



## PLAYING REGULATIONS: WOMEN'S FIELD HOCKEY

### 1. SPORT FORMAT

- 1.1 Canada West will follow the U SPORTS Playing Regulations. This document provides additional regulations that will also be followed or supersede a U SPORTS Playing Regulation.
- 1.2 All new FIH rule changes will be implemented at the start of the Canada West season.

### 2. TEAM COMPOSITION (Also refer to Section 7 & 9 of Canada West Operations Manual)

- 2.1 There shall be a maximum of eighteen (18) players per team per game. The rosters are frozen for a weekend series. A total of 22 individuals (18 participating athletes and 4 team personnel) will be allowed on the bench or team bench area.
- 2.2 Declaration of game rosters shall take place 60 minutes prior to each team's first game of each weekend series and that team must remain throughout the weekend series.

### 3. LEAGUE / SEASON FORMAT (Also refer to Section 8 of the Canada West Operations Manual)

- 3.1 Points for all Canada West games shall be as follows:
  - Win - three (3) points
  - Shoot Out Win two (2) points
  - Tie - one (1) point
  - Loss - zero (0) points.
- 3.2 Tie Breaking Procedures
  - At the end of league play, the total number of points accumulated during league play will determine team standings.
  - 1) If Two Teams Tied: the following protocol shall determine the final league standings:
    - a) The team that has the best win/lost record in games between the two teams.
    - b) If still tied, the team that has the best goals for minus goals against record in games between the two teams.
    - c) If still tied, the team that has the best goals for minus goals against record in all league games.

## 2) Three or More Teams Tied:

The following protocol shall be used to determine the higher ranked team from the tied teams.

- a) The team that has the best win/loss record in games between the three or more tied teams.
- b) If all teams are still tied, the team that has the best goals for minus goals against record in league games between the three or more tied teams.
- c) If all teams are still tied, the team that has the best goals for minus goals against record in all league games.

Note: The above protocol is repeated until the number of tied teams is reduced to two. The 'two teams tied protocol' is then applied to break the final tie.

## 4. PLAYOFF / CHAMPIONSHIP FORMAT (Also refer to Section 8 of the Canada West Operations Manual)

- 4.1 Final league standings determine the Canada West Champion and which team qualifies for the U SPORTS Championship.

## 5. UNIFORMS (Also refer to Section 9 of Canada West Operations Manual)

- 5.1 Institutions shall have two sets of uniforms, one light and one dark. For the first day of a weekend series the home team will wear dark uniforms and the visiting team light uniforms. On the second day, the home team will wear light and the visiting team dark.
- 5.2 All Canada West members are required to have the Canada West brand on all new uniforms, as per the specifications in the Canada West Brand ID Guide. The Canada West Office shall proof branding on uniforms to ensure guidelines are met.
- 5.3 If a long sleeve shirt is worn under a light-colored short sleeve, then it must be light in color. If a long sleeve shirt is worn un a dark-colored short sleeve, then it must be dark in color. The colors do not need to match.

## 6. RULES

### 6.1 OFFICIALS

1. All umpires at Canada West events shall be FIH, Canadian or Canadian Regional umpires. Within the total number of umpires there shall be a minimum 50:50 ratio of FIH or Canadian to Regional umpires.
2. Umpires at Canada West league games shall be paid according to the following fee schedule:
  - FIH/Canadian umpires \$60.00 per match
  - Regional umpires \$40.00 per match

A reserve Umpire should be assigned to all CW Field Hockey games, where possible. The reserve Umpire is to be paid \$40.00/game.

3. Umpires shall not be rated at Canada West games except with the prior unanimous agreement of the coaches.
4. The Convenor will assign available umpires for all Canada West matches, and wherever possible, local officials will be utilized to ensure cost effectiveness.
5. If an Umpires Manager (UM) is used in a Canada West field hockey game, s/he must not speak to the officials umpiring until the conclusion of the match.

### 6.2 TECHNICAL COMMITTEE

1. The Technical Committee for all Canada West league games shall be comprised of the Technical Delegate, the Umpires and the host Athletic Director or designate.
2. The Technical Committee shall act on matters of a technical nature and shall receive and act upon all protests. Normally it shall make its decision within one hour of the lodging of a protest.
3. The Technical Delegate will be appointed by the host university and will be in charge of the Technical Table for each match. They shall be a knowledgeable field hockey person who shall have, where possible, FHC Technical Table experience and should not be on the home team's current roster.

### 6.3 REGULATIONS

1. Canada West Field Hockey will be played in accordance with the current regulations and policies of Field Hockey Canada (FHC) and the current FIH "Rules of the Game of Hockey".
2. The game ball shall be an orange or white high performance ball. The same brand/quality of ball, selected for use during those Canada West games, will be used exclusively throughout that weekend of competition.
3. It is mandatory that all players wear shin guards and mouth guards are recommended.
4. All host universities shall use the same Canada West game/card sheets, as circulated by the Convenor prior to the start of the season.
5. Canada West field hockey games will consist of 4X15 minutes quarters. Whenever Canada West hosts the U SPORTS Field Hockey Championships, we recommend all games will also consist of 4X15 minutes quarters.
5. in the event that a game is tied at the end of regulation time, there will be a shoot-out to determine a winner. The procedure for the shootout will follow the FIH rules. Points for CW games shall be as follows:
  - Win = three (3) points.
  - Tie, with a shoot-out win – Bonus Point = two (2) points.
  - Tie, with a shoot-out loss – one (1) point.
  - Loss = Zero (0) points.

6. The CW Convenor will organize a conference call with all Coaches, Umpires, Umpire Managers and Technical Officials (and team manager if applicable) two weeks prior to the start of the Canada West season.

### 7. AWARDS (Also refer to Section 15 of the Canada West Operations Manual)

Teams competing in the Canada West Championship will be competing for the Donna Hunt Memorial Trophy donated by the Dean of Women and the Women's Athletic Association, University of British Columbia.

#### 7.1 All-Stars Team

Canada West shall name an All-Stars Team in accordance with Canada West Awards Policy. The following selection procedures shall be used:

1. Each coach shall nominate the players from their team, in rank order, who are considered worthy of All-Stars selection, and individual award nominees, based on league play. Nominations shall be emailed to the Canada West Field Hockey Sport Liaison by 5:00 pm (PST) on Tuesday following Tournament 1. Designate all Rookies with an "R" and all Goalkeepers-with a "G".
2. The Canada West Field Hockey Sport Liaison will then circulate a list of nominees to the coaches end of day on Wednesday following Tournament 1. Each coach will select eleven (11) players and submit a list via email of these players in rank order to the Sport Liaison by 5:00 pm (PST) on Friday following Tournament 1. Players nominated to the Canada West All-Stars Team shall receive rank order points: eleven (11) for first, down to one (1) point for eleventh and, in addition, each player shall receive ten (10) points for each time her name appears. Coaches are allowed to vote for their own players for individual awards.
3. In case of a tie on the All-Stars Team, as well as the individual award nominees (Outstanding Contributor Award, Rookie of the Year, Goalkeeper Award, Coach of the Year, and Umpire of the Year), the player with the greater number of first place votes shall be deemed the winner. The announcement of the Canada West All-Stars team shall be in alphabetical order. As per Canada West Policy, all All-Stars teams and individual award winners are released by the Canada West Associate Director, Communications and Marketing.
4. U SPORTS All-Canadian Nominations  
The Canada West Coaches shall be notified by the Sport Liaison by email, on the Thursday prior to the last weekend of league play at 4:00PM (PST), of the All-Stars Team, inclusive of the Major award winners, but excluding the Coach of the Year. The tabulated votes and the rankings will be used for the U SPORTS awards conference call, will be sent to all coaches at this time. All schools must submit a nomination form of nominees for the U SPORTS awards to the U SPORTS Awards Chair.

#### 7.2 Ranking Process to determine all Major Award Winners

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With the exception of the Player of the Year, which is the athlete who receives the greatest number of all-star votes, all other Major Award winners will be determined by rank order – 3 points for a 1<sup>st</sup> place vote, 2 points for a 2<sup>nd</sup> place vote – 1 point for a 3<sup>rd</sup> place vote.

- 7.3 Player of the Year (CW nominee for the U SPORTS Liz Hoffman award)  
The top ranked player from the All-Stars Team rankings.
- 7.4 Outstanding Contributor Award (CW nominee for the U SPORTS Gail Wilson)
1. Players of each team will nominate, based upon the criteria, their Outstanding Contributor of the Year. These names, plus a nomination form, will be submitted with the All-Star nominations.
  2. Awarded to the player who is selected by her teammates for best exemplifying the following characteristics:
    - i. A person of exceptional human qualities who puts the needs of her team and her teammates first and who consistently demonstrates respect, kindness, and concern for others.
    - ii. A player who continually demonstrates dedication, commitment, and loyalty to her university field hockey team both on and off the playing field.
    - iii. A player who, through example, both on and off the field, is an inspiration to her teammates in their pursuit of excellence in field hockey, in academics, and in their personal lives.
    - iv. A player whose leadership and performance has been instrumental in the overall performance of her team.
    - v. A player who exemplifies the conduct and decorum expected of U SPORTS field hockey student-athletes.
- 7.5 Rookie of the Year (CW Nominee for the U SPORTS Joyce Slipp Award)  
Coaches will nominate one player as their Rookie of the Year and include this name with the other nominations. In the event there is more than one rookie on the all-star team, the award will go to the highest ranked of the eligible rookies
- 7.6 Goalkeeper Award.  
Coaches will nominate a goalkeeper and include this name with other nominations. In the event there is more than one goalkeeper on the Canada West All-Stars Team, the award will go to the highest ranked of the goalkeepers. In the event there is no goalkeeper on the All-Stars team, there will be an independent vote of the Canada West goalies and the top ranked goalkeeper will be added to the All-star team as the 11th player. If there are two or more goalkeepers selected to the All-star team, then the goalkeeper with the highest number of votes will be the Canada West Goalkeeper of the Year.

7.7 Coach of the Year (nominee for the U SPORTS Marina van der Merwe Coach of the Year award)

Coaches will rank order vote for the Coach of the Year. The winner's name will be forwarded as the Canada West nominee for the U SPORTS Coach of the Year. In the event of a tie, there will be a second vote to break the tie as arranged by the Sport Liaison.

7.8 Umpire of the Year

Coaches will vote for the Umpire of the Year. The winner's name will be forwarded as the Canada West nominee for the U SPORTS Umpire of the Year. In the event of a tie, there will be a second vote to break the tie as arranged by the Sport Liaison.

7.9 Awards Ceremony

The institution hosting the last weekend of CW Field Hockey games shall be responsible for presenting the CW All-Stars, Individual Awards, Coach of the Year, and Umpire of the Year with certificates at the conclusion of the final match on Sunday. The Canada West All-Stars will be announced in alphabetical order.

**8. SPORT ADMINISTRATION** (Also refer to Section 9 of the Canada West Operations Manual)

8.1 Wherever possible Canada West games should be held on artificial turf.

8.2 The host institution shall, where possible, make every attempt to provide a one-hour practice time on the competition field for the visiting teams.

8.3 The host team will supply the visiting team with 40 quality field hockey balls for warm-up.

8.4 Additional duties for field hockey convenor

- 1) Assign officials for Canada West league games
- 2) Sport specific expertise
- 3) Liaison between coaches and officials

**9. MEDICAL SUPPORT SERVICES**

Refer to Section 14 of the Canada West Operations Manual for host and visiting team responsibilities.

**10. GAME PROTESTS**

Refer to Section 10 of the Canada West Operations Manual for policy.

## 11. FILM EXCHANGE

- 11.1 Teams will use the “We Transfer” file exchange system to share game film. Game film must be uploaded to a drive/USB stick no later than two hours post game completion. It is the responsibility of the visiting team to provide drive/USB stick for the transfer. In the case of the last game of the tournament, the transfer needs to be no later than 24 hours via cloud-based transfer (wetransfer etc.). To limit logistical burden on Calgary, UBC or UVic (whomever Calgary plays as an opponent), will take on this responsibility for Calgary. Confirmation of upload being complete will be sent via email to all member schools and is the responsibility of the host. Uploading video files are required to be in MP4 format.
- 11.2 The host institution will provide video footage to the opposing team at the end of each game. A USB stick, provided by the opposing team, would be used to download the game immediately following the game.

## 12. INAPPROPRIATE CONDUCT AND SERIOUS MISCONDUCT IN COMPETITION

- 12.1. Where there is inappropriate behavior from the team bench, directed toward the umpire, the Technical Delegate has the right to remove the individual(s) from the playing area (except in the case of inappropriate behavior by the coach, in which case the captain will be removed). In the event the inappropriate behavior continues, the individual behaving inappropriately, inclusive of the coach, will be removed.
- 12.2. Refer to Section 6 of the Canada West Operations Manual for the policy and process for dealing with complaint of inappropriate conduct or incidents of serious misconduct in competition.

### 12.3 SUSPENDED/EJECTED COACH OR PLAYER

1. **A suspended/ejected coach must adhere to the following (for non-conference, league, and playoffs):**
  - a. **Will not be permitted anywhere within the playing venue from one hour before until 30 minutes after their games.**
  - b. **Coaches ejected during a game are to leave the vicinity of the playing surface, dressing rooms and benches, and cease all engagement with any participants, including players, coaches, officials, spectators etc. until 30 minutes after the game concludes.**

**NOTE:** Where a Team Official is ordered to the dressing room under this rule, it is sufficient that they are away from the Players', benches or playing surface and are not directing or interacting with the teams in any manner and in no way interacting with or bothering the officials. Should the individual violate this rule, they are subject to further discipline following a Policy 6 review.

- c. Coaches suspended for a game may not be within the vicinity of the playing surface, dressing rooms and benches as of 60 minutes prior to the game; during this time coaches may not have any interaction with the team, through technology or other means, until 30 minutes after the game has been completed.**
- 2. A suspended/ejected player must adhere to the following (for non-conference, league, and playoffs):**
    - a. Student athlete suspended can be in the venue and should be as close as possible to the team bench without being on the team bench.**
    - b. Are not allowed within the field of play during competition.**
    - c. Student athletes suspended can join in the locker room only after the game is complete.**

### **13. RESULTS, STATISTICS AND SCORESHEET MANAGEMENT**

Refer to Policy 13 of the Canada West Operations Manual for regulations and procedures regarding statistical reports and results/scoresheet management.

### **14. APPENDICES**

- A. Canada West Game Protocol
- B. U SPORTS All-Canadian Awards Nomination Form
- C. Canada West Field Hockey Nomination Form
- D. Canada West Field Hockey Ballot



# WOMEN'S FIELD HOCKEY

## APPENDIX A CANADA WEST GAME PROTOCOL FIELD HOCKEY

### EXAMPLE OF A 1:00PM GAME TIME

Actual Time	Clock Time	Activity
12:00	60:00	Clock start countdown/Warm up can commence
12:30	30:00	Start of warm-up
12:53	7:00	Umpires call Captains for toss
12:55	5:00	Warm-up ends – Teams are called to their benches to get ready for walk on
12:57	3:00	Players and Officials line up for walk on to middle of field. Turn and face crowd while National Anthem is played.
1:00	0:00	Game to start

### Half-Time:

Game Clock	Activity
10:00	Clock set to 10:00 immediately after buzzer for Half Time.
2:00	Warning whistle for teams – 2 minutes until back on field
0:00	Teams on field, ready to begin 2 <sup>nd</sup> half



**APPENDIX C  
CANADA WEST FIELD HOCKEY NOMINATION FORM**

UNIVERSITY OF \_\_\_\_\_

ALL-STAR NOMINEES (in rank order):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

ROOKIE OF THE YEAR (nominee for the U SPORTS Joyce Slipp Award Nominee)

1. \_\_\_\_\_

OUTSTANDING CONTRIBUTOR AWARD (nominee for the U SPORTS Gail Wilson Award Nominee)

1. \_\_\_\_\_

GOALKEEPER OF THE YEAR

1. \_\_\_\_\_

UMPIRE OF THE YEAR (Nominee for U SPORTS Umpire of the Year Award)

1. \_\_\_\_\_

**APPENDIX D  
CANADA WEST FIELD HOCKEY BALLOT**

ALL-STARS TEAM

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_

ROOKIE OF THE YEAR –U SPORTS JOYCE SLIPP AWARD (3 Nominees)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

OUTSTANDING CONTRIBUTOR AWARD – U SPORTS GAIL WILSON AWARD (3 nominees)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

GOALKEEPER OF THE YEAR

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

COACH OF THE YEAR AWARD - U SPORTS Marina van de Merwe AWARD (3 nominees)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

UMPIRE OF THE YEAR (U SPORTS Umpire of the Year nominee)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_