



LOSSA

Lake Ontario Secondary School Athletics

LOSSA GIRLS FIELD LACROSSE PLAYING REGULATIONS 2024-2025

CLASSIFICATION: Open

OFFICIAL RULES: Games shall be played under the Federation of International Lacrosse (F.I.L.) rules, with the following exceptions:

- The number of players listed on the score sheet is unlimited.
- Play 2 – 25 minute running time halves – the last 2 minutes of each half is stop time.

Once a team is outscored by 7 or greater goals, that team will gain possession at center to re-start play. The losing team's center will be awarded the ball at the center line with the opposing team's defending goal at a 45-degree angle to the centerline. All other players will be at least 4 m away and on-side in accordance to restraining line rules. Should that score return to a 6 (or less) goal difference, the game will restart with a draw.

Officials will no longer conduct stick checks at the beginning of the game. Each official is required to check 1 stick at random, each half during dead play, in addition to checking the goal scorers stick after their goal.

Clarification of Cards:

Two yellows in the same game = Red Card and the player sits the remainder of the current game. Direct Red Card the player sits for the remainder of the current game, plus the next LOSSA league or play-off game.

COMPETITION FORMAT: LEAGUE STRUCTURE

Format will depend on the number of teams declared. Teams are ranked based on final standings from the previous year and divided into an A and B division for league play. For league standings, two points will be awarded for a win, one for a tie, and 0 for a loss. If a team withdraws from league play once the season has started, all games from that team will be deleted from league standings. If a school has 2 teams, the team in division B are not eligible for division A playoffs but can participate in division B playoffs.

PLAYOFFS

“A” Championship Playoff Structure

QUARTERS

1st and 2nd = bye

3rd vs 6th and 4th vs 5th

SEMI'S

1st plays lowest ranking advancing team

2nd plays highest ranking advancing team

FINALS

Winners of semis

“B” Championship Playoff Structure

- teams 7 through 12, follow same format as A Championship

“C” Playoff Ranking

– at least 4 remaining teams are required to have a “C” Playoff Ranking

**** Home field advantage to the top ranked team will apply. The Championship games will be played at the Oshawa Civic field. The Championship games to be officiated by International, National or Provincial umpires (in that order based on their availability) and will be assigned by the league convenor.

TIE BREAKING METHOD

- i) head to head record between the tied teams
- ii) total goals against between the teams involved
- iii) goal differential between the teams involved
- iv) goal differential over the entire season

OTHER INFORMATION:

C.L.A /O.L.A. Score sheets are to be used.

Game sheets must be legible, with a final score clearly indicated. A player’s full name and number should appear on the score sheet. It is the responsibility of the host school to:

- 1) Phone the game results to the convenor (no later than the day following the game).
- 2) Mail the completed game sheet/results to the convenor the following day.

All games will be played at sites designated by the convenor.

Officials Convenor

- will be established at the beginning of each season
- honorarium of **\$25/school to a maximum of \$400 to be included in the league fees**

25 gold and 25 silver medals are provided by LOSSA to the championship finalists. A pennant will be provided to the gold medal winners.