

H.W.C.A.A. PLAYING REGULATION 5.0
FIELD HOCKEY

As of September 2018

AGES: Competitors must meet the age requirement as per H.W.C.A.A. Constitution By-Law 1. a).

- 1) EVENTS: There will be competition for a H.W.C.A.A. champion.
- 2) ELIGIBILITY: Competitors must meet the eligibility requirements as per H.W.C.A.A. Constitution By-Law 1.
- 3) ENTRIES: Each of the H.W.C.A.A. member schools may enter one team. No limit to the number of players dressed for the game.
- 4) RULE BOOK: The rules of the C.W.F.H.A. will govern play unless specified otherwise in this Playing Regulation. Games during league play shall consist of 2 thirty minute halves. For tournaments, length of games and substitution rules are to be determined by the Field Hockey Convener. Teams will have a fifteen minute grace period to show up to the game. If they do not have a least 9 players to start the game. They will forfeit the game.
- 5) 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.
- 6) UNIFORMS: As per rule book above and O.F.S.A.A Regulations.
- 7) STARTING TIME: As per playing schedule (see H.W.C.A.A. constitution By-Law II.)
- 8) AWARDS: H.W.C.A.A. Championship
 - A) A trophy- for the winning team
 - B) Gold medals- for each member of the winning team
 - C) Silver medals - for each member of the finalist team.
- 9) G.H.A.C. REPRESENTATION: Refer to G.H.A.C. agreement.
- 10) GENERAL REGULATIONS:
 - A) LEAGUE PROCEDURE
 - (1) Every team will play each other once.
 - (2) Standings based on 3 points for a win, 2 point for a tie and 1 for a loss.
 - B) PLAYOFF PROCEDURE
 - (1) 7 Team Schedule 1/4 Finals: 1 Gets a Bye, 7 vs 2, 6 vs 3, 5 vs 4
 - (2) Semis/Finals: Home court of the higher ranked team, if suitable. Otherwise, at neutral site determined by the convener.

C) CHAMPIONSHIP PROCEDURE:

- (1) Championship games will be played at the home of the highest ranked survivor, unless games had been previously scheduled by the convener at a neutral site.

D) TIE BREAKING PROCEDURE: (As per H.W.C.A.A. Constitution By-Law II.)

- (1) During regular league play games will proceed to penalty strokes.
 - (i) In accordance with procedures outlined in field hockey rules for strokes, each team will be given 5 attempts with the team scoring more strokes being declared the winner.
 - (ii) Should the tie remain, teams will continue with strokes on a sudden death basis (1 stroke per team with the game over if one team scores and the other team doesn't).
 - (iii) Teams winning in regulation time will be awarded 3 points. Teams **losing** in regulation time will receive **± 0 point**. Teams winning by penalty strokes will be awarded **3 2 points**. Teams losing by penalty strokes will be awarded **2 1 point**.
- (2) In the event of a tie at the end of regulation time in any playoff game; 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 shootout 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 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 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 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 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 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".

Note: During the shoot-out in Tied games for Playoffs - the 8 sec time limit for shoot out will be monitored by one coach (or designate) from each team.

Note: Spectators must be on the opposite side of the field as the team or in the designated spectator area.

- E) A player ejected from a league or playoff game will be automatically prohibited from dressing and participating in the next scheduled game.

- F) SCORES: The winning team must report results to the convener by 10 a.m. of the next school day. The winning team takes the score sheet (Score Card) and gives it to their Co-Instructional Head so they can hand it in to the Convenor.
- G) The host school will be responsible for marking the field correctly and having all necessary equipment available.
- H) Field Hockey Ontario rules of interchange will apply.
- I) 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 ejected from the game and yellow carded by the umpire without warning.

Taking a penalty stroke

13.5

- a. Time and play is stopped when a penalty stroke is awarded.
- b. All players on the field other than the player taking the stroke and the player defending it must stand outside the 23 metres area and must not influence the taking of the stroke.
- c. The ball is placed on the penalty spot.
- d. The player taking the stroke must stand behind and within playing distance of the ball before beginning the stroke.
- e. The player defending the stroke must stand with both feet on the goal line and must not leave the goal line or move either foot until the ball has been played.
- f. If the player defending the stroke is a goalkeeper, they must wear protective headgear; if the player defending the stroke is otherwise taking part in the game as a field player, they may wear only a facemask as protective equipment.

If the team defending a penalty stroke has chosen to play only with field players and not to use a substitute goalkeeper to defend the penalty stroke, the defender may only use their stick to make a save.

- g. The whistle is blown when the player taking the stroke and the player defending it are in position.
- h. The player taking the stroke must not take it until the whistle has been blown.

The player taking the stroke or the player defending it must not delay the taking of the stroke.

- i. The player taking the stroke must not feint at playing the ball.
- j. The player taking the stroke must push flick or scoop the ball and is permitted to raise it to any height

Using a “dragging” action to play the ball at the penalty stroke is not permitted.

- k. The player taking the stroke must play the ball only once and must not subsequently approach either the ball or the player defending the stroke.

13.6 The penalty stroke is completed when:

- a. A goal is scored or awarded
 - b. The ball comes to rest inside the circle, lodges in the goalkeeper’s equipment, is caught by the goalkeeper, or goes outside the circle