

GIRLS' FIELD HOCKEY

2016-2017

1. SEASON OF PLAY

Fall Season

2. LEVELS OF COMPETITION

Varsity Girls

3. ELIGIBILITY

1 girls' team per school; no A, AA, AAA classifications

A school/team must conduct a 'bona fide' high school program consisting of a minimum of six (6) regulation length games and/or two (2) separate tournaments during a seven week period from September to November, under the supervision of the teacher-coach as certified by the school principal.

The individual's birth certificate indicates that he has not reached his 19th birthday by January 1st. prior to the start of the school year in which the competition is held.

4. ELIGIBILITY SHEETS

Eligibility sheets are due to the zone Convener 48 hours prior to the first league game.

5. GAME TIME

The first game of a double-header will start at 3:30 (no earlier without Convener's knowledge and both Principals' permission). The second part of the double-header will start immediately after the first double-header match is over or by 5 pm.

RE-SCHEDULED GAMES

Games will go "rain or shine". Games may be called for safety reasons like lightning or referees discretion. The game will be re-scheduled only if the game was called in the first half.

If a game is rained out, the convener will reschedule the game.

6. HOME SCHOOL RESPONSIBILITIES

GAMES MAY BE PLAYED AT ONE LOCATION, WHICH MAY INCLUDE A TURF FIELD.

- prepare the field for play; NOTE; Football Standards should be padded; visible lines;
- have benches for both teams (if possible);
- It is recommended that all schools have field hockey nets;
- The plastic-type hockey ball shall be used throughout the game;
- As of April 2011, player benches must be on the same side of the playing field. Spectator areas will be on the opposite side of the players' benches. Where this cannot physically be possible, the players' bench areas must be clearly defined and spectator areas are not to be in those areas.

7. PAYMENT OF OFFICIAL(S)

If games are held on a field(s) where both teams are visitors, or one SCHOOL offers their the field(s) for all games, then the cost for both single and/or double-header games will be split evenly between the teams involved. Money for Officials will be paid by the schools at the start of each match. The amount will be announced at the first meeting.

If a gate is charged at an NRHSAA league or play-off game then all expenses will be paid from the gate (referees, minor officials, linesmen, security, score keepers, etc.) and the remainder of the gate will be divided equally between the home and visiting team.

In the event a play-off game is played at a neutral site then the cost of officials will be shared equally between participating teams.

8. REPORTING SCORES

The WINNING team will report the scores to the Athletic Convener in charge.

9. OFFICIALS

All officials must be accredited by the Ontario Women's Field Hockey Association.

10. OFFICIAL RULE BOOK

The rules of the Canadian Women's Field Hockey Association shall be used.

11. GAME FORFEITURES

The following policies are in place for game forfeitures:

- (1) Should a team forfeit a game with less than 48 hours' notice, all costs associated with the game shall be charged to the forfeiting school.
- (2) Should a team forfeit a game, the forfeiting team will be given a loss as a result of the forfeit.
- (3) Should a team forfeit two (2) games during regular season play, the team shall be removed from the league and all points earned in games played against that team shall be removed from league standings.
- (4) A team that forfeits a game during the regular season loses all rights with regards to tie breaking procedures. (ie if the team is tied for 3rd, the team will be relegated to 4th place).
- (5) A team that forfeits a playoff game shall also forfeit the right to play any further playoff games at the current or subsequent level of playoffs (ie when two teams qualify for SOSSA).

12. GENERAL RULES FOR LEAGUE PLAY

- The rules of the Canadian Women's Field Hockey Association shall govern Zone league play and play-offs.
- *Number of Players:* 16 for play-offs- ANY NUMBER FOR ZONE PLAY.
- *Length of Game:* Two thirty-minute halves with a five minute intermission.

- The Own-Goal rule will not be used. (as of September 2014)
- The ball may not be raised intentionally and directly using a push, flick or scoop from a free hit, center pass or a sideline hit. (as of September 2014)
- When applying the penalty for an early break by the defense on a penalty corner rule, each team must be given one (1), warning per game before the rule is applied. (as of September 2014)
- A green card will not result in time off the field. (as of September 2014)
- *Shin Pads and Mouth Guards*: All players must wear shin pads and mouth guards. Goal keeper must wear a C.S.A. approved helmet with face protection.
- *Uniforms*: Captain(s) must have a visible "C" on their uniform jersey(s).
Skirts are preferred but other school uniforms are acceptable.
The visible shirts/sweaters of all team members, EXCEPT FOR THE GOALKEEPER, must be the same color.
The goal keeper must wear a sweater of a different color from her own and the opposing team.
All team members must wear the same colored socks and that they must be visible to the umpire.
Sweaters "should" be numbered.
- The clock shall be stopped for substitution during regular time in case of injury and for penalty strokes.
- Players must not play the ball with any part of the stick when the ball is above shoulder height except that defenders are permitted to use the stick to stop or deflect a shot at goal at any height;
- The ball must travel outside the circle from a penalty corner, but does not have to be stopped before a shot on goal can be taken.

13. SUBSTITUTIONS

Teams are permitted to use an unlimited number of substitutions per match. A player once substituted may return to the field of play any number of times by legitimate re-substitution. A player under suspension cannot be interchanged.

No player may be substituted once a penalty corner has been called or until it has been completed. Completion is defined as a "shot on goal or the ball travels 5 metres outside the scoring circle."

NOTE: "Players must leave and enter the field near the centre line on the same side as the team benches."

14. TIED LEAGUE GAMES

Zone field hockey regular season games will go immediately to 5 penalty strokes, if the game ends in a tie. If still tied after the 5 penalty strokes, teams will use 5 sudden death strokes until a winner is declared.

15. TIE BREAKING PROCEDURES

The following method of determining play-off position will be used in all sports where a league schedule leads to a play-off:

- (1) Record between tied teams;
- (2) Record against teams higher in the standings (1 above, then 2 above, etc.);
- (3) Record against teams lower in the standings (1 below, then 2 below, etc.);
- (4) (a) Goals for and against will be used to break a tie when teams are tied to determine a playoff position.

 (b) Play-off on a neutral field/court or a coin flip for home field if both coaches agree, if it is to determine the final play-off position.

 (c) In the event of a four way tie, the convener, in consultation with the NRHSAA Executive and the Schools involved, will determine a tie breaking procedure.

16. PLAY-OFF GAMES

When a school has two field hockey teams, the 2nd team's win/loss record will not count in the standings. **(April 2011)**

In team sports where standings are used to determine play-offs, the win/loss achieved against teams that drop out will be taken away (not added) to teams that are still yet to play them.

The play-off format will be decided after a league schedule has been created. This will be sent out in "DRAFT-TO-FINAL".

The zone semi-final playoff double header will start at 1:30 pm (early due to loss of light).

Play-off games are played centrally unless that field is not available then play-off games will be played at the home of the higher placed team unless there are no nets. If neither team has nets, an alternate field will be arranged by the convener.

17. TIED PLAY-OFF GAMES

In the event of a tie at the end of regulation time in any play-off game:

- i) A ten minute sudden victory overtime period shall be played after a five minute rest. Teams will toss for choice of ends prior to the start of the overtime period.
- ii) If still tied, each team will select any five players from those listed on the match sheet except a player who has received a red card or a temporary suspension at the end of the game. These five players shall take penalty strokes alternately, the first team to shoot being decided by a coin toss. The winner shall be the team scoring the most penalty strokes.
- iii) If the score is still tied, a "sudden death" system shall be used. Each team will alternately send

one player to take a penalty stroke until the tie is broken. The order of stroking will change with each pair of penalty strokes. No player may take a second stroke in this series until any five players listed on the match sheet (except under permanent suspension or temporary suspension at the end of overtime) have taken one stroke.

18. TOURNAMENT PLAY TO DETERMINE PLAY-OFF POSITION(S)

This involves arranging divisional play on one day. This will determine each team's play-off position.

Play-offs will be scheduled on separate days. Length of play-off games will be two thirty-minute halves.

Rules for Tournament Play:

- The rules of the Canadian Women's Field Hockey Association shall govern Zone tournament play and play-offs.
- Length of Game: Two twenty-minute halves with a five minute intermission. There will be a minimum of 15 minute break between games.
- Substitutions: same as above
- Tied Games: Tied Games in divisional play shall stand.

In the event of a tie at the end of regulation time in any play-off game - see above "Tied Games".

19. SUSPENSIONS

Both coaches and umpires are responsible for setting the tone of the game. Umpiring from the sideline, by coaches and players, shall be prohibited. Coaching from the sideline shall be limited. If it is the umpire's decision that coaching from the sideline is distracting to herself, the opposing players or the other Coach, a yellow flag or card will be shown to that Coach for the first offense and a red flag or card for the second offense during the same. At this time the Coach will be asked to leave.

20. ZONE QUALIFICATION TO SOSSA

1 champion from each zone will go to SOSSA.