

FIELD HOCKEY BY-LAWS

1. **Rules:**

The N.C.S.S.A.A. Field Hockey League is played under the Rules of Hockey from the International Hockey Federation and as interpreted by Field Hockey Canada.

2. **Players and Substitutions:**

- a) Each team will be allowed to dress and play any number of players per game.
- b) Substitution will be unlimited.

3. **Dress:**

- a) All players are to be dressed in school field hockey uniform.
- b) Gym shoes or soccer cleats are only allowed.
- c) All players must wear shin pads and mouth guards.
- d) Goalkeepers must wear a CSA approved helmet with face protection.

4. **Game:**

- a) The game will consist of two (2) thirty minute halves, straight time, with a five minute half time period.
- b) Play-off games will consist of two 30 minute halves straight time.

5. **Absent Umpires and Teams:**

In the event that the umpire does not appear by 4:00 p.m., every effort should be made to play the game using coaches as umpires.

6. **Playing Conditions:**

- a) Games are to stop in the event of lightning.
- b) Home team has the right to decide to cancel the game in the event of bad weather by 2:00 p.m. if the field is in bad condition. Canceling party must phone opposition team, umpiring co-ordinator and convenor. Coaches arrange rescheduling of game.

7. Play-Off:

If there is only one conference: the top four teams will qualify for the play-off.

FORMAT:

1 vs 4 at 1

2 vs 3 at 2

If there are two conferences:

the top four teams in each conference will cross over for play-off positions (east and west).

8. In the event of a tie at the end of regulation time in any playoff game:

- a) Overtime shall two 12.5 minute sudden death periods followed by penalty strokes if necessary.
- b) If still tied, five players from each team will be nominated for the penalty strokes, unless such players have been temporarily suspended at the end of the game (yellow card) or have received a red card. The first team to shoot will be decided by a coin toss. The penalty strokes will be taken alternating between players from both teams. The winner shall be the team scoring the most goals.
- c) If the score is still tied, each team will take an additional series of five strokes under the same conditions noted in 8(c) except five different players must take the strokes for each team.
- d) If the score is still tied a "sudden death" system will be used. Each team will alternately send one player to take a penalty stroke until the tie is broken. The order of stroking will change with each pair of penalty strokes. No player may take a second stroke in this series until any five players listed on the match sheet (except any under permanent suspension or temporary suspension at the end of overtime) have taken one stroke. A game cannot be decided by coin toss.

9. Complaints and Protests:

All protests must be made in writing and according to the method laid down in the Constitution of the N.C.S.S.A.A.

10. Field Facilities:

- a) Proper field facilities shall be used, for example, nets, goals, and line markings in all games.
- b) **All team participants in the N.C.S.S.A.A. league must have safe and legal Field Hockey goal posts.**