



September 2020 **Playing Regulations: Women's Field Hockey**

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1. CHAMPIONSHIP ROSTER

Each championship team can declare up to sixteen (16) players from their most recently submitted U SPORTS Eligibility Form. Teams may dress sixteen (16) players as submitted by participating coaches at the technical meeting prior to the U SPORTS/FHC Championship. No changes/additions can be made to this list once submitted.

2. TEAM BENCH

A team can have a maximum of 20 people in the bench area including athletes, coaches and support staff. The team representative for the match must identify herself/himself. She/he must be seated on the end of the bench closest to the technical table during the match.

The bench area is restricted to the official championship roster. Any other personnel will not be allowed in the designated area for the duration of the match. No member of the championship roster will be allowed to leave the designated area without the permission of the technical table.

Note: Any team member above the 20 is considered a spectator and will sit in the stands.

The home team for Games 1& 3 will be the Host Team. The Home Team for Game 2 will be the travelling team.

3. PARTICIPANTS

3.1 TEAMS

The participating teams shall be:

- OUA Champion (**Host**)
- Canada West Champion

3.2 IDENTIFICATION (N/A)

3.3 INDIVIDUAL ELIGIBILITY (N/A)

3.4 INDIVIDUAL ENTRIES (N/A)

3.5 INDIVIDUAL RANKINGS (N/A)

3.6 TEAM ENTRIES (N/A)

3.7 TEAM RANKINGS (N/A)

4. COMPETITION

4.1 CHAMPIONSHIP FORMAT

The Championship shall have a total of three (3) games taking place over three (3) days. There will be two (2) teams in a "best of three series". The first team to win two (2) games will be crowned the U SPORTS Champion.



4.2 SELECTION, SEEDING, DRAW, POOLS, TRIALS AND HEATS

4.2.1 SEEDING CRITERIA (N/A)

4.2.2 SEEDING FOR 2018 (N/A)

4.3 FORMULAS AND FORMAT

Thursday	Team Practices (10am-3pm), Technical Meeting (4:30pm), Banquet (6pm)
Friday	Game 1 (6 pm)
Saturday	Game 2 (start between 1pm and 4pm) at the discretion of the host
Sunday	Game 3 – if necessary (3pm)

4.4 PROCEDURES AND PROTESTS

4.4.1 DURATION OF MATCHES

A match shall consist of a regulation time of four periods of 15 minutes each, separated by an interval of 2 minute. The halftime duration will be 7.5 minutes. The score at the end of the regulation time will be registered by the FIH as the result of the match.

4.4.2 INTERRUPTION(S) OF MATCHES

Prior to the beginning of the match, the Tournament Technical Director will decide if the game will start. If the game is already underway, the Umpires decide to interrupt a match (e.g. because of pitch conditions or atmospheric conditions) that match shall be resumed as soon as possible, not necessarily on the same pitch, under the following conditions:

1. The match must be completed up to the agreed full time; the score on the resumption being the one standing at the time the interruption took place;
2. On resumption, the same players of both teams on the pitch at the time the game was stopped shall re-start in accordance with the technical regulations.

4.4.3 FAILURE TO PLAY

During the round robin matches, a team refusing to play or to complete a match on its program shall be considered as scratching from the competition. If a team scratches from competition, all matches it had played up until then shall be considered void, not only by the team scratching, but also by all teams it had played. The classification of teams shall be corrected accordingly.

4.4.4 ADMISSION ON TO THE FIELD OF PLAY



No one, except the players and the umpires properly engaged in a given match may enter the field of play during the match, unless she/he is invited to do so by an umpire or has obtained prior authorization from an umpire. This rule is compulsory even in the event of an injury to a player or to an umpire.

In such an event, only the registered team medical doctor and physiotherapist will be authorized by the umpires to come onto the pitch to assist and/or remove any incapacitated player of their team. In the event of a team not having one or both of these persons registered on the entry form and sitting on the bench from the start of the match, then the team representative will be responsible for nominating which two persons sitting on the bench will enter the pitch, but such nominations shall not include the coach of the team.

4.4.5 PROTESTS

If a team wishes to lodge a protest at the end of the game, its team representative must do so in writing and submit the protest to the Judge/Technical Delegate on duty, within fifteen (15) minutes of the end of the game, having declared her/his intention to do so above her/his signature on the game sheet.

The team representative shall then have a further fifteen (15) minutes to remit to the same Judge/Technical Delegate on duty, a deposit of \$40.00. If she/he fails to do so, the protest shall be considered void. This protest deposit shall be refunded unless the protest is deemed a futile one by the Championship Management Committee. The Host institution keeps any moneys received from protests.

The Championship Management Committee shall normally make its decision within one hour of the end of the final game of the day. This decision shall be final.

4.5 SCHEDULES OR ORDER OF EVENTS

Wednesday – Teams arrive
Thursday – Team practices, technical meeting, awards event
Friday – Game 1
Saturday – Game 2
Sunday – Game 3 (if necessary)

LIGHTS

For any games that have the potential of going into darkness, the lights shall be turned on prior to the warm-up to the game.



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4.6 GAME TIMES

See 4.3

4.7 PRACTICE TIMES / WARM-UPS

Teams will be given one 2hr block of practice time with 10 minutes for watering the pitch prior to its start.

Host ~ 10 am – 12pm
Visiting ~ 1pm – 3pm

4.8 OVERTIME AND TIME-OUTS (N/A)

4.9 TIE-BREAKING (N/A)

4.10 SCORING AND STANDARDS

4.10.1 CLASSIFICATION

Each individual game shall be played through to a final result. A tie in score at the end of regulation time will result in a shoot out to decide a winner. There will be no “golden goal” periods played. Shoot out procedure will take place as per FIH regulations.

4.10.2 TIME KEEPING:

Time keeping will be ensured by the Judge/Technical Delegate of each match whose responsibility it will be to signal the end of the regulation time, at the end of the each period and at the end of the match (including extra periods if any).

4.10.3 SCORE KEEPING

Score keeping will be the responsibility of the Judge/Technical Delegate of each match. The goal scorer and the time of each goal must be recorded.

4.10.4 TIE BREAKING PROCEDURES IN POOL PLAY
NA

4.11 RECORDS AND STATISTICS (N/A)



5. EQUIPMENT AND FACILITY

5.1 BALL

The Host institution for the U SPORTS/FHC Championship will use white, FIH approved competition hockey balls.

5.2 RECORDING

5.2.1 FIRST ROUND OPPONENT (N/A)

5.2.2 HOST REQUIREMENT

It is recommended that the host institution install a video tower for the U SPORTS/FHC Championship.

5.3 UNIFORMS

5.3.1 U SPORTS reserves the right to require participants in a U SPORTS Championship to wear a U SPORTS logo and/or a corporate logo on their uniforms. These logos will be provided to each team in advance of the championship. The placement of logos will be prescribed by U SPORTS and may include jerseys, helmets, bibs, caps, etc.

5.3.2 Player uniforms must be numbered, the numbers to be six inches high on the player's backs. Goalkeeper's uniforms must be numbered on the front as well as the back.

5.4 BIBS, SOCKS, SHIRT COLOR, TIGHTS AND TOWELS

Coaches shall mutually agree, immediately prior to the championship, on color of socks and shirts to be worn by each team throughout the championship. Each team shall have two different sets of shirts and of knee length stockings, one light pair and one dark pair. If a long sleeve shirt is worn under a light-colored short sleeve, then it must be light in color. If a long sleeve shirt is worn under a dark-colored short sleeve shirt, then it must be dark in color. No shorts are to be obvious under the playing kilt when a player stands or generally plays the ball with the exception of compression and/or core shorts. Goalkeepers must wear a shirt of a different color to both teams. Black should be avoided during night games where possible.

In the case where an individual athlete or members of the team wear tights, all team members need to be in the same colour of tights. Compression/core shorts are an exception.

5.5 HEAD GEAR AND HELMETS



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Caps with hard peaks are not permitted.

5.6 CAPTAIN'S IDENTIFICATION

The captains of each team shall be identified by wearing a captain's band.

5.7 DEPTH CHARTS (N/A)

5.8 SPOTTER PHONES (N/A)

5.9 FACILITY AND MEET REQUIREMENTS

A minimum of four ball persons shall be used for all games. Cones / Ball catching nets may be used in lieu of ball persons where appropriate.

6. RULES

6.1 The U SPORTS/FHC Championships will be played in accordance with the current regulations and policies of FIH Tournament Regulations. The Coaches Executive will confirm any new FIH rule changes to participating schools by August 1st of the playing year.

6.2 Blood stained clothing must be replaced before re-entry to the pitch. Spare sets of players clothing should be with the team involved in a match, including a shirt without a number, plus suitable material for numbering in an emergency.

7. MEETINGS

7.1 COACHES TECHNICAL MEETING

The participating coach's Technical meeting will be held on Thursday night. If the Host is holding an awards event, the meeting will be prior to the event and continued following the event if necessary.

7.2 COACHES ANNUAL MEETING

7.3 COACHES CLINIC (N/A)

7.4 MEDIA CONFERENCE

The date and time for a championship media conference is at the discretion of the Host Organizing Committee, working in consultation with the U SPORTS Office.

8. OFFICIALS



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8.1 FUNDED OFFICIALS

The championship will have a compliment of one (1) technical director, 1 OUA official, 1 CW official to be assigned by Field Hockey Canada.

8.2 ASSIGNMENT

The Tournament Technical Director shall identify the process of umpire selection for the championship game at the time of the participating coach's technical meeting.

8.3 NEUTRALITY (N/A)

8.4 QUALIFICATIONS

8.4.1 All umpires must have a Canadian or Canadian I rating where possible. If possible, all umpires must have umpired at a FHC Tournament and a minimum of four (4) Sport Conference games in that fall season. Under special consideration a FIH umpire or higher could be agreed to by the Coaches Association.

8.4.2 The rating of FHC umpires at U SPORTS/FHC Championships is subject to the approval of the U SPORTS Field Hockey Coaches Executive.

8.5 HOST RESPONSIBILITIES

Accommodations (double-occupancy) and on-site ground transportation, to be confirmed with U SPORTS.

8.6 NSO RESPONSIBILITIES

Transportation to and from the Championship, per diems and umpiring fees, to be confirmed with U SPORTS.

8.7 FEES

Official fees will be covered by Field Hockey Canada, to be confirmed with U SPORTS.

8.8 STAND BY OFFICIAL (N/A)

8.9 SELECTION PROCESS

Umpires are asked as to indicate their availability for U SPORTS and FHC tournaments. List is given to FHC. Final selections will be forwarded by FHC to the Host not later than 14 days prior to the championship.



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8.10 ON-SITE ASSIGNMENT

Participating coaches will submit a ranking of officials to the Tournament Technical Director by the end of play on Saturday. The Tournament Technical Director will compile the information and give this to the head official for consideration.

9. SEASON AND CHAMPIONSHIP AWARDS

**PLEASE REFER TO POLICY 60.20 FOR MORE DETAILS RE STANDARD CHAMPIONSHIP AWARDS.*

9.1 ALL-CANADIANS

9.1.1 Each Sport Conference shall designate an Awards Chair. The name of this individual should be sent to the Field Hockey Coaches Chair, who will then liaise with each designate to arrange the time and date of the conference call.

9.1.2 The Sport Conference Awards Chairs will determine, through their Sport Conference procedures, the top 11 ranked All-Stars in their Sport Conference.

9.1.3 The awards conference call will take place at 9:00 Pacific Time on the Tuesday of the week prior to the Championship. The U SPORTS nomination forms for these awards to be sent out by September 30th to all participating institutions and returned to the Host Organizing Committee two (2) weeks prior to the championship.

9.1.4 During the awards conference call, the Awards Chairperson, in conjunction with the Sport Conference designates, will select, out of a pool of 33 athletes (11 athletes from each of the 3 Sport Conferences), the First Team All-Canadians (11) Note: One goalkeeper will be recognized. The top 2 ranked players (total=6) from each Sport Conference will automatically be selected for the First Team All-Canadians. The remaining 5 players will be selected according to the following criteria:

1. Statistics for the year (e.g. goals, assists, goals against average);
2. Overall impact on the game.
3. Importance to their university team; and
4. Team leadership qualities.

9.1.5 All Sport Conference awards chairpersons (or designates) should be familiar with the background of the top 11 ranked All-Stars.

9.1.6 The representatives on the All-Canadian (and major awards) conference call will receive from each Sport Conference representatives a rank order sheet of Sport Conference All-Stars and their points received in the voting. This is in addition to the biographical information already required.

9.2 PLAYER OF THE YEAR AWARD (LIZ HOFFMAN AWARD)

9.2.1 Sport Conference MVP: The Sport Conference Player of the Year will be selected by the Sport Conferences coaches, according to the following procedures:



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1. Each coach will rank order the nominees.
 2. A nominee will receive reverse order points based on the rankings of each coach. E.g.: If there are five nominees and five coaches voting, a player who is ranked number 1 will received 5 points for that position, 4 points if she is ranked second, 3 points if she is ranked third, 2 points if she is ranked fourth, and 1 point if she is ranked fifth. If there is a tie for positions 1 and 2 at the conclusion of the voting, coaches will re-vote for positions 1 and 2 using a similar procedure. The player with the greatest number of points at the conclusion of voting will be named that Sport Conference Player of the Year and shall be nominee for the U SPORTS Elizabeth Hoffman Player of the Year Award.
- 9.2.2 U SPORTS Winner: The names of the three Sport Conference's Players of the Year plus additional biographical information shall be forwarded to the U SPORTS Awards Committee. During the conference call to determine the All-Canadians, voting shall take place to determine the U SPORTS Player of the year according to the following procedure:
1. Each of the three voters shall rank order the three nominees with points awarded as outlined above.
 2. The player with the most points shall be the winner.
 3. If there is a tie for first and second place, the third ranked nominee shall be removed from the ballot and the three members of the Awards Committee shall repeat the procedure for the remaining two candidates.

9.3 ROOKIE OF THE YEAR (JOYCE SLIPP AWARD)

- 9.3.1 Should a rookie player be selected to the All-Canadian Selection, she will automatically be selected as Rookie of the Year. In the event that there are 2 such players, the award will go to the highest ranked of the eligible rookie. If there is no rookie selected, the following procedure will apply:
- 9.3.2 Each Sport Conference is responsible for submitting a nomination for the Rookie of the Year. Sport Conference Chairpersons would be responsible for bringing this name forward to the Awards Committee.

Conference Call:

Based on the following criteria, the selection for the Rookie of the Year would take place during the Awards Conference Call.

1. Nominees must be under the age of 21 as of September 1st and be in their 1st year of U SPORTS eligibility.
2. Statistics for the year (goals, goals against);
3. Overall impact on the game.
4. Importance to their university team; and
5. Team leadership qualities.
6. To win the National award the athlete must have won the rookie of the year award in their Sport Conference, if such an award exists.



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**9.4 STUDENT-ATHLETE COMMUNITY SERVICE OUTSTANDING CONTRIBUTOR
AWARD (GAIL WILSON AWARD)**

9.4.1 Awarded to the player who is selected by her teammates for best exemplifying the following characteristics:

1. A person of exceptional human qualities who puts the needs of her team and her teammates first and who consistently demonstrates respect, kindness, and concern for others.
2. A player who continually demonstrates dedication, commitment, and loyalty to her university field hockey team both on and off the playing field.

9.4.2 Criteria

1. A player who, through example, both on and off the field, is an inspiration to her teammates in their pursuit of excellence in field hockey, in academics, and in their personal lives;
2. A player whose leadership and performance has been instrumental in the overall performance of her team;
3. A player who exemplifies the conduct and decorum expected of U SPORTS field hockey student-athletes.

9.4.3 Selection Process

1. Team Nominees:

The team members of each team within each Sport Conference will determine their team Outstanding Contributor. The names of these individuals will go forward, using a form provided annually by the Awards Chair, to determine the Sport Conference's Outstanding Contributor. It is recommended that the names of the team Outstanding Contributors be announced at the Awards Ceremony at the conclusion of conference play.

2. Sport Conference:

The Sport Conference Outstanding Contributor will be selected from the team Outstanding Contributors, by the Sport Conferences coaches, according to the following procedure:

1. Each coach will rank order the nominees.
2. A nominee will receive reverse order points based on the rankings of each coach e.g. if there are five nominees and five coaches voting, a player who is ranked number 1 will receive 5 points for that position, 4 points if she is ranked second, 3 points if she is ranked third, 2 points if she is ranked fourth, and 1 point if she is ranked fifth. If there is a tie for positions 1 and 2 at the conclusion of the voting, coaches will re-vote for positions 1 and 2 using a similar procedure.
3. The player with the greatest number of points at the conclusion of voting will be named the Sport Conference's Outstanding Contributor and shall be a nominee for the U SPORTS Outstanding Contributor Award.



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3. U SPORTS Award Winner:

The names of the three Sport Conference's Outstanding Contributors plus additional biographical information shall be forwarded to the U SPORTS Awards Committee during the conference call to determine the All-Canadians, voting shall take place to determine the U SPORTS Outstanding Contributor according to the following procedure:

1. Each of the three voters shall rank order the three nominees with points awarded as follows: 3 points for 1st place. 2 points for 2nd place, 1 point for 3rd place.
2. The player with the most points shall be the winner.
3. If there is a tie for the first and second position, the third ranked nominee shall be removed from the ballot and the three members of the Awards Committee shall repeat the procedure for the remaining two candidates. 3 points for 1st place; 2 points for 2nd place.

9.5 COACH OF THE YEAR (MARINA VAN DER MERWE AWARD)

9.5.1 Same process as for All-Canadian selections.

9.5.2 The Coach of the Year Award will be selected using the following criteria:

1. Demonstrated a proven capacity throughout the season to improve competitive performance.
2. Presents a positive public image of coaching and the role of the coach.
3. Participates regularly in the National Coaching Certification Program.
4. Demonstrated concern for the all-round development of their athletes;
5. Showed respect for officials, opponents, parents, and espoused a philosophy of fair play.
6. Actively involved in coaching development.
7. Actively pursuing professional development; and
8. To win the National award the coach must have won the coach of the year award in their Sport Conference, if such an award exists.

9.5.3 Each Sport Conference shall submit a biography of their nominee. The Awards Chairperson will then poll the membership by email or fax on Monday and Tuesday prior to the U SPORTS Championship. All Sport Conference Awards Chairpersons (or designates) should be familiar with the background of their Coach of the Year nominations.

9.6 COACHING SERVICE AWARD

9.6.1 Presented by the Coaches Association.

9.6.2 Presented to coaches with 10 years (or more) of service.

9.7 OFFICIAL OF THE YEAR AWARD



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- 9.7.1 Presented by the Coaches Association.
- 9.7.2 Each Sport Conference will nominate an official to go forward to the Awards Chair.
- 9.7.3 Must have umpired at least 4 league games and have a minimum requirement of Regional Level certification.

9.8 CHAMPIONSHIP TROPHY (MCCRAE CUP) & U SPORTS PENNANT

Presented to the U SPORTS Champion.

9.9 CHAMPIONSHIP MEDALS

Presented to top two teams in the championship.

9.10 CHAMPIONSHIP MVP

- 9.10.1. Coaches in attendance at the Championship- including the participating teams, will vote for the MVP after the FINAL game.

9.11 CHAMPIONSHIP ALL-STAR TEAM (N/A)

9.12 CHAMPIONSHIP FAIR PLAY AWARD (R.W. PUGH)

The Host Committee shall ensure that those working at the Technical table select this award.

10. COMMITTEES

10.1 CHAMPIONSHIP MANAGEMENT COMMITTEE

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee at the championship. The Management Committee shall apply U SPORTS Rules. The Management Committee may not, nor may any member, make an exception to any U SPORTS Rule or to a sanction imposed by U SPORTS. The Management Committee has no jurisdiction to consider or interpret U SPORTS Eligibility Regulations.

Composition of the Management Committee shall be:

1. Convenor of Championship - non-voting chair;
2. U SPORTS Delegate;
3. Tournament Technical Director;
4. President of the Coaches Executive, or designate.

A quorum shall require all of the four members, or their replacement.



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If a member of the Management Committee was involved, directly or indirectly, in a decision or an interpretation of a U SPORTS Rule that is being appealed/protested to the Management Committee that member shall be excused from the Management Committee. In this event, the remaining members of the Management Committee have the authority to appoint as a replacement for the excused member an individual who is independent, unbiased and uninvolved in the matter in dispute. The decision regarding whether a member of the Management Committee should be excused and replaced lies solely with the Management Committee.

Notwithstanding the procedures described in U SPORTS policy 90.70.4.1.1 (see below), the Championship Management Committee shall have the power and jurisdiction to take interim on-the-spot measures to address minor code of conduct issues (inappropriate or unsportsmanlike conduct that is not criminal in nature) that arise at U SPORTS Championships, in a timely fashion. The record of the incident, including the interim measures taken to address it shall be copied to the Athletic Director(s) of the affected school(s), and the U SPORTS office and Discipline Committee.

It is the expectation of U SPORTS that persons representing Member institutions, and/or U SPORTS, at U SPORTS Championships will behave responsibly, and with propriety, and in accordance with the laws of the land.

90.70.4.1.1 Procedures Regarding Misconduct

Where misconduct occurs at a U SPORTS Championship (including traveling to and from the event, practice days and competition days), the Chief Executive Officer, assisted by the event Convener, shall:

1. Investigate the particulars of the incident that gave rise to the misconduct.
2. Determine the amount and type of damage to property or injury to persons.
3. Identify the persons and institutions responsible for the incident; and
4. Summarize this information in a written report.

The Chief Executive Officer shall provide a copy of the written report to the President, who may bring a complaint in accordance with U SPORTS Policy 90.40 - Discipline. A copy of the written report shall be provided to the Directors of Athletics of the institutions involved.

10.2 JURY OF APPEAL (N/A)

10.3 DELEGATES

The Tournament Technical Director (individual responsible for coordinating all technical matters) and Judges (time-keepers, statistician, should be at least three on duty for each game) will be appointed by the Host convener. The Tournament Technical Director of each



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game has the authority to suspend any member of the team party for misbehaving during or after the match of the competition.

TECHNICAL TABLE

The Tournament Technical Director and Judges shall be present at each game and shall oversee all technical matters of the game.