



LOSSA

Lake Ontario Secondary School Athletics

LOSSA CURLING PLAYING REGULATIONS 2023 - 2024

Classification: Girls, Boys, Mixed

Official Rules:

1. The “Rules of Curling for General Play” as published by the Canadian Curling Association will be followed unless modified by these rules or the convenor. The Convenor(s) or his/her designate shall rule on any disputes upon request by the skips or coaches involved.
2. A completed game sheet must be submitted after each contest. The names on the game sheet must be consistent with the official roster for that team. It is possible to add names to the roster as per LOSSA rules.
3. Substitutions may be used as per CCA rules. Substitutes are not permitted warmup time or slides. A player removed for a substitute may not re-enter unless there is an injury.
4. Each team may call up to 2 one-minute timeouts during a game. One timeout may be called by a player on the ice. One timeout may be called by the coach by informing the opposing coach. A team must be in control of the house to call a timeout.
5. A coaching break lasting no more than 5 minutes is permitted following the fourth end in Tier 1 and following the third end in Tier 2.
6. The winner of the pre-game coin flip will have a choice of hammer or colour of stones.
7. On ice warm-ups will only take place if the ice is ready ahead of game time and will be subject to the following conditions:
 - Teams need to arrive 20 minutes before game time so they can conduct a coin flip to determine practice order.
 - The team that takes the hammer will practice first, no later than 10 minutes prior to game time.
 - If one team is not there 10 minutes prior to game time, they default to hammer and first practice. If that team is not there 5 minutes prior to game time, they default any practice time. If neither team is there 10 minutes prior to game time, they both default practice time but will still flip for hammer.
 - Practice time for each team consists of 1 rock per player thrown up and back.
8. Both coaches (one per team) may join tier two teams at ice level during the entire game during the regular season. The role of these coaches is to instruct the curlers from both teams, placing specific emphasis on etiquette, rules and safety. Proper curling footwear is required for these coaches to access the ice.

Competition Format:

1. Both Tier 1 and Tier 2 teams will play 3 bonspiels, each involving two ~~end~~ games. Standings will be calculated based on awarding the following points: win=3, tie=2, loss=1, default=0
2. Schools are permitted to enter a maximum of one Tier 1 boys' team and one Tier 2 girls' team. Schools are permitted to enter a maximum of two Tier 2 teams. Tier 2 will be an Open league allowing any combination of boys and girls.
3. League games will be scheduled subject to a 2-hour time limit from the designated starting time. If there are less than 15 minutes left on the on-ice clocks when the last rock of an end comes to rest the game is over. No new end can begin.
4. Competition for LOSSA Mixed will take place in bonspiel format. This will be a one-day event.

Playoff Structure:

1. Teams that have defaulted more than two games during league play will not be eligible for the playoffs.
2. For both girls' and boys' Tier 1 divisions, the top 8 will make the quarter-finals. For the Open Tier 2 league, the top 8 teams will make the A division quarter-finals, and the next 8 ranked teams will make the B division quarter-finals.
3. The playoff brackets will be based upon final league standings.
4. The higher-ranking team will have the choice of last rock in the first end or rock colour.
5. If there is a tie in league standings, the first tiebreaker shall be the head to head record amongst tied teams.
6. If a tie remains after comparing head to head records, a shootout will be used. Each team member will throw one stone towards the glass. Sweeping of your own team's rocks is permitted for the shootout.
7. Scoring for the shootout is as follows:

☐ covers the pin	8 points
☐ full 4 foot ring	6 points
☐ touches the 4 foot ring	5 points
☐ full 8 foot ring	4 points
☐ touches the 8 foot ring	3 points
☐ full 12 foot ring	2 points
☐ touches the 12 foot ring	1 point
8. Ties in playoff games will be broken by playing a full end towards the glass.
9. Practice time will be guaranteed for playoff games.
10. Semi-final and finals of the tier one playoffs are not subject to a time limit. All tier 2 play-off games and all tier 1 playoff games other than the semi-final and finals are subject to the two-hour time limit per game used in league play.
11. Winners of semi-final games will play for gold or silver medals. Gold medal winners of tier one will earn the right to continue to OFSAA.
12. Losers of semi-final games will play for the bronze medals.