



LOSSA

Lake Ontario Secondary School Athletics

LOSSA FIELD HOCKEY PLAYING REGULATIONS 2025 – 2026

(revised June 2018)

Classification: Open

Referee Assignors Fee:

If there is an assignor, the convenor may or may not provide an honorarium to the assignor. It will be at the discretions of the convenor if this honorarium is paid.

Official Rules: Canadian Womens' Field Hockey Federation/FIH as per below and when not listed in accordance with FIH rules

1. Games will consist of two twenty-five minute halves with a five minute break between halves. In the event of a tie at the end of a game, the tie will stand.

2. In any game there shall be a maximum goal differential of five (5). The first time the goal differential reaches five (5), no further scoring shall be recorded and the game is over with respect to scoring. The actual game continues but no further scoring is recorded. The umpire shall be informed when the five-goal differential is reached and shall inform both coaches.

3. Uniform: The wearing of shin guards and mouth guards is MANDATORY. No player will be allowed on the field without their mouth guard and shin guards. Protective equipment should be worn underneath the sweater. Goalkeepers or designated kicking backs must wear a C.S.A. - approved helmet with face protection at all times except when taking a penalty stroke.

Conduct of play: goalkeepers and players with goalkeeping privileges

A goalkeeper who wears protective equipment comprising 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. Protective headgear must be worn by a goalkeeper at all times, except when taking a penalty stroke.

A player with goalkeeping privileges must not take part in the match outside the 23 metres area they are defending when wearing the protective headgear but may remove the headgear and take part in the match anywhere on the field. Protective headgear must be worn by a player with goalkeeping privileges when defending a penalty corner or penalty stroke.

When the ball is inside the circle they are defending and they have their stick in their hand: a goalkeepers wearing full protective equipment are permitted to use their stick, feet, kickers, legs or leg guards to propel the ball and to use their stick, feet, kickers, legs, leg guards or any other part of their body to stop the ball or deflect it in any direction including over the back-line Goalkeepers are not permitted to conduct themselves in a manner which is dangerous to other players by taking advantage of the protective equipment they wear. players with goalkeeping privileges are permitted to use their stick, feet and legs to propel the ball and to use their stick, feet, legs or any other part of their body to stop the ball or deflect it in any direction including over the back-line c goalkeepers wearing full protective equipment and players with goalkeeping privileges are permitted to use arms, hands and any other part of their body to push the ball away. The action in rule c above is permitted only as part of a goal saving



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action or to move the ball away from the possibility of a goal scoring action by opponents. It does not permit a goalkeeper or player with goalkeeping privileges to propel the 28 ball forcefully with arms, hands or body so that it travels a long distance.

Goalkeepers or players with goalkeeping privileges must not lie on the ball.

When the ball is outside the circle they are defending, goalkeepers or players with goalkeeping privileges are only permitted to play the ball with their stick. A player with goalkeeping privileges is considered to be a field player when outside the circle they are defending.

3. No limit to the number of substitutions in the game. Substitutes must enter the field from the same side as their team bench. They must enter near the centre line and may only enter the field after the player coming off the field has crossed the sideline.

League Structure:

A. If the league has **12** or less teams, then there will be no division of the league and it will be kept that all nine or less teams play each other at least once.

B. In the event that the league has 10 or more teams, the league **could** be divided into an A pool and a B pool. Pool placement will be based on seeding from the previous year's standings. The LOSSA champions will be placed in pool A and the second place team in LOSSA will then be placed in pool B.

Teams will be placed alternately in pool A or B in order of seeding. The table below outlines the concept.

Pool A

LOSSA Champions
Third Seed
Fifth Seed
Seventh Seed
Ninth Seed
Eleventh Seed
Etc.

Pool B

Second Seed
Fourth Seed
Sixth Seed
Eighth Seed
Tenth Seed

If there are an odd number of teams, the pool with the LOSSA Champions from the previous season will contain this team.

New teams will be randomly assigned by the convenor to Pool A or B

Playoff Structure with Less Than Ten Teams:

Final Standings: Points will be accumulated for all league games to determine final team standings.

Win = 2 points Tie = 1 point Loss = 0 points

Top eight teams, following the completion of the round robin league play, will qualify for the playoffs.

Quarter's Game A: 1 vs 8



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Game B: 2 vs 7

Game C: 3 vs 6

Game D: 4 vs 5

Semi's Game E: Winner of A vs Winner of D

Game F: Winner of B vs Winner of C

Final Game G: Winner of E vs Winner of F... **LOSSA** Champion

1. In the event of a tie in the league standings prior to the playoffs, the following tie breaking procedures will be used (as per OFSAA).

A. Two teams tied with the same number of points:

- i) The winner of the league match between the two schools shall be awarded the higher position.
- ii) If the result of the match was a tie, the team having the better goal difference shall be awarded the higher position. (A positive goal difference is better than a negative goal difference.)
- iii) In the event of an equal goal difference, the team having the higher goal average shall be placed higher. Goal average shall be determined by dividing (the number of "goals for") by (the number of "goals against" plus one).
- iv) In the event of an equal goal average, the team having the higher number of goals shall be placed higher.
- v) **A coin toss by the referee assignor** shall be conducted until a winner is determined.

B. Three or more teams with the same number of points: the last four points from above will apply.

Playoff Structure With Ten or More Teams (Cap with 21 Teams)

At the end of the season the top 4 teams from each pool will advance into quarter finals. These 8 teams will follow the procedure below to decide the four teams that will move on to the

SEMIFINALS:

Quarter-Finals:

1A vs. 4B –G1

2A vs. 3B- G2

2B vs. 3A – G3

1B vs. 4A- G4

Semi-Finals:

WG1 vs. WG3- G5

WG2 vs. WG4- G6

LOSSA Championship Game:

WG5 vs. WG6

Tie Breaking Procedures with Ten or More Teams

In the event of a tie at the end of regular season play, teams with the highest winning percentage* will advance or be ranked according to the playoff structure.

* Winning Percentage is decided by a team's # of wins divided by the total # of games played in their Pool.

Points System for Ten or More Teams



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Points will be awarded as follows: Win = 2 points Lose= 0 points Tie = 1 point

Tie Breaking Method During Playoff Games: In the event of a tie during the playoff matches:

- in the event of a tie at the end of regulation time in any playoff game; a ten (10) minute sudden victory overtime period shall be played after a five (5) minute rest period. Teams will toss for choice of ends prior to the start of the overtime period.
- If still tied, each team will select any five (5) players from those listed on the match sheet except a player who has received a red card or a temporary suspension at the end of the game. These five (5) players shall have a shootout competition if artificial turf is available. If not, teams will take penalty strokes alternately. A list should be provided within two (2) minutes after the end of the match and the shoot-out or penalty strokes will proceed from then. The first team to shoot being decided by a coin toss. The winner shall be the team scoring the most goals. If the score is still tied, a "sudden victory" system will be used with any five (5) players from those listed on the match sheet except a player who has received a red card or a temporary suspension at the end of the game or during the shoot-out. Each team will alternately send one player to take a shoot-out or penalty stroke until the tie is broken. The order of shoot-out or stroking will change with each pair of shoot-outs or penalty strokes. No player may take a second shot or stroke in this series until any five (5) players listed on the match sheet (except any under permanent suspension or temporary suspension at the end of overtime) have taken one stroke.
- Any player that is suspended by a yellow or red card during a shoot-out or penalty strokes may be replaced by any eligible player on the roster"
- Coaches and team personnel should remain behind the 25 yard line (between 25 and 50 yard lines) in the end where the penalty strokes are being taken.

Competition Format:

Host schools will oversee games at their own schools and are responsible for having fields lined and nets or cones in place. Please **text** the convenor within twenty-four hours to report game scores when you are home school. A **single** official game sheet should be completed by both coaches. Please fill in the game sheet, have both coaches sign it and forward it to the convenor the next day.

Referees: Referees will be arranged for all league games by the ref **assignor or convenor(s)**.

Game Changes: Games will not be rescheduled unless playing conditions are deemed unsafe (lightning). Games will be considered played in full if 50% of the game is complete.