



LOSSA

Lake Ontario Secondary School Athletics

LOSSA BOYS FIELD LACROSSE PLAYING REGULATIONS 2023 – 2024 (June 2011)

Classification: Varsity

Playing Classification: A/AA and AAA/AAAA

Teams within each division play each other once in regular season if numbers within each division allow; OR if number of 2A teams is below 4 the following applies:

Teams divided into one of two pools; play each other within each pool; crossover to determine playoff position.

Official Rules:

LOSSA will follow Ontario High School Field Lacrosse Rules governed by International Field Lacrosse.

Exceptions:

1. Length of Game in regular season:

- a) Four 12 minute quarters running time with 1 minute between quarters and 5 minutes between halves.
 - Doubleheader games (teams play twice in one time frame)
 - Four 10 minute quarters straight time with 1 minute between quarters and 5 minutes between halves.
- b) Ties shall be settled by overtime which shall consist of one - 4 minute running time period with 5 minutes between regular time and the overtime. If the score is tied at the end of regulation time in a league game, each team will be awarded 1 point each. If a team scores in the overtime period, that team receives an extra 1 point.

2. Fouls:

- a) A player committing 4 personal fouls or 5 minutes in personal fouls whichever comes first in the game will be suspended for the remainder of the game.
- b) Fighting or Intent to Injure - Both of these are expulsion penalties.
 - The players involved are suspended from the game and the next 2 league games.

Competition:

Regular season 2 way tie:

- result of head to head competition between tied teams

Regular season 3 way tie:

- result of head to head competition between tied teams
- if still tied - point differential in head to head competition between tied teams
- if still tied - fewest points against in head to head competition between tied teams

Playoffs:

2A: 1 vs 4; 2 vs 3; winners play for LOSSA 2A Championship

3A: Top 6 teams qualify for playoffs.

Quarters : 1st and 2nd get a bye 3 vs 6 4 vs 5

Semis: 1 vs *lowest remaining survivor*

2 vs remaining survivor

Quarters, semis and finals consist of one game each.

Playoff Overtime:

- 2 - 4 minute running time periods

- if tied at end of 1st, 2nd 4 minute overtime runs

- if tied at end of 2nd overtime, play continues with sudden death play

- 1 timeout per team per overtime

LOSSA CHAMPION in each division will be the representative at the OFSAA Festival High School Championships.