



LOSSA

Lake Ontario Secondary School Athletics

LOSSA CURLING PLAYING REGULATIONS 2025 - 2026 (REVISED JUNE 2025)

Classification: Girls, Boys, Mixed

League Format:

- The league format, schedule, and playoff format will be evaluated and determined by the league Convenors and communicated to participating teams.
- TIER 1 Division: Each schools is permitted to enter a maximum of one (1) Boys team and one (1) Girls team. Girls are permitted to play on the Boys' teams.
- TIER 2 OPEN Division: Each school is permitted to enter a maximum of two (2) teams. Tier 2 is an open league and teams may be comprised of any combination of boys and girls.

Game Format:

- All league games will be win/loss with teams allowed to concede a game at anytime.
- Win = 3 points, Loss = 2 points, Tie = 1 point, Default = 0 points.
- League schedule, results, and standings will be posted on lossasports.com
- TIER 1 league games will be a maximum of 8-ends while TIER 2 will be 6-ends
- League games will have a 2-hour time limit from the designated starting time. The final end of the game may commence only IF the last rock of the prior end comes to rest before the 1 hour and 45 minute mark, as per the on-ice clocks.
- For league games, there are no extra ends. If games are tied after designated ends or time limit, the game will end in a tie (1 point each).

General Rules of Play:

- All games will be played according to Curling Canada's Rules for General Play (2022-2026) unless modified by these rules or Convenor(s).
- Every player and coach is asked to follow the Curling Code of Conduct (see attached).
- Games will be played using the 5-rock, free-guard zone (FGZ).
- Official team rosters for each team must be submitted and registered before the start of the season.
- A completed game sheet must be submitted to the Convenor after each contest. The player names on the game sheet must be consistent with the official roster for that team.
- The Convenor(s), or designate, shall rule on any disputes upon request by the skips or coaches involved.

“No-Tick Shot” Rule (TIER 1 Only):

- If, prior to the delivery of the sixth stone of an end, a delivered stone causes an opposition stone which is touching the centre line in the FGZ to be moved to an off-centre line position or to a position outside the FGZ, the non-offending team has the option to:
 - (i) Remove the delivered stone from play, and replace all stones that were displaced to their positions prior to the violation taking place; OR
 - (ii) Leave all stones where they came to rest.

Pregame Practice:

- Pregame practice will start 15 minutes before the scheduled game start time and will only take place if the ice is ready ahead of game time.
- The winner of a coin flip before each game will have choice of rock colour OR hammer (throws last rock) in the first end. The team with hammer will have first practice.
- Practice for each team consists of each player throwing one rock up and then one rock back towards the glass. If a team is playing with only 3 players, each player is still only allowed to throw one rock in their warm-up. Alternate/substitute players are not permitted to practice.
- If the opposing team is not available by the start of the warm-up session, they will forego their pregame warm-up, rock colour choice, and hammer in the first end.

Player Substitutions:

- Ideally, each team plays with 4 players but require a minimum of 3 players to participate for an entire game.
- Player substitutions during a game are allowed.
- Substitute players are not permitted warmup time or slides and will enter the game in the replaced players delivery position.
- Any player removed for a substitute may not re-enter unless there is an injury.

In-Game Coaching (TIER 2 Only):

- Team coaches (one per team) may join their 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.

Timeouts:

- Each team may call up to two (2), one-minute timeouts during a game.
- A team must be in control of the house to call a timeout. Timeouts may be called by the coach or by a player on the ice.
- Timeouts called by coaches must be acknowledged by a player on the ice before coaches are allowed to enter the playing area. Coaches are not permitted to make loud noises or bang on the glass to get their team's attention.
- Timeouts must be declared by clearly informing the opposing coach and convenor. Both coaches are permitted to talk to their teams. The timeout ends once the team that called the timeout completes their timeout.
- During a timeout, coaches are not permitted to step onto the ice surface and are only allowed on the backboards at the end closest to the glass.
- A coaching break is permitted following the fourth end in TIER 1 and following the third end in TIER 2, and can last no more than 5 minutes.

Game Delays, Defaults or Cancellations:

- If, due to severe weather, buses are cancelled for a school and/or zone for game location, all affected games will be cancelled and be rescheduled for a future date. League Convenors will send confirmation email to coaches that morning to confirm.
- If a team is unable to make a game, they are to let the Convenor and opposing team know as soon as possible. There will not be the opportunity for individual make-up games. These games will be registered as defaulted loss for the offending team. Exceptions may occur which will be reviewed and at the discretion of league Convenors
- If a game is unable to start on time due to a late arriving team:
 - Up to 10 minutes: start of 1st end with the choice of rock colour and hammer in the first end given to the non-offending team
 - Up to 20 minutes: the non-offending team takes 1 point in the first end and retains hammer in the second end
 - Up to 30 minutes: the non-offending team takes 1 point in the second end and retains hammer in the third end
 - After 30 minutes: game is defaulted and the non-offending team is given the win
- Any team that defaults more than 2 games, will not be eligible for playoffs.

Playoffs:

- League Convenors will declare the playoff format and bracket for each league before the start of the season and will be dependent on number of teams and ice availability.
- Playoff seeding will be based upon final league standings.
- Tiebreakers in standings will be broken by:
 - (1) Head-to-head record, then
 - (2) Number of league wins
 - (3) Cumulative team shoot-out (draw-to-button measurement) which will be conducted after a league game during the season
 - (4) Although unlikely, but if a tie in the standings is still not broken, a team's record versus the top team, then 2nd ranked team, etc. will be utilized as final tiebreaker
- If multiple teams are tied, and if one (or more) of the original tied teams are broken, before going to team shootout, we will go back to head-to-head record to break a tie.
- Throughout the playoffs, the higher-ranking team will have their choice of hammer (last rock in the first end) or rock colour.
- Pre-game practice will be guaranteed before playoff games. The team with hammer will have first practice.
- All playoff games will be 8-ends (TIER 1) and 6-ends (TIER 2).
- Ties in playoff games will be broken by playing a full extra-end towards the glass. Coaches will get 5 minutes to talk to their team. Each team will have one time-out in the extra-end.
- Winners of semi-final games will play for gold and silver medals while losers of semi-final games will play for the Bronze medal.
- The TIER 1 Boys and Girls Gold medal winners will be awarded the opportunity to represent LOSSA at OFSAA. If the winning team decides not to represent, the silver medal team will be given that opportunity.

Curler's Code of Ethics

- I will play the game with a spirit of good sportsmanship
- I will conduct myself in an honourable manner both on and off the ice
- I will never knowingly break a rule, but if I do, I will divulge the breach
- I will take no action that could be interpreted as an attempt to intimidate or demean my opponents, teammates or officials
- I will interpret the rules in an impartial manner, always keeping in mind that the purpose of the rules is to ensure that the game is played in an orderly and fair manner
- I will humbly accept any penalty that the governing body at any level of curling deems appropriate, if I am found in violation of the code of ethics or rules of the game.

Some of the key items of proper curling etiquette are as follows:

- Shake hands with your opponents before and after each game
- Opposing players will toss a coin at the start of the game to determine last stone advantage
- When your opponents are preparing for delivery, stand to the side of the sheet, single file and between the hog lines. Move only after the stone has been released.
- If you are throwing next you may stand on the backboard, but remain quiet and out of sight of the opposition thrower.
- Only skips and thirds may congregate behind the tee line. They do not move or hold their brooms on the ice while the opposition is preparing to deliver a stone.
- Wear clean, appropriate footwear that will not damage the ice.
- Be ready to go when it's your turn to deliver a stone.
- At the conclusion of an end, all players remain outside the rings until the opposing thirds have agreed on the score

The Rules of Curling (Curling Canadian Curling)