

PLAYING REGULATION 6.0 - FIELD HOCKEY (GIRLS)

1. **SAFETY GUIDELINES:** Each HSSAA Member School shall ensure that the current Physical Education Safety Guidelines - Secondary Inter School Module, outlined according to the following critical components: EQUIPMENT, CLOTHING / FOOTWEAR, FACILITIES, SPECIAL RULES / INSTRUCTION and SUPERVISION, be adhered to at all times. Specific details on the Critical Components will be provided at the Pre-Season Coaches Meeting.
2. **AGES:** All competitors shall meet the age requirements as per [Article VI, Section III](#) of the Constitution
3. **EVENTS:** There will be competitions for a Senior Champion in both Tier 1 and Tier 2.
4. **ELIGIBILITY:** As governed by HSSAA Constitution [Article VI](#).
5. **ENTRIES:** Each school may enter a maximum of one team.
6. **RULE BOOK:** The rules of the Field Hockey Canada will govern play unless specified differently in this Playing Regulation. Games during league play shall consist of (2) thirty minute halves. For the tournament, length of games and substitution rules are to be determined by the Field Hockey Convenor.
7. **OFFICIALS:** Only F.H.O. rated officials will umpire league and Championship games or tournaments. Games must be rescheduled if a rated official is not available for a game.
8. **UNIFORMS:** All teams are required to wear the same coloured socks and the same tops. Each team must have official school uniforms - tops and socks. No sweats are to be worn. Any infraction of the uniform policy will mean that the team will forfeit the game.
9. **STARTING TIME:** To be set by the Athletic Convenor prior to the preseason coaches meeting.
10. **AWARDS:** For each division there will be:
 - a) A Trophy – For the winning team.
 - b) Medallions – For each member of the winning and finalist team. (20 max)
11. **GHAC REPRESENTATION:** As governed by HSSAA Constitution [Article XVI, Section XI](#)
12. **GENERAL REGULATIONS:**
 - A) The league will be divided into two tiers. Two points will be awarded for a win and 1 point for a regular season tie.
 - B) GAME TIE BREAKING PROCEDURE
 1. During regular league play - Ties will stand.
 2. Playoffs - i)Two (2) seven and a half (7.5) minute overtime periods (not sudden victory) shall be played after a five (5) minute rest. Teams will toss for choice of ends prior to the start of the overtime period. Teams will change ends with no rest after the first seven and a half (7.5) minute period.
 - ii) - if still tied, each team will select any five (5) 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 (5) players shall take penalty shots alternately, the first team to shoot being decided by a coin toss. The winner shall be the team scoring the most goals;

iii) - if the score is still tied a "sudden victory" system will be used. Each team will alternately send one player to take a penalty shot until the tie is broken. The order of penalty shots will change with each pair of shooters. No player may take a second shot in this series until any five (5) players listed on the match sheet (except any under permanent suspension or temporary suspension at the end of overtime) have taken one shot.

D) The host school will be responsible for marking the field correctly, having all necessary equipment available.

E) An unlimited number of players should be allowed on each team.

F) Field Hockey Ontario rule of interchange will apply.

G) Coaches are responsible for ensuring the use of mouth guards and shin guards by players during the game. Any athlete that does not comply with these safety regulations will be removed from the field by the Umpire. If the player can produce properly worn equipment, they may return to play. A player removed from play for the above may be substituted.

H) It is the responsibility of the Home Team to provide on-site care at each league game or tournament. Games must be rescheduled if a qualified trainer is not available.

I) Where possible, all regular season and playoff games will be played on Turf Fields.

PLAYING REGULATION 6.1 - FIELD HOCKEY (GIRLS JR)

1. **SAFETY GUIDELINES:** Each HSSAA Member School shall ensure that the current Physical Education Safety Guidelines - Secondary Inter School Module, outlined according to the following critical components: EQUIPMENT, CLOTHING / FOOTWEAR, FACILITIES, SPECIAL RULES / INSTRUCTION and SUPERVISION, be adhered to at all times. Specific details on the Critical Components will be provided at the Pre-Season Coaches Meeting.
2. **AGES:** As per HSSAA Constitution [Article VI, Section III](#) .
3. **EVENTS:** There will be competitions for a Junior Tier 1 and Tier 2 Champion; numbers permitting.
4. **ELIGIBILITY:** As governed by HSSAA Constitution [Article VI](#).
5. **ENTRIES:** Each school may enter a maximum of one team.
6. **RULE BOOK:** The rules of Field Hockey Canada will govern play unless specified differently in this Playing Regulation. Games during league play shall consist of (2) thirty minute halves. For the tournament, length of the games and substitution rules are to be determined by the Field Hockey Convenor.
7. **OFFICIALS:** Only F.H.O. rated officials will umpire League and Championship games or tournaments. Games must be rescheduled if a rated official is not available for a game.
8. **UNIFORMS:** All teams are required to wear the same coloured socks and the same tops. Each team must have official school uniforms - tops and socks. Socks and tops do not need to be the same colour. No sweats are to be worn. Any infraction of the uniform policy will mean that the team will forfeit the game.
9. **STARTING TIME:** As per Constitution.
10. **AWARDS:** For each division there will be:
 - a) A Trophy – For the winning team.
 - b) Medallions – For each member of the winning and finalist team. (20 max)
11. **GHAC REPRESENTATION:** Not applicable.
12. **GENERAL REGULATIONS:**
 - A) There will be one or two Divisionals based on the number of schools competing. The schedule will be created by the Athletic Convenor with every effort made to play double headers with the schools senior team.
 - B) GAME TIE BREAKING PROCEDURE
 1. During regular league play - Ties will stand.
 2. Playoffs - i)Two (2) seven and a half (7.5) minute overtime periods (not sudden victory) shall be played after a five (5) minute rest. Teams will toss for choice of ends prior to the start of the overtime period. Teams will change ends with no rest after the first seven and a half (7.5) minute period.
 - ii) - if still tied, each team will select any five (5) 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 (5) players shall take penalty shots alternately, the first team to shoot being decided by a coin toss. The winner shall be the team scoring the most goals;

iii) - if the score is still tied a "sudden victory" system will be used. Each team will alternately send one player to take a penalty shot until the tie is broken. The order of penalty shots will change with each pair of shooters. No player may take a second shot in this series until any five (5) players listed on the match sheet (except any under permanent suspension or temporary suspension at the end of overtime) have taken one shot.

D) The host school will be responsible for marking the field correctly, having all necessary equipment available.

E) An unlimited number of players should be allowed on each team.

F) Field Hockey Ontario rule of interchange will apply.

G) Coaches are responsible for ensuring the use of mouth guards and shin guards during the game. Any athlete that does not comply with these safety regulations will be ejected from the game and yellow carded by the umpire without warning.

H) It is the responsibility of the Home Team to provide on-site care at each league and Championship game or tournament. Games must be rescheduled if a qualified trainer is not available.

I) Where possible, all regular season and playoff games will be played on Turf Fields.