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**OFSAA GIRLS' FIELD HOCKEY CHAMPIONSHIP**

*The sole basis for the very existence of high school sport is the contribution it makes to the general educational experience of those students who participate.*

**PLAYING REGULATIONS**

**1. Events and/or Classification:**

The OFSAA Girls' Field Hockey Championship shall be conducted in an Open Classification.

**2. Championship Structure and Procedures:**

- a. The Championship Tournament shall consist of four (4) pools with four (4) teams in each pool. Each pool shall play a round robin series. The top two (2) teams in each pool shall advance to the playoffs.
- b. **Advancement to Playoffs:**
  - i. The total number of points obtained by each team determines its order of finish within the pool. Points will be awarded as follows: Win = 3; Tie = 1; Loss or Default = 0.
  - ii. The top two (2) teams in each pool will proceed to the quarter-finals.
- c. Registration materials will be given to the teacher accompanying the athletes upon receipt of the required entry materials as outlined on the OFSAA Girls' Field hockey website.
- d. The teacher-coach/supervisor must attend the coaches' meeting. If the coach is not a teacher, both the teacher-supervisor and the coach must attend.

**3. Entry:**

- a. Entries will be accepted from Association convenors or designates only.
- b. Entries must be received by the convenor by the deadline date as indicated in the coaches' information package on the OFSAA Girls Field Hockey website. Late entries will only be accepted if they can be accommodated, and an additional entry fee will be charged.
- c. Each Association may enter one (1) team in the Championship.
- d. Additional entries to be determined by the OFSAA office.
- e. Each team may register a maximum of twenty-five (25) participants, which includes players and team personnel. Only registered participants may represent the school

and/or attend Championship activities.

- f. Any suspension or disciplinary action in Association competition shall be carried forward into OFSAA competition. The Association convenor shall be responsible for reporting such student-athletes and the nature of the disciplinary action.

**4. Expenses:**

- a. Those schools having entries are responsible for arranging and financing their entry fee, their own travel, meals and accommodation for the event.
- b. All schools entering a Federation Championship shall, by signature of the school principal on the Championship Entry Form, acknowledge responsibility for making restitution for damage resulting from misconduct by their participants.

**5. Eligibility:**

**a. School/Team Eligibility:**

To represent a school in any activity coordinated by the Federation, a school/team must:

- i. Conduct a 'bona fide' high school program consisting **of** a minimum of six (6) regulation length games and/or two (2) separate tournaments during a seven-week period from September to November, under the supervision of the teacher-coach as certified by the school principal
- ii. Participate in an Association-approved league if one is held
- iii. Participate in the Association Championship or qualifying event. If neither is held, then the team must play six (6) regulation length games and/or two (2) separate tournaments
- iv. Use only eligible athletes in any competition during the school year or the school forfeits its right to participate in the OFSAA Girls' Field Hockey Championship.
- v. In accordance with Rowan's Law, have all coaches and trainers confirm in writing on the OFSAA form provided, that they have reviewed the concussion awareness resource and OFSAA Concussion Code of Conduct within the previous twelve (12) months.

**b. Individual Student Eligibility:**

To represent a school in any activity coordinated by the Federation a student must:

- i. Be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which her school belongs.
- ii. Be certified as eligible by the Principal of the school.
- iii. Meet the following age requirement: the individual's birth certificate indicates that she has not reached her 19th birthday by January 1st prior to the start of the school year in which the competition is held.
- iv. Be in Grades 9-12.

- v. Be eligible under the OFSAA Transfer Policy.
- vi. Be eligible for no more than five consecutive years from date of entry into Grade 9.
- vii. Have signed the Rules of Behaviour Policy signature form for the competition.
- viii. Have participated as a member of a bona fide high school program as outlined in (a) above and attend the majority of practices and competitions.
- ix. In accordance with Rowan's Law, confirm in writing on the OFSAA form provided, that they and their parent/guardian (if student is under 18 years of age) have reviewed the concussion awareness resource and OFSAA concussion code of conduct within the previous twelve (12) months.

**c. Sport Specific Protocol:**

- i. At the beginning of the game players and coaches shall be introduced if possible and shall line up along their respective sides of the mid-field line. They shall advance and shake hands with their opponents.
- ii. At the completion of the game players shall again shake hands with all opponents.

**6. Rules and Officials:**

- a. The rules of the International Hockey Federation (FIH) 2019 version shall govern play at the OFSAA Championship with the following exceptions:
  - i. Length of Game: two (2) thirty-minute halves with a five (5) minute intermission.
  - ii. 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.
  - iii. When applying the penalty for an early break by the defence or a fake by the injector on a penalty corner rule, each team must be given one (1), warning per game before the rule is applied.
  - iv. A dressed goal keeper must be used at all times.
- b. **Roster Limits:**

Each team may have a maximum tournament roster of twenty-two (22) players.
- c. **Tied Games:**
  - i. Tied games in pool play shall stand.
  - ii. In the event of a tie at the end of regulation time in any playoff game:
    - 1. 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. A list should be provided within two (2) minutes after the end of the match and the shoot-out or penalty strokes will proceed from then. The first team to shoot being decided by a coin

toss. The winner shall be the team scoring the most goals.

2. 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 listed on the match sheet (except any under permanent suspension or temporary suspension at the end of overtime) have taken one stroke.

Any player that is suspended by a yellow or red card during a shoot-out or penalty strokes may be replaced by any eligible player on the roster.

d. **Tie Breaking Procedures for Playoff Position:**

If in the same pool, teams have the same number of points their ranking shall be decided as follows:

i. **Two (2) teams with the same number of points:**

1. The winner of the pool match between the two (2) teams shall be awarded the higher position.
2. If the result of this match was a draw, the team having the better goal difference shall be placed higher. (A positive goal difference is always better than a negative goal difference).
3. In the event of an equal goal difference, the team having the higher goal average shall be placed higher. Goal average shall be determined by dividing (the number of "goals for") by (the number of "goals against" plus one).
4. In the event of an equal goal average, the team having the higher number of "goals for" shall be placed higher.
5. In the event of an equal number of "goals for", a shoot-out competition or penalty strokes under the same conditions as the play-offs shall be conducted until a winner is determined.

ii. **Three (3) or more teams with the same number of points:**

The last four (4) points above shall apply.

iii. **Default:**

If there is a tie in points in a pool which affects quarter-final qualifiers and if one (1) team won by default and one (1) team defeated the team which subsequently defaulted, the score for the defaulted game will be recorded as the same as the score of the game which actually took place (in favour of the team against whom the default occurred). In all other circumstances, where there is a default the score will be recorded as 1-0 in favour of the "winning" team.

- e. Coaches and team personnel 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.

Spectators must be on the opposite side of the field as the team or in the designated spectator area.

## 7. Uniforms and Equipment:

All requirements outlined in the OFSAA General Uniform Policy must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies. Incidents of non-compliance shall be forwarded to the Protest Committee for resolution.

### Sport Specific:

- a. All players must wear shin pads and mouth guards.
- b. The removal of mandatory equipment by a player during a game shall result in the following penalties:
  - i. For the first offence the player must be removed from the field for a minimum of one (1) minute. The team has the option of substituting or of playing short-handed for that one (1) minute.
  - ii. For the second offence a player shall receive a five (5) minute temporary suspension (yellow card).
  - iii. For the third offence a player shall be expelled from the game (red card).
- c. Teams must have a fully dressed goal keeper with a CSA approved helmet. If a goal keeper is injured during the game, sufficient time must be allotted to dress a replacement goalie with a complete set of goalie equipment.
- d. The goalkeeper must wear a sweater of a different colour from her own and the opposing team. Any protective equipment must be underneath the sweater.
- e. Skirts are preferred but other school uniforms are acceptable. The visible shirts/sweaters of all team members except the goalkeeper must be the same colour and a team's knee socks must be identical. All team members must be dressed in identical skirts or all team members must be dressed in identical shorts. If any additional clothing is worn under the skirts or shorts it must be identical for all team members.
- f. Players must have a clearly visible number (6" high, maximum 2-digit) on the back of their outer clothing.
- g. Teams must bring a **contrasting colour of socks and shirts or markers with numbers.** The team named first on the schedule will be required to wear a contrasting colour if there is a colour similarity.
- h. Equipment must conform to FIH regulations.

**8. Awards:**

- a. OFSAA gold, silver, bronze and antique bronze medallions (25) shall be presented to the members of the top four (4) teams in the Championship.
- b. The school represented by the Championship team shall receive an OFSAA banner to be retained by the school.

**9. Supervision:**

*A teacher is defined as a member of the Ontario College of Teachers or a holder of an Ontario Teacher's Certificate or equivalent.*

- a. For team sports ("A team consists of all athletes from the same school who qualify for Federation competition as a unit...", a teacher from the same school, or a retired teacher, as approved by the principal of the school, must accompany and be responsible for the team.
- b. For all sports, where the teacher, as indicated in (a) above, is not of the same sex as the athletes(s), and where the athlete(s) are required or might be required to stay overnight, a supervisory adult, as approved by the principal of the school, of the same sex as the athlete(s), must be present and available at the accommodation site for the duration of their stay in the accommodation.

**10. Deportment:**

- a. Definitions
  - i. A team is defined as, "All participants representing the same school at an OFSAA Championship event".
  - ii. A participant is defined as, "Anyone who has been granted proper authorization to enter a restricted area." "Restricted area" includes "those areas occupied by athletes and to which access by the general public is restricted or prohibited."
- b. Codes of Behaviour
  - i. All participants are expected to abide by the, Rules of Behaviour Policy for Participants to OFSAA Championships.
  - ii. Supervising adults are responsible for the behaviour of participants for the duration of the Championships.
  - iii. Teams are open to censure for failure of its participants to abide by the Rules of Behaviour Policy.
  - iv. All coaches are expected to adhere to the Code of Ethics Policy for Coaches to OFSAA Championships.
  - v. School personnel and coaches are expected to adhere to the Statement of Principle on Recruiting.
  - vi. Spectators are expected to adhere to the Code of Behaviour Policy for Spectators.
  - vii. All coaches are expected to adhere to the Return to Play Policy.

viii. School personnel and coaches are expected to adhere to the Policy on dispensing drugs, medication and food supplements.

c. No artificial noisemakers are permitted at OFSAA Championship events.

**11. Social:**

- a. If a social event is arranged, all team members and coaches must attend.
- b. Participants are expected to wear “dress casual” attire. No jeans, shorts, tank tops or hats are permitted.
- c. Should there be an instance of improper attire, the Competition Committee shall deal with the matter and forward a report to the OFSAA Sanctions Committee.

**12. Medical:**

Coaches shall provide all consumable medical supplies (e.g. tape, bandaids, ice packs) for their athletes.

**13. Protest Committee:**

All disputes during an OFSAA Championship/Festival shall be directed to the Protest Committee for resolution.

- a. The Protest Committee shall consist of three (3) individuals; the chairperson of the Sport Advisory Committee or designate, a tournament committee member, and one other member appointed by the Championship convenor. The Head official in some cases, may serve as a member of the Protest Committee. Members of the Protest Committee must not have any conflict of interest relevant to the incident under protest.
- b. All protests must be submitted in writing to the Championship convenor or designate, shall fully outline the incident under protest, and shall be accompanied by a \$50.00 fee (refundable if protest is upheld).
- c. A protest must be submitted within thirty (30) minutes of the completion of the game/event in which the incident under protest occurred, or within thirty minutes of the occurrence if protesting an incident outside the field of play.
- d. The following areas may not be protested at a Championship/Festival:
  - 1. Officials’ decisions
  - 2. Eligibility of transfer students
- e. Any disputes or protests re: tournament structure and procedure must be addressed no later than the coaches’ meeting.

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- f. The Protest Committee shall be the body empowered to delay/modify/cancel an event due to unforeseen circumstances (e.g. weather conditions) at the site(s).
- g. Decisions of the Protest Committee shall be final.

A report of all appeals and decisions shall be forwarded to the OFSAA Sanctions Committee, who may determine that additional sanctions are necessary.



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**SPORT SPECIFIC DIRECTIVES**

**1. Championship Structure and Procedure:**

- a. The Championship Tournament shall consist of four (4) pools with four (4) teams in each pool. Each pool shall play a round robin series. The top two (2) teams in each pool shall advance to the playoffs.
- b. Convenors, whenever possible, should ensure that all participating teams are rotated throughout all Championship sites during the preliminary rounds of competition.
- c. A team shall play a maximum of two (2) games in one day and be entitled to two and one-half (2.5) hours between the end of one game and the start of the next game

**Girls' Field Hockey 16 Team Tournament Draw:**

Pool A	Pool B	Pool C	Pool D
A1 (1)	B1 (2)	C1 (3)	D1 (4)
A2 (8)	B2 (7)	C2 (6)	D2 (5)
A3	B3	C3	D3
A4	B4	C4	D4

**Day 1**

Time	Field 1	Field 2	Field 3	Field 4
	D1 vs D4	D2 vs D3	C1 vs C4	C2 vs C3
	B1 vs B4	B2 vs B3	A1 vs A4	A2 vs A3
	C1 vs C3	C2 vs C4	D1 vs D3	D2 vs D4
	A2 vs A4	A1 vs A3	B2 vs B4	B1 vs B3

**Day 2**

Time	Field 1	Field 2	Field 3	Field 4
	B1 vs B2	B3 vs B4	A1 vs A2	A3 vs A4
	C3 vs C4	C1 vs C2	D3 vs D4	D1 vs D2

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Quarter Finals	Q1: 1 <sup>st</sup> A vs 2 <sup>nd</sup> B	Q2: 1 <sup>st</sup> D vs 2 <sup>nd</sup> C	Q3: 1 <sup>st</sup> B vs 2 <sup>nd</sup> A	Q4: 1 <sup>st</sup> C vs 2 <sup>nd</sup> D
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**Day 3**

Time	Field 1	Field 2
Semi Finals	S1: Winner Q1 vs Winner Q2	S2: Winner Q3 vs Winner Q4
Bronze Medal	Loser S1 vs Loser S2	
Gold Medal	Winner S1 vs Winner S2	

**2. Seeding:**

- a. The top half of the field shall be seeded. The remaining un-seeded teams shall be assigned a position by random draw.
- b. Teams from the same Association shall **not** be placed in the same pool. An attempt shall also be made to ensure that an Association is not faced with the same opposition from year to year.
- c. The following criteria will be considered to determine a team's seed position - Overall Record, League Record, Common Opponents, Strength of Schedule, Previous Association Results, Association Strength, Strength of Roster, Coach assessment of appropriate seed.
- d. The convenor shall choose a committee for the purpose of seeding teams in consultation with the OFSAA liaison responsible for the event. Final approval shall be given by the OFSAA office and the Chairperson of the Sport Advisory Committee before publishing the final seeding order.

**3. Officials:**

- a. The convenor shall be responsible for obtaining certified officials for the tournament.
- b. The head official must attend the coaches' meeting, and is encouraged to hold an officials' meeting prior to the start of the first game, when possible. Otherwise the head official is responsible for communicating the information to all officials participating.

4. **Medical:**

- a. Qualified first aid personnel, sports therapist(s) or independent medical personnel and equipment must be readily available at all the Championship site(s).

***All Federation Championships/Festivals are non-smoking and non-vaping events.  
This includes the use of all tobacco and vaping related products.***

***Participants must obey the Ministry of Education's Code of Conduct.***

September 2025