



AUGUST 2023

PLAYING REGULATIONS – WOMEN'S FIELD HOCKEY

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1. COMPETITION

1.1. CHAMPIONSHIP FORMAT

The U SPORTS Women's Field Hockey 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 Women's Field Hockey Champion.

1.2. TEAMS

The participating teams for the **2023** Championship will be as follows:

- **OUA Champion (Host)**
- CW Champion

1.3. SEEDING AND DRAW (N/A)

1.4. PROCEDURES AND PROTESTS

If a team wishes to lodge a protest at the end of the game, its team representative must:

- Declare the intention to do so immediately in writing directly below their signature when signing the Match Report
- Produce in addition, in writing the grounds of the protest and submit the protest to the Technical Official or Technical Delegate on duty, within fifteen (15) minutes of the end of the game
- Provide a deposit of \$40.00 within an additional fifteen (15) minutes.

If the team representative fails to do any of these, 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.

A protest from a decision of an Umpire or Technical Official during a match or shoot-out competition may not be made to or considered by the Technical Delegate.

A team may protest about any decision of the Technical Delegate under the regulations or application of the U SPORTS and/or FIH Regulations.

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.



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1.4.1. 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.

1.4.2. 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, regulations related to the substitution of players shall apply as though there had been no interruption to the match.

1.4.3. 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.

1.4.4. 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.

The Host Organization must provide a trainer (physiotherapist/athletic therapist) on site and ice for the duration of the event.

In such an event, only the registered team medical doctor and physiotherapist/athletic therapist 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 **the Host Organization's onsite trainer shall enter the pitch to assist and remove the incapacitated player.**



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1.5. SCHEDULES OR ORDER OF EVENTS

The final schedule is at the discretion of the Host Committee working in consultation with the U SPORTS Office.

Wednesday – Teams arrive

Thursday – Team practices, technical meeting, awards event

Friday – Game 1

Saturday – Game 2

Sunday – Game 3 (if necessary)

1.6. GAME TIMES

U SPORTS Office and the Host Organizing Committee are to determine game start times based on facility availability and broadcast/television requirements.

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 **10 minutes**.

1.7. 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

1.8. OVERTIME, TIMEOUTS & TIE-BREAKING

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 shootout to decide a winner. There will be no “golden goal” periods played. Shoot out procedure will take place as per FIH regulations (**Appendix 12**).

1.9. SCORING AND STANDARDS

1.9.1. TIME KEEPING

Time keeping is controlled by the Technical Official on duty. They are responsible for signaling the end of each period. If a match, however, is prolonged at the end of a period to allow for the completion of a penalty



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corner as specified in the Rules of Hockey, the umpires will signal the end of that quarter.

1.9.2. SCORE KEEPING

Score keeping will be the responsibility of the **Technical Official on duty**. The goal scorer, **type of goal** and the time of each goal must be recorded.

1.10. RECORDS AND STATISTICS (N/A)

2. CHAMPIONSHIP ROSTER

2.1. Each championship team can declare and dress up to eighteen (18) players of whom 2 must be goalkeepers, from their most recently submitted U SPORTS Eligibility Form at the Pre-Championship technical meeting. **If a team chooses to not include a second goalkeeper in the 18 players, they are limited to using 16 players for the duration of the event. If one of the goalkeepers becomes injured or is suspended during the event, that team can continue to use 17 players including only 1 goalkeeper.** No changes/additions can be made to this list once submitted.

2.2. The Host Organizing Committee will supply a form to each Head Coach for each game, with a list of the already declared eighteen (18) players.

2.3. GAME DAY ROSTERS

2.3.1. Coaches must declare their starting athletes and the **four (4) bench staff** to the Host Organizing Committee 60 minutes prior to start of game.

2.3.2. The Host Organizing Committee will complete the game sheet for both teams at the end of warm-up OR no less than 10 minutes prior to the start of the game (whichever comes first). The Head coach must sign off on the final game sheet.

2.3.3. The team representative must sign off on the final game sheet at the end of the match.

3. TEAM BENCH

A team can have a maximum of 22 team members (maximum 18 athletes and four (4) team staff) in the team bench area for the duration of the match. The 4 declared team staff cannot be changed once declared prior to the match.

The team representative (manger) for the match must identify themselves and be seated on the end of the bench closest to the technical table during the match.



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The bench area is restricted to the official championship roster. No other personnel will 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 22 is considered a spectator and will sit in the stands.

3.1. TEAM DESIGNATION

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

3.2. INDIVIDUAL ELIGIBILITY(N/A)

3.3. INDIVIDUAL ENTRIES (N/A)

3.4. INDIVIDUAL RANKINGS (N/A)

3.5. TEAM ENTRIES (N/A)

3.6. TEAM RANKINGS (N/A)

4. EQUIPMENT AND FACILITY

4.1. BALL

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

4.2. RECORDING OF GAMES

4.2.1. GAME FILM

4.2.1.1. FIRST ROUND OPPONENT (N/A)

4.2.1.2. HOST REQUIREMENT

The Host must record all games at the U SPORTS National Championship and provide the recordings to each participating team and the assigned Technical Delegate at the conclusion of each match and no later than 90 minutes after the final whistle.

4.3. UNIFORMS

Teams must travel to the Championship with two sets of jerseys **and socks**: one light set and one dark set.



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Goalkeeper and player jerseys must be shown at the pre-championship technical meeting.

4.3.1. U SPORTS LOGO

U SPORTS reserve the right to require participants in a U SPORTS Championship to wear a U SPORTS logo on their uniforms. These logos will be provided to each team in advance of the championship. The logo must be placed on the top, right chest area of each uniform.

4.3.2. CORPORATE LOGOS

Should any team have a corporate logo on their jersey, they must send a photo to the U SPORTS Office (Director of Sport) prior to the conclusion of their conference playoffs for approval by the CEO. Teams who do not provide this will not be approved to wear corporate logos on their uniforms and must remove / cover prior to competition.

4.3.3. NUMBERING

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.

A player cannot wear the same number as another player on the same team.

4.4. SHORTS, SOCKS, BRACES, EQUIPMENT & DRESS CODE

- 1. The Technical Delegate will assign uniform colours for each game during the technical meeting. Each team shall carry two different sets of uniforms to each match in case of any unforeseen colour conflicts.**
2. 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.
3. No shorts are to be obvious under the playing skirt when a player stands or generally plays the ball with the exception of compression and/or core shorts.
4. Goalkeepers must wear a shirt of a different color to both teams. Black should be avoided during night games where possible.



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5. 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. **Tights must be worn under shin guards and socks.**

4.5. HEAD GEAR AND HELMETS

Caps with hard peaks are not permitted.

4.6. CAPTAINS IDENTIFICATION

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

4.7. DEPTH CHARTS (N/A)

4.8. SPOTTER PHONES (N/A)

4.9. FACILITY REQUIREMENTS

- 4.9.1. Wherever possible, the U SPORTS Championship shall be played on **water based or artificial turf.**

- 4.9.2. Wherever possible, football goal posts should be completely removed so as not to be visible in the vicinity of the field of play, or at the very least, they be removed if they interfere with the field of play.

- 4.9.3. Music can only be played before the games and a half time for all games at the Championship.

- 4.9.4. Five (5) balls will be used at the Championship. 4 ball people will be used to assist with keeping the ball in play (2 per sideline). Cones may be used in lieu of ball persons where appropriate. **The Host Organization must declare this at the pre-championship technical meeting with the visiting team's approval.**

5. RULES

The U SPORTS Championship will be played following FIH General Tournament Regulations Outdoor Competitions (May 2022) and the FIH Rules of Hockey (effective from January 1, 2022).

6. MEETINGS

6.1. TECHNICAL MEETING



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A Technical meeting will be held in person prior to the first game at a U SPORTS National Championship. Time of the meeting is at the discretion of the Host Organizing Committee.

The Head Coach from each participating team, the Technical Director, the U SPORTS Delegate, and members of the Host Committee must attend this meeting.

Note: A representative of the Official Broadcaster may be in attendance.

6.2. COACHES MEETING (N/A)

7. COMMERCIAL

7.1. MEDIA CONFERENCE

The date and time for a U SPORTS National Championship media conference is determined by U SPORTS and the Host Organizing Committee.

8. OFFICIALS

8.1. FUNDED OFFICIALS

The Championship will have a compliment of one (1) technical director, **one (1) technical director and two (2) OUA officials**, all to be assigned by Field Hockey Canada.

8.2. OFFICIALS ASSIGNMENT (N/A)

8.3. QUALIFICATIONS OF OFFICIALS

All umpires must have a Canadian or **Regional certification** where possible. If possible, all umpires must have umpired at a FHC Tournament or **FIH Event in 2022-2023** and a minimum of four (4) Sport Conference games in that fall season.

8.4. HOST RESPONSIBILITIES

Both teams are responsible for booking and paying for their own accommodations, meals and transportation as needed. The Host is responsible for working with the visiting team, if requested, to secure accommodation and onsite ground transportation.

8.5. NSO RESPONSIBILITIES



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To arrange and cover the cost of travel, accommodation, per diems and game fees for the technical director and officials.

8.6. FEES

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

8.7. SELECTION PROCESS

OUA Umpires will be asked to indicate their availability for U SPORTS Championship 6 weeks before the event. The FHC Officials Committee will make the final appointments and appointees will be forwarded to the Host once determined.

8.8. ON-SITE OFFICIALS ASSIGNMENT (N/A)

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 on the Tuesday of the week prior to the Championship. The U SPORTS nomination must be returned to U SPORTS and 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 22 athletes (11 athletes from each of the 2 Sport Conferences), the First Team All-Canadians (11)
Note: One goalkeeper will be recognized. The top 2 ranked players (total=4) from each Sport Conference will automatically be selected for the First Team All-Canadians. The remaining 7 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



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4. Team leadership qualities.

9.2. OUTSTANDING PLAYER OF THE YEAR (LIZ HOFFMAN AWARD)

9.2.1. Sport Conference MVP: The Sport Conference Player of the Year will be selected by the Sport Conference Coaches.

9.2.2. U SPORTS Winner: The names of the two (2) Sport Conference Player's of the Year shall be forwarded to U SPORTS.

- a. Each voter shall rank the two nominees
- b. The player with the most 1st place votes shall be the winner.

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:

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.

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

9.4. STUDENT-ATHLETE COMMUNITY SERVICE AWARD (GAIL WILSON AWARD)

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

- 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.
- A player who continually demonstrates dedication, commitment, and loyalty to her university field hockey team both on and off the playing field.



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9.4.2. CRITERIA

- 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;
- A player whose leadership and performance has been instrumental in the overall performance of her team;
- A player who exemplifies the conduct and decorum expected of U SPORTS field hockey student-athletes.

9.4.3. SELECTION PROCESS

U SPORTS Award Winner: The names of the two Sport Conference's winners 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 award winners according to the following procedure:

1. Each voter shall rank the two nominees
2. The player with the most 1st place votes shall be the winner.

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.

9.6. COACHING SERVICE AWARD

9.6.1. Presented by the Coaches Association.

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



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9.7. OFFICIAL OF THE YEAR AWARD

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 Championship Team.

9.9. CHAMPIONSHIP MEDALS

Presented to the top 2 teams in the U SPORTS Championship.

9.10. CHAMPIONSHIP MVP

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 PLAYERS OF THE GAME

9.12.1. One player from each team will be picked as the player of the game.

9.12.2. A designated committee or the Head Coaches of the participating teams will select the Player of the game for the opposing team.

9.13. FAIR PLAY AWARD (R.W. PUGH)

One player from either team shall be selected.

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

10. COMMITTEES

10.1. CHAMPIONSHIP MANAGEMENT COMMITTEE



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10.2.1 Role of the Committee

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee during the U SPORTS National 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.

10.2.2 Composition of the Management Committee shall be:

1. Championship Convener
2. U SPORTS Delegate;
3. Technical Official (or designate from officials’ group);
4. President of the Coaches Association, or designate.

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

10.2.3 Disciplinary Action

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 , the U SPORTS Championship Management Committee shall have the authority 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 and communicated with U SPORTS immediately. 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.



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10.2. JURY OF APPEAL (N/A)

10.3. DELEGATES

The Technical Director (individual responsible for coordinating all technical matters) has the authority to suspend any member of the team party for misbehaving during or after the match of the competition.

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

11. APPENDICES (N/A)