



LOSSA

Lake Ontario Secondary School Athletics

LOSSA GIRLS HOCKEY PLAYING REGULATIONS 2025 – 2026

(revised June 2015)

Classification: Varsity

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 consist of 3 periods. Periods are 10-10-12 minutes stop time.
- c) The third period will be running time if the score is a SEVEN (7) goal or more differential between the TWO (2) teams.

Playing Rules (other than OMHA)

- a) A player will be ejected on his 3rd minor penalty of a game. Minor penalty related game misconducts (i.e., 3rd minor penalty) will not result in an extra one game suspension.
- b) Coincidental penalties will result in both teams playing at their full strength.
- c) A player obtaining a match or fighting penalty will receive:
 - i) a FIVE (5) minute major that will be served by another player on the ice;
 - ii) a game misconduct;
 - iii) may be asked to attend a review board hearing;
 - iv) If a player is deemed an aggressor by the coaches and referees, the result will be a 2 game suspension. If there is no true aggressor in the situation **both** players will receive 2 game suspension.
- d) Each team must have EIGHT (8) players to begin a game or the game will result in a default. If a second default occurs, for any reason, this team will not be allowed to enter the playoffs.
- e) C.A.H.A throat protectors must be used by all players. Goalies must wear a C.A.H.A. goalie throat protector.
- f) Each team is allowed one 30 second timeout.

Eligibility: As per OFSAA

League and Play-Off Structure:

Due to the nature of the league (teams in and out each year) the league structure and playoff structure will be presented by the convenor to the coaches at the pre-season meeting and it will be voted upon at that time. League structure and playoff format may change yearly based on circumstances. The structure will include: tier 1 and tier 2 promotion and relegation, and playoff format, including seeding, ties, overtime etc.

OTHER HOCKEY INFORMATION:

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

a) League players not eligible

- Professional

- WNHL

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 December 1st, or after the first game in the high school schedule.

c) Team eligibility sheets must be submitted to the convenor prior to the SECOND LEAGUE GAME.

d) Eligibility list - no maximum number of players.

e) Teams may only dress EIGHTEEN (18) players and TWO (2) goalies.

Cost: The LOSSA League fees will be \$40. The ice time will be paid by the home team and the referees will be split between each team. LOSSA play-off ice time will be paid for by the home team.

Responsibilities of Home Team:

a) Provide a score keeper, a timer.

b) Supply at least TEN (10) game pucks.

c) Change sweater colours (if necessary).

d) Report results and scores to the newspapers in the case of a tied game.

Responsibilities of the Winning Team:

a) Report the game results and scorers to Toronto Star.

b) 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.