

AABHN PLAYING REGULATIONS

FIELD HOCKEY

All coaches must be familiar with the content of the AABHN Constitution.

1. **Start Date**: First Day of School
2. **Length of Season**: The first day of school in September to OFSSA (first week of November)
3. **Members per Team**: Unlimited
4. **Eligibility**

All players must meet the eligibility criteria as outlined in Article 12 in the AABHN Constitution

5. **Eligibility Lists**

a) **Submission**

A completed and correct OFSAA Hub eligibility lists must be submitted to the convenor and Athletic Coordinators one week prior to the start of the regular season for each District. The names of all potential players and coaches, and managers and/or others affiliated with a team must be included on the OFSAA Hub eligibility list. Each eligibility list is to clearly identify the head coach.

6. **League Structure**:

- a. A one day combined (D5 & D9) tournament to be held one week prior to CWOSSA.
- b. AABHN Girls' Field Hockey shall adopt the minimum time between games in accordance with OFSSA playing regulations for Girls' Field Hockey. Each school shall be allowed one team in the AABHN tournament.
- c. Suggested Tournament Schedule: Dependent on the number of teams.

7. **Playing Rules**

Rules and Officials of the International Field Hockey Federation and OFSAA shall govern play at the AABHN 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 center 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 (eg. shooting prior to the whistle).
- d. Tied Games: In the event of a tie at the end of regulation time in any playoff game:

- a. 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.
- b. 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 team scoring the most shootout goals.
- c. If the score is still tied, a “sudden” victory system will be used. Each team will 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 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 and preferred but other school uniforms are acceptable. The visible shirts/sweaters of all team members except the goalkeeper must be the same colour 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. **Finances**

- a. Those schools having entries in the regular season will split costs evenly. Fees will be paid by the Association.

10. **Awards**

- a. Team trophy awarded to the league champions.