

**TOURNAMENT  
REGULATIONS:  
OUTDOOR  
CHAMPIONSHIPS**



**FIELD HOCKEY  
CANADA**



# OUTDOOR CHAMPIONSHIPS | TOURNAMENT REGULATIONS

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*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 current FIH **RULES OF HOCKEY**, except as varied hereunder.
- b. The most recent FIH regulations for General Outdoor Events (May 2025) will be used in cases not covered in these regulations.
- c. The FHC Code of Conduct will apply to, and must be signed by, all participants including team staff and officials.

## **2. | TOURNAMENT OFFICIALS**

- a. The Technical Delegate (TD) 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 FHC Officials Committee will appoint a remote disciplinary committee to support the TD throughout the tournament.
- d. The Tournament Chairperson, in collaboration with the TD and the FHC Officials Committee, will select the Technical Officers (TO) and Judges for the tournament.
- e. The Umpires' Manager and a team of umpires appropriate to the caliber of the tournament will be selected by the FHC Officials Committee.
- f. 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
- g. After the end of the tournament, the TD shall write a report, including the results, and details concerning the facilities, accommodation, meals, organizing 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.
- h. At the end of the tournament, the Umpires' Manager is required to complete an evaluation of each umpire, and submit it to both the umpire and FHC Officials Committee in a timely manner.

## **3. | ENTRIES & ELIGIBILITY**

- a. The FHC Final Team Entry form (Team Roster) must be submitted at least 10 days prior to the beginning of the tournament, through the process defined by the Host Province and National Association. Notification in writing of any amendment to the players listed on the entry form must be delivered by the Team Manager to the TD no later than the Technical Briefing meeting. No change or addition of players will be accepted without membership verification by the National Office.

- b. The Team Entry form must include:
- i. Team staff information, including (see 4b for team staff information):
    - name, email address, date of birth, gender, nationality and role of each team staff member.
    - NCCP numbers for Head Coach and Assistant Coaches
  - ii. Information for up to 18 players, including:
    - name, date of birth, nationality, email address (optional), shirt number from 1-99
    - indication of captain and goalkeeper(s)
  - iii. details of primary and alternative colours of team uniforms (shirts, shorts/skirts and socks). Attach colour photograph of each uniform piece.
  - iv. 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. Attach colour photographs.
- c. In order to be eligible to compete in the Under 18, or Under 16 National Championships, a player must be under 18, or under 16 years of age (as applicable) on December 31<sup>st</sup> of the year preceding the start of the relevant competition.
- i. Athletes competing at the 2023 U18 National Championships must be born in 2007 or later.
  - ii. Athletes competing at the 2023 U16 National Championships must be born in 2009 or later.
- d. The deadline to make over age player requests is Friday, June 13, 2025. Approved over age athletes must be identified on the Team Entry form.
- i. Definitions:
    - Case by Case: When a province has a request for an over age athlete to play on their provincial team, they will bring this request to all the PSOs who are participating in their pool. The PSOs will vote on whether they will accept the request or not.
  - ii. U18 Girls & U18 Boys will use the case by case ruling when it comes to requiring requests for over age players to participate on a provincial team.
  - iii. U16 Girls & U16 Boys will use the case by case with exceptions ruling when it comes to requiring requests for over age players to participate on a provincial team. This means that requests for over age players in this age category have to be related to one of the following reasons; injury, illness, family emergency, putting the team at risk. A player named to the U18 team cannot then play on the U16 team. Should your request not meet any of the outlined requirements, you may still present your case to the PSOs and FHC in the extreme circumstance that you need this/these players to foster your team, as it would prevent you from bringing a team, which could impact the entirety of the event.
  - iv. When you present any case, we require you to provide the following information:
    - Name, age and position (\*if a goalie) of player in consideration
    - Whether they have been identified and is in training at an FHC hub
    - If they are a new resident/player in the community (ie. From anywhere outside of Canada) what their hockey experience/ background is (ex. Are they identified in their country of origin? Play for the Junior National Team in said country?)
    - Reason why you require this player on your team
  - v. The deadline to make over age player requests will be Friday June 13th, 2025, to align with the roster and technical regulations deadlines.
  - vi. Roster changes for circumstances like (injury, illness, family emergency, etc.) can still be made in July, as they always have, for players that meet the age requirements within the

corresponding age categories. Should an extreme circumstance present itself for your team, in relation to adding an over age player in July, impacting the team's ability to attend the event, you may bring this to the table with the PSOs and FHC.

#### 4. | PARTICIPANTS

- a. The official Team Party determines who may sit on the team bench, and shall consist of not more than **18 eligible players**, plus 3 team officials; up to 5 if a team has both a therapist (athletic or physio) and a medical doctor, or 4 if only one medical professional. Those eligible to sit on the team's bench during a match must be listed on the Team Entry form (see Section 4 b). Note that a team may have up to 18 players regardless of the number of goalkeepers, and all 18 are eligible to play in any match, unless suspended by the TD.
- b. Team Officials
  - 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;
  - ii. **Team Coach** – may be a player, if eligible, although teams are encouraged to have a non-playing Coach.
  - iii. **Assistant Coach**
  - iv. **Physiotherapist or Athletic Therapist (qualified) (if any)**
  - v. **Medical Doctor (qualified) (if any)**

If a Team has more officials than allowed in the Team Party, these extra individuals may, at the discretion of the TD, 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 TD and may take part in warm-up, but must leave the field of play and team bench area before a match can begin.

- c. 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.
- d. No individual may participate with 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.

#### 5. | TECHNICAL BRIEFING MEETING

It is a requirement of entry that Team Managers attend the pre-competition Technical Briefing meeting with the TD; 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.*

- a. At the meeting, the TD will distribute the Team Entry Form as submitted. Managers will review the forms and sign them as correct. If any changes are required, the Team Manager will mark the change (e.g. to shirt numbers or to the spelling of players' names) and initial the change for TD to complete prior to the start of the tournament. If a Team Manager wishes to add or exchange players, these players must be confirmed as being in good standing with FHC before being entered on the form. Roster changes will not be accepted after the completion of the Technical Briefing meeting. If the briefing is held online, the TD will send the Team Entry forms by email for Team Managers to verify and return to the TD in advance of the event.
- b. Team Managers must bring to the meeting:

- i. samples of their team's clothing - primary and alternate colours of field players' shirts, shorts/skirts and socks and goalkeeper's shirts (goalkeepers must have two shirts of distinctive colours that are not the same as the primary or alternate colour of the field players' shirts). If held online, team managers must confirm team colours when reviewing the Team Entry form.
  - ii. Copies of the FHC Code of Conduct signed by each individual team member (all players, manager, coaches, and medical staff), if not submitted electronically through the F-RED registration system.
  - iii. Additional player protective equipment used for medical reasons, for TD approval.
- c. The agenda of the meeting will include logistical information regarding matches, and other Tournament information.
  - d. 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 balls will be white Kookaburra Dimple Standard. The TD may select another type or colour only if there is a pressing reason to do so.
- b. Mouth guards are mandatory at U18 and U16 National Championships. Note that FHC insurance is invalid if a player is not wearing a mouth guard.
- c. Goalkeepers must have two shirts which are each distinctively different in colour than either of their teams' field player shirts, and any of their opponents' field player shirts.
- d. The TD will specify the clothing to be worn by field players and goalkeepers for each match.
- e. 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 99, and are to be at least 20cm (8") high.
- f. 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.
- g. 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.*
- h. 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.
- i. If a goalkeeper also plays as a field player, where possible, the jersey number should be the same. The Team manager should advise the Tournament Director at the Technical Meeting if:
  - i. A goalkeeper will also play as a field player
  - ii. If the jersey numbers are the same or different
- j. All players must be uniformly and neatly dressed at all times during a match.
- k. 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.
- l. 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.

- m. Field players must not wear any additional protective equipment related to medical reasons or similar as specified in the Rules of Hockey, unless approved by the TD.

## **7. | TEAM BENCHES**

- a. Team benches shall be situated near to, and on the same side of the pitch as the technical table.
- b. At least 60 minutes before the start of the match, the Team Manager must enter into Altiusrt (or the Tournament Management System) the:
  - i. Eleven players who will be on the field of play at the start of the match;
  - ii. Captain and Goalkeeper(s) for the match;
  - iii. Team Manager for the match;
  - iv. Coach on the bench for the match;
  - v. Therapist (Physio or Athletic), if any;
  - vi. Medical Doctor, if any;
  - vii. Additional team staff as required (if any).
- c. The team manager and substitute players nominated for that match, must remain at the team bench during playing time, including time stoppages, or when following substitution procedures or providing medical assistance. Substitutes may leave the bench to warm up in an area designated by the TO on duty. The Team Medical Doctor or Physiotherapist may leave the bench to treat players.
- d. Coaching and audible vocal communication may only take place from designated areas, as identified at the Technical Briefing Meeting. The Coach(es) nominated for the match must remain at or near the Team Bench in an area designated by the Technical Officer on duty and need not be seated.
- e. 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.
- f. 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.
- g. The Team Manager is responsible for the conduct of all persons occupying the team bench, must be present at all times during the match on the bench, and must sit nearest to the technical table.
- h. Team officials and players who have been suspended by the TD for the match are not permitted to enter or remain at the facility.
- i. Vocal communication by team officials and/or players on the team bench must not be directed at the technical officials seated at the table, the Umpires, and/or the players of the opposing team.
- j. If misconduct occurs after a Team Manager has been warned about acts of misconduct on his / her team bench, the Technical Officer on duty is empowered to order the person or persons involved to leave the team bench and remain in the team changing room for the rest of the match. After the match, the Technical Officer will report the circumstances to the Tournament Director who may take further disciplinary action.
- k. The TD may take further disciplinary action after the match, depending upon the circumstances. The TD will include any relevant information, including an Incident Report, in their final report to FHC.

## **8. | ADMISSION TO THE FIELD OF PLAY**

- a. The Coach on the team bench may not enter the field of play during playing time under any circumstances, but may do so during a shoot-out competition.
- b. 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 authorize 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 authorize, if necessary, the stretcher bearers to enter the field of play.
  - ii. In the case of an injury to a goalkeeper, the umpire may authorize 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 authorize, 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 of playing time. 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.

## **9. | SUBSTITUTION OF PLAYERS**

- a. Substitution takes place as specified in the Rules of Hockey from the players named in the Match Report.
- b. Substitution takes place within 3 metres of the centre line, under the supervision of the TO on duty.
- c. After leaving the field of play having been substituted, a player must immediately go to the team bench.
- d. Team Managers are responsible for the proper application of the procedures.

## **10. | DURATION OF MATCHES**

- a. For all 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.
- b. The decision on the length of the intervals, if increased, shall be made by the Technical Officer on duty at any particular time; any change shall be announced before the start of the match.
- c. When a penalty corner is awarded, time will be stopped for 40 seconds (to permit defenders to put on protective gear etc), except in the case of re-awards. In the case of a re-awarded penalty corner, time will be stopped but the teams will not be allowed an additional 40 seconds. The umpire will re-

start play at the earliest possible opportunity, ensuring that any delay is kept to a minimum.

- d. Time will not be stopped for goals.
- 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 round robin game, the match shall end in a tie. Should two teams be tied at the end of regulation 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. The umpires blow a whistle to start or re-start a match; they also signal to the Technical Official on duty every time stoppage they order, and the subsequent re-start.
- b. Time-keeping is controlled by the Technical Officials on duty, whose responsibility it is to signal the end of each period. If a match is prolonged at the end of a period to permit completion of a penalty corner as specified in the Rules of Hockey, the umpires will signal the end of that period.
- c. The TO is responsible for timing any suspensions for green and yellow cards, as per Appendix 1.
- d. The TO is responsible for ensuring that all the match particulars are recorded in the Altiusrt online tournament management system (TMS), and for obtaining the relevant signatures at the end of the match:
  - i. the Team Manager of each participating team must sign the Match Report, even if a protest is contemplated;
  - ii. the match officials named on the Match Report must also sign once both Team Managers have done so.

## 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, under the following conditions:
  - i. 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;
  - ii. on resumption, Regulations 9 and Appendix 1 relating to the substitution of players shall apply as though there had been no interruption to the match.
- 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 Non-Acid 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

- a. 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.
- b. Rankings within the pool(s) will be determined according to points accumulated by each team.
- c. If, in the same pool, two 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 this number is the same, then the teams will be ranked according to the result of the match between the two tied teams.
  - iii. If there remains equality, 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.
  - iv. If there still remains equality, then these teams will be ranked according to their respective number of goals for.
  - v. Should there still remain equality, the ranking will be determined by a shoot-out competition between the tied teams.
- d. If, in the same pool, more than two 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 this number is the same, then a ranking based upon the results of the matches among only the tied teams shall determine their respective position, based on the points and tie-breaking noted above.
  - iii. Should a shoot-out competition be required, this will be governed by Appendix 2, 2h-k, FIH General Tournament Regulations Outdoor Competitions.
- e. At the end of pool play, play-off games will be played to establish medal winners and final standings. Medals will be awarded to the three highest ranking teams.
- i. In the event of a multi-tiered competition, medals will be awarded to the 3 highest ranking teams in each tier.
  - ii. In the event that a foreign team is competing, 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 thirty (30) minutes of the match or shoot-out competition ending.
- iii. remit to the TD a deposit of one hundred dollars (**\$100**) cash.
- b. If a protest is made, the Technical Officer on duty must immediately notify the TD and FHC Event Director and Provincial Host.
- c. If the text of the protest is not received in writing after the expiry of thirty (30) minutes, then it will be deemed that no protest has been registered.
- d. A protest from a decision of an Official (Umpire, TO or Judge) during a match or shoot-out competition may not be made to or considered by the TD.
- e. A team may protest to the TD about any other decision of the TD or application of these Regulations. If a protest is to be made the Team Manager must follow the process outlined in Regulation 15 a. above.
- f. The TD must make a decision and publish it as soon as reasonably possible); if possible, the TD should also orally notify the decision to the Team Manager concerned immediately after making the decision.
- g. The Team Manager must make arrangements with the TD so that (s)he is available to receive the decision from the TD.
- h. Failure to comply with any part of this Regulation will result in dismissal of the protest.
- i. The deposit is returned if the protest is allowed. The deposit may also be returned if TD deems the protest was reasonable, but was not allowed. The deposit is forfeited to FHC under all other circumstances.
- j. The decision of the TD is final.

## **16. | ANTI-DOPING**

- a. Anti-doping 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.
- b. Team Managers will be advised about anti-doping test procedures at the Event Briefing meeting.
- c. Any player listed on the Team Entry form may be the subject of an anti-doping test after a match even if that player has not entered the Field of Play. A player may be the subject of more than one anti-doping test during a competition.
- d. A player selected for an anti-doping test may not take a shower, bath, ice-bath or similar before providing a urine sample which meets the requirements in the International Standard for Testing.

## **17. | UNFORESEEN EVENTS**

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).

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 green or yellow card is issued, the following applies:

- a. For the duration of each temporary substitution, the offending team plays with one fewer player.
- b. If a field player receives a card, the Umpires stop the match (but not necessarily the time) to issue the card; if time has been stopped, the Umpires restart it immediately after issuing the card.
- c. If a goalkeeper receives a card, the Umpires stop the time and re-start it immediately after that player has left the field of play.
- d. The offending player must leave the field immediately. If the player interferes with play on the way to the designated suspension area the Umpire may further penalize the player in accordance with the Rules of Hockey.
- e. The period of temporary suspension shall commence when the player is seated in the designated area.
- f. Timing of the suspension is controlled by the Technical Officials on duty.
- g. The offending player is permitted to resume play when the Technical Official on duty indicates that the period of suspension has been completed.
- h. If the offending player is a goalkeeper, the Technical Official on duty notifies the Umpire when the period of suspension has been completed, and the Umpire stops time at the next stoppage of play to enable the player to resume play.

## APPENDIX 2 | TIMING OF A PENALTY CORNER

1. When an initial penalty corner is awarded, the timing of the match shall be stopped for 40 seconds, (inter alia to permit defenders to put on protective gear etc) before allowing the penalty corner to commence. **It is mandatory for all field players defending a penalty corner to use a face mask** (as described in Rule 4.2 of the Rules of Hockey) until the penalty corner is completed (as described in Rule 13.5 of the Rules of Hockey). The engaged Umpire shall advise both the defense and the attackers as the countdown clock approaches zero. After 40 seconds if both teams are ready the Umpire shall re-start play by blowing the whistle and the ball shall be injected immediately or very shortly thereafter.
  
2. If a team is not ready, the engaged Umpire has to determine:
  - a) if the delay was due to players finding and putting on their full protective equipment (The priority for the Umpires is player safety and welfare, and therefore if a little more time is required for all defenders to be ready and fully protected, this should be given, without penalty.) or
  - b) if there was an intentional delay due to a defending player refusing to put on the face mask, in appropriate time resulting in a team not being ready within the aforesaid 40 seconds. The Umpire is to identify and issue a personal penalty (i.e. a green card) to the player who is responsible for the deliberate delay. If the same defending team repeats this similar offence there will be an increased personal penalty (i.e. a yellow card). Consequence of Green Card for intentional delay of defending team:
    - The defending team defends the Penalty Corner with one player less. (player who delayed)
  - c) Where a defending field player removes the face mask before the penalty corner is completed, as per the definition in the Rule 13.5 of the Rules of Hockey, the penalty corner shall be re-taken.
  - d) Where a delay is caused by an attacking player, the Umpire may issue a personal penalty (a green card) to the player concerned whilst at the same time reversing the award of the Penalty Corner, with a free hit out. Repeat offence an increased personal penalty (ie yellow card) may be issued for a repeat offence by the same attacking player.

## APPENDIX 3 | SHOOT-OUT COMPETITION

1. Five players from each team take a one-on-one shoot-out alternately against a defending player from the other team, making a total of 10 shoot-outs.
2. If the shoot-out competition takes place after the end of a match, the first shoot-out should take place as soon as possible after the end of the match but no later than five (5) minutes after the end of regulation playing time.
3. Respective Team Managers provide five players to take and one player to defend the shoot-outs from those listed on the Match Report except as excluded below. 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
4. A player who is still serving a disciplinary suspension by the TD at the time the shoot-out competition takes place, or has been excluded permanently (red card) during the match which leads to the shoot-out competition, 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.
5. The TD will specify the method of timing shoot-outs, taking into account the facilities available and the need to control time accurately.
6. In consultation with the umpires, the Technical Officer on duty will choose the goal to be used.
7. A coin is tossed. The team which wins the toss has the choice to take or defend the first shoot-out.
8. During a shoot-out competition, all persons who are entitled to sit on the team bench for that match, other than any individual who has been excluded permanently (red card) during the match which leads to the shoot-out competition, are permitted to enter the field of play in an area designated by the Technical Officer on duty.
9. The goalkeeper/defending player of the team taking a shoot-out may be on the back-line outside the circle.
10. A player taking or defending a shoot-out may enter the 23m area for that purpose.
11. 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.
12. 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;
  - e. an official at the technical table starts the clock;
  - f. the attacker and the goalkeeper/defending player may then move in any direction;
  - g. the shoot-out is completed when:
    - i. 8 seconds has elapsed since the starting signal;
    - 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.
13. 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 15, 16 and 17 below.
  14. The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner and the competition ceases.
  15. A player may be suspended by a yellow or red card but not by a green card during a shoot-out competition.
  16. 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 player they are replacing, as per 11 above.
    - 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.
  17. If during a shoot-out competition, a defending goalkeeper / defending player is incapacitated, that goalkeeper / defending player may be replaced by another player from among the players listed on the match report, except as excluded in this Appendix or unless suspended by an Umpire during the shoot-out competition. The replacement goalkeeper is allowed reasonable time to put on protective equipment similar to that worn by the player they are replacing, as per 11 above.
  18. If during a shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from within the players listed on Match Report, except as excluded above or unless suspended by an Umpire during the shoot-out competition.
  19. Any replaced player (defender or attacker) takes no further part in the shoot-out competition.
  20. If an equal number of goals are scored or awarded after each team has taken 5 shoot-outs:
    - a. a second series of five shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;
    - 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 took the first shoot-out of the first series defends 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 each team has taken the same number of shoot-outs, not necessarily being all five shoot-outs, that team is the winner.
  21. 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 subject to the conditions specified in this Appendix:
    - 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.
  22. Unless varied by this Appendix the Rules of Hockey apply during a shoot-out.

# 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.

## 1. Purpose, Scope, and Application

- a. 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.
- b. 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.
- c. 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 and General Tournament Regulations, FHC Tournament Technical Regulations, CCES Doping Policy and the Rules and Directives of the Code of Conduct as set out hereafter.
- d. 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 c above.
- e. All participants are bound by the Code of Conduct at all times and shall continue to be bound by and required to comply with the Code of Conduct from the time the Team Roster is submitted until three (3) months after the final match is played.
- f. 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. The TD will apply sanctions according to FIH General Tournament Regulations, Appendix 13.

## 2. Code of Conduct Offences

- a. General Behaviour
  - i. Participants shall always use their best efforts during a Match when competing in a National Event.

- ii. Participants shall conduct themselves fairly, properly and in an acceptable manner on and off the field of play, including inside or around the hockey venue and accommodation.
- iii. Participants shall not act (or fail to act) in any way which may harm the interests and reputation of FHC or a Provincial Association, or bring Hockey into disrepute.

Conduct described in 2b to 2d below, if committed by a Participant during a National Event, shall amount to an offence by a Participant under the Code of Conduct.

*Comment:* Where considered helpful, guidance notes have been provided beneath the description of a particular offence. Such notes are intended only to provide guidance as to the nature and examples of certain conduct that might be prohibited by a particular Article and should not be read as an exhaustive or limiting list of conduct prohibited by such Article.

b. Specific Offences – Level One

The penalty for a Level 1 Offence shall be an official reprimand or a suspension of the individual for a minimum of one match with or without an official reprimand.

- i. Using language or gesture(s) that is obscene, offensive or of an insulting nature.  
Note: This includes: (i) excessively audible or repetitious swearing; and (ii) obscene gestures which are not directed at another person, such as swearing in frustration at one's own poor play or misfortune.
- ii. Showing dissent at an Umpire's decision  
Note: Dissent will include disputing / protesting, reacting in a provocative or disapproving manner in an inappropriate way towards any decision made by an Umpire or other official. This may include arguing or entering into a prolonged discussion with an Umpire or a Technical Official about the decision.
- iii. Charging or advancing towards an Umpire or Technical Official in an aggressive manner during a National Event.
- iv. Excessive appealing of an Umpire's or Technical Official's decision, or crowding an Umpire or Technical Official.  
Note: Excessive appealing shall include repeated appealing of the same decision / appeal.
- v. Throwing a stick or ball (or any other object or item of equipment) at or near another Participant or any other person in an inappropriate and / or dangerous manner.
- vi. Deliberate, reckless or careless physical contact between players in the course of play.  
Note: Without limitation, Participants will breach this article if they deliberately, recklessly or carelessly push, walk or run into another Participant.
- vii. Feigning injury and / or overreacting to alleged physical contact from another player.  
Note: Without limitation, Participants will breach this article if they deliberately fake an injury in order to penalise another Participant against whom it is alleged committed a foul against him / her.
- viii. Abuse of hockey equipment or clothing, venue equipment or fixtures and fittings.  
Note: This includes any action(s) outside the course of normal hockey actions, such as hitting or kicking the goal posts and any action(s) which intentionally or negligently results in damage to the team benches, advertising boards, dressing room doors, mirrors, windows and other fixtures and fittings.

- ix. Public criticism of, or inappropriate public comment in relation to an incident occurring in a National Match or any Participant or team participating in any National Match or FHC, generally, irrespective of when such criticism or inappropriate comment is made.
  - x. Where the facts of the alleged incident are not adequately or clearly covered by any of the above offences, conduct that either is contrary to the spirit of the game or brings the game into disrepute.  
Note: Article 2.2 I is intended to be a 'catch-all' provision to cover any type of conduct of a minor nature that is not, and because of its nature cannot be, adequately covered by the specific offences set out elsewhere in the Code of Conduct.
  - xi. Spitting towards another participant.  
Note: Without limitation, Participants will breach this article if they deliberately, recklessly or carelessly spit towards another participant.
- c. Specific Offences – Level Two
- The penalty for a Level 2 Offence shall be a suspension of the individual for a minimum of two matches.
- i. Using language or gesture(s) that is seriously obscene, seriously offensive or have a seriously insulting nature to another Participant or any other third person.  
Note: It is acknowledged that there will be verbal exchanges between Players in the course of play. Rather than seeking to eliminate these exchanges entirely, Umpires or technical officials will be required to report such conduct that falls below an acceptable standard.
  - ii. Serious public criticism of, or inappropriate public comment in relation to an incident occurring in an International Match or any Participant or team participating in any International Match or FIH, generally, irrespective of when such criticism or inappropriate comment is made.
  - iii. Any attempt to manipulate any Match or National Event for inappropriate strategic or tactical reasons.  
Note: This is intended to prevent the manipulation of Matches for inappropriate strategic or tactical reasons (such as when a team deliberately loses a pool Match in a National Event in order to affect the standings of other teams in that event).
  - iv. Intimidation of an Umpire or other third person whether by language or conduct (including gestures) during a National Match.  
Note: Includes appealing in an aggressive or threatening manner.
  - v. Threat of assault or physical assault (without injury) on a Participant or any other third person.  
Note: This offence is not intended to cover threats of assault, which are prohibited under Article 2d.
  - vi. Where the facts of the alleged incident are not adequately or clearly covered by any of the above offences, conduct that is either contrary to the spirit of the game or brings the game into disrepute.  
Note: Article 2c vi is intended to be a 'catch-all' provision to cover any type of conduct of a serious nature that is not, and because of its nature cannot be, adequately covered by the specific offences set out elsewhere in the Code of Conduct.

d. Specific Offences – Level Three

The penalty for a Level 3 offence shall be a suspension of the individual for a minimum of five matches.

- i. Threat of assault or physical assault (without injury) on an Umpire or Technical Official.
- ii. Physical assault of another Participant or any other person (including a spectator).
- iii. Any act of violence on or off the field of play during a National Event.
- iv. Where the facts of the alleged incident are not adequately or clearly covered by any of the above offences, conduct that is either contrary to the spirit of the game, or brings the game into disrepute.

Note: Article 2d iv is intended to be a 'catch-all' provision to cover any type of conduct of a very serious nature that is not, and because of its nature cannot be, adequately covered by the specific offences set out elsewhere in the Code of Conduct.

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 may 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, social media, 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: **2025 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: \_

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

DATE: \_

# APPENDIX 5 | CODE OF CONDUCT – GUIDELINES FOR TECHNICAL DELEGATES ON PROCESS FOR HEARING AND DETERMINING ANY REPORTED OFFENCE

## 1. The Report

- a. All reports of any offence against the FIH Code of Conduct shall be made to the TD.
- b. The TD is to determine the level of the offence.
- c. A report can be received by the TD from any person but if received later than 24 hours after the occurrence of the conduct said to constitute the offence the TD must exercise discretion as to whether to accept such a report. That discretion is to be exercised taking into account the seriousness of the reported behaviour and the reason for the delay in making the report.
- d. If the incident occurs during the final day of competition, or after the completion of the event, the TD will submit an incident report to the FHC Chief Executive Officer who will work with the FHC Officials Committee and the FHC Disciplinary Group to determine next steps.

## 2. Principles of Natural Justice

The principles of natural justice apply in the following way:

The TD will advise the Team Manager of:

- the fact of the report of an offence
- the identity of the team member(s) reported
- the level of the offence
- the time and place of the hearing
- details of the conduct and the mode of proof of it
- if the report was received later than 24 hours after the occurrence of the conduct said to constitute the offence the TD must state the reasons for the exercise of the discretion to accept the report. No appeal from the exercise of that discretion is available.

## 3. The Hearing

- a. The TD must chair the meeting (subject to delegation for reason of conflict of interest).
- b. The hearing must be attended by the person who is the subject of the report and one team representative if they desire.
- c. The TD must outline the evidence relied on to support the report including showing any video footage that may be available.
- d. The subject of the report is to be asked for her / his response to the report, ie does (s)he accept the offence as alleged or not, and (s)he must be permitted to present material as to either or both of the fact of the offence or penalty.
- e. Should the person who is the subject of the report fail to attend the hearing, the hearing shall take place in the absence of that person and the fact of the failure to attend shall be taken

into account in the determination of the appropriate penalty in the event that an offence is found to have been committed.

#### 4. The Decision

- a. Following the hearing, the TD will come to a decision.
- b. The decision should be in writing and read to the person the subject of the report by the TD (through an interpreter if necessary). It should deal (at least) with the following matters:
  - i. whether or not the subject of the report accepts the breach of the Code of Conduct
  - ii. if the subject of the report does not accept the breach, a finding as to whether a breach has occurred and why.
- c. Should it be found (or agreed) that an offence has been committed either the minimum penalty will be imposed or, at the entire discretion of the TD, a greater penalty. If a greater penalty is being considered then:
  - i. the disciplinary history of the subject of the report
  - ii. the attitude of the subject of the report at the hearing
  - iii. any penalty already incurred, eg if a personal penalty card was given during the match the length of time of any suspension served under that card
  - iv. the seriousness of the offence by comparison with other offences at this levelwill be taken into account by the TD in imposing a greater penalty and details of which will be set out in the written decision.

#### 5. Definition of the Penalty

A clear definition of the penalty will include:

- i. the number of matches for which the subject of the report is suspended
- ii. the date of commencement of the suspension
- iii. a statement whether, in the view of the TD, any additional period of suspension or other penalty to take effect beyond the conclusion of the tournament should be imposed or may be appropriate; and, if so:
  - a statement that the decision to impose any further suspension or penalty is referred to the FHC Chief Executive Officer for further consideration by the FHC Disciplinary Committee, and
  - a summary of the TD's reasons that may justify the imposition of an additional suspension or other penalty.

# 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/](http://www.fieldhockey.ca/athlete-documents/)

## 1. Head Injury Recognition

Please be advised that the province of Ontario follows Rowan's Law Concussion Protocols. Our event staff and personnel will abide by these protocols for the 2025 National Championships. All participating athletes and staff were made aware of these protocols and would have signed a waiver of acknowledgement during their team registration process.

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 7 | PLAN OF THE COMPETITION

## 2025 UNDER 18 NATIONALS - 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 teams 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 3<sup>rd</sup>, and 4<sup>th</sup>, ranked teams in Pool A, will each play against the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> 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 8 | PLAN OF THE COMPETITION

### 2025 UNDER 16 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:

1<sup>st</sup> in Pool A vs 2<sup>nd</sup> in Pool B

1<sup>st</sup> in Pool B vs 2<sup>nd</sup> 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 Round

a. At the end of pool play, the third and fourth placed teams in each pool will play Consolation semi-finals as follows:

3<sup>rd</sup> in Pool A vs 4<sup>th</sup> in Pool B

3<sup>rd</sup> in Pool B vs 4<sup>th</sup> in Pool A

with the winners playing each other for fifth place.

b. At the end of the consolation semi-finals, the losing teams will play against each other and the 5<sup>th</sup> ranked team in Pool B in a modified round robin (Pool C).

- i. Points will be awarded for each match as per Regulation 13 above.
- ii. Where teams have previously played each other in either Pool A or Pool B, they will not play each other again unless all three teams are from Pool B. Points awarded for the matches between these teams in Pool A or Pool B will carry forward to Pool C. Should the 3<sup>rd</sup> and 4<sup>th</sup> ranked teams from Pool B both lose the consolation semi-finals then each will play against the 5<sup>th</sup> ranked team from pool B and only the points awarded for Pool C matches will count towards the final standings,
- iii. Ties will not be broken for Pool C matches
- iv. Rankings will be determined as per Regulation 13 above, except that should teams be tied in the standings at the end of Consolation Pool play (Pool C) then no shoot-out will be played to break the tie. Teams will share the final placing.

## APPENDIX 9 | PLAN OF THE COMPETITION

## 2025 UNDER 16 NATIONAL CHAMPIONSHIPS – Men

1. There will be one pool comprised of four teams. All teams will play against each other, and rankings will be determined as per Regulation 13 above.
2. At the end of pool play, teams will play semi-finals as follows: 1<sup>st</sup> in pool vs 4<sup>th</sup> in pool
3. 2<sup>nd</sup> in pool vs 3<sup>rd</sup> in pool

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.