

**SOSSA GIRLS' FIELD HOCKEY****PLAYING REGULATIONS – revised September, 2019****1. Date:**

The SOSSA 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 Annual Meeting held in June of the school year prior to the championship.

Note: the allocation of the SOSSA Field Hockey Championship will give preference to zones capable of using artificial turf fields.

**3. Eligibility:**

As per Article VII and Article VIII of SOSSA Constitution.

**4. Classification:**

Please see Article II, Section 7.03 and 7.05 of the SOSSA Constitution.

**5. Tournament Structure and Procedures:**

SOSSA Girls' Field Hockey shall adopt the minimum time between games in accordance with OFSSA playing regulations for Girls' Field Hockey. Each zone shall be allowed one (1) team in the SOSSA tournament. If needed the SOSSA convener can fill vacant positions in the draw as per the 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.

**6. Entry:**

Entries will be accepted from zone conveners or sport co-coordinators only. The SOSSA convener shall be responsible to ensure that the OFSAA entries are submitted.

**7. Expenses:**

Expenses for SOSSA championships see Article IV.

The schools entries to SOSSA championships must arrange and finance their own travel, etc.

A financial report shall be submitted to the SOSSA Administrative Director at the conclusion of the tournament.

**8. Rules and Officials:**

Rules and Officials of the International Field Hockey Federation and OFSAA shall govern play at the SOSSA 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 substitute near the centre line on the same side as the team benches.
- (c) Any penalty shootout 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 a penalty shootout alternately and the first team to shoot being decided by a coin toss. The winner shall be the team scoring the most shootout goals.
  - (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 shot until the tie is broken. The order of shooting will change with each pair of penalty shots. No player may take a second shot 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 shot.
- (e) The convener 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.

**9. 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.

**10. Awards:**

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

**11. Deportment:**

See Article X and XI of constitution. Any school team entering SOSSA approved competition must be under the control of a staff member of the school which it represents.

**12. 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, band aids, etc.) for their athletes.

**13. Appeals and Protests:**

If a school(s) wishes to proceed with a protest, see article IX of the SOSSA constitution.