

1. SEASON OF PLAY

Fall Season

2. LEVELS OF COMPETITION

Varsity Girls, Open

3. ELIGIBILITY

One (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 (7) 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 she has not reached her 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 at least forty-eight (48) hours prior to their first league game.

5. GAME TIME

The first game of a double-header will start at 3:30 pm (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.

For the 2018-2019 school year and beyond we will be experimenting with a jamboree format run during the school day.

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 on the www.NRHSAA.ca website.

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 forty-eight (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. (i.e. if the team is tied for third (3rd), the team will be relegated to fourth (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 (i.e. when two (2) 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:** Each team may have a maximum tournament roster of twenty-two (22) players for OFSAA. ANY NUMBER of players is permitted FOR ZONE PLAY.
- **Length of Game:** Two (2) – thirty (30) minute halves with a five (5) minute intermission.
- In any game there shall be a maximum goal differential of five (5). The first time the goal

differential reaches five (5), no further scoring shall be recorded and the game is over with respect to scoring. The actual game continues but not further scoring is recorded. The umpire shall be informed when the five-goal differential is reached and shall inform both coaches.

- The Own-Goal rule will not be used.
- 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.
- When applying the penalty for an early break by the defense or a fake by the injector on a penalty corner rule, each team must be given one (1), warning per game before the rule is applied.
- A green card will not result in time off the field.
- ***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.
- All equipment must conform to FIH regulations.
- ***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 may stop, deflect and play the ball in a controlled manner in any part of the field, but it must be below shoulder 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.
- A dressed goal keeper must be used at all times.

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 five (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

Please see # 17, Tied Play Off Games, for process adopted as of June 2019 for both league and playoff games.

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 (4) way tie, the convener, in consultation with the NRHSAA Executive and the Schools involved, will determine a tie breaking procedure.

16. PLAY-OFF GAMES

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 (10) minute sudden victory overtime period shall be played after a five (5) 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 (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 have a shoot-out competition if artificial turf is available. If not, teams will take penalty strokes alternately. A list should be provided within two (2) minutes after the end of the match and the shoot-out or penalty strokes will proceed from then. The first (1st) team to shoot will be decided by a coin toss. The winner shall be the team scoring the most goals. (June 2019)

- iii) If the score is still tied, a "sudden victory" system will be used with 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 or during the shoot-out. Each team will alternately send one (1) player to take a shoot-out or penalty stroke until the tie is broken. The order of shoot-out or stroking will change with each pair of shoot-outs or penalty strokes. No player may take a second (2nd) shot or 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 (1) shot or stroke. Any player that is suspended by a yellow or red card during a shoot-out or penalty strokes may be replaced by any eligible player on the roster".

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

This involves arranging divisional play on one (1) 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 (2) - thirty (30) 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 (2) - twenty-minute (20) halves with a five (5) minute intermission. There will be a minimum of fifteen (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 (1st) offense and a red flag or card for the second (2nd) offense during the same. At this time the Coach will be asked to leave.

20. ZONE QUALIFICATION TO SOSSA

One (1) champion from each zone will go to SOSSA.