23 May 1995 | 24 | 10 |
| 5 | OMAR Firdaus | 12 Jun 1996 | 23 | 37 |
| 6 | HANAFIAH Aslam | 17 Mar 1993 | 26 | 48 |
| 8 | MUSTAFA Rafizul | 5 Apr 1995 | 24 | 17 |
| 9 | NAZLI Irwan | 27 Aug 1993 | 26 | 30 |
| 11 | CHE HALIM Hanip (C) | 25 Mar 1983 | 36 | 26 |
| 14 | ARSHAD Amirol | 12 Apr 1995 | 24 | 17 |
| 15 | SILVERIUS Shello | 3 Apr 1999 | 20 | 19 |
| 17 | MOHD Faridzul | 30 Oct 1992 | 27 | 37 |
| 25 | JAZLAN Najmi | 4 Apr 1995 | 24 | 26 |
| 32 | SOBRI Hazrul (GK) | 12 Nov 1993 | 26 | 28 |

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2019-12-04

Team Staff

| Role | Name |
|------------------|---------------------------|
| Team Manager | MEGAT Azrafiq |
| Stand-In Manager | TAI Beng Hai |
| Head Coach | RAHIM Amin |
| Assistant Coach | JAMALUDDIN Roslan |
| Physiotherapist | SANUSI Mohd Fauzan |

Team Colours

| | |
|-----------|---------------------|
| Shirts | Orange White |
| Shorts | Black White |
| Socks | Black White |
| GK Shirts | Royal Blue Yellow |

Team Details Myanmar

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|--------------------------|---------------|------|------|
| 1 | LIN Ko Ko (GK) | 27 May 1985 | 34 | 3 |
| 2 | WAI Ko | 20 Dec 1991 | 27 | 5 |
| 3 | HTUT Kyaw | 1 Jul 1999 | 20 | 1 |
| 4 | SHANE Nay | 14 Feb 1991 | 28 | 1 |
| 5 | HEIN Maung | 13 Jul 1991 | 28 | 5 |
| 6 | AYE Sit Nyein | 5 Mar 1988 | 31 | 5 |
| 7 | THAN Htut Win (C) | 4 Apr 1978 | 41 | 5 |
| 8 | OO Thein Htike | 10 Oct 1988 | 31 | 5 |
| 9 | HTWE Thet | 6 Aug 1993 | 26 | 5 |
| 10 | AUNG Thein Htike | 13 Dec 1991 | 27 | 5 |
| 11 | KAUNG-HTET Sa | 24 Mar 1993 | 26 | 4 |
| 12 | MYO THU Aung (GK) | 10 Jun 1986 | 33 | 4 |

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2019-12-04

Team Staff

| Role | Name |
|-----------------|------------------------------|
| Team Manager | THEIN Htwe |
| Head Coach | SAMADINAGHADEHI Vahid |
| Assistant Coach | HTUN Htun Oo |
| Medical Doctor | KAUNG Myat |

Team Colours

| | |
|-----------|--------------------|
| Shirts | Red Yellow |
| Shorts | Black Royal Blue |
| Socks | Red Yellow |
| GK Shirts | Royal Blue White |

Team Details Philippines

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|------------------------------|-------------------|------|------|
| 1 | BUSTAMANTE Rolly (GK) | 13 Sep 1997 | 22 | 13 |
| 2 | GONZALES Jonas (GK) | 11 Oct 1998 | 21 | 13 |
| 4 | MARASIGAN Juncent | 12 Jun 1998 | 21 | 15 |
| 5 | CASAPAO Sherwinson | 5 Dec 1998 | 20 | 15 |
| 6 | FORIO Jhunar | 11 Jun 1998 | 21 | 15 |
| 7 | LANTING Kyle | 15 Jun 1998 | 21 | 4 |
| 8 | VILLAGOMEZ Arvin | 7 Mar 1998 | 21 | 15 |
| 9 | ALFIERI Agostino | 13 Apr 1998 | 21 | 4 |
| 10 | GUINTO John-EI | 30 Aug 1998 | 21 | 15 |
| 11 | LIANZA Marvin (C) | 15 Jun 1997 | 22 | 15 |
| 13 | CONTREDAS Luther | 22 Sep 1998 | 21 | 9 |
| 15 | NAZ Celfin | 20 Nov 1996 | 23 | 11 |

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2019-12-04

Team Staff

| Role | Name |
|--------------|----------------------------------|
| Team Manager | RIVERA Leovino |
| Head Coach | BOKHARAIE KASHI Hamidreza |

Team Colours

| | |
|-----------|--------------------|
| Shirts | White Dark Blue |
| Shorts | White Dark Blue |
| Socks | White Royal Blue |
| GK Shirts | Orange yellow |

Team Details Singapore

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|--|-------------------|------|------|
| 1 | AIK Yu Chen (GK) | 20 Jul 1997 | 22 | 24 |
| 4 | YUHARI Mohammed Sabri | 30 Jun 1990 | 29 | 11 |
| 10 | CT Karuppiah Arasu | 20 Mar 1998 | 21 | 27 |
| 13 | GREWAL Ishwarpal Singh | 22 Aug 1993 | 26 | 16 |
| 14 | ABDUL Rahim | 29 Jan 1994 | 25 | 16 |
| 15 | ABDUL RASHID Muhammad Shafiq (C) | 4 Dec 1993 | 26 | 27 |
| 16 | MAT RAHIM Muhammad | 6 Sep 1993 | 26 | 28 |
| 17 | GOH Kai Yang | 1 Feb 1994 | 25 | 27 |
| 19 | MAYAZHAGU Guhan | 29 Oct 1998 | 21 | 20 |
| 20 | Mohamed Rifqi | 20 Oct 1993 | 26 | 10 |
| 24 | Muhammad Zafir Bin Mohamad Nasir (GK) | 2 Jul 1988 | 31 | 5 |
| 28 | TAN Yi-Ru | 29 Jan 1990 | 29 | 6 |

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2019-12-04

Team Staff

| Role | Name |
|-----------------|------------------------|
| Team Manager | NEW Daren |
| Head Coach | PONIRIN Redzuan |
| Assistant Coach | MANAFF Nordin |
| Physiotherapist | CHAN Lai |

Team Colours

| | |
|-----------|---------------------|
| Shirts | Red White |
| Shorts | Red Black |
| Socks | Red Black |
| GK Shirts | Yellow Royal Blue |

Team Details Thailand

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|-------------------------------|---------------|------|------|
| 1 | PHAOSANG Noppadon (GK) | 30 Jun 1994 | 25 | 20 |
| 2 | WIYABOON Thanawat (GK) | 28 May 1999 | 20 | 18 |
| 4 | KAMPANTHONG Thanop | 18 Aug 1992 | 27 | 22 |
| 5 | NOONEE Charoenchai | 23 Jun 2002 | 17 | 6 |
| 6 | BOONPEA Warun | 9 Jun 1994 | 25 | 33 |
| 7 | TRONGTHAISONG Thoranin | 24 Dec 1994 | 24 | 33 |
| 8 | A-NUKOON Warawut | 6 Jan 1999 | 20 | 27 |
| 9 | SOOKNAKIN Thaworn | 12 Nov 1993 | 26 | 17 |
| 10 | THUKTAM Peerapat | 18 Aug 1998 | 21 | 21 |
| 11 | KHAMWONG Wallop | 9 Nov 1996 | 23 | 11 |
| 12 | KHAMKONG Rattawit (C) | 12 Apr 1992 | 27 | 22 |
| 13 | YOTSIRI Wiros | 8 Mar 1997 | 22 | 22 |

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2019-12-04

Team Staff

| Role | Name |
|------------------|-------------------------------|
| Team Manager | KAMENTCHAN Pichai |
| Stand-In Manager | SATTAPONG Raluk |
| Stand-In Manager | CHOTITAMARATH Phirath |
| Head Coach | SAFAEI Esfandyar |
| Assistant Coach | PRAKAEW Narong |
| Assistant Coach | KOILPILLAI Calab |
| Physiotherapist | ARKASVIPATH Thammaruch |

Team Colours

| | |
|-----------|------------------|
| Shirts | Red Royal Blue |
| Shorts | Red Royal Blue |
| Socks | Red Royal Blue |
| GK Shirts | Yellow Red |