



**YORK REGION ATHLETIC ASSOCIATION
VARSITY GIRLS' FIELD HOCKEY PLAYING REGULATIONS**



1. Season of Play: Fall Sport
2. Divisions: Varsity
3. Classification: Two tiers are offered, Tier 1 and Tier 2
4. Eligibility:
 - a) Age Division Categories

School Year: **2025-26**
Year of Birth must be no earlier than: **2006**
Date of Entry to grade 9 must be no earlier than August of: **2021**
 - b) A student/athlete must be on the team roster to be eligible to participate. The team roster must be completed on-line at 24 hours prior to the first league game.
5. Governing Rules:
 - a) The rules of the International Field Hockey Federation shall govern play with the following exceptions:
 - (i) Length of Game: two (2) twenty-five minute halves with a five (5) minute intermission;
 - (ii) 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."
 - (iii) In any game there shall be a maximum goal differential of five (5). The first time the goal differential reaches five (5), no further scoring shall be recorded and the game is over with respect to scoring. The actual game continues but no further scoring is recorded. The umpire shall be informed when the five-goal differential is reached and shall inform both coaches.
 - (iv) Any penalty strokes not taken according to the rules, shall be counted as no goal (e.g., shooting prior to the whistle).
 - (v) The Own-Goal rule will not be used.
 - (vi) Players may stop, deflect and play the ball in a controlled manner in any part of the field, but it must be below shoulder height.
 - (vii) When applying the penalty for an early break by the defence on a penalty corner rule, each team must be given one (1), warning per game before the rule is applied.
 - (viii) A green card will not result in time off the field.



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- b) The plastic type hockey ball (without seams) will be used.
- c) Sticks must have a wooden head.
- d) The Championship team from Tier 2 the previous year must automatically declare Tier 1. The team may appeal to the SAC in the case that they can show this rule will put their team in the incorrect tier.
- e) At the discretion of the Athletic Designate and the Convenor, zones will be determined based on the number of entries in Tier 1 and Tier 2. The minimum number of games shall be 4 regular season games.
- f) Playoffs:
 - i) Playoffs will be determined based on the number of teams in each league.
 - ii) Semi-Finals and Finals games will played on School Owned Artificial Turf Fields. Location of games will be determined to minimize travel for the teams involved.
 - iii) For Playoffs, games will be two (2) thirty (30) minute halves
- g) Procedure to Break Ties:
 - i) Three (3) points are awarded for a win, one (1) point for a tie and zero (0) points for a loss.
 - ii) At the end of league play:
 - 1) head to head between tied teams;
 - 2) most games won, with win percentage being used if number of games played in zones is uneven;
 - 3) fewest games lost;
 - 4) fewest goals against;
 - 5) goal differential;
 - 6) if a tie still exists a con toss will be used to break the tie.
 - iii) Playoff games ending in a tie:
 - 1) Two (2) seven and one-half (7 ½) minute halves;
 - 2) If still tied, teams play a ten (10) minute sudden death period;
 - 3) If still tied, each team will select any five (5) 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 (5) players shall have a shoot-out competition if artificial turf is available. If not, teams will take penalty strokes alternately. The first team to shoot being decided by a coin toss. The winner shall be the team scoring the most goals.
 - 4) If the score is still tied, a "sudden victory" system will be used with any five (5) 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 or during the shoot-out. Each team will alternately send one player to take a shoot-out or penalty stroke until the tie is broken. The order of shoot-out or stroking will change with each pair of shoot-outs or penalty strokes. No player may take a second shot or stroke in this series until all five (5) players selected have taken one stroke.



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5. Inclement Weather:

- a) In the event of inclement weather, games may be cancelled and rescheduled if:
 - i) the transportation company (bus) cancels the booking or
 - ii) the school principal determines that the weather is unsafe for teams to travel, or
 - iii) the host school teacher/coach, in consultation with the Athletic Designate and/or school administration, determines the playing environment to be unsafe (e.g. standing water on fields, excessive ice).
 - iv) when lightning or thunder is seen or heard in the area, play shall be suspended and participants shall seek appropriate shelter as outlined in the current OPHEA safety document. Play may be resumed once thirty (30) minutes has passed since the last observation of lightning or the sound of thunder. The decision to suspend play shall be made by the game official and/or teacher/coaches of the teams involved in the competition.

Whenever possible, it is recommended that a decision to cancel a game due to inclement weather be made by 1:00 p.m. the day of the game.

- b) Once this has happened the coach or AD of the school canceling shall:
 - i) notify the school(s) being played that they will not be able to play due to inclement weather;
 - ii) contact the YRAA office that the game is being cancelled due to inclement weather;
- c) The YRAA office will:
 - i) keep a record of cancelled games in order to ensure that they are rescheduled
 - ii) notify the referee assignor that the games are cancelled and will be rescheduled so that unnecessary travel by officials can be avoided.

6. Supervision of Teams/Individuals:

- a) All teams or individuals must have on site supervision by a member of the teaching staff or retired teacher from the school that they represent.
- b) This teacher shall be responsible to the YRAA for the conduct of his/her team and shall be the only person involved in all exchanges with officials, opposing teacher/coaches and member of school staffs.
- c) A non-teacher (community volunteer, parent, etc.) is permitted to assist in the coaching of an individual or team provided that a teacher is present and responsible.
- d) The teacher must be present on the bench for team sorts or in the immediate vicinity for all other sports.



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- e) Unless the staff member of the competing school is present, the opposing teacher/coach and/or convenor shall not allow the game to begin or an individual to compete and the competition shall be forfeited.
- f) No teacher/coach shall officiate a game involving his/her team.
- g) It is the teacher/coaches' duty to ensure the accuracy of the information provided on the game sheets compared to the team's eligibility list.

7. Costs:

The financial cost of the operation of the playoffs plus the assignor(s) fees(s) shall be shared equally by all schools participating in the league, regardless of classification (A, AA, AAA,) on a per team basis.

8. Reporting Scores:

For league games coaches are to report scores through the Sports Admin System. Login as a coach, click on the 'Games' tab, find the game you want to enter the score for then click on the yellow 'Edit' button beside the game and then enter the score beside the corresponding team.

9. Awards: Tier 1 and Tier 2

Individual medallions (18) will be presented to the first and second place teams. A pennant and team trophy will be presented to the Tier 1 championship team only.