



LOSSA

Lake Ontario Secondary School Athletics

LOSSA BOYS HOCKEY PLAYING REGULATIONS 2025-2026 (revised June 2023)

Classification: Junior, Senior

Official Rules: OMHA Rules and OFSAA Hockey By-laws

Exceptions: Games

- a) All games will commence FIVE (5) minutes after the arena permit begins.
- b) Senior Games: Ice will be booked in 2 hour time slots for the regular season
- c) Junior Games: Ice will be booked in 1.5 hour time slots for the regular season.
- d) Both Junior and Senior games consist of 3 periods. All are 15 minutes stop time. Junior Only: No Flood between periods.
- e) The third period will be running time if the score is a Five (5) goal or more differential between the TWO (2) teams. Stop time is resumed if the goal spread decreases to Three (3) goals.

Playing Rules (other than OMHA)

All suspensions will follow the OMHA guidelines and standards except in the case where applicable; All suspensions will be served in league and playoff games ONLY, and the player will not be permitted to play in tournament and/or exhibition games during the suspension.

A player will be ejected on his 4th minor penalty of a junior or senior game. Minor penalty related game misconducts (i.e., 4th minor penalty) will not result in an extra one game suspension.

Coincidental penalties will result in both teams playing at their full strength.

A player obtaining a match or fighting penalty will receive:

- a FIVE (5) minute major that will be served by another player on the ice;
- a game misconduct;
- may be asked to attend a review board hearing;

If a player is deemed an aggressor there is an additional 4 game suspension.

First fight = 4 LOSSA league or playoff games.

Second fight = suspension from LOSSA H.S hockey for the duration of current and following LOSSA Hockey season.

Each team is allowed one 30 second timeout.

Eligibility: As per OFSAA

League Structure:

The league structure will be determined by the convenor and coaches on a yearly basis.



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SENIOR ONLY: All league games to be scheduled are the responsibility of each home team. The convenors will provide a scheduling template indicating opponent in the week, (home vs away) to which each home team is then responsible for booking and paying the cost of that ice. Referee payment is also the responsibility of the home team.

JUNIOR ONLY: Each team is responsible for paying one ref each and will share ice costs.

Ties during league games. Shootout, 3 total (minimum), then continue sudden victory as long as they have an equal number of shots. No repeat shooters. Winning team gets two (2) points, losers in overtime get one. (1)

*Overtime goals do not go towards goals for/against for league statistics and standings.

*League Points: 3 for Win 2 Win in a Shootout 1 Regulation Tie (aka shootout loss)

Forfeits: If a team forfeits a game the resulting score is 5-0

Play-Off Structure:

a) Will be determined by the convenors, respectful of the input from coaches at the hockey AGM. Convenors will schedule all playoff games and dates

Senior: All ice will be booked at 2.5 hours with the exception of game 1 of a series, it will be 2.0 hours of ice time.

Senior: the HOME teams paying for the ice and the VISITING team paying for the referee fees. Refs will consist of a 2-man system in quarter-finals and semi-finals, while a 3-man system will be used in the championship series.

Junior: All ice will be booked at 2.0 hours, with the exception of game 1 of a series will be 1.5 hours of ice time.

Junior: Both teams share ref and ice costs.

b) All playoff rounds, (excluding the final) will be a one game playoff, (Senior Only: unless there is a 4-team playoff, in which the semi's follow the final guidelines). Home ice and ties for playoff position will be broken as follows:

- head to head • winning % (pts earned /total pts allowed)
- least amount of GA per game
- greater: GF per game - GA per game
- least amount of games lost to suspension during league play per game: (suspension games / total games played)

Quarter-finals are a 1-game series, Semi-finals and Championship are 2 games, first to 3 points. Teams will be "re-seeded" after each round if applicable.

Playoff Overtime

In the event of overtime in the quarter-final, or game 2 of the semi-final, or game 2 of the final, teams will start play 4 on 4 (at their own end) and play 5:00 periods of 4 on 4 until there is a winner (changing ends after each period).

In the event of a penalty, teams would play 4 on 3, a second penalty would result in 5 on 3.

If a game is in Overtime and still tied with 12 minutes remaining before ice time will be curfewed then the game will go directly to a shootout. (best of 3 shooters, shooters shooting simultaneously, and teams may use repeat shooters after each group of 3).



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OTHER HOCKEY INFORMATION:

1. All players must wear the same sweater number in all meaningful games, unless otherwise designated on the game sheet if the sweater has been lost or forgotten. The designation will have the sweater number to be worn with brackets indicating the number that belongs to that athlete. Example player number 17 forgets jersey and wears number 31. It would read on the game sheet 31, (17). If a player is found to have worn an illegal number, (without designation) that player will serve a subsequent one game suspension.

Player Eligibility: LOSSA will follow the OFSAA Guidelines with respect to team and player eligibility.

- a) Senior - League players not eligible - Professional - OHL Major - OHA (Jr. B, C, D) - GMHL - Intermediate - Senior
- b) A player cannot play in any LOSSA League or Play-off games, if that player has participated in any of the above leagues, after the first LOSSA league game of the current season.
- c) A player who enrolls for second semester only is not eligible for participation in playoff hockey.
- d) Team eligibility sheets and league fees must be submitted to the convenor prior to the SECOND LEAGUE GAME.
- e) A player must compete in a minimum of half of the LOSSA league games in order to be eligible for playoffs. In a season with an odd number of games, round down one game. ie. if there are 7 league games, a player must play in at least 3 games in order to be eligible for playoffs.

Extenuating circumstances (ie. medical) may be considered. *Exceptions will be made for goalies who only need to compete in a minimum of 1 league game to be eligible for playoffs.

- f) Eligibility list - no maximum number of players.
- g) Teams may only dress EIGHTEEN (18) players and TWO (2) goalies.

Responsibilities of Home Team:

Provide the top portion of the game sheet to the referee.

Provide a score keeper, a timer, and an official for each penalty box.

Supply at least TEN (10) game pucks.

Change sweater colours (if necessary).

Report results and scores via text or email

Responsibilities of the Winning Team:

JUNIOR: A copy or picture of all game sheets must be forwarded to the Junior convenor(s).

SENIOR: A copy or picture of all AAA game sheets must be forwarded to the Senior convenor(s).

A copy of all AA game sheets must be forwarded to the AA convenor(s).

If an incident should occur which results in any type of ejection, the convenor **MUST** be contacted, by phone or in person, by the COACH of the player. Failure to do so will expose the coach to disciplinary action as well. Also, any coach who does not report any suspend-able incident to the discipline committee must serve a 4-game suspension.