

TOURNAMENT REGULATIONS: OUTDOOR CHAMPIONSHIPS



FIELD HOCKEY
CANADA

OUTDOOR CHAMPIONSHIPS | TOURNAMENT REGULATIONS

TABLE OF CONTENTS

1.	RULES OF THE GAME	3
2.	PARTICIPANTS	3
3.	TOURNAMENT OFFICIALS	3
4.	ENTRIES & ELIGIBILITY	4
5.	TECHNICAL BRIEFING MEETING	5
6.	CLOTHING, EQUIPMENT & TEAM COLOURS	5
7.	ADMISSION TO THE FIELD OF PLAY	6
8.	TEAM BENCHES	7
9.	SUBSTITUTION OF PLAYERS	8
10.	DURATION OF MATCHES	8
11.	TIME & SCORE KEEPING	8
12.	INTERUPTION(S) TO A MATCH	9
13.	FORMAT & RANKING	9
14.	FAILURE TO PLAY – SCRATCHING	9
15.	PROTESTS	10
16.	DOPE TESTING	10
17.	UNFORESEEN EVENTS	10

APPENDICES

APPENDIX 1 - PERSONAL PENALTIES	11
APPENDIX 2 - SHOOT-OUT COMPETITION	12
APPENDIX 3 - GUIDELINES FOR GOALKEEPING PRIVILEGES & SUBSTITUTION	14
APPENDIX 4 - CODE OF CONDUCT	16
APPENDIX 5 – FIELD HOCKEY CANADA CONCUSSION MANAGEMENT PROTOCOL	19
APPENDIX 6 - PLAN OF THE COMPETITION - UNDER 15 NATIONALS - WOMEN	21
APPENDIX 7 - PLAN OF THE COMPETITION - UNDER 15 NATIONALS - MEN	22
APPENDIX 8 - PLAN OF THE COMPETITION - UNDER 18 NATIONALS - WOMEN	23
APPENDIX 9 - PLAN OF THE COMPETITION - UNDER 18 NATIONALS - MEN	24
APPENDIX 10 - PLAN OF THE COMPETITION - UNDER 23 NATIONALS	25

THESE TECHNICAL REGULATIONS ARE TO BE IN EFFECT FOR THE DURATION OF THE COMPETITION.

1. | RULES OF THE GAME

- a. The Tournament will be carried out in accordance with the current regulations and Policies of Field Hockey Canada (FHC), and the currently applicable **RULES OF HOCKEY**.
- b. The FHC Code of Conduct will apply to, and must be signed by, all participants.

2. | PARTICIPANTS

- a. The official Team Party determines who may sit on the team bench, and shall consist of not more than 16 eligible players, plus up to 3 team officials; up to 4 if there is a medical doctor or registered medical therapist. National Teams may consist of not more than 18 eligible players.

Mandatory:

- i. **Team Manager** – every participating team must have a single Team Manager for the duration of the Tournament who must be a **NON-PLAYING** member of the official Team Party;

Optional:

- ii. **Team Coach** – may be a player, if eligible, although teams are encouraged to have a non-playing Coach.
- iii. **Assistant Coach / Videographer**
- iv. **Trainer / Therapist / Medical Doctor**

If a Team has more officials than allowed in the Team Party, these extra individuals may, at the discretion of the Tournament Director, be designated as non-bench members of the Team. If so designated at the Technical Briefing meeting, they are still under the jurisdiction of the Tournament Director and may take part in warm-up, but must leave the field of play and team bench area before a match can begin.

If a team has more than 16 players the Team Manager must nominate, prior to each match, a maximum of 16 players for that match. Any extra players may take part in warm-up, but must leave the field of play and team bench area before the match can begin.

- b. All participants must be current members of FHC and in good standing, or if representing foreign teams must be current members of their National Association and in good standing.
- c. No individual may participate for more than one team in the Tournament, even in different capacities. In the event that a tournament is played at the same time as another tournament at the same venue, the Team Manager named in a Team Entry form for one tournament, may not be named as Team Manager for any team in the other tournament. **This regulation does not apply to registered team doctors or physio/athletic therapists, who may act in that capacity for any number of teams.**
- d. It is a requirement of entry that Team Managers attend the pre-competition Technical Briefing meeting with the Tournament Director; this meeting is also open to the Team Coaches and Captains. *Teams whose Team Managers do not attend will be considered as withdrawing from the tournament.*

3. | TOURNAMENT OFFICIALS

- a. The Tournament Director (TD) and Technical Officers (TO) shall be appointed by FHC. The TD is responsible for the management and running of the complete tournament, and has the full power

and authority of FHC relating to all matters concerning the conduct of the tournament in accordance with these regulations.

- b. The TD has the authority to suspend, for one or more matches of the tournament, players, team officials and other officials who, in the opinion of the TD, are guilty of or responsible for misconduct before, during or after a match, wherever that misconduct occurred. Suspended individuals may not enter the facility nor the surrounding area until their suspension has been served.
- c. The Tournament Chairperson, in collaboration with the TD, will select the Judges.
- d. The Umpires' Manager and a team of umpires appropriate to the calibre of the tournament will be selected by the FHC Officials' Committee.
- e. For every match the TD will appoint:
 - i. a Technical Officer who will be in charge of the match; either him/herself or a TO;
 - ii. 2 Judges;
 - iii. and, in consultation with the Umpires' Manager, 2 Umpires and a Reserve Umpire
- f. After the end of the tournament, the TD shall write a report, including the results, details concerning the facilities, accommodation, meals, organising committee and officials. The report must also include details of any Red Cards (including umpire's reports) and suspensions, and anything else deemed relevant. The report should be submitted to FHC within a month of the tournament ending.

4. | ENTRIES & ELIGIBILITY

- a. The FHC Final Team Entry must be submitted to the Host Province and copied to the National Office on the published date prior to the beginning of the tournament. No change or addition of players will be accepted without membership verification by the National Office.
- b. The entry form must include:
 - i. the name of the Team Manager; not being a player
 - ii. the names of up to sixteen (16) players, with their shirts numbered in the range 1-32, with indication of the team captain;
 - iii. the names of the team coaches, and their NCCP numbers,
 - iv. the names of the team physiotherapist/athletic therapist, or team medical doctor, if present and wishing to be authorised to sit on the team bench;
 - v. the name of the alternative Team Manager, not being the team coach, who will take over the duties and responsibilities of the Team Manager if the latter is incapacitated or suspended;
 - vi. details of primary and alternative colours of team uniforms (shirts, shorts/skirts and socks.)
 - vii. details of primary and alternative colours of goalkeepers' shirts which must be of colours completely different from the primary and alternate colours of the field players' shirts.
- c. In order to be eligible to compete in the Under 23, Under 18, or Under 15 National Championships, a player must be under 23, under 18, or under 15 years of age (as applicable) on December 31st of the year preceding the start of the relevant competition. For 2018 only, the following applies:
 - i. Athletes competing at the 2018 U23 National Championships must be born in 1994 or later.
 - ii. Athletes competing at the 2018 U18 National Championships must be born in 1999 or later.
 - iii. Athletes competing at the 2018 U15 National Championships must be born in 2002 or later.
- d. Regulations c i - iii apply only to **Provincial teams** competing in the **2018** National Championships. This allows for athletes in each division to be up to one year overage. Athletes who are more than one year overage may be permitted to play pending approval of all provinces entered in the

particular division. This approval must be sought prior to the submission of the Team Entry form, and the decision must be made and communicated to the TD and competing provinces at least one week prior to the start of the Championship.

5. | TECHNICAL BRIEFING MEETING

- a. The TD will distribute the Entry forms as submitted to the Host Province and verified by the National Office. Managers will review the form and make any applicable changes, e.g. to shirt numbers or to the spelling of players' names, and sign them as being correct. If a Manager wants to add or exchange players, these players must be confirmed as being in good standing with FHC before being entered on the form. This then constitutes the final Team Party for the duration of the Tournament, and no further changes will be allowed for any reason. Note that no player who is more than one year overage may be added to a team at this time.
- b. Team Managers must bring to the meeting, samples of their team's clothing - primary and alternate colours of field players' shirts, shorts/skirts and socks and goalkeeper's shirts. Unless otherwise directed by the TD, their goalkeepers' leg guards, kickers, hand protectors and headgear, and any protective equipment such as face masks and hand protectors worn by field players, must also be brought to the meeting.
- c. Team Managers must bring to the meeting, copies of the FHC Code of Conduct signed by each individual team member (all players, manager, coaches, and medical staff).
- d. The agenda will include logistical information regarding matches, and other information relating to the Tournament as a whole.
- e. The emergency evacuation plan in the event of lightning will be provided to all Team Managers, and any questions answered.

6. | CLOTHING, EQUIPMENT & TEAM COLOURS

- a. The match ball will be white. The TD may select another colour only if there is a pressing reason to do so.
- b. Each team will wear the colours specified on the entry form. The TD will specify the uniform colours to be worn for each match.
- c. Any additional items of clothing worn by a player during a match must be of a similar colour to that specified for the adjoining piece of clothing.
- d. All players must be uniformly and neatly dressed at all times during a match. All players except fully-equipped goalkeepers must wear shin guards, worn inside of socks, at all times during a match. Mouth guards are highly recommended (mandatory at U18 and U15 National Championships). Note that FHC insurance is invalid if a player is not wearing a mouth guard.
- e. Each team will have two different coloured sets of shirts for field players, each being at least 80% solid that colour; one shirt colour is to be white or a light colour, and the other is to be a distinct dark colour. Each team will have two different coloured sets of knee length socks, one **light** colour and one **dark**. Socks may not be white.
- f. Goalkeepers must have a shirt which is distinctively different in colour than either of their teams' field player shirts, and any of their opponents' field player shirts. This shirt may not be white. Leg guards, kickers, and hand protectors may not be white.

- g. If, in the opinion of the TD or the Technical Officer (TO) on duty for the match, the colours of the two opposing teams may lead to confusion, one team will change its colours. The TD or TO will choose this team.
- h. Each team shirt is to have a number firmly fixed on the back. The numbers are to be a solid colour, one that is clear and contrasts well with the shirt. The numbers, are to be in the range from 1 to 32, and are to be at least 20cm (8") high.
- i. Numbers on the front are recommended, either on the shirt or shorts/skirt, and if present must be the same number as on the back of their shirt, and a minimum 10cm (4") high.
- j. These numbers are to be individually assigned to the playing members of the team according to the entry form, and are to remain the same throughout the Tournament. *Numbers assigned for each player must be the same for both sets of shirts.*
- k. The goalkeeper(s) shall wear a number on the front and back of all of their uniform shirts; both numbers are to be at least 20cm (8") high.
- l. If a player sustains an injury that causes bleeding, that player must leave the pitch immediately and shall not re-enter until the bleeding has ceased and the wound is adequately covered. Any blood-stained clothing must be replaced before re-entry to the pitch. Each team must have spare sets of players' clothing to be used in this case.
- m. Each team must have one and only one appointed Captain on the pitch or on the team bench at all times during a match; that player must wear a distinctive captain's band or ribbon (provided by the team). Should the appointed Captain be suspended or have to leave the match for any reason, a replacement Captain must be immediately designated and that replacement Captain must wear the band or ribbon.

7. | ADMISSION TO THE FIELD OF PLAY

- a. No one, except the players and umpires properly engaged in a match, may enter the pitch during the match, unless permitted to do so by an umpire. This rule is obligatory even in the event of a player or an umpire becoming incapacitated.
- b. The team coach may not enter the pitch at any time under any circumstances.
- c. No incapacity treatment will be permitted on the field of play. If a player becomes incapacitated on the field of play, one of the umpires may stop the match and assess whether or not the player requires attention from the team bench.
 - i. In the case of an injury to a field player, the umpire may authorise the registered team medical doctor and/or physiotherapist, or, if a team does not have such registered officials, the on-duty therapist and/or team manager, to enter the field of play to assist and remove the player concerned from the field of play as soon as it is safe to do so. The umpire may also authorise, if necessary, the stretcher bearers to enter the field of play.
 - ii. In the case of an injury to a goalkeeper, the umpire may authorise the registered team medical doctor and/or physiotherapist, or, if a team does not have such registered officials, the on-duty therapist and/or team manager, to enter the field of play – with material for treatment – to assess and as appropriate provide brief treatment or remove the goalkeeper concerned from the field of play as soon as it is safe to do so. The umpire may also authorise, if necessary, the stretcher bearers to enter the field of play.

- iii. If any person from the team bench and/or the on-duty therapist enters the field of play to attend to a player other than a goalkeeper, that player must leave the field of play and return to the team bench area for a minimum of two minutes. The two minute period will be managed by the technical officials on duty. The player required to leave the field may be substituted if permitted by the Rules.
 - iv. If a player receives contact to the head or neck area, or sustains a blow that causes significant whiplash to the head, the umpire may authorize the registered team medical doctor and/or physiotherapist, or the on-duty therapist and team manager to enter the field of play to assist and remove the player concerned from the field of play as soon as it is safe to do so. The doctor or therapist will determine, and signal to the Technical Officer on duty, whether the FHC Concussion Management Protocol (Appendix 5) is to be actioned, or whether the player may return to play as outlined in section iii.
- d. No liquid or other refreshment may be consumed on the pitch. Any players wishing to take refreshment during a match, including during time stoppages, must leave the pitch and are permitted to re-enter, but not between the 23 metre line and the goal line. A goalkeeper may re-enter the pitch adjacent to the goal.
 - e. Team officials and players may leave the bench area during half-time only with prior permission of the Technical Officer on duty. If so permitted, players must leave their sticks, and goalkeepers their sticks, gloves and headgear, at the team bench and must return not less than two minutes before the match is due to be restarted.

8. | TEAM BENCHES

- a. Team benches shall be situated near to, and on the same side of the pitch as the technical table.
- b. The team officials and substitute players registered on the team entry form, must remain at the team bench during regulation time, including time stoppages, unless the Technical Officer on duty or umpires direct otherwise or when following substitution procedures or providing medical assistance. All non-bench team members must leave the field five minutes prior to game time, and must remain outside the field of play and associated technical area during playing time. The Team Manager, who is responsible for the conduct of all team members, must be present at all times during the match on the bench, and must sit nearest to the technical table.
- c. Team officials and players who have been suspended by the TD for the match are not permitted to enter or remain at the facility.
- d. No one, except the players and team and technical personnel properly engaged in a match, may enter the technical area during a match, unless permitted to do so by the Technical Officer on duty.
- e. Negative vocal communication by team officials and players on the team bench must not in any way be directed at the umpires, technical officials, or members of the opposing team.
- f. The Technical Officer on duty, after warning a Team Manager of acts of misconduct by a team member on the bench, is empowered, should misconduct continue, to order that team member to leave the facility for the remainder of the match.
- g. The TD may take further disciplinary action after the match, depending upon the circumstances. The TD will include an Incident Report to FHC.

9. | SUBSTITUTION OF PLAYERS

- a. Each team shall be permitted to substitute any player during a match in accordance with the Rules.
- b. A substitute player may not enter the pitch until the player being substituted has left the pitch. The player leaving the pitch is to return immediately to the team bench.
- c. Any player nominated by the team manager to enter as a substitute, will enter the field of play not more than 3 metres from the centre line. For all Under 15 matches, substitutes will be given a board bearing the number of the player coming off; this must be handed to the player leaving the pitch.
- d. A field player will attract the attention of the player to be substituted, and the substitution will be carried out under the supervision of a technical official on duty, without stoppage of time.
- e. Time will be stopped for substitution of a fully kitted goalkeeper or an incapacitated player, and will be under the direction of the umpires.
- f. A player, upon being suspended, may not be substituted and may not be used as a substitute during the period of the suspension.
- g. A substituted player may participate in a shoot-out competition.

10. | DURATION OF MATCHES

- a. For all Under 15 matches, a match shall consist of the regulation time of two periods of 30 minutes each, separated by an interval of 5 minutes, which may be extended to a maximum of 10 minutes.
- b. For all Under 18 matches, a match shall consist of the regulation time of two periods of 35 minutes each, separated by an interval of 5 minutes, which may be extended to a maximum of 10 minutes.
- c. For all Under 23 matches, a match shall consist of the regulation time of four periods of 15 minutes each. At the end of the first and third periods there shall be an interval of 2 minutes; after the second period there shall be an interval of 5 minutes, which may be extended to a maximum of 10 minutes.
- d. The decision on the length of the interval, if increased, shall be made by the Technical Officer on duty at any particular time; any change from 5 minutes shall be announced before the start of the match.
- e. There will be no extra periods of play in any match.
- f. Should two teams be tied at the end of regulation time during a medal round match, or where a winner is required for a team to move on to the next round, then a shoot-out competition shall be played in accordance with Appendix 2, to establish the outright winner of the match.

11. | TIME & SCORE KEEPING

- a. Time keeping will be managed by the Technical Officer (TO) and Judges on duty, whose responsibility it will be to signal the end of the regulation time, at half-time and full-time.
- b. The umpires shall blow a whistle to start or re-start a match; they shall also signal to the technical table officials every stoppage in play as well as the end of play when the game needs to be prolonged at half-time or full-time to permit completion of a penalty corner.
- c. The TO is responsible for timing any suspensions for green and yellow cards, as per Appendix 1.

- d. The TO is responsible for recording all the match particulars on the match sheet, and for obtaining the relevant signatures at the end of the match.

12. | INTERRUPTION(S) TO A MATCH

- a. If the umpires, the TO on duty, or the TD decides to interrupt a match (e.g. because of bad weather or playing conditions) that match shall be resumed as soon as possible, but not necessarily on the same pitch. The match must be completed up to the agreed full time; the score, and the time remaining, upon the resumption being those at the time the interruption took place.
- b. If play is stopped due to lightning, the prescribed evacuation plan must be put into action immediately. It must include the signal to be given, where to evacuate to, and how information will be communicated that it is safe to return to the pitch.

A good guide regarding when to evacuate is the **30-30 Rule**. When you see lightning, count the time until you hear thunder. If this time is thirty (30) seconds or less, seek proper shelter. Wait thirty (30) minutes or more after hearing the last thunder before leaving the shelter.

- c. If the pitch is stained by blood, immediate cleaning must take place before the match is restarted. A NonAcid Disinfectant Surface Cleaner which is effective against antibiotic-resistant bacteria, or an 80% alcohol solution should be used. During this operation, time will be stopped.

13. | FORMAT & RANKING

- d. All teams will play against each other in their respective pools and the following points will be awarded for each match:
 - i. three points (3) for a win
 - ii. one point (1) for a tie
 - iii. zero points (0) for a loss.
- e. Rankings within the pool(s) will be determined according to points accumulated by each team.
- f. If, in the same pool, two or more teams have the same number of points for any place, then:
 - i. these teams will be ranked according to their respective number of matches won.
 - ii. If there remains equality among two or more teams, then the team with the higher goal difference (which means "goals for" less "goals against") shall assume the higher position. A positive goal difference always takes precedence over a negative one.
 - iii. If this number is the same, then the team having the greater number of "goals for" shall assume the higher position;
 - iv. If this number is the same, then the teams will be ranked according to the results of the mutual match(es) between the two or more involved teams;
 - v. If this number should be the same, then the matter will be settled by a shoot-out competition.
- g. At the end of pool play, play-off games will be played to establish final standings. Medals will be awarded to the 3 highest ranking Canadian teams. Should a foreign team place in the top three, a second set of medals of the appropriate colour will be awarded to that team.

14. | FAILURE TO PLAY – SCRATCHING

- a. During Pool matches, a team refusing to play or to complete a scheduled match shall be considered as scratching from the competition. All the matches it had played up to that point shall be

considered as not having been played, not only by the scratching team, but also by all the teams it had played.

- b. A team refusing to play or to complete a play-off match shall be considered as scratching from the competition and shall have lost the game while the opposing team shall have won the game.
- c. A team failing to appear for a scheduled match may be disqualified from the tournament and may be omitted from the final standings.

15. | PROTESTS

- a. If a team wishes to lodge a protest at the end of a match or at the end of a stand-alone shoot-out competition, the Team Manager must:
 - i. declare their intention to do so immediately in writing directly below their signature on the match or shoot-out competition form.
 - ii. produce in writing the grounds of the protest, and hand the document to the Technical Officer on duty within fifteen (15) minutes of the match or shoot-out competition ending.
 - iii. remit to the same Technical Officer a deposit of one hundred dollars (\$100) cash.
- b. If the text of the protest is not received in writing after the expiry of fifteen (15) minutes, then it will be deemed that no protest has been registered.
- c. A protest from a decision of an Umpire during a match or shoot-out competition may not be made to or considered by the Tournament Director.
- d. A team may protest to the Tournament Director about any other decision of the Tournament Director or application of these Regulations. In this case the Team Manager must:
 - i. produce in writing the grounds of the protest and must hand that document to the Tournament Director within fifteen (15) minutes of the publication or other communication on which the protest is based.
 - ii. remit to the same Technical Officer a deposit of one hundred dollars (\$100) cash.
- e. The TD will make a decision in writing at the latest within two (2) hours after the submission of the deposit.
- f. The deposit is returned if the protest is allowed. The deposit may also be returned if the Tournament Director deems the protest was reasonable, but was not allowed. The deposit is forfeited to FHC under all other circumstances.
- g. The decision of the Tournament Director is final.

16. | DOPE TESTING

- a. Dope tests may be carried out at any tournament at the discretion of FHC in accordance with the Doping Control Standard Operating Procedures as laid down by FHC and the Canadian Centre for Ethics in Sport.

17. | UNFORESEEN EVENTS

- a. Should circumstances arise which are not provided for in these regulations they will be dealt with and decided upon by the TD.

APPENDIX 1 | PERSONAL PENALTIES

CARDS & SUSPENSIONS

GREEN CARD – TWO MINUTE SUSPENSION

For any offence, the offending player may be warned (indicated by a green card).

- a. Where a green card is issued the offending player shall be temporarily suspended for two (2) minutes.

YELLOW CARD – TEMPORARY SUSPENSION

For an offence where the offending player is temporarily suspended (indicated by a yellow card).

- a. Where a yellow card is issued the offending player shall be temporarily suspended for a minimum of five (5) minutes.
- b. The exact length of suspension shall be indicated to the technical officials by the umpire who issued the yellow card.

For any offence where a card is issued, the following applies:

- a. During the period of temporary suspension of a player, the team shall play with one less player.
- b. The umpire shall restart the game after the issue of the card.
- c. The offending player must leave the field immediately. If the player interferes with play on the way to the technical table area the umpire will further penalize the player in accordance with the Rules of Hockey.
- d. The period of temporary suspension shall commence when the player is seated at the technical table area.
- e. The timing of the suspension shall be controlled by the technical officials on duty at the technical table.
- f. The offending player is permitted to resume play when the technical official on duty indicates that the period of suspension has been completed, unless this occurs during the taking of a penalty corner, in which case the player cannot return until the penalty corner has been completed.
- g. If the offending player is a goalkeeper or player with goalkeeping privileges, a technical official on duty notifies the umpire when the period of suspension has been completed, and the umpire stops time to enable the player to resume play.

APPENDIX 2 | SHOOT-OUT COMPETITION

1. Five players from each team take a one-on-one shoot-out alternately against the goalkeeper/defending player of the other team making a total of 10 shoot-outs.
2. Respective Team Managers nominate five players to take and one player to defend the shoot-outs from those listed on the Match Report except as excluded in clause 3. A player nominated to defend the shoot-outs can also be nominated to take a shoot-out. No substitutions / replacements are permitted during the shoot-out competition except as specified below (clauses 15, 16, 17)
3. A player who has been suspended by the Tournament Director or has been excluded permanently (red card) from the field of play during that same match, cannot take part in the shoot-out competition. A player who has been temporarily suspended (green or yellow card) may take part in the shoot-out competition even if the period of their suspension has not been completed at the end of the match.
4. The Tournament Director will specify the method of timing shoot-outs, taking into account the facilities available and the need to control time accurately.
5. In consultation with the umpires, the Technical Officer on duty will choose the goal to be used.
6. A coin is tossed. The team which wins the toss has the choice to take or defend the first shoot-out.
7. During a shoot-out competition, all persons who are entitled to sit on the team bench for that match are permitted to enter the field of play in an area designated by the Technical Officer on duty.
8. The goalkeeper/defending player of the team taking a shoot-out may be on the back-line outside the circle.
9. A player taking or defending a shoot-out may enter the 23m area for that purpose.
10. Players taking a shoot-out and also defending the shoot-outs taken by opponents are allowed reasonable time to take off their protective equipment to take their shoot-out, and subsequently to put it back on.
11. Taking a shoot-out:
 - a. the defending goalkeeper/defending player starts behind the goal line between the goal posts;
 - b. the ball is placed on the nearest 23m line opposite the centre of the goal;
 - c. an attacker starts outside the 23m line near the ball;
 - d. the umpire blows the whistle to signal the start of the shoot-out; the attacker and the goalkeeper/defending player may then move in any direction;
 - e. the shoot-out is completed when one of the following occurs:
 - i. 8 seconds has elapsed;
 - ii. a goal is scored;
 - iii. the attacker commits an offence;
 - iv. the goalkeeper/defending player commits an unintentional offence inside or outside the circle, in which case the shoot-out is re-taken by the same player against the same goalkeeper/defending player;
 - v. the goalkeeper/defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
 - vi. the ball goes out of play over the back-line or side-line; this includes the goalkeeper/defending player intentionally playing the ball over the back-line.
12. If a penalty stroke is awarded as specified above, it can be taken and defended by any eligible player on the Match Report (subject to the provisions of clauses 15, 16, and 17 below).
13. The team scoring the most goals is the winner and the competition ceases once an outright winner is determined.

14. A player may be suspended by a yellow or red card but not by a green card during a shoot-out competition.
15. If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
 - a. that player takes no further part in that shoot-out competition and, unless a goalkeeper / defending player, cannot be replaced.
 - b. the replacement for a goalkeeper / defending player can only come from the 5 players of that team nominated to take part in the shoot-out competition. The replacement goalkeeper is allowed reasonable time to put on protective equipment similar to that worn by the goalkeeper / defending player they are replacing.
 - c. any shoot-out due to be taken by a suspended player is forfeited; any goals scored by the player before being suspended count as a goal.
16. If during a shoot-out competition, a defending goalkeeper is incapacitated, that goalkeeper may be replaced by another player from within the players listed on the team entry form for that particular match, except as excluded above in clause 3 or clause 15. If the replacement goalkeeper is a field player, that player is allowed reasonable time to put on protective equipment similar to that worn by the player they are replacing.
17. If during a shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from within the players listed on the team entry form for that particular match, except as excluded above in clause 3 or clause 15.
18. If an equal number of goals are scored or awarded after each team has taken 5 shoot-outs:
 - a. a second series of shoot-outs is taken with the same players;
 - b. the sequence in which the attackers take the shoot-outs need not be the same as in the first series;
 - c. the team whose player has taken the first shoot-out of the first series must defend the first shoot-out of the next series;
 - d. when one team has scored or been awarded one more goal than the opposing team after an equal number of shoot-outs have been taken by each team, that team is the winner.
19. If an equal number of goals are scored after a second series of 5 shoot-outs, additional series of shoot-outs are taken with the same players:
 - a. the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
 - b. the team which starts each shoot-out series alternates for each series.

APPENDIX 3 | GUIDELINES FOR GOALKEEPING PRIVILEGES & SUBSTITUTION

These guidelines provide interpretation of goalkeeping roles and substitution.

These guidelines distinguish between three types of player as defined in the RULES OF HOCKEY:

- a goalkeeper with goalkeeping privileges wearing full protective equipment comprised of at least headgear, leg guards and kickers and a different colour shirt; or
- a field player with goalkeeping privileges wearing only protective headgear and a different colour shirt; or
- only field players and no player with goalkeeping privileges and therefore no player wearing protective or different colour shirt.

Changes between these roles only take place by substitution. For avoidance of doubt, changes may not take place on the field of play by a player changing their equipment or shirt.

Time:

- is stopped only for substitution of a goalkeeper wearing full protective equipment either entering or leaving the field.
- is not stopped if the player entering or leaving the field is only a field player with goalkeeping privileges or a field player.

Goalkeeper Wearing Full Protective Equipment:

- must wear a shirt different in colour to other players throughout the time they are on the pitch.
- may enter or leave the field for substitution purposes near the goal they are defending.
- must wear the protective equipment at all times – except that the headgear and any hand protectors may be removed when taking (but not when defending) a penalty stroke.
- has full goalkeeping privileges as defined in the Rules of Hockey.
- must not take part in the match outside the 23 metres area they are defending (except when taking a penalty stroke).

Field Player with Goalkeeping Privileges:

- must wear a shirt different in colour to other players throughout the time they are on the pitch.
- may leave the headgear near the goal they are defending when entering the field as a substitute or at other times when they choose not to wear it.
- must wear the headgear when defending a penalty corner or a penalty stroke.
- has full goalkeeping privileges as defined in the Rules of Hockey; they do not need to be wearing the headgear to use these privileges.

- must not take part in the match outside the 23 metres area they are defending when wearing the headgear but may remove the headgear and take part in the match anywhere on the field; they continue to wear the different colour shirt.

Field Player:

- wears a shirt of the same colour as teammates throughout the time they are on the pitch.
- must leave or enter the field for substitution purposes within 3 metres of the centre-line on the specified side of the field.
- may choose to wear a face mask (but no other protective equipment) when defending a penalty corner or penalty stroke.
- does not have any goalkeeping privileges.

Injury or Suspension at a Penalty Corner or Penalty Stroke

- of a goalkeeper wearing full protective equipment: may only be substituted by another goalkeeper wearing full protective equipment – otherwise, the penalty corner is defended by the field players already on the pitch.
- of a field player with goalkeeping privileges: may only be substituted by another field player with goalkeeping privileges – otherwise, the penalty corner is defended by the field players already on the pitch.
- of a field player: no substitution is permitted – the penalty corner is defended by the field players already on the pitch.
- any form of substitution may take place at a penalty stroke.

APPENDIX 4 | CODE OF CONDUCT

The Code of Conduct is applicable for participants at any approved FHC tournament or any tournament approved by a Provincial Association Member of FHC.

Participants shall be considered:

- All Provincial Association team members & officials including players, team management, coach & coaching staff, medical staff & the duly appointed representatives of the Provincial Associations of the participating teams.
- All National Association team members & officials including players, team management, coach & coaching staff, medical staff & the duly appointed representatives of the National Associations of the participating teams.
- All FHC tournament officials including the FHC Representatives, Tournament Directors, Technical Officers, Umpires' Manager, Medical Officer, Media Officer, Judges and Umpires, and any other ad hoc officials appointed by the FHC or the organizing committee.
- The host Provincial Association representatives and the members of the organizing committee.
 - i. The code is established to create awareness of and accountability for the promotion of the game of hockey amongst the participants of the above-mentioned events.
 - ii. All participants are responsible for their own behaviour and conduct, and as such, accountable. They must abide by the FHC Policies, Bylaws, FIH Rules of Hockey, FHC Tournament Technical Regulations, CCES Doping Policy and the Rules and Directives of the Code of Conduct as set out hereafter.
 - iii. It is therefore the responsibility of the Provincial/National Associations of the participating teams to instruct their players and team officials in the requirement. The Provincial/National Associations shall share liability with their players and team officials should breaches occur of the terms of the FHC Policies and Bylaws, all Rules and Regulations, Doping Policy and the Rules and Directives of the Code of Conduct as mentioned in ii above.
 - iv. Complaints in relation to either misconduct or breaches of the terms of the Policies and Bylaws and Rules and Regulations, etc. as mentioned in II above, shall in the first instance be dealt with by the Tournament Director during the competition, or after the competition, by the FHC Executive, who in turn may refer and involve the FHC Board and Disciplinary Committee.

All participants are therefore subject to the jurisdiction of FHC (see FHC Policies and Bylaws available at (<http://www.fieldhockey.ca/about-us/governance/policies/>)). FHC is committed in maintaining the highest standards of behaviour and conduct of those subject to this jurisdiction. In pursuance of these standards, all participants shall observe also the following Rules and Directives:

1. Participants shall at all times conduct themselves fairly and properly on the field of play and any part of the hockey venue/accommodation. No person may conduct himself in a manner or commit any act or omission which may prejudice the interest of hockey or which may bring the game of hockey into disrepute.
2. Without prejudice to the generality of the foregoing, the following shall be regarded as conduct which is improper, unfair, and unacceptable:
 - a. Verbal/physical abuse or hostility towards any other participant, person or any other member of the public.
 - b. Disputing/protesting, reacting in a provocative or disapproving manner toward any decision made by an umpire or official in an inappropriate way.
 - c. Using rude or abusive language or hand signals.
3. Public statements must be fair and reasonable and must not involve a personal attack on another player, umpire, appointed official or administrator.
 - a. FHC recognizes that fair and reasonable comments on the game in general are essentially in the interests of everyone. However, it further recognizes that in the interest of maintaining the generally excellent relations that currently exist between players, umpires and officials, it is necessary to ensure that any such comment and criticism be constructive. Any public statement therefore by a participant shall not comprise "a personal attack" upon any similar participant like himself also subject to the jurisdiction of the FHC.
 - b. FHC defines a "public statement" as follows:

Any statement in which the whole, part or essence, is made public. Such a statement may be made in a newspaper, magazine, periodical or by any electronic (Internet, E-mail, etc.) or other means through the medium of television, radio or in any other manner whatsoever, regardless of the circumstances in which the statement was made.
4. Each player and team staff member shall comply with the FHC Doping Policy and that put forth by the Canadian Centre for Ethics in Sport. They shall not direct any verbal or physical abuse or hostility towards Doping Control Test Officials. Any possession of dope-related drugs or drugs on the list of prohibited substances as mentioned in the FHC Doping Policy and/or the I.O.C. List of Prohibited Methods and Prohibited Substances, or the commission of any criminal offence relating to drugs, shall be handled in accordingly.

FIELD HOCKEY CANADA | CODE OF CONDUCT FORM

1. No Participant may participate in an FHC approved tournament until he/she has signed this acknowledgment and agreement.
2. This acknowledgment and agreement must be lodged with the Tournament Director at the latest at the Pre-Tournament Team Manager's Meeting at which the Participant is to participate.

NAME OF PROVINCIAL/NATIONAL ASSOCIATION: _____

NAME OF EVENT: **2018 FHC NATIONAL CHAMPIONSHIPS**

AGE GROUP: **UNDER** _____

NAME OF PARTICIPANT (PLEASE PRINT): _____

DATE OF BIRTH (DD/MM/YYYY): _____

I HEREBY ACKNOWLEDGE AND AGREE AS FOLLOWS:

CODE OF CONDUCT

1. I have received and read the FHC Code of Conduct.
2. I consent and agree to comply with and be bound by all of the provisions of the FHC Code of Conduct.

SIGNATURE of PARTICIPANT: _____

[AND, IF A MINOR, SIGNATURE OF LEGAL GUARDIAN]

DATE: _____

APPENDIX 6 | FIELD HOCKEY CANADA

CONCUSSION MANAGEMENT PROTOCOL

The following is an excerpt from the Field Hockey Canada Concussion Management Protocol. The full document, and associated information, may be accessed at www.fieldhockey.ca/athlete-documents/

1. Head Injury Recognition

A concussion should be suspected:

- In any athlete who sustains a significant impact to the head, face, neck, or body and demonstrates ANY of the visual signs of a suspected concussion, or reports ANY symptoms of a suspected concussion as detailed in the **Concussion Recognition Tool 5**.
- If a player reports ANY concussion symptoms to one of their peers, parents, teachers, or coaches, or if anyone witnesses an athlete exhibiting any of the visual signs of concussion.

Concussion Red Flags:

If an athlete exhibits or reports any of the following, call an ambulance for emergency medical assessment.

- Neck pain or tenderness
- Severe or increasing headache
- Deteriorating conscious state
- Double vision
- Seizure or convulsion
- Loss of consciousness

2. On Field Management

Basic First Aid

- DRSABCD
- Cervical Spine Precautions
- Call emergency services if indicated

If an athlete is suspected of sustaining a more severe head or spine injury during a game or practice, an ambulance should be called immediately to transfer the patient to the nearest emergency department for further Medical Assessment.

Coaches, parents, trainers and officials should not make any effort to remove equipment or move the athlete until an ambulance has arrived, and the athlete should not be left alone until the ambulance arrives. After the emergency medical services staff has completed the Emergency Medical Assessment, the athlete should be transferred to the nearest hospital for Medical Assessment.

In the case of youth (under 18 years of age), the athlete's parents should be contacted immediately to inform them of the athlete's injury. For athletes over 18 years of age, their emergency contact person should be contacted if one has been provided.

Sideline Medical Assessment

If an athlete is suspected of sustaining a concussion and there is no concern for a more serious head or spine injury, the player should be immediately removed from the field of play.

Scenario 1: If a licensed healthcare professional is present

The athlete should be taken to a quiet area and undergo Sideline Medical Assessment using the Sport Concussion Assessment Tool 5 (SCAT5) or the Child SCAT5. The SCAT5 and the Child SCAT5 are clinical tools that should only be used by a licensed healthcare professional that has experience using these tools. It is important to note that the results of SCAT5 and Child SCAT5 testing can be normal in the setting of acute concussion. As such, these tools can be used by licensed healthcare professionals to document initial neurological status but should not be used to make sideline return-to-sport decisions in youth athletes. **Any youth athlete who is suspected of having sustained a concussion must not return to the game or practice and must be referred for Medical Assessment.**

In the case of national team-affiliated athletes (age 18 years and older), an experienced certified athletic therapist, physiotherapist or medical doctor providing medical coverage for the sporting event may make the determination that a concussion has not occurred based on the results of the SCAT5. In these cases, the athlete may be returned to the practice or game without a *Medical Clearance Letter*, but this should be clearly communicated to the coaching staff. Players that have been cleared to return to games or practices should be monitored for delayed symptoms. **If a concussion is suspected, or a player develops any delayed symptoms, the athlete should be removed from play and undergo medical assessment by a medical doctor or nurse practitioner.**

Scenario 2: If there is no licensed healthcare professional present

The athlete should be referred immediately for medical assessment by a medical doctor or nurse practitioner, and the athlete must not return to play until receiving medical clearance.

3. Medical Assessment

The medical assessment will determine whether the athlete is diagnosed with a concussion or not, and may be completed by a medical doctor or nurse practitioner. Athletes with a diagnosed concussion should be provided with a *Medical Assessment Letter* indicating a concussion has been diagnosed. Athletes that are determined to have not sustained a concussion should be provided with a *Medical Assessment Letter* indicating a concussion has not been diagnosed and the athlete can return to school, work and sports activities without restriction.

APPENDIX 6 | PLAN OF THE COMPETITION

2018 UNDER 15 NATIONAL CHAMPIONSHIPS - WOMEN

1. Teams will be divided into two pools, and all teams will play against each other in their respective pools. Rankings will be determined as per Regulation 13 above.
2. Medal Round

At the end of pool play, the first and second placed teams in each pool will play semi-finals as follows:

 - 1st in Pool A vs 2nd in Pool B
 - 1st in Pool B vs 2nd in Pool A

with the winners playing each other for gold, and the losers playing each other for bronze.

Should two teams be tied at the end of regulation time during the medal round matches, then a shoot-out competition shall be played to establish the winner of the match.
3. Consolation Pool

At the end of pool play, the 3rd, 4th, and 5th ranked teams in Pool A, will each play against the 3rd and 4th ranked teams in Pool B in a modified round robin.

 - a. Points will be awarded for each match as per Regulation 13 above.
 - b. Points awarded for matches played between the teams in Pool A and in Pool B will carry forward to the Consolation Pool.
 - c. Ties will not be broken in consolation pool matches.
 - d. Rankings will be determined as per Regulation 13 above, except that should two teams be tied in the standings at the end of Consolation Pool play, then no shoot-out competition will be played to break the tie. Tied teams will share the final placing.

APPENDIX 7 | PLAN OF THE COMPETITION

2018 UNDER 15 NATIONAL CHAMPIONSHIPS - MEN

1 Teams will be divided into two pools, and all teams will play against each other in their respective pools. Rankings will be determined as per Regulation 13 above.

2. Medal Round

At the end of pool play, the first and second placed teams in each pool will play semi-finals as follows:

1st in Pool A vs 2nd in Pool B

1st in Pool B vs 2nd in Pool A

with the winners playing each other for gold, and the losers playing each other for bronze.

Should two teams be tied at the end of regulation time during the medal round matches, then a shoot-out competition shall be played to establish the winner of the match.

3. At the end of pool play, the 3rd and 4th ranked teams in Pool A, will each play against the 3rd ranked team in Pool B in a modified round robin.
 - a. Points will be awarded for each match as per Regulation 13 above.
 - b. Points awarded for matches played between the teams in Pool A will carry forward to the Consolation Pool.
 - c. Ties will not be broken in consolation pool matches.
 - d. Rankings will be determined as per Regulation 13 above, except that should two teams be tied in the standings at the end of Consolation Pool play, then no shoot-out competition will be played to break the tie. Tied teams will share the final placing.
4. Final placings will be determined by the play-off games. Medals will be awarded to the three highest ranked Canadian teams. Should a foreign team place in the top three, a second set of medals of the appropriate colour will be awarded to that team.

APPENDIX 8 | PLAN OF THE COMPETITION

2018 UNDER 18 NATIONAL CHAMPIONSHIPS - WOMEN

1. Teams will be divided into two pools, and all teams will play against each other in their respective pools. Rankings will be determined as per Regulation 13 above.
2. Medal Round
At the end of pool play, the first and second placed teams in each pool will play semi-finals as follows:
1st in Pool A vs 2nd in Pool B
1st in Pool B vs 2nd in Pool A
with the winners playing each other for gold, and the losers playing each other for bronze.
Should two teams be tied at the end of regulation time during the medal round matches, then a shoot-out competition shall be played to establish the winner of the match.
3. At the end of pool play, the 3rd, 4th, and 5th ranked teams in Pool A, will each play against the 3rd and 4th ranked teams in Pool B in a modified round robin.
 - a. Points will be awarded for each match as per Regulation 13 above.
 - b. Points awarded for matches played between the teams in Pool A and in Pool B will carry forward to the Consolation Pool.
 - c. Ties will not be broken in consolation pool matches.
 - d. Rankings will be determined as per Regulation 13 above, except that should two teams be tied in the standings at the end of Consolation Pool play, then no shoot-out competition will be played to break the tie. Tied teams will share the final placing.

APPENDIX 9 | PLAN OF THE COMPETITION

2018 UNDER 18 NATIONAL CHAMPIONSHIPS - MEN

1. Teams will be divided into two pools, and all teams will play against each other in their respective pools. Rankings will be determined as per Regulation 13 above.
2. Medal Round

At the end of pool play, the first and second placed teams in each pool will play semi-finals as follows:

 - 1st in Pool A vs 2nd in Pool B
 - 1st in Pool B vs 2nd in Pool A

with the winners playing each other for gold, and the losers playing each other for bronze.

Should two teams be tied at the end of regulation time during the medal round matches, then a shoot-out competition shall be played to establish the winner of the match.
3. At the end of pool play, the 3rd and 4th ranked teams in Pool A, will each play against the 3rd ranked team in Pool B in a modified round robin.
 - e. Points will be awarded for each match as per Regulation 13 above.
 - f. Points awarded for matches played between the teams in Pool A will carry forward to the Consolation Pool.
 - g. Ties will not be broken in consolation pool matches.
 - h. Rankings will be determined as per Regulation 13 above, except that should two teams be tied in the standings at the end of Consolation Pool play, then no shoot-out competition will be played to break the tie. Tied teams will share the final placing.
4. Final placings will be determined by the play-off games. Medals will be awarded to the three highest ranked Canadian teams. Should a foreign team place in the top three, a second set of medals of the appropriate colour will be awarded to that team.

APPENDIX 10 | PLAN OF THE COMPETITION

2018 UNDER 23 NATIONAL CHAMPIONSHIPS - WOMEN

1. All four teams will play against each other in a single pool and rankings will be determined as per Regulation 13 above.
2. At the end of pool play, the teams will play semi-finals as follows:
1st in Pool vs 4th in Pool
2nd in Pool vs 3rd in Pool
with the winners playing each other for gold, and the losers playing each other for bronze.
3. Should two teams be tied at the end of regulation time during the play-off matches, then a shoot-out competition shall be played to establish the winner of the match.

2018 UNDER 23 NATIONAL CHAMPIONSHIPS - MEN

1. All four teams will play against each other in a single pool and rankings will be determined as per Regulation 13 above.
2. At the end of pool play, the teams will play semi-finals as follows:
1st in Pool vs 4th in Pool
2nd in Pool vs 3rd in Pool
with the winners playing each other for gold, and the losers playing each other for bronze.
3. Should two teams be tied at the end of regulation time during the play-off matches, then a shoot-out competition shall be played to establish the winner of the match.