



# LOSSA

## Lake Ontario Secondary School Athletics

### LOSSA ULTIMATE PLAYING REGULATIONS 2023-2024

**Season of play:** Co-ed spring sport

**Classification:** Varsity

The individual's birth certificate indicates that he/she has not yet reached his/her 19th birthday by January 1<sup>st</sup> prior to the start of the school year in which the competition is held.

**Eligibility:**

1. All players must meet all the eligibility criteria as outlined in the LOSSA By-laws and sport guidelines (By Law 3) which includes:

- General (Academic) Eligibility
- Number of years Eligibility
- Age classification
- Classification of Schools (there is none in ultimate yet)
- Team Eligibility
- Transfer eligibility

2. Eligibility Lists (LOSSA By-Law 3 section 8)

- a) All players must be registered on the OFSAA AELS System.
- b) The AELS eligibility list must be signed and emailed to the regional convenor twenty-four (24) hours prior to the first playing date of the league schedule.
- c) Eligibility lists must be dated and signed appropriately.
- d) Any game in which a team participates without a properly dated and signed eligibility list being submitted **will result in that game being forfeited.**

3. Late Additions

Additions to the eligibility list must be made on a LOSSA eligibility list and emailed (and received) by the regional convenor prior to any game in which the additional player(s) participates.

4. Playoff Eligibility

- a) To be eligible to play in post season games a player must have participated in at least **2** league games (or 1 tournament) played by their team.
- b) In the event that a serious injury or other extenuating circumstances prevents a player from complying with this regulation, an appeal by his coach may be made to the regional executive to allow said player to be eligible for playoffs.

## 5. Ineligible Player

- a) All games in which an ineligible player participates **will be forfeited**.
- b) A player is deemed to have participated if they are registered on a game sheet.

## League Structure

1. The league structure will be based on regional play as outlined by the league convenor at the pre-season meeting.
  - a) As an example, if there was a 12 team league the league would be broken into two divisions, East and West, with 6 teams in each. The teams furthest East would be in the East division. Both divisions would then play each team in their division to decide who would go to playoffs. The top 4 teams in each division would go to playoffs.
  - b) At the moment there are no classifications of schools (AA, AAA, etc)

## 2. Scheduling

- a) The structure of the season's schedule and any unplayable dates will be determined at the pre-season meeting by the convenor and the coaches present.
- b) Unplayable dates are limited to **two (2)** per school.
- c) Regional convenors must verify their league and playoff schedules with the athletic coordinator before distributing the schedules

## 3. Season

The Ultimate league will run in the spring.

## 4. Fees

*The fees will be \$50 per team and they will be non-refundable.*

## Rules/Laws of Game

### 1. Fields

- a) The standard field of play may be modified by the coaches according to the size of the field available, with a minimum rectangular area twenty five (25) metres wide and fifty (50) metres long with fifteen (15) metre end-zones on either end. Usually a soccer field is split in half lengthwise but any green space of the proper size is acceptable.
- b) End zones must be marked with cones. The cones near the goal posts should be moved forward 2 yards to help avoid collisions with the goal posts. Goal posts can be wrapped with padding if available.
- c) The Brick Mark may be modified by the coaches according to the size of the field available, with a minimum distance of ten (10) metres from each end-zone, Mid way between the sidelines.

## 2. Length of Games and timeouts

- a) Regular season games will be fifty-five (55) minutes in length and consist of two (2) twenty-five (25) minute halves played straight time with a five (5)-minute break between halves.
- b) If games are part of a tournament the games will be 30 minutes in length and may or may not have a half time.
- c) Games are timed, however, the maximum score is 15.
- d)
  - i. Coaches need to synchronize watches and to continue to monitor the time throughout the game. Communication between the coaches should be ongoing. At no time does the clock stop.
  - ii. As soon as the time cap is noticed, the point being played must be finished.
  - iii. If a point is scored before the expiration of time (even if there is only 1 second) at the end of the game, a pull must occur. (unless the point differential is 2 or more and there is no way for a team to catch up).
- e) At half time, the point is played out and the time over 25 minutes will be subtracted from the second half.
- f) Half Time
  - i. Receiving team should be ready four (4) minutes forty-five (45) seconds after the start of half time.
  - ii. Pulling team should pull within five (5) minutes of the start of half time.
- g) Time Outs
  - i. Each team is allowed one 1 minute timeout per half. This is different from the UPA rules because these games are much shorter.
  - ii. During regular play only a team in possession of the disc can call a timeout. After a goal is scored or before both teams have signaled readiness to start play any player or coach can call a timeout.
  - iii. Once the team has returned to the field, the player in possession of the disc at the time of the time out being called must assume possession of the disc again.
  - iv. Time outs can be called at any time during the game.
- h) At full time, the point in progress will be played out. If the game is tied at the end of the point being played out, play will continue for one more point to determine a winner. There will be no ties.
- i) The length of games may be determined by the availability of Parks and Recreation facilities, i.e. permit restrictions may necessitate shorter time frames for games.
- j) Teams should be on the same side of the field. Coaches, players and spectators must stay in their half (from the half line to the front of the end zone cone).

## 3. Starting Times

- a) Teams should arrive fifteen (15) minutes early in order to warm up.

## 4. Game Sheets/Score Sheets

- a) Game sheets listing the players must be completed prior to the beginning of the game.
- b) Both teams are responsible for keeping score during the game. Coaches should communicate the score to each other as often as possible. Ideally teams should use a portable scoreboard so that both teams can see the score.

## 5. Results

At the end of the game each coach must review and sign the score sheet. The signatures confirm that the score has been recorded accurately.

- a) Results including spirit points, are to be reported to the Regional Convenor by the home team by 7pm on the date of the game. The home team **must** forward an **original copy** of the game sheet to the regional convenor **no later** than the day following the game.
- b) Keep a copy of the score sheet for your own records.
- c) The host school coach is responsible to call game results to the media (e.g. newspaper, radio)

## 6. Rules of Play:

- a) The 11<sup>th</sup> Edition of the UPA rules are used to govern game play. The only exception is for timeouts as outlined earlier.
- b) The team receiving a pull will establish the 4-3 gender ratio. The pulling team must match this ratio. (This is a UPA rule but is sometimes changed for tournaments so we state it here)
- c) Foot blocks are allowed. (This is a UPA rule but is sometimes changed for tournaments or recreational leagues)
- d) In the event of a dispute on the field to which there is no timely resolution, both coaches are expected to be role models and facilitate/mediate a timely resolution. Coaches can make sure that the proper rules are known to all competitors by referring to the rule book but should not make the call. The responsibility of making/enforcing the decision/resolution on the field lies strictly in the hands of the competitors on the field.
- f) Swearing, fighting and trash talking is not permitted.
  - i. Such behaviour will result in ejection from the match and referral to the Conduct Review Board.
  - ii. It is the responsibility of the player's coach to eject a player in violation of part G 5 (c) i.

## 7. Substitutions

- a) Substitutions are only made after goals.
- b) There is no limit to the number of times a player may be substituted into and out of a game.
- c) Players not in the game may replace players in the game after a score and during an injury timeout for the injured player.

## 8. Spirit of the Game

Spirit of the Game is used to describe the respect that every player in the game has for the rules and their fellow players.

- i. No referees exist.
- ii. The players themselves officiate.
- iii. Implicit in Ultimate is the assumption that no one will cheat to gain an unfair advantage.
- iv. This principle is what makes Ultimate special to so many people, and all Ultimate players try to keep the Spirit alive by maintaining this high level of trust, no matter how competitive the game becomes.
- v. It is our hope that more experienced teams will assist in the promotion and clarification of SOTG and the rules.
- vi. If a team or player is unclear on something, explain it to them to enhance the Ultimate experience and not to put them at a disadvantage.

## **Tie Breaking for league standings**

1. Ties in the standings will be broken using the following criteria:
  - a) Two (2) teams tied for a playoff position:
    - i. Head to head between the tied teams
    - ii. Point differential between the tied teams
    - iii. Point differential in all games played
    - iv. Fewer points against in all games played
    - v. Coin toss (a coin toss cannot eliminate a team from the playoffs)
  - b) Two (2) teams tied for the final playoff position:
    - i. Head to head between the tied teams
    - ii. Point differential between the tied teams
    - iii. Point differential in all games played
    - iv. Fewer points against in all games played
    - v. A game will be played between the two teams. The site of the game will be determined by a coin toss conducted by the Regional Convenor and/or Regional Athletics Administrator/Sport Liaison.
  - c) Three (3) or more teams tied for playoff positions:
    - i. Head to head between the tied teams
    - ii. Point differential among the tied teams
    - iii. Fewer points against among the tied teams
    - iv. Point differential in all games played
    - v. Fewer points against in all games played
    - vi. Coin toss (a coin toss cannot eliminate a team from the playoffs)
  - d) Three (3) or more teams tied for the final one or two playoff positions:
    - i. Head to head between the tied teams
    - ii. Point differential among the tied teams
    - iii. Fewer points against among the tied teams
    - iv. Point differential in all games played
    - vi. Fewer points against in all games played

If two (2) teams remain tied, then a game will be played between the two teams. The site of the game will be determined by a coin toss conducted by the Regional Convenor and/or Regional Athletics Administrator/Sport Liaison.

If more than two (2) teams remain tied, then two games will be played to determine the final ranking. A coin toss conducted by the Regional Convenor and/or Regional Athletics Administrator will determine which team gets a bye to the second game. The remaining teams will play the first game with the winner to play a second game against the team that received the bye. These two games will be played on the same day at a site determined by a coin toss conducted by the Regional Convenor and/or Regional Athletics Administrator. There will be a 30 minute break between games.

## **Playoff Structure**

1. The regional convenor will be responsible for setting the playoff structure and notifying coaches of the format prior to the start of regular season play.
2. The Home team for all playoff games will be the team with the highest standing following regular season play.
3. Playoffs will consist of ¼ final, semi-final and finals,
4. Numbers permitting, playoffs will be run in tournament style at a neutral site, with each qualifying team playing three games to determine final standings.
5. Based on 8 qualifying teams from two divisions, the following structure will be followed.

	Round 1	Semifinals	Final
Game 1	1 <sup>st</sup> east vs 4 <sup>th</sup> west	winners of	winners of semi 1 vs semi 2
Game 2 and Silver	2 <sup>nd</sup> west vs 3 <sup>rd</sup> east	game 1 vs game 2	determines LOSSA Gold
Game 3	1 <sup>st</sup> west vs 4 <sup>th</sup> east	winners of	Consolation
Game 4	2 <sup>nd</sup> east vs 3 <sup>rd</sup> west	games 3 vs game 4	losers of semi 1 vs semi 2
Runner up rounds			determines LOSSA 3 <sup>rd</sup> , 4 <sup>th</sup> place
Loser game 1 vs loser game 2		winner runner up game 1 vs winner runner up game 2	determines LOSSA 5 <sup>th</sup> 6 <sup>th</sup>
place			
Loser game 3 vs loser game 4		loser runner up game 1 vs loser runner up game 2	determines LOSSA 7 <sup>th</sup> 8 <sup>th</sup> place

## **Defaults/Cancellations/Withdrawals/Abandoned Games**

1. Defaulted Games
  - a) A default is declared when a team is not prepared to play within fifteen (15) minutes after the scheduled starting time. Please be reasonable about unavoidable bus delays.
  - b) A team can start a game with six (6) people, as long as both genders are equally represented.
  - c) If both teams agree to waive rule (a) and play the game, the result will be considered official and no subsequent claim of default will be accepted.
  - d) The home school must notify the regional convenor of any defaults.
  - e) In the event of a default, the result will be reported as 10-0.

## 2. Cancelled Games

- a) In the event of unforeseeable circumstances which necessitate the cancellation of a game (i.e. sickness, accident, safety concerns regarding facility use), the school involved **must** make every effort to contact the regional convenor and the other competing school **at least** four (4) hours prior to game time.
- b)
  - i. Due to the limited amount of time available in which to complete the schedule, every effort should be made to play and complete games on the date and at the time scheduled.
  - ii. Therefore, with the exception of lightning or extreme weather conditions, unless notified otherwise by the regional convenor, all coaches should assume that games will take place as scheduled.
- c) If any one (1) of the home coach, the regional convenor or the facility manager determines that the home field is unplayable, all parties involved in the game should be notified **at least** four (4) hours prior to game time.
- d) Coaches are reminded to cancel all transportation in the event of a cancelled game.

## 3. Withdrawals

- a)
  - i. If a team decides to withdraw from the league they **must** notify the regional convenor **immediately**.
  - ii. The regional convenor will notify the remaining teams in the league of the withdrawal.
- b) All points associated with games played to date will be rescinded and any remaining games involving the withdrawn team will be cancelled.
- c)
  - i. Any costs incurred due to changes (ie. Facilities) or late notice will be charged to the school who withdrew from the league.
  - ii. The school must apply to the regional executive for reinstatement the following year.

## 4. Abandoned Game

- a) Once a game has started every reasonable effort must be made in order to complete the game.
- b) A game that has been abandoned by the coaches due to disciplinary reasons (i.e. violence/threat of violence) shall **not** be rescheduled, until a LOSSA Review Board Committee has conducted a review of the situation.
- c) If a game is abandoned in the first (1<sup>st</sup>) half, the game will be replayed in its entirety with the score 0-0.
- d) If the game is abandoned in the **second (2<sup>nd</sup>) half**, the game will be considered to be a completed game.

## Home Team Responsibilities

1. Providing two official LOSSA Ultimate Score Sheets, two (2) white game discs; a minimum of eight (8) pylons to mark the field and a minimum of seven (7) pinnies of contrasting color. Score Sheets are available on the LOSSA site.
2. Coaches are reminded that they are expected to supervise all players from the time of their arrival to the time of their departure from the playing site and to assist in leaving the playing area free of garbage.
3. Providing waste containers for use by all participants.
4. Providing a portable scoreboard (if available).
5. Wrapping the goal posts in (football) post pads (if available).

## First Aid

1. All coaches and regional convenors should be familiar with the content of their school board's Secondary Inter-school Athletics Safety Document(s).
2. A properly equipped first aid kit must be accessible at all practices and games.
3. Coaches are reminded to have an emergency action plan in place for all practices and games.

## Discipline

1. If a player/coach is ejected from a game, the coach must inform the following **people within twenty-four (24) hours following the game**:
  - a) the principal of the school
  - b) the school's LOSSA representative
  - c) the regional convenor
  - d) the chair of the Conduct Review Board
2. An ejected player is automatically suspended from any practices, exhibition, tournament, regular season or play-off games involving his/her team until such time as the Conduct Review Board has conducted a hearing and rendered a decision.

## Awards

### **Regional Championship Awards**

Regional Champions	Annual/ Plaque/Keeper Plaque
	Gold medals (25)
Regional Finalists	Silver medals (25)

## Uniforms and Equipment

1. Teams must wear a uniform to distinguish him/her from the players on the opposite team.
2. Any 175 gram white flying disc may be used as long as it is acceptable to both coaches. Daredevil is the preferred disc.
3. Cleats or running shoes are mandatory. (no bare or socked feet) Cleats may not be pointed or have any metal exposed.