

SOSSA INC. GIRLS' FIELD HOCKEY

PLAYING REGULATIONS – revised October 2009

1. Date: The SOSSA INC. championship will be held in the fall of each year, at least one week prior to the OFSAA championship.

2. Location:

The location of the championship shall be decided not later than the SOSSA INC. Annual Meeting held in June of the school year prior to the championship.

3. Eligibility:

As per Article VII and Article VIII of SOSSA INC. Constitution.

4. Tournament Structure and Procedures:

The SOSSA INC. championship each fall should rotate among the competing zones. Soccer Girls' Field Hockey shall adopt the minimum time between games in accordance with OFSSA playing regulations for Girls' Field Hockey.

SOSSA INC. shall provide the rotation for SOSSA INC. tournaments. See Appendix 3 of the SOSSA INC. Constitution. Each zone shall be allowed one (1) team in the SOSSA INC. tournament. The SOSSA INC. convenor can round out the draw for the SOSSA INC. championship as per constitution.

Suggested Tournament Schedule:

- i) If only one field and set of umpires is available, the format shall be:
 - a) First semi at 9:30 a.m.
 - b) Second semi at 11:00 a.m.
 - c) Championship final between the two winners at 2:00 p.m., or a minimum of 1 1/2 hours after the conclusion of the semi-finals.
- ii) If dual fields and umpires are available, it is recommended that:
 - a) The semi-finals be played at the same time.
 - b) There be a minimum of 1 1/2 hours between the semis and finals for all teams.

5 Entry:

Entries will be accepted from Zone convenors only.

Entries should be declared as soon as possible after the start of the season.

The SOSSA INC. convenor shall be responsible to ensure that the OFSAA entries are submitted.

6. Expenses:

Expenses for SOSSA INC. championships see Article IV.

A financial report shall be submitted to the SOSSA INC. Administrator Secretary-Treasurer at the conclusion of the tournament.

7. Rules and Officials:

Rules and Officials of the International Field Hockey Federation and OFSAA shall govern play at the SOSSA Inc. Championship with the following exceptions.

- (a) Length of Game: two thirty-minute halves with a five minute intermission.
- (b) Substitution: The FIH 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.
- (c) Any penalty strokes not taken according to the rules shall be ruled as no goal (e.g. shooting prior to the whistle).
- (d) Tied Games: In the event of a tie at the end of regulation time in any playoff game:
 - (i) A ten-minute sudden victory overtime period shall be played after a five minute rest. Teams will toss for choice of ends prior to the start of the overtime period.
 - (ii) If still tied, teams will select any five 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 players shall take penalty strokes alternately and the first team to shoot being decided by a coin toss. The winner shall be the team scoring the most penalty strokes.
 - (iii) 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 players listed on the match sheet (except under any permanent suspension or temporary suspension at the end of overtime) have taken one strike.
- (e) The convenor shall be responsible for obtaining competent official for the tournament.
- (f) Coaches and team personal 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.
- (g) Numbers of Players: each team shall have a maximum of twenty players on the game sheet.

8. Uniforms and Equipment:

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. The goalkeeper must wear a sweater of a different colour from her own and the opposing team and any protective equipment must be underneath the sweater. The plastic-type hockey ball shall be used throughout the tournament.

: 9. Awards

Medallions will be awarded to members of the winning team (maximum 18).

10. Department:

See Article X and XI of constitution.

11. Medical Personnel:

It is recommended that qualified First Aid personnel and equipment be available at the Championship site(s). Coaches shall provide all consumable medical supplies (ie. tape, bandaids, etc.) for their athletes.

12. Appeals and Protests:

See Article IX.