

# CLFHA League Regulations, Policies, and Guidelines

## A. RULES OF THE GAME

The League(s) will generally be carried out in accordance with the current regulations and Policies of Field Hockey Canada (FHC) and the current International Hockey Federation (FIH) "Rules of Hockey" or "Rules of Indoor Hockey", for outdoor and indoor, respectively.

## B. UMPIRING

### I. Umpires

1. **Each CLFHA TEAM must have a minimum of 3 rated umpires (for the level of play for that league)** on their roster by the end of the season to be eligible to play in the league.
2. There is a separate certification procedure and clinic for each of OUTDOOR and INDOOR.
3. Teams will be required to pay an additional \$100 in league fees for each 'missing' rated umpire. If a team does NOT have the required number of certified umpires by the end of the season, the team may not be eligible to play the following season. At the discretion of the CLFHA Board, certain exceptions or extensions may apply for teams that have or are just joining the league.
4. Teams scheduled to umpire must have **at least ONE (1) RATED umpire on the pitch**. The certified umpire must have the MINIMUM certification level for the level of play.
5. Umpiring assessments may be arranged through the CLFHA Umpiring Coordinator.

### II. Umpire NO-SHOWS

1. Teams scheduled to umpire and do not show or schedule replacement(s) will be fined the following per missing umpire for the first incident. Points (equivalent to a 'win') will also be deducted from the team if neither umpire shows from the team scheduled to umpire. The fines are:
  - (a) \$20.00 for 'A' League
  - (b) \$15.00 for 'B' League or 'C' League
  - (c) \$15.00 for indoor
2. For a second incident of a team failing to show for scheduled umpire duties, CLFHA executives will hold a special meeting to discuss additional fines and consequences. (Examples of possible consequences: the team may possibly be placed on probation and / or not be eligible to play the following season.)

### III. Payment of CERTIFIED / RATED Umpires

1. Payment rates are dependent on the level of certification of the umpire and not the level of league play.
2. Umpiring Rates:
  - (a) **CANADIAN RATED UMPIRES** - \$30.00 per CLFHA league match.
  - (b) **REGIONAL RATED UMPIRES** - \$25.00 per CLFHA league match.

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- (c) **PROVINCIAL "A" RATED UMPIRES** - \$20.00 per CLFHA league match.
  - (d) **PROVINCIAL "B" RATED UMPIRES** - \$15.00 per CLFHA league match.
  - (e) **INDOOR UMPIRES** - \$15.00 per CLFHA indoor league match.
3. Teams captains AND umpires must E-mail game results and names of the umpires to the CLFHA League Co-ordinator(s), the CLFHA Admin. Employee (clfhahockey@gmail.com), and CLFHA Scores ([scores@clfha.com](mailto:scores@clfha.com)). Alternatively, you may fax the score sheet to one or both of the CLFHA League Co-ordinators.
  4. Details to be E-mailed or faxed include:
    - (a) Date of the Match.
    - (b) Time of the Match.
    - (c) Names of Teams That Played.
    - (d) Names of the Umpires That Officiated.
  5. Umpires are responsible for keeping track of the matches that they umpire. At the end of the season, umpires can confirm the TOTAL number of matches umpired during the season with the CLFHA League Co-ordinators and then send or E-mail an 'invoice' to the CLFHA Treasurer for payment.

## IV. Red Cards

1. Players who are given a 'red card' (permanent suspension) during a CLFHA match must leave the playing field / facility immediately and will not be eligible to play until a review and hearing has been completed by a special CLFHA committee.
2. The two officials present during the match must EACH prepare an incident report.
3. Once a review has taken place, the player and the player's team will be presented with a letter and / or required to attend a meeting to review the consequences / penalty outlined and recommended plan of action to be followed by the player and the team.

## C. ROSTERS & PLAYER ELIGIBILITY

### I. Rosters and Player Eligibility (Outdoor)

1. Rosters must be set at or near the beginning of each season. Players can only play for their own team. If teams are short, team captains must discuss (prior to starting the match) and mutually agree to allow players that are not on the roster to play. Otherwise, the team will default the match if they proceed to play with an ineligible player.
2. Players may participate on a maximum of TWO CLFHA outdoor league teams, but need to designate which ONE team they will be registered with (for FHA/FHC registration purposes). The two teams must be in different leagues ('A' and either 'B' or 'C', 'B' and either 'A' or 'C', 'C' and either 'A' or 'B').
3. Players must first try to register / play on teams within their own club. If their own club teams are full, the player must contact the respective club / team representative(s) to determine if they are able to play for another team (eligibility requirements must be met – see *below*). This applies to players wanting to move up a division. If the player's current team confirms that they currently have sufficient players and are willing to release the player from their club

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or team commitment / obligation then the player can be eligible to play for another team. The player may be either 'loaned' to another team for the current year or switch teams / clubs on a permanent basis (upon mutual agreement of the teams / clubs involved).

4. Athletes playing on a Provincial Under-18 (or lower) are eligible to play in any of the CLFHA leagues.
5. Athletes playing on a Provincial Under-21 (or higher) Provincial / National squad and players who play or officially red-shirt (i.e. meets university eligibility) on a varsity team (e.g. U of C, U of A, UWO, Queens, etc.) are NOT eligible to play on a 'B' or 'C' league team (unless otherwise agreed upon by the team captains prior to the start of a particular match *see item 1 above*). It includes league and 'B' / 'C' level tournament play. This restriction applies for a 2-year period after the player **stops** playing in the above noted programs
6. EXCEPTION: Goalies are eligible to play on ANY of and ANY NUMBER of the ladies' leagues teams throughout the season. There are no restrictions as to the level of play or number of teams that goalies may play for. This applies to both indoor and outdoor.

## II. Rosters and Player Eligibility (Indoor)

1. Rosters must be set at or near the beginning of each season. Players can only play for their own team. If teams are short, team captains must discuss (prior to starting the match) and mutually agree to allow players that are not on the roster to play. Otherwise, the team will default the match if they proceed to play with an ineligible player.
2. There are NO eligibility restrictions for indoor league play at this time, but players may only register with and play for ONE team.
3. EXCEPTION: Goalies are eligible to play on ANY of and ANY NUMBER of the ladies' leagues teams throughout the season. There are no restrictions as to the level of play or number of teams that goalies may play for. This applies to both indoor and outdoor.
4. DESIGNATED SUBSTITUTES FOR INDOOR (Experiment for Indoor 2007-8):
  - (a) If a team has 6 players or less for a given indoor match, which includes a goalkeeper or kicking back, for a match they have the option to call up designated subs. These designated subs must already be playing on another team within or below your division.
  - (b) A team may supplement up to a maximum of 8 players using their substitutes. If a team opts to call up any or all of their designated subs, the team may field a maximum of 8 players for that match, which includes a goalkeeper or kicking back. In the interest of fair play, priority shall first be given to players who are on the roster of the team scheduled to play.
  - (c) A team may list up to a maximum of 4 designated substitutes on their roster.
  - (d) A player may only be a designated substitute for one team.
  - (e) All other rules governing the use of non-registered/non-rostered players remain in effect. If teams are short, team captains must discuss (prior to starting the match) and mutually agree to allow players that are not on the roster to play. Otherwise, the team will default the match if they proceed to play with an ineligible player.

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## III. Provincial Athletes – Eligibility, Registration, Etc.

1. As per the FHA bylaws "in order to participate in a Society sponsored championship, competition or tournament as a member of a representative Alberta Hockey Team, an individual must be a paid registered member of the Society and have paid the fees levied for the event."
2. In order for athletes to be members in good standing, they must be registered members of a Calgary or Edmonton league within Field Hockey Alberta (FHA) in order to be able to represent Alberta at a National tournament.
3. Membership and league fees for each of the various teams and clubs will vary, but must be paid in full in order for an athlete to be considered a "registered member" and, therefore, a member in good standing.
4. The Provincial levy covers the provincial program and nothing else. The athlete's club levy is the responsibility of the athlete.
5. If the athlete has not paid their respective league registration fees and is not registered, they are not eligible to represent Alberta at a National Tournament.
6. The league registration fee will enable the athlete to be registered with the league, FHA, FHC, and Sport Canada. The athlete is also then covered for insurance.

## IV. Applications for New Team Entries (Requirements)

1. In order for teams to be eligible for play in the CLFHA leagues, each TEAM must have a (female) representative on the CLFHA Board. The team representative must attend all CLFHA meetings or send a delegate from the team. Teams/clubs have the responsibility to appoint/elect two members who will serve on the Board for a two-year term (to ensure a representative is at the meetings).
2. A minimum of 3 CERTIFIED indoor and outdoor umpires. For outdoor, the level of umpiring certification should correspond to the level of play - i.e. minimum of Provincial B for B-league and C-league ... minimum of Provincial-A for A-league ... minimum of corresponding level for indoor.
3. Uniform colours should not conflict with existing team colours. If a team selects uniform colours that are similar to those of the existing team(s)', the new team is responsible for having an alternate set of team colours / uniforms when playing against the existing team.
4. All required fees must be paid in full and the team must be in good standing with the league.
5. New teams entering the league will be entered in the lowest division first (for indoor, that would be Div. II in the fall and Div. III for winter ... for outdoor, that would be C-league) and have to qualify to move up. There may be exceptions made for teams with extenuating circumstances (i.e. teams re-entering the league after a brief absence, teams scheduled for regular "friendly" matches for team development.)
6. Rosters for new teams entering should only include players that are **NOT** currently registered on existing league teams; players cannot be pulled / recruited from the rosters of existing teams. An exception is made for goalies, which can play for any team in any of the divisions.
7. Written request (with the above details) to enter a new team would have to be submitted at a CLFHA meeting for approval.

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## D. UNIFORM REGULATIONS

1. All CLFHA players must adhere to league dress regulations when playing. Team uniforms consist of the following:
  - (a) Shirt (same colour as the team and appropriate apparel for game play).
  - (b) Shorts (for Indoor – same colour as the team). If worn under a skirt should be the same colour as the skirt or as close as possible.
  - (c) Skirt (same colour as the team). *Skirts are not mandatory for Indoor.*
  - (d) Socks (same colour as the team).
  - (e) Shin Guards (MANDATORY).
  - (f) Mouth Guards are **STRONGLY RECOMMENDED** (players are NOT covered for dental insurance if they do not wear one while playing).
  - (g) Goalies must wear a jersey of a different colour than that of either team or goalkeeper.
2. Socks must be pulled up over the shin guards, **SKIRTS MUST BE WORN (for Outdoor)**, and shirts tucked into the skirt.
3. Hats cannot be worn on the pitch (toques and kerchiefs are acceptable). This includes any headgear, which has a brim (either soft or hard); such that it restricts vision and, therefore, creates a safety concern.
4. Sunglasses are NOT permitted to be worn by players on the field (unless the player wears prescription glasses / sunglasses).
5. During inclement weather (i.e. cold, rain, snow), team colours must still be adhered to. The OUTSIDE layer of clothing MUST be the team uniform colours.
6. **NOTE: IT IS THE UMPIRE'S DISCRETION WHETHER OR NOT TO ALLOW A PLAYER ONTO THE PITCH IF THEY ARE NOT IN PROPER UNIFORM.**
7. **Reminder to Umpires:** Dress for the weather, but try to wear clothing that differs in colour from the teams - be distinguishable and professional. Like a field player, umpires need to be properly equipped and in 'uniform'. Umpires may wear hats on the field, but NOT sunglasses.

## E. GENERAL PLAYING REGULATIONS

1. Team captains are responsible for the conduct / behaviour of all players on their team as well as for conduct of coaches and spectators.
2. For CLFHA matches, there is NO minimum number of players required on the pitch to start the match.
3. Each team has a goalkeeper on the pitch or plays only with field players. Each team may play with:
  - (a) A goalkeeper with goalkeeping privileges wearing full protective equipment comprised of at least headgear, leg guards and kickers and a different colour shirt; or
  - (b) A goalkeeper with goalkeeping privileges wearing only protective headgear and a different colour shirt; or
  - (c) Only field players and no player with goalkeeping privileges and therefore no player wearing protective headgear or different colour shirt.
  - (d) A team may change between these options by making a substitution.
4. For outdoor, a goalkeeper who:

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- (a) Wears protective equipment comprised of at least headgear, leg guards and kickers must not take part in the match outside the 23 metres area they are defending, except when taking a penalty stroke;
  - (b) Wears only protective headgear 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. The protective headgear must be worn when defending a penalty corner or penalty stroke.
5. For indoor, a goalkeeper who:
  - (c) Wears protective equipment comprised of at least headgear, leg guards and kickers must not take part in the match outside the half of the pitch they are defending, except when taking a penalty stroke;
  - (d) Wears only protective headgear must not take part in the match outside the half of the pitch they are defending when wearing the headgear but may remove the headgear and take part in the match anywhere on the field. The protective headgear must be worn when defending a penalty corner or penalty stroke.
6. Field players:
  - (a) Are permitted to wear a smooth preferably transparent or white, but otherwise dark plain coloured face mask which fits flush with the face when defending a penalty corner or penalty stroke for the duration of that penalty corner or penalty stroke;
  - (b) Are not permitted to wear protective headgear (face mask or other protective head covering) in any other circumstances (unless assessed by an appropriate authority for medical reasons).

## F. GENERAL INFORMATION – CLFHA LEAGUES

### I. Outdoor A-League

1. The outdoor A-LEAGUE season generally commences on the first Tuesday in May and ends on the second last Tuesday in August.
2. Semi-finals are generally scheduled on the second Tuesday in August. Format may vary, depending on the number of teams in the league, but as an example, may involve 1v4, 2v3, and 5v6.
3. Finals are generally scheduled on the third (or second last) Tuesday in August. Format may vary, depending on the number of teams in the league, but, as an example, may involve winner of 1v4 versus winner of 2v3 (for Gold), loser of 1v4 versus loser of 2v3 (for Bronze), and 5v6 (for 5<sup>th</sup> place).
4. The 'A' league festival/tournament is generally held in July or August. Details and format of the tournament may vary.
5. All games are played on TUESDAYS at Hawkings Field (U of C), unless otherwise stated on the schedule.
6. Game time will vary from week to week (6:45pm, 8:00pm, or 9:15pm) and will consist of 2 x 30-minute halves.

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7. With rare exception, matches will NOT be cancelled / rescheduled because of rain, sleet, or snow. At the discretion of the umpires and with agreement from both teams, a match may be cancelled / postponed due to lightning or severe weather.
8. Athletes playing on a Under-21 (or higher) Provincial / National squad and players who play or officially red-shirt (i.e. meets university eligibility) on a varsity team (e.g. U of C, U of A, UWO, Queens, etc.) are only eligible to play in 'A' league. It includes league and tournament play. This restriction applies for a 2-year period after they **stop** playing in the above noted programs.
9. **EXCEPTION:** Goalies are eligible to play on ANY of and ANY NUMBER of the ladies' leagues teams. This applies to both indoor and outdoor.

## II. Outdoor B-League

1. The outdoor B-LEAGUE season generally commences on the first Monday in May and ends on the last Monday in August.
2. Semi-finals are generally scheduled on the second last Monday in August. The format may vary, depending on the number of teams – for example, 1v4, 2v3, 5v8, 6v7. In general, the format will allow for a top half and a bottom half, with the teams in the bottom half facing potential relegation to C-LEAGUE for the following season.
3. Finals are generally scheduled on the second last or last Monday in August, with the team finishing last being relegated to C-LEAGUE for the following year – for example, winner/loser of 1v4 versus winner/loser of 2v3 (for Gold/Bronze) and winner/loser of 5v8 versus winner/loser of 6v7 (for 5<sup>th</sup>/7<sup>th</sup> place).
4. A combined 'B' and 'C' league wrap-up tournament is generally held on the weekend following the Labour Day weekend.
5. Games will generally be played on **MONDAYS** at Hawkings Field (U of C), Irish Fields, and/or Optimist Park, unless stated otherwise on the schedule.
6. There may be some weeks where teams will play on **WEDNESDAYS** or twice in one week – i.e. both Monday and Wednesday OR on Wednesday during weeks where the long weekend falls on a Monday. The B-league games on **WEDNESDAYS** will generally be played at either Optimist Park or the Irish Fields.
7. Game time will vary from week to week (either 6:45pm or 8:00pm on grass pitches and either 7:00pm or 8:15pm on turf pitches where there are lights) and will consist of 2 x 30-minute halves.
8. Matches may be cancelled at the discretion of the umpires and with agreement from both teams.
9. Rainout matches will be rescheduled for the THURSDAY of the following week and may be at either Optimist Park or Irish Fields. Details will be confirmed and forwarded to team reps and, in turn, they will inform the rest of their team.
10. Players may participate on a maximum of TWO CLFHA outdoor league teams, but designate which ONE team they will be registered with (for FHA/FHC registration purposes). The two teams must be in different leagues.
11. **EXCEPTION:** Goalies are eligible to play on ANY of and ANY NUMBER of the ladies' leagues teams. This applies to both indoor and outdoor.
12. Players who are selected to a Provincial Under-18/Under-19 team (or lower) are eligible to play in any of the CLFHA leagues, including either 'B' or 'C' league. These players must be

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registered with a CLFHA league team in order to be eligible to represent Alberta at a National Tournament.

## III. Outdoor C-League

1. The outdoor C-LEAGUE season generally commences on the first Wednesday in May and ends on the last Wednesday in August.
2. Semi-finals are generally scheduled on the second last Wednesday in August. The format may vary, depending on the number of teams – for example, 1v4, 2v3, 5v8, 6v7. In general, the format will allow for a top half and a bottom half, with the teams in the top half having the opportunity for promotion to B-LEAGUE for the following season.
3. Finals are generally scheduled on the last Wednesday in August. The format may vary, depending on the number of teams – for example, winner/loser of 1v4 versus winner/loser of 2v3 (for Gold/Bronze), and winner/loser of 5v8 versus winner/loser of 6v7 (for 5<sup>th</sup>/7<sup>th</sup> place).
4. A combined 'B' and 'C' league wrap-up tournament is generally held on the weekend following the Labour Day weekend.
5. Games will generally be played on **WEDNESDAYS** at McMahon Stadium, Irish Fields, and/or Optimist Park, unless stated otherwise on the schedule.
6. Game time will vary from week to week (either 6:45pm or 8:00pm on grass pitches and either 7:00pm or 8:15pm on turf pitches where there are lights) and will consist of 2 x 30-minute halves.
7. Matches may be cancelled at the discretion of the umpires and with agreement from both teams.
8. Rainout matches will be rescheduled for the THURSDAY of the following week at either Optimist Park or the Irish Fields. Details will be confirmed and forwarded to team reps and, in turn, they will inform the rest of their team.
9. Players may participate on a maximum of TWO CLFHA outdoor league teams, but designate which ONE team they will be registered with (for FHA/FHC registration purposes). The two teams must be in different leagues.
10. **EXCEPTION:** Goalies are eligible to play on ANY of and ANY NUMBER of the ladies' leagues teams. This applies to both indoor and outdoor.
11. Players who are selected to a Provincial Under-18 team (or lower) are eligible to play in any of the CLFHA leagues, including either 'B' or 'C' league. These players must be registered with a CLFHA league team in order to be eligible to represent Alberta at a National Tournament.

## IV. Outdoor Leagues – Rainout Procedures

1. Team captains and umpires must advise one or both of the League Co-ordinators and the Field Bookings Coordinator if a match has been rained out or cancelled.
2. If a match has been cancelled halfway due to weather (rain, snow, or lightning), the score for the match will be counted. The score will be recorded according to what it was at the time when the game was called / ended.
3. If a match is cancelled early in the first half (i.e. before half of the game can be played), please contact one of the League Co-ordinators for possibility of rescheduling the match.

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4. If and when the fields can be and are booked for the rescheduled match, team captains will be contacted. They, in turn, will notify team members. The matches will be played during the respective times with the respective umpires as per the originally scheduled match, where possible.

## V. Fall Indoor League

1. The FALL indoor season generally commences on the first Sunday after the Thanksgiving weekend and ends on the second Sunday in December.
2. All games will be played at Talisman Centre on **SUNDAYS**.
3. Game time will vary from week to week (running anywhere between 7:00am – 10:00pm) and will consist of 2 x 25-minute halves.
4. Teams will play in a partial round robin during the Fall Session. Fall standings will be used to determine which divisions the teams will be playing in for the Winter Session.
5. Any new teams wishing to participate in ladies' leagues will start out in the lowest division. Some exceptions may apply and may be reviewed on a case by case basis.
6. Players **MUST** play with INDOOR sticks, which are taped with WHITE tape (so as not to damage the playing surface at the Talisman Centre).
7. Matches are rarely cancelled during indoor play. During extenuating circumstances, matches may be cancelled at the discretion of the umpires and with agreement from both teams.
8. There are no eligibility restrictions (i.e. provincial, national, and varsity level female players are eligible to play on any of the teams). However, players may only register with and play on ONE team.
9. EXCEPTION: Goalies are eligible to play on ANY of and ANY NUMBER of the ladies' leagues teams. This applies to both indoor and outdoor.

## VI. Winter Indoor League

1. The WINTER indoor season generally commences on the first Sunday AFTER New Year's Day or New Year's weekend and ends on the last Sunday in March.
2. All games will be played at Talisman Centre on **SUNDAYS**.
3. Game time will vary from week to week (running anywhere between 7:00am – 10:00pm) and will consist of 2 x 25-minute halves.
4. Fall standings will be used to determine which divisions the teams will be playing in for the Winter Session.
5. Any new teams wishing to participate in ladies' leagues will start out in the lowest division. Some exceptions may apply and may be reviewed on a case by case basis.
6. Players **MUST** play with INDOOR sticks, which are taped with WHITE tape (so as not to damage the playing surface at the Talisman Centre).
7. Matches are rarely cancelled during indoor play. During extenuating circumstances, matches may be cancelled at the discretion of the umpires and with agreement from both teams.
8. There are no eligibility restrictions (i.e. provincial, national, and varsity level female players are eligible to play on any of the teams). However, players may only register with and play on ONE team.

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9. EXCEPTION: Goalies are eligible to play on ANY of and ANY NUMBER of the ladies' leagues teams. This applies to both indoor and outdoor.

## G. CLFHA LEAGUE FORMAT AND SCORING

1. All teams will play against each other in their respective divisions or pools and the following points will be awarded for each match:
  - (a) three points (3) for a win
  - (b) one point (1) for a tie
  - (c) zero points (0) for a loss
2. Rankings within the league(s), division(s), or pool(s) will be determined according to points accumulated by each team.
3. If, in the same division or pool, two or more teams have the same number of points for any place, then:
  - (a) The teams will be ranked according to the results of the mutual / "head-to-head" match(es) between the two or more involved teams. For indoor hockey, this will include results for both Fall and Winter between the two or more tied teams. i.e. How did the teams that are tied do against each other – win, tie, or loss?
  - (b) If the results are even, the team with the higher goal differential (which means "goals for" minus "goals against") shall assume the higher position. A positive goal difference always takes precedence over a negative one.
  - (c) If this number is the same, then the team having the greater number of "goals for" shall assume the higher position.
  - (d) If this number is the same, then the teams will be ranked according to their mutual records of the highest or next highest placed team. If the teams are tied for first place in their division or pool, the ranking will be against the next highest ranked team within the division or pool. If the teams are tied in positions other than first place, the ranking will be against the highest ranked team within the division or pool.
  - (e) If this number is still the same, then the teams will then be ranked according to the next following highest ranked team in the division or pool. This process will continue until the tie is broken.
4. **Mercy Rule** (Effective May 1, 2001):
  - (a) During league play where a ten-goal differential has been reached, the game will end officially with the final score recorded as it stands at the time of the ten-goal difference.
  - (b) Teams may continue to play until the end of regulation time, but no additional scoring will be counted.
5. **Teams Tied During Playoffs**:
  - (a) If the two teams are tied at the end of regulation time during a Crossover or Classification (playoff) match, then OVERTIME of TWO (2) periods of FIVE (5) minutes each shall be played.
  - (b) **Golden Goal** – If, during Overtime, a team scores a goal, then the match shall be stopped and the team scoring the goal shall be declared the winner of the match.
  - (c) If, at the end of Overtime, neither team has scored a goal, then a Penalty Stroke Competition shall take place between the two teams.

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## 6. Penalty Stroke Competition Regulations:

- (a) Five players from each of the two teams (excluding any players who have been permanently suspended – red card) shall take a penalty stroke alternately against the goalkeeper of the other team, making a total of ten penalty strokes. The players must take the penalty strokes in the same sequence as the list of five players nominated and communicated prior to the start of the penalty stroke competition.
- (b) The umpires shall choose the goal to be used and they shall toss a coin with the captains – the winner having the choice to take or defend the first penalty stroke.
- (c) The team with the highest number of goals awarded shall be declared the winner.
- (d) If there is still a tie, another series of penalty strokes shall take place and shall feature “**sudden death**”. This means that the winner shall be the first team to score one more goal than the opposing team after an equal number of strokes (no minimum) has been taken by each team. If necessary, this “sudden death” may exceed ten penalty strokes, five for each team. The sequence or selection of stroke takers does not need to be the same as in the previous series, but the same player may only take a stroke every fifth one (i.e. can not take consecutive strokes for the sudden death series).
- (e) The sequence of stroke takers in the second series does not need to be the same as in the first series and the team has freedom of choice at the time of each stroke as to which of the nominated players shall take the stroke. In this second (unlimited) series, all five nominated players shall take a stroke before any of them are eligible to take a further stroke.
- (f) The team whose player has taken the first penalty stroke of the first series must defend the first penalty stroke of the second (unlimited) series.
- (g) Players will remain outside the 23 metres area unless authorized by an umpire or technical official to take or defend a penalty stroke.

## 7. ‘B’/‘C’ Outdoor League Structure:

- (a) At the end of the ‘B’/‘C’ League season, the last place team in ‘B’ league will move to ‘C’ League and the first place team in ‘C’ League will move to ‘B’ League for the following outdoor season.
- (b) Any new teams wishing to participate in ladies’ leagues will start out in ‘C’ League.

## H. CLFHA BOARD

1. In order for teams to be eligible for play in the CLFHA leagues (outdoor and indoor), each TEAM must have a minimum of two representatives named to the CLFHA Board.
2. At minimum, one team representative must attend every CLFHA meeting (generally 10 per year) or send a delegate on their behalf.
3. Board members will serve on the CLFHA Board for a two-year term.

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## I. FIELD HOCKEY AFFILIATIONS AND CONTACTS

### ➤ **Calgary Ladies' Field Hockey Association (CLFHA)**

1. **CLFHA Mailing Address:**  
P.O. Box 36043  
Lakeview Post Office  
Calgary, AB, T3E 7C6
2. **CLFHA Website:** [www.clfha.com](http://www.clfha.com)
3. **CLFHA Hotline:** (403) 249-6575
4. **CLFHA Scores:** [scores@clfha.com](mailto:scores@clfha.com)
5. **CLFHA Admin. Contact:** [clfhahockey@gmail.com](mailto:clfhahockey@gmail.com)
6. **Calgary Junior Programmer (CJP):** [calgary.jp@fieldhockey.ab.ca](mailto:calgary.jp@fieldhockey.ab.ca)

### ➤ **Important Outdoor League Phone Numbers**

1. Parks and Recreation Rainout Line for Optimist Park: (403) 268-2300, Ext. 9855, #8
2. CCIAC (Irish) Fields Rainout Line: (403) 291-5181
3. UofC Campus Security (for security issues at Hawkings Field or to call an ambulance): (403) 220-5333
4. For locked gates at Hawkings Field (U of C Physical Plant): (403) 333-5686
5. For issues with lights at Hawkings Field (U of C Heating Plant): (403) 220-5339

### ➤ **Field Hockey Alberta (FHA)**

1. **FHA Mailing Address:**  
#1, 2135 Westmount Rd. NW  
Calgary, AB, T2N 3N3
2. **FHA Website:** [www.fieldhockey.ab.ca](http://www.fieldhockey.ab.ca)
3. General Manager: (403) 670-0014 or [general.manager@fieldhockey.ab.ca](mailto:general.manager@fieldhockey.ab.ca)
4. Fax Number: (403) 670-0020

### ➤ **Field Hockey Canada (FHC)**

1. **FHC Mailing Address:**  
#302, 2197 Riverside Drive  
Ottawa, ON, K1H 7X3

# CLFHA League Regulations, Policies, and Guidelines

2. FHC Website: [www.fieldhockey.ca](http://www.fieldhockey.ca)
  3. Telephone: (613) 521-8774
  4. Fax Number: (613) 521-0261
  5. E-mail: [fhc@fieldhockey.ca](mailto:fhc@fieldhockey.ca)
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- **Field Hockey Association of Calgary (FHAC) – Men’s League**
    - FHAC Website: [www.fhac.ca](http://www.fhac.ca)
  
  - **Calgary Field Hockey Foundation (CFHF)**
    - CFHF Website: [www.geocities.com/calgaryfieldhockeyfoundation](http://www.geocities.com/calgaryfieldhockeyfoundation)
    - Hawkings Field Turf Issues: E-mail the CFHF Turf Liaison
  
  - **Federation Internationale de Hockey (FIH)**
    - FIH Website: [www.fihockey.org](http://www.fihockey.org)
  
  - **University of Calgary Dinos**
    - Dinos Website: [www.dinosfhc.com](http://www.dinosfhc.com) or [www.godinos.com](http://www.godinos.com)