



LOSSA

Lake Ontario Secondary School Athletics

LOSSA FOOTBALL PLAYING REGULATIONS 2025-2026

(revised June 2025)

1. We will follow the Canadian Rule Book for Amateur Football. Any Bylaws written here are in conjunction with or replace the amateur ruling, stated in the Canadian Football Rule Book.
2. A coin toss will determine the choice of ends or possession. Visiting team will call.
3. Each Junior game will consist of four 12 minute quarters; 2nd and 4th quarters per CAFA rules.
4. Each Senior game will consist of four 12 minute quarters; 2nd and 4th quarters per CAFA rules.
5. We will play **“3 downs for 10 yards football”** and teams are to use 10 yard sticks at Junior.
6. We will play **“3 downs for 10 yards football”** and teams are to use 10 yard sticks at Senior.
7. If a player chooses to wear a face shield the colour must be clear (no tinting).
8. Duplicate jersey numbers are not permitted; if they do exist the jersey shall be altered to correct the problem. Any player wearing an ineligible number must report to the officials as eligible prior to the game, or prior to the play lining up in an eligible position. Conversely, any player in an eligible number who is lining up in a non-eligible position must report to the officials prior to the game, or play.

HOME TEAM RESPONSIBILITIES

- The home team will supply a responsible scorer and minor officials (down box and sticks) for each game played on their home field. As well as an adult timer (when possible) (staff member or parent) for each game. If a team realizes that an adult will not be available to time arrangements can be made through the Head Official to supply one, at a cost. Game sheets shall be held by the timer.
- The home team must have the playing surface lined in 10-yard increments. (Suggested every 5 yards).
- Goal post pads are mandatory.
- Minimum 20 yard end zone where permitting.
- Each school may provide their own game ball. Game balls at Junior Varsity must be a leather full size Canadian model. Game balls at Senior Varsity must be a leather full size Canadian model. Teams may agree upon a universal ball to be used by both teams at the beginning of each game. Game officials will have final ruling if there is any question about the specifications of a game ball.
- It is the responsibility of the home team to resolve uniform colour conflicts. If they have waited until game day to resolve the conflict, the home team must be the one to switch jerseys.



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VIDEO RECORDING

Video recording of games is permitted. If recording a game that you are not participating in your only recording area is from goal line to goal line and across from the bench side. If you are participating in the game you may tape from any area except for the bench side. Drone use to film games is permitted provided use complies with municipal regulations.

ELECTRONICS

As per Football Canada Rule 1 Section 11 Article 2 page 11, "Leagues can approve and administer the use of communication devices, providing such devices do not alter or change the construction of the helmet".

1. Helmet communication devices are allowed to be used by one Offensive player – Quarterback and one Defensive player.
2. Communication is to be one way only. Coach to player. Player will have no ability to talk, just listen.
3. Each team is responsible for providing their own communication device.
4. The helmets with the communication device need to be indicated with a NEON green sticker.
5. If technical issues arise, the opposing team does not need to take their device down.
6. There is no shut off for the device.
7. There is no responsibility added to the Officials in managing the of the devices use or rules.
8. Coaches are only to communicate using the device up to the snap of the ball.
9. Helmet devices cannot be any larger then 1' x 1.2' – in line with the Atech or GSC styles, no alterations to the helmet are permitted.

LEAGUE FEES

Each team pays \$550 to LOSSA Football, due before their first league game. This fee may be adjusted pending changes to league expenses and participating teams. Each team will receive reimbursement relative to the difference of income vs costs incurred where possible.

LEAGUE ALIGNMENT

Both junior and senior leagues will be run as separate single Tier leagues. Teams may schedule non-conference games that DO NOT factor into league standings provided they follow OPHEA guidelines for minimum days between scheduled games and do not interfere with the league schedule. Teams may ONLY schedule non-conference games against teams from accredited Ontario high schools, eligible for OFSAA competition, or equivalent from out of province.



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League Standings

Teams will receive two (2) points for a win, one (1) point for a tie, and no points for a loss. There will be NO overtime in regular season games.

PLAYOFFS

Senior Varsity – The first-place team after the regular season will host the fourth-place team in the first semi-final. The second-place team will host the third-place team in the second semi-final game. Other hosting arrangements may be agreed upon as necessary by participating coaches.

Junior Varsity – The first-place team after the regular season will host the fourth-place team in the first semi-final. The second-place team will host the third-place team in the second semi-final. Other hosting arrangements may be agreed upon as necessary by participating coaches. Winning teams from the semi-finals will play in the LOSSA Championship game. Losing teams from the semi-finals will play in a Consolation Final.

All LOSSA Championship games will be played at the Oshawa Civic Stadium on the same day, pending field availability.

GAME SHEETS

Game sheets will be carbon copies. They will be provided by LOSSA for all league games. The winning team of each game must send the game result and copy of the game sheet to the convenor within 24 hours of completion. Game sheets from the Civic shall be collected after the game by one of the “On Duty” convenors, who will forward the score and copy of the game sheet(s) to the league convenor to be entered into the LOSSA Football website.

BREAKING TIES

a) LEAGUE STANDINGS

2 TEAMS

- i) Head to head record
- ii) Points for and against between teams involved, +/- 15 points maximum
- iii) Seasonal for and against, +/- 15 points maximum
- iv) Coin toss by league official

3 TEAMS

- i) Points for and against between teams involved, +/- 15 points maximum
- ii) Seasonal for and against, +/- 15 points maximum
- iii) Coin toss by league official



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In the case of a 3 team tie, after the 3 team tie breaking procedure has determined the highest ranked team, 2 team tie breaking procedures will rank the remaining teams.

b) **GAMES**

There will be no tie breaking procedures in the regular season. In playoff games, teams will participate in a shootout. Each team will get at least one attempt from the 35 yard line to score. A coin toss, called by the visiting team, will determine the order of ball possession. Possession will change after each even series. First team to take a lead in even amount of turns will win. Each team will receive one timeout per overtime. After 3rd possession, teams must go for a 2 PT. conversion. The game will end in favour of the scoring team in the case of a defensive score.

Eg.	<u>Round 1</u>	<u>Round 2</u>
1 st Possession	Visitor	Home
2 nd Possession	Home	Visitor

AWARDS

Medals will be awarded for 1st and 2nd in the LOSSA Championship Games. Championship banners will be awarded for each championship.

League MVP awards will be handed out in each division. Coaches will select a player from their own team and three ranked players from an opposing team. A player selected by his own coach will receive 1 point and if selected by an opposing coach will receive points in descending order based on ranking (i.e. first ranked player receives 3 points, etc.). The player with the most points, wins. If there is a tie the league convenor shall break the tie. Offensive, Defensive, and Special Teams player of the game will be awarded to each team in the Championship and Consolation finals as chosen by league officials.