



LOSSA

Lake Ontario Secondary School Athletics

LOSSA NON-CONTACT HOCKEY PLAYING REGULATIONS 2025-2026

(revised June 2019)

Classification: Varsity Non-Contact

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) Non-contact games consist of 3 periods. All are 15 minutes stop time.
- c) The third period will be running time if the score is a Five (5) goal or more differential between the TWO (2) teams.

Playing Rules (other than OMHA)

Games will be played in line with OHF non-contact hockey rules.

Eligibility: As per OFSAA

Non-Contact League Structure:

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

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.

Ties during league games. Shootout, 3 total (minimum), then continue sudden victory as long as they have 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 conveners, respectful of the input from coaches at the hockey AGM. Convenors will schedule all playoff games and dates, with the HOME teams paying for the ice and the VISITING team paying for the referee fees.

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:

- a) LOSSA will follow the OFSAA Guidelines with respect to team and player eligibility.
- 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) Eligibility list - no maximum number of players.
- f) Teams may only dress EIGHTEEN (18) players and TWO (2) goalies.

Non Contact Hockey- Players cannot play in two leagues. If a school runs junior and/or senior AND Non Contact, they will not be permitted to play Non Contact if on a Junior or Senior Gamesheet/AELS.

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

Responsibilities of the Winning Team:

A copy of all AA game sheets must be forwarded to Ethan Markham @ Brooklin High School

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.