



FIELD HOCKEY

1. ELIGIBILITY

- 1.1 All players are subject to the general eligibility rules of the conference. There is no Junior/Senior division.

2. AWARDS

- 2.1 The championship team shall receive a pennant and up to 22 Gold Medallions with the finalist receiving up to 22 Silver Medallions.

3. RULES AND PROCEDURES

- 3.1 The conference follows the Canadian Women's Field Hockey Rules except in the following cases:

- Substitution is permitted at any time except within the period from the award of a penalty corner until after it has been completed ; during this period substitution is only permitted for injury to or suspension of the defending goalkeeper.
- There is no limit to the number of players who are permitted to be substituted at the same time or to the number of times any player is permitted to substitute or be substituted.
- Substitution of a player is permitted only after that player has left the field.
- Field players must leave or enter the field for substitution purposes within 3 metres of the centre-line on a side of the field agreed with the umpires.

- 3.2 Duration of Game: The games are one hour long: 2 - 30 minutes periods with a 5 minute break at half time. The umpires will be responsible for timing the game.

- 3.3 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.

- 3.4 Points:
- Three points will be awarded for a win.
 - One point will be awarded for a tie
 - Zero points will be awarded for a loss

3.5

Tie Breaking:

1. Tie Breaking: In a league game, a tie score stands as is. If the top two teams are tied for points at the end of the season, a final game will be played between these two teams. A coin toss by a school principal will be used to determine the host.
2. In the event of a tie after regulation time in a final game, seven and a half minutes extra time each way shall be played. If a tie still exists, seven and a half minutes of sudden death shall be played. If still tied, penalty strokes shall be taken to bring the game to finality. (FHC rules for penalty stroke procedures shall be used.)
 1. Any five players on the team list may be chosen to take penalty strokes unless a player has been permanently suspended at the end of the game.
 2. The captains will toss to see who strokes first. Each team will alternately send one player to take a penalty stroke until all five stokers from each team have stroked.
 3. If the score is still tied then a sudden death system of strokes will be used. The team who stroked first in the first set of strokes will stroke last.
The same five players may be used for all strokes.

4 W.O.S.S.A.A. ELIGIBILITY

- 4.1 One team will be declared eligible for W.O.S.S.A.A. based on the standings at the end of the league schedule.

5 ROTATING CONVENORSHIPS

5.1 If there is no volunteer for the convenorship, it shall be rotated based on the following schedule:

2017 - Northwestern, 2018 - Goderich, 2019 - St. Marys, 2020 - Listowel,
2021 - Mitchell, 2022 - South Huron, 2023 - St. Anne's

6 SAFETY

- Goal nets must be moved five metres ahead of existing permanent soccer nets.
- Moulded mouth guards, properly fitted must be worn by all players.
- All playing surfaces should be cut short and holes filled.

7. SCHEDULE

Note: In sports where there are six or more teams participating, league play shall be a single-game round robin format, unless any additional games beyond this are played outside of the instructional school day.

Note: SAC's, when setting schedules, need also to take into consideration the cost of their schedules.

A double round-robin schedule shall be used with the league leader at the end of the schedule being declared the champion.

8. UNIFORMS

As socks are a determining factor in the officiating of the game, the following will be the colours for each school:

LDSS - Teal

GDCI - Blue and White

SHDHS - Black

St. Marys - Red

MDHS - Blue

St. Anne's - Burgundy

NWSS - Grey