

Spring Hockey League (SHL)

Total Field Hockey Ltd.

Kerrisdale PO Box 18129 Vancouver BC V6M 4L3

Tel: 604.730.2725 Fax: 604.730.5712

Email: info@totalfieldhockey.com

Spring Field Hockey – A Brief History

There was no organized competitive or social hockey for either female or male senior players during the spring time – the best time of year to get outside and play field hockey – until last year when we ran the inaugural Spring Hockey League. Total Field Hockey will continue to organize the Seven A-Side (7 vs. 7) Spring Hockey League (SHL) with three divisions: (1) Men's Competitive Division, (2) Women's Division and (3) Mixed Social Division.

Spring Hockey League – What Is It?

Total Field Hockey's Spring Hockey League (SHL) will be a Seven A-Side hockey league that follows the widely popular Rugby Seven's model that has also been previously used in field hockey. A similar league is also in place at the University of Western Australia in Perth. The SHL would be played on ½ a field, 7v7 with modified rules.

Divisions (each division will have four teams comprised of a min 9 players and max 11 players)

1. Men's Competitive Division (Minimum age of 16)

Players are to submit their completed registration form along with credit card payment to enter the *draft*. Team captains will pick teams

2. Women's Division & Mixed Social Division (No Minimum Age)

Players can organize their own team for this Division *or* they can apply as an individual and submit their completed registration form along with credit card payment to enter the league. Individual registrations will be grouped to make up their own team.

*You are not allowed to play on multiple teams in the same division.

i. You are permitted to play in two different divisions.

LEAGUE VENUE & COMPETITION SCHEDULE:

All matches will be played at Wright Field UBC on Sunday afternoons. Teams must be able to play one match per week on any of the below times (schedule will be posted by April 25th)

May 1, 8, 15, 29, June 5, 12 between 2:00 and 7:00pm (exact times to be confirmed)

REGISTER EARLY: Men's Competitive Draft will be held on April 24th – Registration must be received by the 20th. Social Team will be finalized on April 24th.

REGISTRATION FEE: Individual registration Fee is \$89/person.

Team registration (Women's Division & Mixed Social Division) is \$949 (save \$30 based on 11 players) or register individually at \$89/person

SHL Individual Registration Form

DIVISION – Please Mark each section you wish to play on with ‘X’.

Competitive Men Division { } Women’s Division { } Mixed Social Division { }

I am interested in being a Team Captain: _____(appointed) FHBC ID: _____

First Name: _____ Last Name: _____

Date of Birth: Day ___ Month ___ Year _____ Position Played: _____

Mailing Address: _____ City: _____ Postal Code _____

Email Address: _____ Phone Number: _____

Playing History (Clubs, Teams, Division etc.): _____

Shirt Size (Adult Sizes): _____

ENTRY FEE: Please charge my credit card \$89

(You receive 2 games/week for a total of 12 games & a team shirt & socks)

Card Number:

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Expire Date:

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Each participant must read and sign the Participant Acknowledgment, Wavier and Release of Liability & Spring Hockey League Athletes Code of Conduct prior to participating in the Spring Hockey League

Fax to Completed Registration 604.730.5712 or Email to info@totalfieldhockey.com Payment must accompany Registration

By registering you are not guaranteed to be placed on a team. Captains will draft their team (Competitive) or you might be placed on a team (Mixed Social) if space is available. If we are unable to place you on a team we will fully refund your credit card.

**BY SIGNING THIS DOCUMENT, YOU WILL WAIVE CERTAIN LEGAL RIGHTS INCLUDING THE RIGHT
TO SUE
PLEASE READ CAREFULLY**

**Participant Acknowledgment, Waiver and Release of Liability &
Athletes Code of Conduct**

Each participant must read and sign the following waiver prior to their participating in the League or Tournament.

Although this program will be operated in a safe and responsible manner, I/we acknowledge and fully understand that each participant in this program will be engaging in activities that involve a degree of risk of injury, or disability. In consideration of my involvement and being permitted to participate in this program, I/we assume full responsibility for the risk of injury, or disability, and hereby release and hold harmless the Hockey League or Tournament, Total Field Hockey Ltd., their respective officers, directors, employees, coaches, agents and volunteers (collectively "TFH") with respect to any and all injury, disability, or loss or damage to person or property, whether arising from the negligence of TFH or otherwise, including damages, medical or dental expenses incurred as a result of my/our child's participation in the program.

The actions of the players are a reflection of themselves, their team, and their community. An athlete involvement in the Hockey League or Tournament provides opportunities and experiences that are important to the development of players. However, athletes must remember that their participation in the Total Field Hockey League or Tournament is a privilege, not a right.

1. Athletes Shall
 - a. Control their temper at all times ('stick-work' and 'mouthing off' can spoil the game for everyone)
 - b. Do your best to be a true team player
 - c. Remember that winning isn't everything – that having fun, improving skills, making friends and doing my best are also extremely important
 - d. Treat Everyone with Respect
 - i. Treat Team-mates, coaches, opponents, event organizers and spectators with respect
 - ii. Respect and accept with dignity the decision of officials
 - iii. Be generous in winning and graceful in losing
2. Exercise Self-Control at all times
 - a. Refrain from the use of foul or profane language.
 - b. Refrain from the use of physical force outside of the rules of the game.
 - c. Play Fair.
 - d. Play within the rules and the spirit of the rules of the game at all times.
 - e. Serious injuries can occur if players do not exercise due care and attention.
 - f. The game cannot be played without umpires.
 - g. Before, during and after a game I will not threaten, abuse or harass anyone, including other players, coaches, umpires or spectators, whether physically or verbally, and I will not trash talk.
 - h. I will never hit the ball or swing or raise my stick in a manner that might intimidate or injure another player, or force another player to take evasive action, and accept that I may be penalized for doing so.
 - i. I will always wear a mouth guard and shin pads, and understand that I may not be covered by insurance if I fail to do so.
3. You must be a registered member of FHBC (or another provincial association) and/or FHC in good standing to participate.

Signed this _____ day of _____, 20____

Athlete's Name

Parents Name (only for persons under 18)

Athlete's Signature

Parent's Signature (only for persons under 18)