Revised as of June 2020

ROPSSAA FIELD HOCKEY

PLAYING REGULATIONS

1. DATE

(a) Where possible, the playing schedule shall be at least 4 weeks in length and should start during the third week of school. If possible, no games shall be scheduled on the Friday before Thanksgiving.

(b) Start time: Single game – 3:30pm
Doubleheader – 1:30pm and 3:30pm
Tripleheader – 1:00pm, 2:30pm, and 4:00pm
Mini tournament – noon, 1:15pm, 2:30pm and 3:45pm

2. LOCATION

(a) All regular season games will be played on turf unless otherwise indicated.

Note: All participating schools must agree to share the costs of turf prior to the season for turf to be centrally booked. If not all teams agree to share the costs, games will be scheduled at school fields.

(b) The semi-finals and finals will be held at a location selected by the athletic convenor and announced at the pre-season meeting.

(c) Confirmation of playing fields: On bad weather days the home coach is to check their playing field by 12 noon for suitability for play. The home coach or Athletic Contact will confirm playing status with the opposing school and Athletic Convenor by phone. Should the field not be suitable the game will be rescheduled a) on the home field another day, b) on the field of the home team's choice.

3. ELIGIBILITY

(a) All competitors must meet the eligibility requirements as per Article X of the ROPSSAA Constitution. The eligibility list must be submitted by the deadline announced at the pre-season meeting.

(b) A participant shall not have attained their 19th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2020 – 2021 season, born in 2001 or later).

(c) Team Eligibility

(i) Individuals are eligible for 1 level of competition only.

(ii) For team sports, individuals must have participated in at least 50% of their team's regular season games to be eligible for playoffs and OFSAA. Players missing games due to injury (INJ), or awaiting transfer approval (ATA), must appear so designated on a game sheet to maintain their eligibility. Games missed due to injury are subject to review of a doctors note. Players under game or school suspension may not have their name included on a game sheet for participation percentages.

(iii) All game sheets/rosters are to include the names of all those in the bench area (players, coaches, managers). In order to be in the bench area an individuals name must appear on the eligibility sheet. Players under game or school suspension may not sit in the bench area.

(iv) Individuals are deemed to have played if their name appears on a game sheet. Individuals must be present at a game to be included on a game sheet.

(v) A staff member must be present in the bench area from the start of the warm-up until the last competitor has left the area.

4. OPERATING STRUCTURE

(a) Competition will consist of one tier. Schools must declare their intention to participate by the announced deadline date. Where possible all teams will be scheduled for the same number of games.

(b) Teams will be divided into two divisions. Home and away games will be distributed as evenly as possible.

(c) (i) Playoff Structure

The number of teams qualifying for playoffs will be as per the ROPSSAA Constitution. All playoff structures must be approved by the ROPSSAA Executive.

(ii) Championship Game Procedures

Prior to the start of the Championship game, the walk on procedure for shaking hands will be used.

(d) Tie-Breaking Procedure - League Standings

(i) Where both the teams involved will not be eliminated, ties in league standings will be broken in the following manner:

1) The result(s) of the league game(s) between or among the teams involved.
2) Goal differential (maximum 5 per game).
3) Goals against.

(ii) Where one or more of the teams involved will be eliminated, ties in league standings will be broken in the following manner:

1) The result(s) of the league game(s) between or among the teams involved.
2) Teams with the best goal differential (goals for minus goals against).
3) Highest goal average (goals for divided by goals against).
4) Highest number of goals for.

(e) Tie-Breaking Procedures - Playoff Games

In the event of a tie at the end of regulation time in any playoff game:

(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 strokes 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 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 (5) players listed on the match sheet (except any under permanent suspension or temporary suspension at the end of overtime) have taken one stroke.

(f) All league games must be played within the time guidelines of the regular season. This does not extend into tie-breakers or any final games.

(g) Each school may be allowed to initiate the rescheduling of one game (except for rained out games) due to extenuating circumstances. This must be done before the final schedule is set.

(h) Scheduled Games

(i) Coaches are responsible for reviewing final league game schedules and playoff schedules as to locations, dates, and times to ensure their attendance.

(ii) Failure to attend at the scheduled time will result in forfeiture of the game and/or loss of opportunity to compete. The defaulting team will cover all costs associated with the game as determined by ROPSSAA Council. In the event of a default, the reported score will be 5-0 for the non-offending team.

(iii) Failure to fulfill game requirements leading to the abandonment of a game will result in a loss for that team. An incident report must be completed and submitted to the ROPSSAA Athletic office by the abandoning team within 24 hours of the game. No scores shall be entered until after a Board of Inquiry. A team abandoning a game may be required to cover any costs incurred as determined by ROPSSAA Council.

(iv) a) Schools must bring their own warm-up equipment and first aid kit.

b) (i) Schools must endeavor to arrive no earlier than 60 minutes before game time. Teams arriving earlier than this must be supervised by the head coach in an area where students from the home school do not congregate. Schools with team members who do not travel with the head coach (in taxis, cars, on foot, etc.) must inform players that they must wait for their head coach and should ensure that the head coach is the first to arrive at the host school.

(ii) Schools arriving for an away game between 30 and 60 minutes before game time must accompany the head coach to the competition area and liaise with the host school. The visiting team will be provided a safe waiting area and change room during this time and the visiting head coach must provide supervision of his/her players. Visiting athletes must bring all belongings with them to the competition area.

(iii) Visiting schools are entitled access to the competition area at the same time as the host school, and no later than 30 minutes before the game time (pertains to the first game).

(iv) Visiting schools are entitled access to a safe waiting area and change room at the completion of the competition.

5. ENTRIES

(a) The team eligibility list must be in the hands of the Convenor before the first league game is played. If the Convenor does not receive this list before the stated time, the school involved shall default that game and any further games until said list is received.

6. EXPENSES

(a) All expenses for regular season games will be divided equally among all schools involved. This includes turf costs and officials. Each school is responsible for covering their own transportation costs.

(b) All expenses for mini tournaments and playoff games will be shared equally by the participating schools.

(c) The expenses of the championship game may be covered by ROPSSAA.

7. RULES AND OFFICIALS

(a) The rules of the International Field Hockey Federation shall govern play at ROPSSAA with the following exceptions:

(i) Length of Game:

Where teams are scheduled to play one game on a date the length of the game will be two thirty-minute halves, with a five minute intermission. Where teams are scheduled to play more than one game on a day the length of the game will be two twenty-five minute halves with a five minute intermission. For all games injury time will be allotted as per the FIH rules. Umpires will notify both teams when there is one minute left in the half.

(ii) Number of Players

Teams may dress a maximum of 20 players per game.

(iii) Substitutions:

The FIH interchange rule shall be in effect with the following provison:

Players must leave and enter the field near the centre line on the <u>same</u> side as the team benches.

(iv) Coaches must remain between the 50 yard line (center) and the 25 yard line on their bench side of the field.

(v) Spectators are to be a minimum 3 metres from the sideline. NO spectators behind the endline.

(vi) On a penalty corner the ball must come out of the circle with no stoppage required.

(vii) On a penalty corner a defender (i.e. post player) may raise their stick to deflect the ball out of the goal. The ball may not be directed or swung at.

(viii) Only those listed on the score sheet are eligible to be on the bench side of the field.

(ix) The own goal rule will not be used.

(x) 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.

(xi) When applying the penalty for an early break by the defence on a penalty corner rule, each team must be given one (1) warning per game berfore the rule is applied.

(b) The Convenor may appoint an Umpiring Chairman who will be responsible for providing officials of the highest calibre possible for all league and playoff games. If possible, two officials will be obtained for every game. If only one official is used, the official should receive one and a half times the regular fee.

For the half day tournament the cost of officials for each game shall be shared equally between the two participating schools.

8. <u>AWARDS</u>

(a) ROPSSAA Championship trophy to be presented to the team winning the championship game.

(b) ROPSSAA Gold medallions, up to a total of 25, are to be presented to the members of the championship team.

(c) ROPSSAA Silver medallions, up to a total of 25, are to be presented to the members of the second place team.

Note: There must be a minimum of 6 teams participating in a level for ROPSSAA sponsorship.

9. UNIFORMS

(a) Dress for all games will be a kilt/shorts, knee socks, and a T-shirt in the schools designated colours, shirts must be numbered. The team members, with the exception of the goalie, must be dressed in identical colours.

(b) Schools to bring two colours of socks to games. Visiting teams are reponsible for changing socks should there be a conflict, unless a school is not wearing their school colour, in which case that team must change.

(c) The team captain must wear an arm or leg band/ribbon that is clearly visable.

(d) Visiting teams or the team not wearing their school colours must change shirts in case of uniform conflict.

(e) No hats with visors may be worn on the field.

(f) Shirts must be tucked in.

(g) Athletes may not change their clothing in the competitions area. For all outdoor sports, athletes must arrive dressed to compete. Visiting teams requiring the use of washroom facilities must send a staff member into the school with the team member(s). For all indoor sports, athletes must move to the designated locker room or change area to change their clothing.

10. SCORING

(a) In regular scheduled play the following points will be awarded for each game:

2 – win
1 – tie
0 – loss

11. EQUIPMENT

(a) The host school will provide a portable team bench, placed on the side of the field opposite from the spectators (bleachers not acceptable). An official game ball (a good quality dimpled or non dimpled outdoor ball) that is white, yellow or orange in colour to be used. For all games the ball must be new or washed to appear new. Goal nets (including backboards), and a field correctly lined with boundaries no more than 5 yards less in length or width than the regulation size of 60 yards wide and 100 yards long (Appendix B).

(b) Both team benches are to be placed on the same side of the field.

(c) A school failing to meet these requirements must notify all of its opponents prior to the start of the season. Any school agreeing to play on a non-regulation size field may do so. If a school does not agree to play on the non-regulation size field, the host school must play away or default.

(d) All players must wear shin pads and mouth guards. Molded cleats or turf shoes may be worn.

(e) On corners it is strongly encouraged that both post players wear face masks.

(f) The removal of mandatory equipment by a player during a game shall result in the following penalties:

For the first offence the player must be removed from the field for a minimum of one minute. The team will play short handed for that one minute. For the second offence a player shall receive a five-minute temporary suspension (yellow card).

(g) Goalkeepers must wear a C.S.A. approved helmet with face protection, a mouth guard, a chest and neck protector and a pelvic protector.

(h) The goalkeeper must wear a sweater of a different colour from their own and the opposing team. Any protective equipment must be underneath the sweater.

(i) All eyewear must meet OPHEA guidelines and FIH rules.

12. DEPORTMENT

(a) Competitors and coaches are expected to behave in a sportsmanlike manner as per Article XVI, Section II of the ROPSSAA Constitution. CWFHA rules will be used if player indiscretions occur.

(b) A coach ejection from the game will result in a forfeiture of the game.

(c) Players issued a green card are to be removed from the game for two minutes. Players to re-enter the game, at the completion of the time, by invitation from the referee. The team is to play one player short during the two minute time.

13. JURY OF APPEAL

(a) A Jury of Appeal will rule on all disputes which do not fall under the jurisdiction of the officials. This Jury, constructed at the pre-season coaches meeting will consist of the Convenor and four coaches from participating schools.

14. MEDICAL PERSONNEL

(a) The Convenor may arrange for medical coverage at the final game.

(b) Each school to bring a first aid kit to all games.

Appendix A

ROPSSAA FIELD HOCKEY
Playoff – Tie Breaking Procedures

1. Select the net at which the strokes will be taken.

2. Teams stay behind 50.

3. Players taking strokes are to stand behind the 25 and separate from the remainder of their team (off to one side).

5 strokes

Team _____

5 different players

Player	Score (x or √)
1. # _____	_____
2. # _____	_____
3. # _____	_____
4. # _____	_____
5. # _____	_____

5 strokes

Team _____

5 different players

Player	Score (x or √)
1. # _____	_____
2. # _____	_____
3. # _____	_____
4. # _____	_____
5. # _____	_____

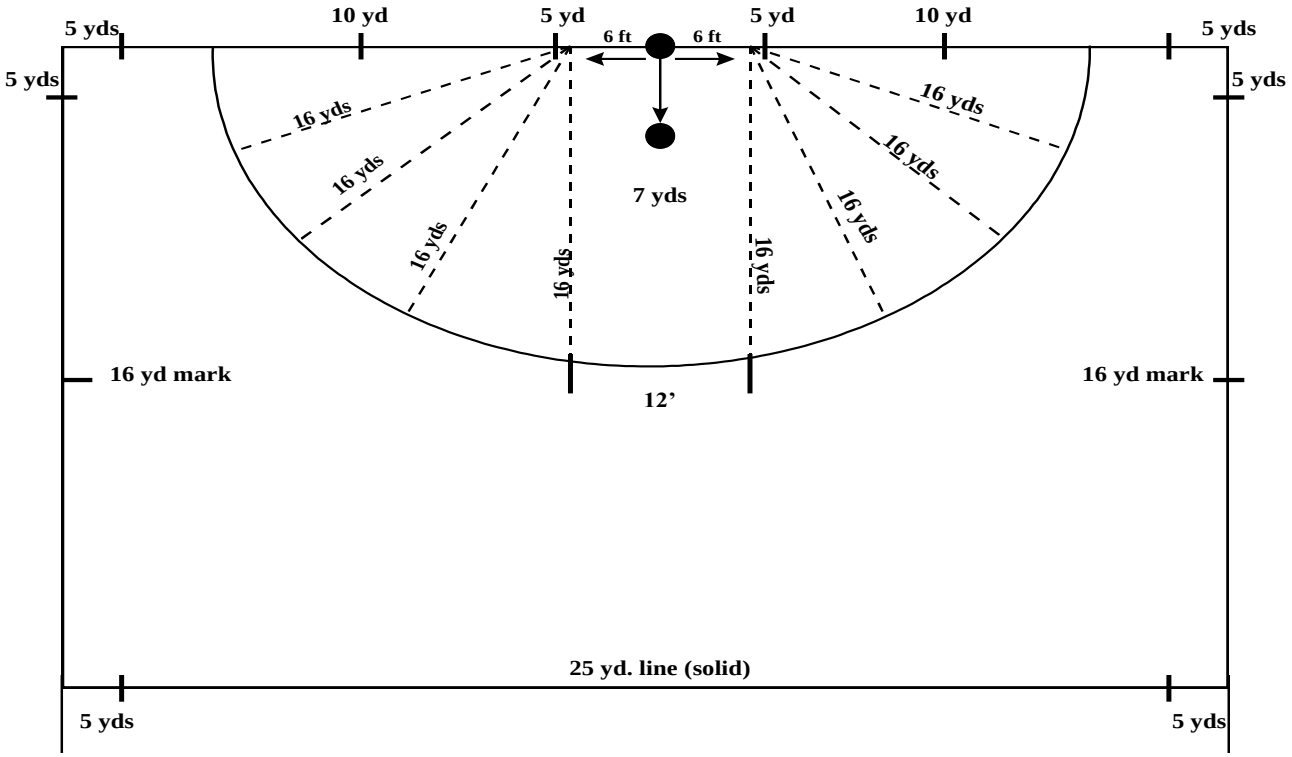
may use any player, no player may shoot twice in this series

Sudden Victory	Score (x or √)
1. # _____	_____
2. # _____	_____
3. # _____	_____
4. # _____	_____
5. # _____	_____
6. # _____	_____

Sudden Victory	Score (x or √)
1. # _____	_____
2. # _____	_____
3. # _____	_____
4. # _____	_____
5. # _____	_____
6. # _____	_____

Appendix B

LINING THE FIELD HOCKEY PITCH



INSTRUCTIONS

1. Find the central point (middle) of the end line.
2. Make a mark 6' to the left and right of that point - that is where the goal posts will be placed.
3. From each side of the goal posts, make a perpendicular line across the end line at 5 yards. (The mark is 12" long, into the circle.)
4. Make another line across the end line at 5 yards from your first mark. (The mark is 12" long, into the circle.)
5. Go back to the mark where the goal posts will be placed (6' from the central point) and from each of those points measure 16 yards into the pitch.
6. Draw a straight line in between those two marks, at 16 yards (it will be 12' long).
7. Now go back to the end line. From each goal post (6' from the central point) measure 16 yards into the field and enclose the area from the end line to the straight line you marked in #6.
8. **REMEMBER:** For the **RIGHT** side of the field measure from the **RIGHT** goal post; for the **LEFT** side of the field measure from the **LEFT** goal post.
9. The striking "circle" should be in a perfect "D" shape.
10. Mark a penalty stroke make (the size of a ball) 7 yards inside the circle, from the central point.
    REMEMBER: The goal posts are placed on the **OUTSIDE** of the end line.
11. At every corner mark a 5 yard line on the end line and side line. (Extending 12" into the pitch)
12. At both 25 yard lines, and on both sides of the pitch, mark a 5 year line inside the pitch.