



LOSSA FIELD HOCKEY PLAYING REGULATIONS 2016 - 2017

(revised Sept 2010)

Classification: Open

Referee Assignors Fee:

If there is an assignor, the convenor may or may not provide an honorarium to the assignor. It will be at the discretions of the convenor if this honorarium is paid. The amount of the honorarium will be set at twenty five dollars for each team entered in the league.

Official Rules: Canadian Womens' Field Hockey Federation/FIH

1. Games will consist of two twenty-five minute halves with a five minute break between halves. In the event of a tie at the end of a game, the tie will stand.
2. Uniform: The umpire will expect that each team will have matching shirt and socks. The wearing of shinguards and mouthguards is MANDATORY. No player will be allowed on the field without their mouthguard and shinguards. The goal keeper must wear a sweater of a different colour from her own and the opposing team. Protective equipment should be worn underneath the sweater. Goalkeepers or designated kicking backs must wear a C.S.A. - approved helmet with face protection at all times except when taking a penalty stroke.
3. No limit to the number of substitutions in the game. Substitutes must enter the field from the same side as their team bench. They must enter near the centre line and may only enter the field after the player coming off the field has crossed the side line.

League Structure:

- A. If the league has nine or less teams, then there will be no division of the league and it will be kept that all nine or less teams play each other at least once.
- B. In the event that the league has 10 or more teams, the league will be divided into an A pool and a B pool. Pool placement will be based on seeding from the previous years standings. The LOSSA champions will be placed in pool A and the second place team in LOSSA will then be placed in pool B.

Teams will be placed alternately in pool A or B in order of seeding. The table below outlines the concept.

<u>Pool A</u>	<u>Pool B</u>
LOSSA Champions	Second Seed
Third Seed	Fourth Seed
Fifth Seed	Sixth Seed
Seventh Seed	Eighth Seed
Ninth Seed	Tenth Seed
Eleventh Seed	
Etc.	

If there are an odd number of teams, the pool with the LOSSA Champions from the previous season will contain this team.

*9th-14th (example) place is decided by each teams final league points, a tie will be decided by points for versus against and if required the convenor shall use their discretion by attempting to have teams play a different top rank team.



Playoff Structure With Less Than Ten Teams:

Final Standings: Points will be accumulated for all league games to determine final team standings.

Win = 2 points Tie = 1 point Loss = 0 points

Top eight teams, following the completion of the round robin league play, will qualify for the playoffs.

<i>Quarter's</i>	<i>Game A:</i>	<i>1 vs 8</i>
	<i>Game B:</i>	<i>2 vs 7</i>
	<i>Game C:</i>	<i>3 vs 6</i>
	<i>Game D:</i>	<i>4 vs 5</i>
<i>Semi's</i>	<i>Game E:</i>	<i>Winner of A vs Winner of D</i>
	<i>Game F:</i>	<i>Winner of B vs Winner of C</i>
<i>Final</i>	<i>Game G:</i>	<i>Winner of E vs Winner of F... Lossa Champion</i>

1. In the event of a tie in the league standings prior to the playoffs, the following tie breaking procedures will be used (as per OFSAA).

A. Two teams tied with the same number of points:

- i) The winner of the league match between the two schools shall be awarded the higher position.
- ii) If the result of the match was a tie, the team having the better goal difference shall be awarded the higher position. (A positive goal difference is better than a negative goal difference.)
- iii) 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).
- iv) In the event of an equal goal average, the team having the higher number of goals shall be placed higher.
- v) In the event of an equal number of "goals for", a series of penalty strokes, under the same conditions as the play-offs, shall be conducted until a winner is determined.

B. Three or more teams with the same number of points: the last four points from above will apply.

Playoff Structure With Ten or More Teams (Cap with 21 Teams)

At the end of the season the top 4 teams from each pool will advance into quarter finals.

These 8 teams will follow the procedure below to decide the four teams that will move on to the SEMI-FINALS:

Quarter-Finals:	Semi-Finals:	LOSSA Championship Game:
1A vs. 4B –G1	WG1 vs. WG3- G5	WG5 vs. WG6
2A vs. 3B- G2	WG2 vs. WG4- G6	
2B vs. 3A – G3		
1B vs. 4A- G4		



Tie Breaking Procedures with Ten or More Teams

In the event of a tie at the end of regular season play, teams with the highest winning percentage* will advance or be ranked according to the playoff structure.

* Winning Percentage is decided by a team's # of wins divided by the total # of games played in their Pool.

Points System for Ten or More Teams

Points will be awarded as follows: Win = 2 points Lose= 0 points Tie = 1 point

Tie Breaking Method During Playoff Games: In the event of a tie during the playoff matches:

- in the event of a tie at the end of regulation time in any playoff game; a ten (10) minute sudden victory overtime period shall be played after a five (5) minute rest period. Teams will toss for choice of ends prior to the start of the overtime period.

-if still tied 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 take penalty strokes alternately, the first team to shoot being decided by a coin toss. The winner shall be the team scoring the most goals;

-if the score is still tied a "sudden victory" 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 one player may take a second stroke with in this series until any 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.

-Coaches and team personnel should remain behind the 25 yard line (between 25 and 50 yard lines) in the end where the penalty strokes are being taken.

Competition Format:

Host schools will oversee games at their own schools and are responsible for having fields lined and nets or cones in place. Please email the convenor within twenty-four hours to report game scores when you are the host school. Please fill in the game sheet, have both coaches sign it and forward it to the convenor the next day.

Referees: Referees will be arranged for all league games by the ref convenor.

Game Changes: Games will not be rescheduled unless playing conditions are deemed unsafe (lightning). The host team must call the convenor as soon as possible if this occurs and the game will be rescheduled by the convenor.

Game Sheets: An official game sheet should be completed by both coaches, prior to the game, and should be sent in to the convenor following the game.