

## G.H.A.C. PLAYING REGULATION

### FIELD HOCKEY

1. **AGES:** Competitors must meet the age requirement regulations as per O.F.S.A.A. Constitution, ie. under 19 as of January 1 prior to the school year in which the competition is held.
2. **EVENTS:** There will be competition for a G.H.A.C. champion as per the G.H.A.C. competitive structure, Appendix II.
3. **ELIGIBILITY:** Field Hockey is open to all club & squad players.. Competitors must meet the eligibility requirements as per G.H.A.C. Constitution By-Law 1.
4. **ENTRIES:** As per G.H.A.C. competitive structure, Appendix II. No limit to the number of players dressed for the game.
5. **RULES:** The rules of the International Field Hockey Federation shall apply with the following exceptions:
  - (a) **Length of game:** the game shall consist of two thirty-five (35) minute halves with a five (5) minute intermission.
  - (b) **Substitution:** the FIH interchange rule shall be in effect with the following provisions: players must leave and enter the field near the centre line on the same side as the team benches.
  - (c) Any penalty strokes not taken according to the rules shall be counted as no goal (eg. shooting prior to the whistle).
  - (d) **Tie-breaking procedures:** In the event of a tie at the end of regulation time:
    - 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;
    - 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;
    - 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.

(e) Coaches and team personnel should remain within the vicinity of their bench and must remain between the 25 yard line and the half line at the end of the field where their bench is located.

(f) Seamless plastic, coloured hockey balls, as approved by Field Hockey Ontario, shall be used.

6. **OFFICIALS:** Only F.H.O. rated officials will umpire league and championship games or tournaments. Games must be re-scheduled if a rated official is not available for a game.

7. **UNIFORMS AND EQUIPMENT:**

- (a)
  - (i) all players must wear shin pads and mouth guards;
  - (ii) 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 (1) minute. The team has the option of substituting or of playing shorthanded for that one (1) minute;
    - for the second offence a player shall receive a five (5) minute temporary suspension (yellow card);
    - for the third offence a player shall be expelled from the game (red card).
  
- (b)
  - (i) goalkeepers or designated kicking backs must wear a C.S. approved helmet with face protection at all times except when taking a penalty stroke;
  - (ii) the goalkeeper must wear a sweater of a different colour from her own and the opposing team. Any protective equipment must be underneath the sweater.

- (c) (i) skirts are preferred but other school uniforms are acceptable. The visible shirts/sweaters of all team members except the goalkeeper must be the same colour and a team's knee socks must be identical. All team members must be dressed in identical skirts or all team members must be dressed in identical shorts. If any additional clothing is worn under the skirts or shorts it must be identical for all team members;
- (ii) players must have a clearly visible number (6" high, maximum 2 digit) on the back of their clothing;

8. **STARTING TIME:** As per playing schedule (see G.H.A.C. Constitution By-Law 11).

9. **SAFETY:** A qualified medical person must be in attendance before the game can begin.

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