

PLAYING REGULATION – GHAC Girls Field Hockey

- 1. AGES:** All competitors must meet the current OFSAA age requirements as per the OFSAA Age Classification Policy.
- 2. EVENTS:** There will be a competition for a GHAC Senior Champion as per the GHAC Competitive Structure, Appendix II
- 3. Eligibility:** All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.
- 4. Entries:** As per the GHAC competitive structure, Appendix II of the GHAC Constitution.
- 5. Rule Book:** The rules of Field Hockey Canada will govern play unless specified in this playing regulation below.
- 6. Officials:** Only F.H.O rated officials will umpire GHAC Championship games. Games must be rescheduled if a rated official is not available for a GHAC game.

7. Uniforms and Equipment:

- A) All players must wear shin pads and mouth guards.
- B) Goal keepers must wear a C.S.A approved helmet with face protection at all times, except when taking a penalty stroke. The Goal keeper must wear a sweater of a different colour from her own and opposing team. Any protective equipment must be underneath the sweater.
- C) 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 teams knee socks must be identical. All team members must be dressed in identical skirts or all team members must be in identical shorts.

8. Starting Time: To be determined in conjunction with the schools competing by the host convenor.

9. Awards: A GHAC Plaque will be awarded to the Champion of GHAC in each GHAC Championship game

10. General Regulations:

A) No limit to the number of players dressed for the game

B) (i) Length of Game: two (2) thirty-minute halves with a five (5) minute intermission;

(ii) Substitution: the Field Hockey Rule of interchange rule shall be in effect with the following proviso: "Players must leave and enter the field near the centre line on the same side as the team benches."

(iii) Any penalty strokes not taken according to the rules, shall be counted as no goal (e.g., shooting prior to the whistle).

C) Tied Games:

In the event of a tie at the end of regulation time in any playoff game;
- A (10) minute sudden victory overtime period shall be played after a (5) minute rest. Teams will toss for the choice of end 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.

D) Any player or coach ejected from a GHAC Championship game will be automatically prohibited from dressing for and participating in the next scheduled game.

11. Safety: A qualified medical person must be in attendance before the game can begin. The host convenor shall provide this care.