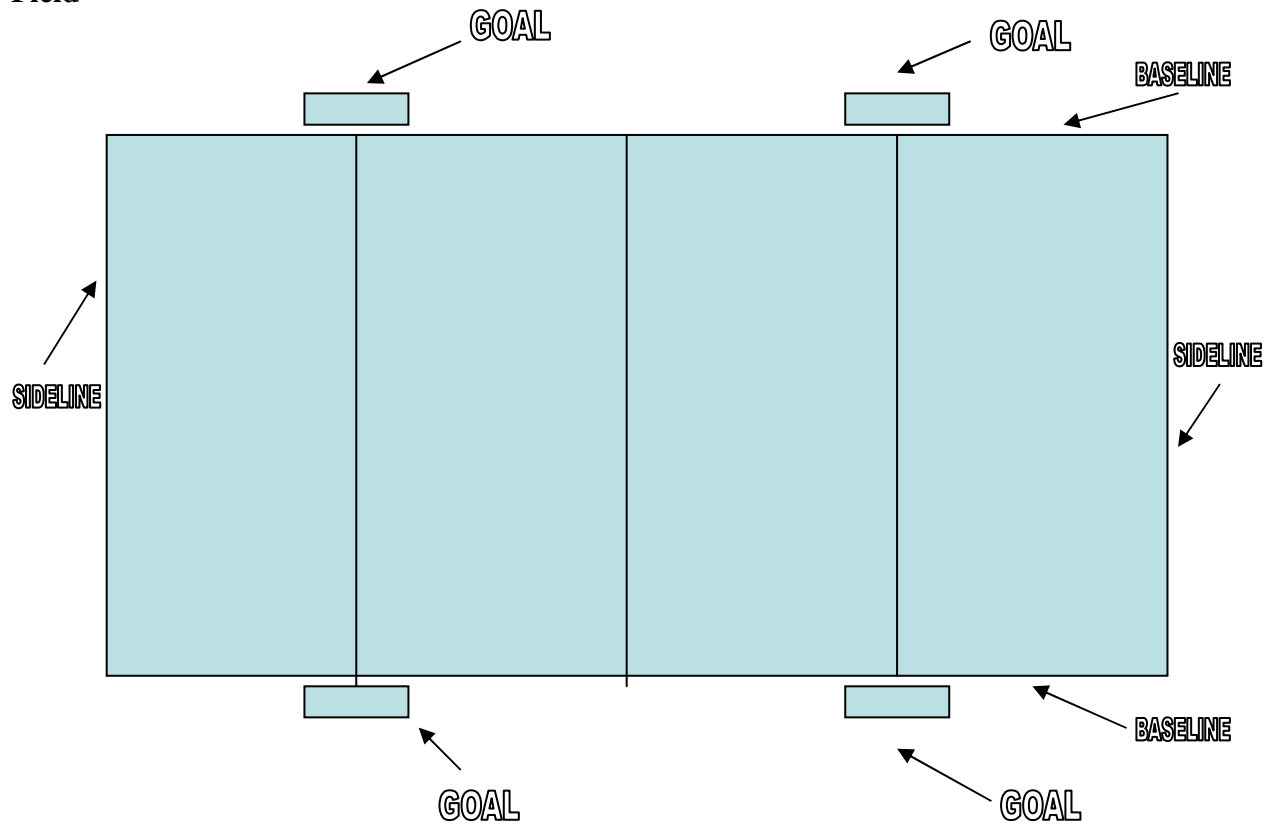


SPRING HOCKEY LEAGUE
Rules

Field



League Chair: Shiaz Virjee

Head Umpire: TBC

Rule 97 – Player Eligibility

- If you are not on the team’s roster – you are not permitted to play unless you contact the League Chair (shiaz@totalfieldhockey.com) and receive email permission 24 hours prior to the start of the game.
 - i. Failure to register could result in forfeiture of match, or team or expulsion from the league
 - ii. In using ineligible players you forfeit the game by a score of zero to ten and the three league points go to the other team.

Rule 98 – FIH Rules

- The game will be played in accordance to FIH rules with the following changes/additions including 7 players (includes a goalie) on a field at any time

Rule 99 – Player Protection

- Players are required to wear mouthguards and shinguards at all times on the field
- Goalie must wear appropriate protection as they would during a normal game

Rule 100 - Team Captain

- The Team Captain is responsible for picking his team (Competitive Divisions Only), ensuring that there are enough players at the field to start the game on time, responsible to his team's conduct on the field, and communicating with the League Chair when necessary

Rule 101 - THE FIELD

- Games will be played using ½ the field width wide (the baselines are the real sidelines and the sidelines are the old baseline and centre line).
- Two games will run simultaneously each using ½ the field
- Two hockey goals will be moved to straddle the 25 yard line and be placed on the back of the side line facing each other
- The field should be set up according to the diagram

Rule 102 – GOALS & NETS

- The goals will consist of regulation outdoor field hockey goals and must be covered by netting strong enough to stop a shot
- Goals will be placed straddling the original 25 yard line at opposite ends of the field

Rule 103 – Bench

- Players must stand along the original baseline of a full field out of the way of both the umpires and field players
- No one is permitted to stand behind either goals (for safety reason)

Rule 104 – Time

- Umpire will control time – there is not stoppage of the game clock
- Games are to start on the hour (or half hour) and will run for 25 minutes in duration regardless of start actual start time (i.e. You can play a full 25 minute game if you start on the hour or half hour. If you start late you will not get a full 25 minute game)
- No half time and no change of end

Rule 105 – Scoring

- Same as regular outdoor rules (ball must be touched in D by attacking team)

Rule 106 – Fouls in the Attacking Half / Short Corners

- There are no short corners.
- If a deliberate foul or foul that prevents a scoring opportunity occurs then a breakaway will be awarded
 - A breakaway must be taken by fouled player and must be taken immediately from the half line (6 seconds). The goalkeeper must start on the goal ine.
- If the foul does not prevent a goal (normal free hit outside the circle for attacking team)
 - The ball must played from at least 16 yards from the goal and
 - The ball must be played over 5 metres or passed to a teammate over 5 metres prior to a shot occurring

Rule 107 - Long Corners & 16 Yard Free Hits

- Long corners will be played from roughly 3 yards off the end-line
- '16 yard free hits' will take place no more than 7 yards into the field of play

Rule 108 – Goalies

- Each team shall be allowed one goaltender on the field at a time
- The goaltender may be removed and another "player" substituted - the substitute shall not be permitted the privilege of the goaltender
- Goalies privileges are the same as in regular field hockey game.
- Goalies – if your team goalie is unable to make it you are allowed to play without an goalie or you can call up another goalie with permission from the League Chair

Rule 109 – Game Length & Start of Game

- Each team will play 2 games / session
- Games will be 1 x 22.5 minutes running time
- Time will start at no later than 5 past the scheduled time (regardless if the teams are ready)
- Time between matches will be a maximum of 5 minutes in duration
- The second game will start no later than 5 minutes past the ½ scheduled 1st game start time (regardless if the teams are ready) and will not run past the top of the allotted match regardless if the time is up
- For obvious reasons it is important that the next game must get started on time
- Each team must have a minimum of 6 players (goalie included) on the field at the start of the game
- Start / Re-start of the Game
 - A bully will start the game at the start of the first half and at the start of the second half and at the re-start after every goal.

Rule 110 – Umpires

- All umpires will be appointed by the Head Umpire
- There will be one umpire per field
- Umpires should bring two different sounding whistles / horns to each game (to prevent confusion on the opposing field)
- Umpire will be responsible for nominating a Match MVP for each match
- Umpires will be responsible for: turning the water on, setting up the goals marking the D for each match with the provided baby power and rope to measure where the D should be placed
- Umpires are responsible for submitting by fax or scan to email the game cards to info@totalfieldhockey.com or fax to 604.730.5712 the day following the match
- Must bring a match ball to each game (Kookaburra Standard Dimple is preferable)
- Umpires will bring the provided game cards to the field for each match.
- Umpires will keep track of goal scorers, final scores, MVP of match and cards given
- Umpires will call upon captains 4 minutes prior to game time
- Umpires will remind the captains that mouthguards are mandatory and that they are responsible for their team's conduct and proper attire

- Injury
- Anything that you feel is serious enough stop the play and time
- Safety of the injured person is of the utmost importance
- If the injured person is unable to move call an ambulance and make sure that the player is treated by trained medical personnel
- If the injured player can be moved off the field do so as quickly as possible
- Umpires Bench / Player Misconduct
- Try to ignore comments unless personal or abusive
- Do not tolerate loud/rude comments about the umpiring or dangerous play on the field
- Call time out and signal or speak to the captain or abusive player on the sideline or dangerous player on the field
- Card either the captain or the abusive player and report incident to League Chair if misconduct/abuse continues
- Card the dangerous player and report this incident to the League Chair if misconduct/abuse continues
- Umpires are required to sign the Wavier/Code of Conduct

Rule 111 – Cards

- **The Spring Hockey League has a zero tolerance policy regarding Harassment and Abuse**
- **It is our hope that the use of cards by the umpires is not necessary**
- **If cards need to be given they will be used in accordance to FIH rules (see below for exceptions)**
- Green Card is 2 minutes off the field timed by the umpire
 - Play will does not stop, the 2 minutes start when the player is off the sideline
- Yellow Card is a minimum of 5 minutes at the referees discretion and the Captain should be informed
- Red Card is immediate suspension from all matches that day and a discipline hearing with the League Chair prior to playing again in the league.

Rule 112 – Substitutions

- Substitutes can be made at any time. All substitutions must be made from the area where the ‘real’ field hockey goal would sit
- Players must be off the field before the substitute comes on the field
- Unlimited substitutes are allowed throughout the game
- Goalies may be substituted any time but not time will be stopped
 - Substitute player can go behind the net and change with the goalie as long as the goalie is off the field prior to the new player going onto the field.

Rule 113 – Playing Time

- The Spring Hockey League strongly recommends that all players, regardless of playing ability, receive equal field time in all divisions
- This policy applied more generally on a seasonal basis rather than game by game.

Rule 114 – Uniforms

- The League will supply each team with 11 team shirts and 11 team socks (included in the registration fee)
- Players are to supply their own black shorts (or skirts if they so wish) to wear during all matches)
- Team uniforms are mandatory for each match – failure to wear team uniform may result in the suspension of the individual
- Additional shirt and socks are available for order if necessary at additional cost with one weeks' notice
- Each team will be given a different colour t-shirt and different colour socks to avoid conflict throughout the season.
- Players can wear black shorts or skirts (don't all have to be the same)
- Goalies must wear a different colour top than the other team and the umpires
- Jewellery should be removed

Rule 115 – Protests

- Any formal protest must be submitted to the League Chair via email within 24 hours of the end of the game
- Protests of an umpire's decision during the game are not valid

Rule 116 – No Hitting

- No hands together hitting, sweeping or tomma hawks in the Men's Competitive Division (slap shots are permitted)
 - Sweep hits are permitted in the Mixed Social Division

Rule 117 – First Aid & Ice

- It is the responsibility of the team captain to have a first aid kit and ice at the field

Rule 118 – League Format

- The regular season will be a four week season with two matches per week, followed by a playoff weekend.
- Teams are awarded 3 points for a win, one point for a tie and zero points for a loss
- At the conclusion of the 4 week season, teams will be seeded 1 through 4 for playoff purposes
- The ranking of these teams will be based on total points first then goal difference (positive goal difference ahead of negative goal difference)
- If they are still tied at this point – then it goes to **goal for**.
- If teams are still tied, the matter will be solved by the League Chair
- **Playoff:**
 - A. If there is a tie in the Grand Final (1st and 2nd), 3rd and 4th place games will be settled by using the Penalty Shootout Competition Teams and a winner needs to be determined.
 - B. Captains will decide what team shoots first via a coin toss
 - C. Each team will select 3 shooters – players must be on the team list.
 - D. The shoot out will be played as follows:
 - i. The attacking player will start at the 25 yard line with the ball.

- ii. The opposing goalie will start with her feet on the goal line.
- iii. The umpire will blow their whistle to start the shootout and allow 10 seconds for each shooter to attempt to score a goal.
- iv. The shooter can use any regulation strike (push, slap shot etc.) or dribble (Indian, straight dribble etc.) to run into and score from within the circle.
- v. The goalie can use legal means to stop the shooter.
- vi. If the shooter commits a foul, or if the ball goes over the end line, or the 10 seconds has elapsed then the umpire will signal end for that shooter.
- vii. If the goalie commits a foul then the shooter will be awarded a goal.
Goalies are allowed to play the ball off the end line intentionally ending the shootout.
- viii. Teams will alternate shooters.
- ix. A team will be declared the winner if it has scored more goals than the opponent.
- x. If after 3 shooters the score is tied, then the shootout will continue on a sudden death basis with both teams allowed an equal number of shooters. New shooters must be used.