



FIELD HOCKEY NOVA SCOTIA
METRO FIELD HOCKEY LEAGUE RULES

(Revised: November 19, 2015)



1. TABLE OF CONTENTS

1.	Table of Contents	2
2.	General	3
3.	League Committee	4
4.	Season Format	5
5.	Match Format.....	7
6.	Team Eligibility.....	10
7.	Player Eligibility.....	11
8.	Player Recruitment & Allocation	12
9.	Umpiring & Discipline.....	13
10.	Appendices	15



2. GENERAL

- a. The current FIH rules of Field Hockey shall apply.
<http://www.fih.ch/en/sport/rules>
- b. This rule book is not intended to be comprehensive and cover every issue that could arise, therefore the League Committee may modify existing or implement additional rules for the league at any time. This includes addressing situations or issues that arise that are not explicitly covered within this rule book; in the event an unclear or questioned rule or item is raised, the League Committee shall be engaged to resolve the issue.
- c. Where stated, League rules supersede the FIH rules.
- d. This league shall adopt and operate by Field Hockey Nova Scotia's approved policies.



3. LEAGUE COMMITTEE

- a. The League Committee shall consist of the following:
 - Manager*
 - Treasurer*
 - Communication Coordinator/Statistician*
 - Umpiring Coordinator*
 - One representative from each team*Appointed by the team representatives.
- b. The Team Representatives and League Manager shall be the only voting members of the League Committee. These members shall have only one vote.
- c. The League Manager shall act as chairperson and will only vote to break a tie.
- d. Each team shall submit the name of their representative in writing to the League Manager before the Pre-Season League Committee Meeting each year. The League Manager must be notified in writing if the team representative is changed.
- e. The quorum for League Committee meetings shall be 100% of the voting committee members.
- f. League Committee members may receive an honorarium for their contribution to the league. This is dependent on league's financial status. The honorarium may range from \$50-100.



4. SEASON FORMAT

4.1. Schedule

- a. The league consists of a regular season and playoffs. The schedule will be based on number of teams and turf availability, but generally runs from May to August.

4.2. Match Points & Tie Breakers

- a. Two points are awarded to the winning team.
- b. Zero points are awarded to the losing team.
- c. One point is awarded to each team in the event of a tie.
- d. Game statistics must be recorded by the umpires (refer to Rule 9.1f).
- e. In the event of a tie in points at the end of the regular league season, the following procedure shall be used to determine the final standings:
 - Win-loss record between the teams
 - If still tied, higher goal average computed as follows:

$$\frac{\text{GOALS FOR}}{\text{GOALS AGAINST} + 1}$$

- If still tied, most goals for
- If still tied, least goals against
- If still tied, the teams shall be declared joint holders of that position for that season. A coin toss shall determine the seeding for the playoff matches.

4.3. Postponed, Cancelled, or Delayed Games

- a. Games may be postponed, cancelled, or delayed by the League Committee as a result of a decision reached at a League Committee meeting.
- b. The commencement of the game may only be delayed by a decision reached by both umpires for very extenuating circumstances. Both umpires will decide in advance or at the field if EXTREMELY bad weather necessitates a postponement or delay of the game. Some examples of extremely bad weather are: snow, hail, lightning, or anything else which may expose players to danger not normally experienced in Field Hockey.
- c. The facility owner of the turf may also cancel or delay turf activity at their discretion.
- d. Cancelled matches will be rescheduled by the League Committee, subject to turf availability. In the event that a make-up date cannot be arranged, the match will be declared a draw and one goal for and against will be added to each team's season total.
- e. Both teams must be present and ready to play at the scheduled or re-scheduled game time.
- f. Team representatives must give the league manager a minimum of seven days' notice to request a game to be re-scheduled.



4.4. League & Playoff Prizes

- a. The winners of both the league and playoffs shall receive awards for their victory, as determined by the league committee.
- b. The league's regular season top scorer and top goaltender is also recognized with an award. The top goaltender award is voted on by the league committee.
- c. Furthermore, each team shall receive two awards for their team, to be determined in a manner designated by their team.

4.5. Pickup Night

- a. Open pickup/scrimmage time will be scheduled throughout the season, approximately one hour per week, dependent on turf availability. Pickup may occur at various field locations in HRM.
- b. Pickup is open to all league members, other members of FHNS, and non-members interested in trying out the sport. All participants of pickup night **MUST** sign a FHNS membership form (7a) and meet the minimum age requirement (7b).
- c. The pickup schedule shall be posted on the league schedule and/or the league website.
- d. All pickup night participants must bring a LIGHT and DARK shirt, to allow for the random splitting of players during a scrimmage.



5. MATCH FORMAT

5.1. General

- a. Teams must have a fully dressed goal keeper or designated Kicking Back to commence a match. For safety reasons, the goal keeper or kicking back defending the goal must have a helmet with faceguard on.
- b. Umpires will blow their whistle at the scheduled game time to commence timing of the game. A grace period of five minutes may be given. Upon expiry of the grace period, rule 5.1.3a shall apply.
- c. Time is not stopped for any game stoppages such as injury, penalty strokes, issuance of cards, etc.

5.1.1. Captain & Team Responsibilities

- a. The first team named on the schedule is the home team for that game. The home team is responsible for providing a clean regulation field hockey ball to the umpires for the first half and the away team shall supply the ball for the second half.
- b. Prior to the scheduled start of a game each team is responsible to ensure that a goal is installed at its proper position.
- c. Prior to the start of each game both teams shall indicate to the umpires their team captain as well as their assistant captain in case the captain is not on the field. Team captains shall wear a "Captains" armband to identify themselves. Captains are responsible for relaying umpiring decisions to other players.
- d. Captains must provide a written team roster to the match umpires at the beginning of a match, including player jersey numbers. The team captain must clearly identify any picked up/substitute players who will be participating in a match (see 7.1). Membership forms, or evidence of submission via participation in another FHNS activity, must also be provided.
- e. Team captains must ensure that membership forms are to be submitted to the League Manager or Treasurer with the membership fees for all players (see Rules 7a and 7c). If neither is present prior to a match, the captain can submit the form and fee to match's Umpires.
- f. Team captains must ensure that players with improper uniforms do not participate in the game. In the event of a complaint that is upheld by the umpire, the umpire will send the offending player off the field.

5.1.2. Player Substitutions

- a. There is no limit to the number of substitutions per game.
- b. With the exception of during a Penalty Corner, substitutions may take place at any time, even during play and should not cause undue delay. The player must leave the field before a substitute enters the field.
- c. If a team has more than eleven players on the field when play commences a free hit shall be awarded against that team.
- d. Time shall NOT be stopped for substitutions.
- e. All substitutions must occur near the centre line from one side of the field. Both teams must have their substitutes on the same side of the field.



5.1.3. Penalties

- a. A team failing to meet any requirement of Rules 5.1 - 5.1.1 shall forfeit the game to the opposing team. In the event that both teams fail to meet any of the requirements, a double forfeit will be the result of the game.
- b. In the event of a single or double forfeit, the team(s) shall have two goals added to their goals against total. The winning team, if any, shall have two goals added to their goals for total and receive two points for a win.
- c. Teams failing to meet the requirement of Rule 6b shall lose one point for each league match they are in default. No team shall be permitted to play in the playoffs if any league fees are outstanding.

5.2. Regular Season

- a. Games shall be played with two halves of thirty minutes each and a two minute half time. Teams must be ready to commence the game at the scheduled time.

5.3. Playoffs

- a. At the end of the League season a playoff competition will be held to determine a playoff champion. The number of teams participating in the league and the final league standings will be used to determine the playoff format. Note: the lack of availability of fields may affect the suggested format.

- 4 or 5 teams:
Match A: 1 vs. 4
Match B: 2 vs. 3
Winners play for 1st & 2nd Place
- 6 or 7 teams:
Match A: 3 vs. 6
Match B: 4 vs. 5
Match C: Winner of A vs. 2
Match D: Winner of B vs. 1
Finals: Winners of matches C & D
- 8 or 9 teams:
Match A: 1 vs. 8
Match B: 2 vs. 7
Match C: 3 vs. 6
Match D: 4 vs. 5
Match E: Winners of matches A & D
Match F: Winners of matches B & C
Finals: Winners of matches E & F

- b. Playoff games shall be played with two halves of thirty-five minutes each and a two minute half time. If the game is still tied following that period, the game will go to a golden goal period consisting of two seven and a half minutes halves. If the game is still tied, the game will be decided by a penalty shootout.
- c. The following penalty shootout procedure shall be used to determine the winner:
 - Each team shall select 5 players to take part in a Penalty Shoot-Out competition using the procedure provided by the FIH and FHC
 - Teams shall toss to see which team shoots first. The winner of the coin toss elects to shoot first or second.
 - Each team shall alternate shooters until it is impossible to tie the game



Outdoor League Rules

- If the score is still tied after the first set of shooters, the shoot-out will be repeated but it is now a sudden death competition. The team may use the same set of five shooters or replace some of the shooters. Teams can adjust the shooter sequence if desired. This procedure will be repeated after each set of 5 shooters until a winner is determined.



6. TEAM ELIGIBILITY

- a. A team is defined as having a minimum of eight players. There is no limit to the total number of players per team.
- b. The team fee is \$1,500.00. It must be paid by the team representative to the League Treasurer in one installment of \$1,500.00 no later than the second game of the season each year. The league representatives will meet prior to the second game of the season each year at a time specified by the League Manager to remit all fees & player registration forms. See Rule 5.1.3c for late payment penalties.
- c. All teams must establish their team colours prior to the commencement of the season. Players must wear their proper team uniform in order to participate in a league game. Shirts should have unique player numbers on the back. Team uniform colours are as follows:

Team	Shirts	Sox
Beavers	Black	Orange
Dragons	Green	White
Panthers	White	Navy
Privateers	Red	Red
Ramblers	Blue	Sky Blue

Some colours have different shades. Slight variations in the colour of shirts are acceptable. Shirts with excessive printing or multi-colours are not permitted. All players must wear stockings of the same colour. The stockings must be clearly visible to the umpires (i.e. pulled up).



7. PLAYER ELIGIBILITY

- a. **No player shall be permitted to play in a pickup, league or playoff game prior to submitting a FHNS membership form to their team captain or to the League Manager.** Captains must make the forms available upon request to the match Umpires or opposing team captain.
- b. All players must be thirteen years or older as of January 1 of the current year. Players younger than age 13 (thirteen) that are physically mature may appeal to the league committee for permission to play.
- c. The team representative must submit their players' FHNS Release and Membership forms (referred to as "membership form" in this document) to the League Manager (see Rule 7a). Membership fees must be paid prior to a players' second game of the season. The fee includes those set by FHC and FHNS. The current fees are **forty-five dollars (\$33 FHC +12 FHNS) for seniors** and **thirty-five dollars (\$15 FHC +20 FHNS) for juniors**. Juniors must be under 18 (eighteen) years of age as of January 1 of the current year.
- d. For a player to be eligible to participate in playoff matches, the player must have played at least 2 (two) regular season matches for their team.

7.1. Temporary Players

- a. Teams are permitted to pick up any player under the age of 21 (as of January 1 of the current year) or over the age of 55 from another team. A team may also pick up any player from another team to play as a goalkeeper for a regular season game. Other than a pickup goalkeeper, the pickup players do not count toward the minimum number of players required (per Rule 6a). Teams are only permitted to pick up field players to make up a full team, not for substitutes. NO PICKUPS from other league teams will be permitted for playoff games.



8. PLAYER RECRUITMENT & ALLOCATION

- a. All members are encouraged to recruit new players to participate in the league.
- b. Players recruited to a specific team shall be assigned to that team.
- c. Any individual that contacts FHNS to join a league will be allocated to teams by the league manager using the Player Allocation Policy (Rule 8d).
- d. Player Allocation Policy: New (or existing) players that wish to participate in the league (or switch teams) shall be allocated per the following process.

1. Skills/Ability Review: Players must possess a minimum amount of on-field skill and experience such that they are able to safely participate in league games. The league committee, in consultation with FHNS Directors of Coaching and Development, shall determine if a player is qualified to participate in the league.

2. Recruited Players: Players that have requested to play on a specific team, or those that have been recruited by a specific team, shall be assigned to that team.

3. Player Allocation: Players that wish to be assigned to a team by the league committee shall complete a brief "player profile" (Gender, Age, Playing Experience Indoor, Playing Experience Outdoor, Field Positions Played, Preferred Field Position.), which is forwarded to team captains in order of the "Player Allocation Team Seeding" (see below) for acceptance to a team. Team captains may accept or decline the new player; declined players shall be forwarded to the next team on the list, and so on. If all teams decline a player, they shall be assigned to the team with the least number of players.

- e. Player Allocation Team Seeding Process:
In order to be effective, the process used to allocate players shall not only be based on the previous season's results, but also consider the roster additions/subtractions that are inevitable between (and throughout) seasons (e.g. player chooses to move from team A to B, team C recruits a player, team D loses 5 players, etc).

The league committee shall "rank" teams based on current roster need. Roster need should consider a variety of factors, such as a team's position in the standings, the skill level/experience of the current roster, position deficiencies (defense/midfield/attack/keeper), roster age, etc. The intent is to establish a seeding of teams that will enable assignment of new players to the teams that need them most.

Team seeding is continuously maintained by the league committee throughout the year. A review of seeding is performed as required, e.g. as new players are assigned, as players are injured, etc. The league manager retains a copy of the current seeding order.

- f. Team rosters shall be set following the third week of the season. Requests to transfer teams after the third week must be submitted in writing to the League Coordinator, who will arrange a review by the voting members of the League Committee. Approval of a transfer will only be granted under exceptional circumstances by the committee.



9. UMPIRING & DISCIPLINE

9.1. Umpires

- a. Certified umpires (an umpire is considered certified if they have or are in the process of obtaining certification) who attend the pre-season rules clinic shall be paid **thirty dollars** for each match umpired. Certified umpires who do not attend the pre-season rules clinic shall be paid **twenty dollars** for each match umpired. Non-certified umpires who attend a rules clinic shall be paid **fifteen dollars** for each match umpired.
- b. In the event that only one umpire reports for a scheduled game a qualified substitute umpire will be used. If no umpire reports for a scheduled game or if a qualified substitute can not be found, each team will provide one umpire.
- c. If a game is umpired by one person only, that person will receive **forty-five dollars** if certified, and **thirty-five dollars** if not certified.
- d. Umpires that cannot report for a scheduled game shall attempt to find a replacement from the league list of umpires.
- e. Umpires that cannot report for a scheduled game and cannot find a replacement shall notify the League Umpiring Coordinator as soon as possible.
- f. Umpires are responsible to complete a match sheet and/or provide the League Statistician with the score, the names of the goal scorers and the players awarded cards on the day of the match. If a red card is awarded to player, the umpire must submit a written report to the League Committee within 24 hours for further action (see Rule 9.2.1b).
- g. Umpires are expected to wear the approved uniform, black and white striped shirt. Failure to comply will result in a ten-dollar penalty per game.
- h. Umpires are also responsible for understanding and enforcing Rules 5.1 and 7.
- i. Failure to comply with the articles of Rule 9.1 may result in the withholding of compensation.
- j. All captains should identify individuals that would be good candidates to become umpires, and actively encourage them to do so.

9.2. Discipline

Discipline may be required when any of the following situations occurs:

- a. Complaining to or about the umpire whether or not the complaint is directed at the umpire or another player. This also includes derogatory comments.
- b. Foul language.
- c. Threatening or attempting/hitting an umpire.
- d. Threatening or attempting/hitting a player. This includes the act of swinging a stick at a player and missing.
- e. Refusal by a team to start/continue play.

9.2.1. Penalties

- a. The penalty for breaches of Rule 9.2a or 9.2b will be at the discretion of the umpire.



- b. The penalty for breaches of Rule 9.2c or 9.2d is a red card. The umpires must also submit a written report to the League Committee for further action (see Rule 9.1f). The League Committee shall make every attempt to meet prior to the next league game.
- c. For a breach of Rule 9.2e the game will be cancelled, and the offending team will forfeit the game (see Rule 5.1.3a). The umpires must submit a written report to the League Committee for further action.

9.2.2. Suspensions

- a. Umpires must provide a written report to the League Manager of all red card suspensions awarded in each game.
- b. If a player is awarded a red card, that player is suspended from playing in their next scheduled league or playoff game. In the case where a player has been suspended for a violation of Rules 9.2c or 9.2d, a Disciplinary Panel may be formed to determine if a more severe penalty must be imposed.
- c. As a minimum, the Disciplinary Panel shall consist of the League Manager, the Director of Umpiring and the Team Representative of the suspended player.
- d. If a player has received 3 (three) yellow cards during the season, that player will be suspended from playing their next scheduled league game.
- e. If a player has received 2 (two) red cards during the season, they will be suspended for the remainder of the season (including playoffs).

9.2.3. Appeal Board

- a. An Appeal Board comprised of the League Manager, the majority of team representatives and the two umpires of the game being appealed shall be established. The umpires will not have a vote. The League Manager shall act as Chairperson of the Appeal Board and may vote only in the event of a tie. If the League Manager is a participant in the match under appeal, the League Committee will appoint another individual, who is not a member of either Team participating in the match in question, to serve as Chairperson of the Appeal Board.
- b. Appeals must be made in writing by the Team representative. They must be delivered with a twenty-five dollar deposit to the League Manager within twenty-four hours of the game in question. The deposit will only be refunded if the appeal is upheld.



10. APPENDICES

- Senior Membership & Indemnity Form
- Junior Membership Registration Form
- Match Sheet
- Umpires Report

Field Hockey Nova Scotia Senior Membership & Indemnity Form

Please print your information clearly. If we submit incorrect information, your insurance may be invalidated!

Name: _____

Address: _____

City: _____ **Province:** _____ **Postal Code:** _____

Telephone: Home: _____ **Work:** _____ **Cell:** _____

Profession: _____ **Birth Date:** DD ____ MM ____ YYYY ____

E-Mail: _____

Team: _____ **Season Played:** Indoor / Outdoor

RELEASE AND INDEMNITY PLEASE READ CAREFULLY

I have read and understand the guidelines, rules and regulations issued for FHNS Events and I agree to be bound by them. I further agree that if I have not read the guidelines, rules and regulations of a FHNS event, my participation in the event is acceptance by me of the guidelines, rules and regulations.

In consideration of FHNS' acceptance of my entry to FHNS Events or my being permitted to take part in the Events and/or any activity associated therewith, I agree to: RELEASE, SAVE HARMLESS; and INDEMNIFY FHNS and/or its Agents from and against all claims, actions, costs and expenses and demands in respect to death, injury, loss or damage to my person or property, wheresoever and howsoever caused, arising out of, or in connection with, my taking part in the Event and notwithstanding that the same may have been contributed to or occasioned by any act or failure to act (including, without limitation, negligence) of the FHNS and/or any one or more of its Agents.

I further agree and acknowledge that:

1. The rules governing the Events are solely for the purpose of regulating the Events and it remains my sole responsibility to act and govern myself in such a manner as to be responsible for my own safety;
2. I am aware of the risks inherent in participating in the Events;
3. I assume the risks and waive notice of all conditions dangers or otherwise, in or about the Events;
4. I am aware that failure to wear a mouth guard while playing field hockey voids my Field Hockey Canada insurance coverage for dental injuries;
5. The above personal information will only be made available for use by Field Hockey Nova Scotia (FHNS) and Field Hockey Canada (FHC) for the purposes of providing me with services and for statistical purposes;
6. FHNS and FHC will not share, give, rent or sell my individual personal information with anyone without my advance permission or unless ordered by a court of law; and
7. FHNS and FHC may provide aggregated non-personal information with third parties for the purposes of securing sponsorships or other services.

I agree that this Release shall bind my heirs, executors, administrators and assigns. I have read this Release and understand it. I further agree that the personal information provided above is accurate.

Date: _____

Participant Name: _____
Please Print

Signature: _____

Witness Name: _____

Signature: _____

Field Hockey Nova Scotia - Junior Member Registration Form

Athlete Information

Last Name:	First Name:	Gender: M / F	DOB: dd ____ mm ____ yy ____
Street address:			
City:	Province:	Postal Code:	Player's Phone:
Player's Email:		Parent's Email:	
Parent Name1:	Parent Phone:		Parent Cell:
Parent Name2:	Parent Phone:		Parent Cell:

Parent's/Guardian's Consent for Athletes Under age 18 as of January 1 of the current year

I hereby consent to my child/ward _____, registered above, participating in Field Hockey Nova Scotia's ("FHNS") Programs, including but not limited to coaching clinics, practice games, competitions, and other related activities. By signing this form and permitting my child/ward to participate in this program, I as the parent/guardian, and on behalf of my child/ward agree to release and hold without liability Field Hockey Nova Scotia and Field Hockey Canada ("FHC") and their agents, volunteers, Board of Directors and employees, from any and all claims for damages or bodily injuries arising out of participating in field hockey programs.

I understand that mouth guards and shin guards are mandatory equipment for participation in the Program and that failure by my child/ward to wear the mouth guard will void FHC insurance coverage for dental injuries.

I understand that the coaches and managers are not responsible for my child/ward before or after the game or practice or if my child/ward chooses to leave the game or practice before the official end of the game or practice. Therefore if I or another adult of my choosing is not at the field before or after game or practice time it is understood that this means that my child/ward has permission from me to leave the field of play / facility on their own.

Information provided in this form will only be used for the purposes of providing me and/or my child/ward with services and for statistical purposes. FHNS and FHC will not share, give, rent or sell my individual personal information with anyone without my advance permission or unless ordered by a court of law. FHNS and FHC may provide aggregated non-personal information with third parties for the purposes of securing sponsorships or other services.

I also understand and grant permission that my child's/ward's picture of participating in FHNS activities may appear on the FHNS website and related advertizing material.

Parent(s)/Guardian(s)

First & Last Name: _____ Signature: _____ Date: _____
Please Print

Medical Information

Emergency Contact Name (Primary):	Primary #:	Secondary #:	Relationship:
Emergency Contact Name (Secondary):	Primary #:	Secondary #:	Relationship:
Health Care Province:	Health Care #:	Family Doctor's Name:	Family Doctor's Tel:

Medical Conditions / Allergies: (i.e., torn ACL, Concussion, ADD, Diabetic, etc., If more space required please use reverse side)

Program Registration

T-shirt Size (please circle): S M L XL XXL

Volunteer (we depend on volunteers to run our programs, please check how you can help)

<input type="checkbox"/> Coaching (We will train you!)	<input type="checkbox"/> Umpiring (We will train you!)	<input type="checkbox"/> No, sorry I will not be able to help
<input type="checkbox"/> Festival Volunteers (day of event only)	<input type="checkbox"/> Other (fund-raising, transport, etc.,)	

Provincial Teams. Every year we try to send a provincial team to the Indoor and Outdoor Canadian National Championships. If you are interested in being selected for the team please indicate below. The tournament is an additional cost involving fund-raising and athletes may miss some school. **Please indicate your interest:** Indoor Outdoor Both Not interested

Halifax Summer Field Hockey League Match Sheet

Date: _____

Home Team: _____

Visiting Team: _____

Umpires: _____

Umpires: _____

<u>Goal Scorers</u>			
Name	FG	PC	PS
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

<u>Goal Scorers</u>			
Name	FG	PC	PS
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Score: _____

Score: _____

<u>Goalkeepers</u>		
Name	GA	Mins.
_____	_____	_____
_____	_____	_____
_____	_____	_____

<u>Goalkeepers</u>		
Name	GA	Mins.
_____	_____	_____
_____	_____	_____
_____	_____	_____

<u>Cards Awarded</u>			
Name	GC	YC	RC
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

<u>Cards Awarded</u>			
Name	GC	YC	RC
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Signature: _____
Umpire

Signature: _____
Umpire

