

CWOSSA Girls' Field Hockey

Playing Regulations

I. Date

The last Friday/Saturday of October (actual date will be published in the CWOSSA annual calendar).

II. Convenor & Location

To be announced in the CWOSSA Annual Calendar.

III. Championship Structure

1. Entries

Championship entries will be as published in the Championship Entries. This can be found in the CWOSSA Manual and the CWOSSA Website.

Entries must be received by the CWOSSA convener no later than the Wednesday prior to the start of the championship

2. Format

The Championship Format will be as published in the Championship Formats. This can be found in the CWOSSA Manual and the CWOSSA Website.

3. Team Points in Pool Play:

Win = 2 points, Tie = 1 point, Loss = 0 points

4. Tie Breaking Format For Pool Play

Should a tie result for placement in a pool, the following system of tie breaking shall be used:

- i) The team that won the game between the two teams in the pool play will be declared pool winner.
- ii) If still tied, the team with the greater goal differential (goals for less goals against) will be the winner.
- iii) The team allowing the lowest number of goals if still tied.
- iv) The team scoring the most goals, if still tied.
- v) If still tied, the teams will go to penalty strokes, in groups of five with alternating teams.

5. Goal Differential

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 no further scoring is recorded. The umpire shall be informed when the five-goal differential is reached and shall inform both coaches.

6. Game Length

Pool Play: Two, twenty-five minute halves with a five-minute intermission.

Semi-Finals/Finals: Two, thirty minute halves with a five-minute intermission.

IV. Expenses

An entry fee shall be charged which shall be sufficient to cover operating costs of the tournament.

Those schools having entries are responsible for arranging and financing their own travel and meals.

V. Rules & Officials

- a) The rules of the **International Field Hockey Federation (FIH)** shall govern play at the CWOSSA Championship with the following exceptions:

Substitutions

Rolling Substitutions

1. Each team is permitted to substitute any player during a match and at any time, except following the award of penalty corner or a penalty stroke and during the play time of those penalties, unless a player is incapacitated and has to leave the pitch, in which case the replacement may enter the pitch immediately. The substitute players will be chosen from amongst the players whose names appear on the entry form and who were starting the match or sitting on the team bench from the start of the match. When substituted, a player shall return immediately to the team bench.
2. A player who has been substituted may be permitted to return to the pitch again during the same match following the substitution procedure. A substituted player may participate in a penalty stroke competition.
3. The substitute player may not enter the pitch until the player in the same team being substituted has left the pitch.
4. No more than one goalkeeper for each team may be on the pitch at any one time.
5. A player, upon being suspended, may not be substituted and may not be used as a substitute during the period of suspension.
6. Time will not be stopped for substitutes except for replacement of an incapacitated player when it will be at the discretion of the umpire.
7. Players involved in substitution must enter or leave the pitch in the vicinity of the centre line in front of the technical table except in the case of a goalkeeper when substitution may take place in the goal area. If substitution is due to a player being incapacitated then the control of the substitution will be at the sole discretion of the umpire.

Tied Games

1. Tied games in pool play will stand.
 2. In the event of a tie at the end of regulation time in a semi-final or final game:
 - i) Two 7 ½ minute overtime periods shall be played after a 5-minute rest. At half time the teams shall change ends and recommence play immediately.
 - ii) If still tied each team will select any five (5) players from those listed on the match sheet. A player who has received a red card or a temporary suspension at the end of the game and is therefore not actively playing when the game ends shall not be eligible to take the strokes. 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 still tied, the teams will stroke alternated in sudden death, designating a group of 5 players for this purpose.
- b) The convener will be responsible for obtaining competent officials.
- c) **Coaching from Sidelines:** Coaches and team personnel must stay on their half of the field, between the 25 yd. Line and the half line at the end of the field, where their bench is located.

VI. Uniforms & Equipment:

- i) Skirts are preferred but other school uniforms are acceptable.
- ii) The visible shirt/sweaters of all team members must be the same colour and a team's knee socks must be identical.
- iii) Shirt/sweaters must be worn inside the player's skirt/shorts/pants.
- iv) Odd coloured long shorts under kilts or shorts are not acceptable.
- v) Players must have a clearly visible number (6" high, maximum 2 digit) on their outer clothing.
- vi) All players MUST wear shin guards and mouth guards.

- vii) Goalkeepers MUST wear a CSA approved helmet with face protection.
- viii) The removal of mandatory equipment during a game, shall result in the following:
 - a) For the first offense, the player must be removed from the field for a minimum of one minute. The team has the option of substituting or of playing short-handed for that minute.
 - b) For the second offense, a player shall receive a five-minute temporary suspension (yellow card).
 - c) For the third offense, a player shall be expelled from the game (red card).
- ix) The plastic type hockey ball shall be used or a ball deemed suitable by the convenor

VII. Awards:

1. The CWOSSA plaque will be presented to the winning team.
2. Gold CWOSSA Medallions (30) will be presented to the championship team.
3. Silver CWOSSA Medallions (30) will be presented to the finalist team.

VIII. Deportment:

A staff member from the school represented by each team must be present and responsible for the behavior of his/her team members for the duration of the Championship.

IX. Protest Committee

The Protest Committee shall consist of three individuals: Convenor or designate, the head official and a school administrator or other respected non-participant. The Protest Committee shall handle disputes, which do not fall within the jurisdiction of the officials. A protest must be submitted in writing together with a \$50.00 fee (refundable if protest is upheld) to the CWOSSA convenor within thirty minutes of the conclusion of the game within which the incident under protest occurred.

X. Sponsorship Policy and Uniforms at CWOSSA Championships

1. All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colours and logos.
2. No sport club insignia on uniforms or equipment shall be permitted in the competitive area. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs.
3. Sponsorship recognition is permitted to be visible but must conform with the placement guidelines outlined in By-Law 6. Section 2(h) of the OFSAA By-laws. This criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies.