



Modifications for League Play

Section Overview:

- Club Checklist for League Play
- Reintroducing Athletic Movement
- Guidelines for Non-Contact Play
- Guide to Forming Cohorts
- Return to Play Road Maps
- League Schedule Templates





modifications for LEAGUE PLAY

This section explains how 50-player cohort leagues (or zones) can be structured within public health regions and under provincial restrictions. *These leagues are not the only structure that may be used*, but do offer a good opportunity for teams to reintroduce competition with other clubs amid the recovery period. If other league structures are being considered by clubs that differ from these proposals, they can be approved through the appropriate OLA representative: Tanya Thompson (Minor Box), Mark Schuetzkowski (Field), or Jim Leworthy (Junior-Major Box).



easing participants back to ACTIVITY

Stage 1

At Home Individual Training

Description:

Players should practice lacrosse-specific skills at home with individual drills that can be done in the backyard or driveway. Training sessions during this period should focus on skill concepts: wall ball, ground balls, shooting on an empty net.

Goal:

Begin preparing for team participation with simple conditioning, core work and body movement. Stretching, small movements and short sessions are critical.

Stage 2

Small Group Modified Activities

Description:

Players should build on lacrosse-specific skills in settings of between 2 and 10 people. Training sessions during this period should introduce basic athletic movement while ensuring physical distance: cardiovascular conditioning and basic lacrosse fitness.

Goal:

Improve hand-eye coordination, footwork and shooting skills, as well as cardiovascular and lacrosse fitness in a small, consistent group format.

Stage 3

Medium Group Modified Activities

Description:

Players should continue lacrosse-specific skills in settings of between 10 and 50 people. Training sessions during this period should build on physical movement concepts while physically distanced: cardiovascular conditioning and lacrosse fitness.

Goal:

Continue developing appropriate fitness levels, increasing intensity and competitiveness in drills, including game-specific drills.

Stage 4

Medium Group Modified Games

Description:

Players are introduced to modified game play in consistent cohorts of between 10 and 50 people. Rules must be modified to avoid body contact, and game lengths should be reduced in early stages to allow players to rebuild strength and lacrosse IQ.

Goal:

Create a competitive environment with local players to enhance skills while protecting athletes through physical distancing and modified games that avoid body contact.

Return to Play

In a modified league setting, establish consistent cohorts of 50-players or less from within a single municipality or from a variety of communities and regions. Leagues should be evaluated on an ongoing basis for safety considerations and adjusted as necessary. The risk of non-contact injuries is still possible if training and recovery strategies are not adjusted according to each athlete's needs. Guidance varies based on the age and physical health of each individual, but as a general rule, it is advised that players and officials participate in at least 4 weeks of practice, training and conditioning before returning to modified games (Stage 4) to minimize the risk of injury.

guidelines for NON-CONTACT PLAY

In accordance with Section 8, Subsection 7 (Team Sports) of [Ontario Regulation 364/20](#), “Sports may only be practiced or played within the facility if they do not allow for physical contact between players or if they have been modified to avoid physical contact between the players.”

The purpose of mandating “no body-to-body or stick-to-body contact” lacrosse is two-fold: first, it complies with provincial restrictions for team sport, which is a requirement for sports organizations to operate in the Province of Ontario; and second, it helps to keep participants safe by minimizing potential exposure to COVID-19. The Ontario Government has permitted competition with the express understanding that our rules have been modified to eliminate instances of body-to-body and stick-to-body contact. Playing without body-to-body and stick-to-body contact is a significant shift from traditional lacrosse; as such, it is the collective and primary responsibility of players, team staff, officials and club administrators to create and adhere to a game play structure that eliminates body content. The Ontario Lacrosse Association expects that all coaches are teaching and promoting player and team tactics that exclude body-to-body and stick-to-body contact and promote continuous, safe play.

Within the modified playing rules for each sector, officials will encourage and promote continuous play to the greatest extent possible. Where a gathering of two or more participants occurs, such as during a ground ball, the officials will apply the “closest player / quick whistle” mechanic to award possession to the player who is closest to the ball. The closest player will be awarded the ball, and the opposing player(s) will immediately retreat 3m to allow for a quick whistle to restart continuous play. Opposing players who do not fall back 3m will be penalized according to the appropriate sector. Where a ground ball is not being contested, the officials can allow play to continue without stopping.

To assist clubs and participants in returning to activity, the following guidelines will apply:

Body-to-body contact: *not allowed*, penalized according to the appropriate sector and foul

Stick-to-body contact: *not allowed*, penalized according to the appropriate sector and foul

Stick-to-stick contact: *allowed within the rules of each sector*, provided the stick does not make any contact with the body, regardless of the sector

Rationale for this decision: contact between players’ sticks (equipment) is differentiated from contact between players (persons), and represents the closest possible modifications of lacrosse under the provincial restrictions for team sport. If stick-to-stick contact is determined to be unsafe for divisions, sectors or for the sport as a whole, it may be revisited and a new determination on its inclusion in these rules may be issued. **Non-contact lacrosse is a temporary but necessary measure in response to the pandemic for Ontario Lacrosse to transition back to standard play. If provincial restrictions are further relaxed, there may be options for minimal contact to be reintroduced in a safe, measured manner. If this becomes the case, these changes will be communicated to each sector.**



STICK-TO-STICK CONTACT

Junior/Senior Box

- Gloves/hands are not part of the player's stick
- Stick-to-stick contact is allowed when it is intended to block a shot or dislodge the ball
- Off-ball stick-checking is not allowed (checking a non-ball carrier's stick is considered minor interference)

Minor Box

- Stick-to-stick contact is not allowed at U7 and below
- Gloves/hands are not part of the player's stick
- Stick-to-stick contact is allowed when it is intended to block a shot or dislodge the ball
- Off-ball stick-checking is not allowed (checking a non-ball carrier's stick is considered minor interference)

Minor & Men's Field

- Stick-to-stick contact is not allowed at U7 and below
- Gloves/hands are not part of the player's stick
- Stick-to-stick contact is allowed when it is intended to block a shot or dislodge the ball

Women's Field

- Stick-to-stick contact is not allowed at U11 and below
- Stick-to-stick contact is allowed below the shoulder at U13
- Stick-to-stick contact is allowed at U15 and U19
- Body-to-body and stick-to-body contact is penalized based on the type of foul

Clarification on Contact

Any body-to-body contact or stick-to-body contact will be penalized by the officials according to the sector. In the practices and training sessions that precede modified games, coaches must emphasize ball movement, passing and catching, and safe play where stick-to-stick contact is allowed. Where non-penalized body-to-body contact occurs, such as a stationary pick or screen, it will be called "interference" and penalized according to the appropriate sector. Where non-penalized stick-to-body contact occurs, such as cross-checking in box lacrosse, it will be called "illegal cross-checking" and penalized according to the appropriate sector.

club checklist for LEAGUE PLAY

In the Green, Yellow and Orange Stages, competitive play is allowed in consistent leagues (cohorts) of 50 players or less. Each municipality may have additional restrictions as part of their permit application process. In all cases, the regional public health authority is responsible for determining what is appropriate for each municipal permit. Return to Activity / Return to Play events require enforcement of group size limits, physical distancing principles, attendance tracking and applicable field / facility arrival and departure protocols by hosting clubs.

- ☐ Be familiar with the [Ontario Emergency Order](#) (OEO) and public health authority guidelines related to the COVID-19 pandemic
- ☐ Review the most current guidelines for your region under the Province's [Framework for Reopening Ontario](#), which includes unique guidelines for different areas of the province
- ☐ Ask the facility staff for clear municipal facility guidelines, restrictions and policies related to your facility usage prior to the first session
- ☐ With the help of the facility staff, map and plan how the players, coaches, officials and parents can arrive and depart safely, following physical distancing guidelines
- ☐ Coordinate a league-specific Emergency Action Plan that includes a pre-screening process and contact tracing measures for all participants
- ☐ Receive a declaration that athletes understand that their participation occurs in only one 50-player cohort at a time
- ☐ Communicate the specific arrival and departure plan with the players and their families
- ☐ Plan, provide, and map a separate location for player and participant drop-off and pick-up zones
- ☐ Post clear signage with direction arrows for participants to follow
- ☐ Stagger start and end times of groups for arrival and departure if separate entrance areas are not possible
- ☐ Communicate the rules and regulations at the facility and what services will or will not be provided
- ☐ Communicate facility access to hand washing stations, alcohol-based hand sanitizer, and tissues for personal sanitization (if applicable)
- ☐ Determine the cleaning, disinfecting and sanitizing protocols and responsibilities that are in place by the facility or by the municipality
- ☐ Ensure that the facility provides containers for the safe disposal of all wipes and/or hygienic materials
- ☐ If dressing rooms are available, use clear physical markers to create separation between players

guide to FORMING COHORTS

A 50-player cohort is a closed bubble of no more than 50 players who agree to limit their participation to a single group of players at one time. A 50-player cohort may form a mini-league and play simultaneously alongside other 50-player cohorts within the same region, but these leagues cannot cross without first entering a 14-day isolation period. Players within a cohort do not need to maintain physical distance in the Orange, Yellow and Green zones during dynamic play, however any games must be played with modified rules that exclude body-to-body and stick-to-body contact in order to comply with provincial restrictions.

The limitation of close contact in a 50-player cohort decreases the opportunity for exposure to the COVID-19 virus. If a participant contracts COVID-19, the number of people the virus can potentially spread to is lower because of the limited exposure to other people. Contact tracing within that participant's 50-player cohort becomes easier because the cohort members are known. Cohort lists should be managed by each participating association in order to ensure participant safety and record-keeping in the event of a possible COVID-19 exposure.

Cohorts may change throughout the season based on the league's schedule. For participants and teams to change cohorts, a 14-day isolation period must break up competition between opposing teams in the league. During the 14-day isolation period, participants may continue to practice and train with their own team, but must not participate in modified games, scrimmages or other competition.

Coaches, officials, spectators and facility staff do not contribute to the 50-player cohort limit, but these individuals may be limited by public health restrictions and/or municipal facility rules. It is also recommended that close proximity is limited by these individuals for the safety of the participating players. 50-player cohorts can be formed based on an association's registration numbers according to the charts below:

Minor & Men's Field Lacrosse / Women's Field Lacrosse	3v3 to 5v5					6v6					7v7				8v8 to 10v10			
Maximum Number of Players on a Team	4	5	6	7	8	6	7	8	10	12	7	8	10	12	8	10	12	14
Maximum Number of Teams in Cohort	12	10	8	7	6	8	7	6	5	4	7	6	5	4	6	5	4	3
Playing Surface Dimensions	Half Field					Half Field or Full Field					Half Field or Full Field				Full Field			

Box Lacrosse	4v4							5v5						6v6				
Maximum Number of Players on a Team	4	5	6	7	8	10	12	5	6	7	8	10	12	6	7	8	10	12
Maximum Number of Teams in Cohort	12	10	8	7	6	5	4	10	8	7	6	5	4	8	7	6	5	4

return to play ROAD MAP

		2021 Spring												2021 Summer												2021 Autumn															
		March				April				May				June				July				August				September				October				November							
Colour-Coded Zone	Activity	Week				Week				Week				Week				Week				Week				Week				Week				Week							
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4								
Grey	No Activity	Players should practice/train before they play												Isolation Break												Isolation Break															
Red	Training Only																																								
Orange	Modified Play	Practices are controlled sessions that allow for players to gradually return to avoid risking injury								Local League Play Cohort "A" 4x Teams of 12 (48 players total)				Isolation Break				Regional League Play Cohort "A" 4x Teams of 12 (48 players total)				Isolation Break				Provincial League Play Cohort "A" 4x Teams of 12 (48 players total)															
Yellow	Modified Play																	Regional League Play Cohort "B" 4x Teams of 12 (48 players total)												Regional League Play Cohort "B" 4x Teams of 12 (48 players total)											
Green	Modified Play													Local League Play Cohort "B" 4x Teams of 12 (48 players total)				14-Day				Regional League Play Cohort "B" 4x Teams of 12 (48 players total)				14-Day				Regional League Play Cohort "B" 4x Teams of 12 (48 players total)											

Overview:

This is an example of how teams in any sector can form a 50-player cohort. This diagram includes six weeks of local play within a municipality, a 14-day isolation break to reorganize playing cohorts, six weeks of regional play within a public health unit, another 14-day isolation break to reorganize team cohorts, and six weeks of play to conclude the season. This example is provided as one possibility for teams to return to play, but it is not the only option. League commissioners and zone directors are permitted to establish and approve alternate schedules with their teams that adhere to the Ontario's public health restrictions. This section is provided as guidance; evolving public health restrictions may dictate adjustments throughout the season that are not displayed here. This page is based on the assumption that public health orders will remain in the orange, yellow or green stages, and that additional restrictions will not be placed on team sports. It will be necessary for participating clubs to closely follow public health order timing and have establish plans to react to a Colour-Coded Region change, implement a 14-day isolation break, and be ready for the next stage of play.

return to play ROAD MAP

		2021 Spring												2021 Summer												2021 Autumn											
		March				April				May				June				July				August				September				October				November			
Colour-Coded Zone	Activity	Week				Week				Week				Week				Week				Week				Week				Week				Week			
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4				
Grey	No Activity													Isolation Break 14-Day										Isolation Break 14-Day													
Red	Training Only	<div>Players should practice/train before they play</div> <div>Practices are controlled sessions that allow for players to gradually ease back into activity to avoid risking injury</div>																																			
Orange	Modified Play									<div>Introduction to Olympic Rules Cohort "A" Field Lacrosse 6v6 6x Teams of 8 (48 players total)</div>				Isolation Break 14-Day		<div>House League Box Play Internal Club League 4x Teams of 12 (48 players total)</div>				Isolation Break 14-Day		<div>Fall Field League Play Cohort "A" Field Lacrosse 7v7 4x Teams of 12 (48 players total)</div>															
Yellow	Modified Play									<div>Introduction to Olympic Rules Cohort "B" Field Lacrosse 6v6 6x Teams of 8 (48 players total)</div>						<div>Rep Box Play Community Cohort "A" 4x Teams of 12 (48 players total)</div>						<div>Fall Field League Play Cohort "B" Field Lacrosse 7v7 4x Teams of 12 (48 players total)</div>															
Green	Modified Play									Isolation Break 14-Day		<div>Rep Box Play Community Cohort "B" 4x Teams of 12 (48 players total)</div>				Isolation Break 14-Day		<div>Fall Field League Play Cohort "C" Field Lacrosse 7v7 6x Teams of 8 (48 players total)</div>																			

Overview:

This is an example of how teams can form 50-player cohorts that cross sectors between box and field sectors. This example is provided as one possibility for minor associations to return to play, but it is not the only option. League governors are permitted to establish and approve alternate schedules that adhere to the Ontario's public health restrictions. This section is provided as guidance; evolving public health restrictions may dictate adjustments throughout the season that are not displayed here.

return to play ROAD MAP

		2021 Spring												2021 Summer												2021 Autumn															
		March				April				May				June				July				August				September				October				November							
Colour-Coded Zone	Activity	Week				Week				Week				Week				Week				Week				Week				Week				Week							
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4								
Grey	No Activity	<div>Players should practice/train before they play</div> <div>Practices are controlled sessions that allow for players to gradually return to avoid risking injury</div>												Isolation Break																											
Red	Training Only					Small Group Training 10 indoors 25 outdoors																																			
Orange	Modified Play									Local League Play: Whitby 4x Teams of 12 (48 players total) OJALL / OJBLL / OJCLL / U22																															
Yellow	Modified Play																					Regional League Play: Durham 4x Teams of 12 (48 players total) Whitby 1&2, Clarington, West Durham																			
Green	Modified Play																													Provincial League Play 4x Teams of 12 (48 players total) Whitby, Beaches, Mimico, Brampton											

Overview:

This is an example of how teams in the 17-21 age bracket can form a 50-player cohort that includes six weeks of local play within a municipality, a 14-day isolation break to reorganize playing cohorts, six weeks of regional play within a public health unit, another 14-day isolation break to reorganize team cohorts, and six weeks of play to conclude the season. This example is provided as one possibility for teams to return to play, but it is not the only option. League governors are permitted to establish and approve alternate schedules with their teams that adhere to the Ontario's public health restrictions. This section is provided as guidance; evolving public health restrictions may dictate adjustments throughout the season that are not displayed here. This page is based on the assumption that public health orders will remain in the orange, yellow or green stages, and that additional restrictions will not be placed on team sports. It will be necessary for participating clubs to closely follow public health order timing and have established plans to react to a Colour-Coded Region change, implement a 14-day isolation break, and be ready for the next stage of play.

9 week league 4-Team 2-Cohort Schedule Pt 1.

League Conditions:

- “Leagues” of up to 50 players per cohort within any public health unit that is in the Green/Yellow/Orange zones
- Games within a cohort are played each weekend back-to-back on twin fields (outdoor) or twin pads (indoor) with a short break in between games
- Following each game, the teams switch fields/floors and complete cohort play for that day
- Number of cohorts in each age division may vary depending on age group
- Cohorts can be organized into tiers based on 2019 rankings – each tier will consist of 2 cohorts that crosses over
- No body-to-body or stick-to-body contact is permitted

League Schedule:

- **Weekends 1-3:** each team plays the other three teams in their cohort twice (2 games per day, 6 games over 3 weekends)
- **Weekend 4:** *No Competition*
- *Bye week for all teams and age groups to allow for new cohorts to be established*
- *Two cohorts within a tier are mixed to create new cohorts based on the results of the first 6 games*
- *Team practicing, training and exercising may continue*
- **Weekends 5-7:** each team plays the other three teams in their revised cohort twice (2 games per day, 6 games over 3 weekends)
- **Weekend 8:** *No Competition*
- *Bye week for all teams and age groups to allow for new cohorts to be established*
- *Two cohorts within a tier are mixed to create new cohorts based on the results of the first 12 games to rank teams*
- *Team practicing, training and exercising may continue*
- **Weekend 9:** in each cohort, 4th place plays 1st place, and 3rd place plays 2nd place in the semi-finals, and the winners of each semi-final play for the gold medal while the losers in each semi-final play for the bronze medal

Players

7 - 12 per team

Coaches

At least 2 per team

Officials

Required

Appropriate For



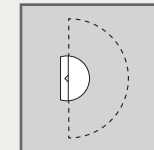
Green



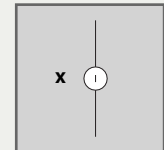
Yellow



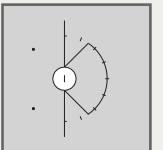
Orange



Box



Minor &
Men's
Field



Women's
Field

9 week league 4-Team 2-Cohort Schedule Pt. 2

		Location 1	Location 2	Location 3	Week 4 June 19/20 No Competition Between Teams (teams may continue to practice/train)	Location 1	Location 2	Location 3	Week 8 July 17/18 No Competition Between Teams (teams may continue to practice/train)	Location 1
9 Weekend Schedule Games played Sat/Sun		Week 1 May 29/30	Week 2 June 5/6	Week 3 June 12/13		Week 5 June 26/27	Week 6 July 3/4	Week 7 July 10/11		Week 9 July 24/25
Cohort A Check-In 8:00-8:30am										“B” Semi Finals
Cohort A 8:30-9:20am	Field 1	Team 1 vs Team 2	Team 1 vs Team 4	Team 1 vs Team 3		Team 1 vs Team 3	Team 1 vs Team 7	Team 1 vs Team 5		5 th Place vs 8 th Place ^[SF]
	Field 2	Team 3 vs Team 4	Team 2 vs Team 3	Team 2 vs Team 4		Team 5 vs Team 7	Team 3 vs Team 5	Team 3 vs Team 7		6 th Place vs 7 th Place ^[SF]
Cohort A Team Break 9:20-9:50am										“B” Finals
Cohort A 9:50-10:40am	Field 1	Team 1 vs Team 3	Team 1 vs Team 2	Team 1 vs Team 4		Team 1 vs Team 5	Team 1 vs Team 3	Team 1 vs Team 7		L SF 1 vs L SF 2 ^[7/8]
	Field 2	Team 2 vs Team 4	Team 3 vs Team 4	Team 2 vs Team 3		Team 3 vs Team 7	Team 5 vs Team 7	Team 3 vs Team 5		W SF 1 vs W SF 2 ^[5/6]
Field Break 10:40am-11:00am										
Cohort B Check in 11:00-11:30am										“A” Semi Finals
Cohort B 11:30-12:20pm	Field 1	Team 5 vs Team 6	Team 5 vs Team 8	Team 5 vs Team 7		Team 2 vs Team 4	Team 2 vs Team 8	Team 2 vs Team 6		1 st Place vs 4 th Place ^[SF]
	Field 2	Team 7 vs Team 8	Team 6 vs Team 7	Team 6 vs Team 8		Team 6 vs Team 8	Team 4 vs Team 6	Team 4 vs Team 8		2 nd Place vs 3 rd Place ^[SF]
Cohort B Team Break 12:20-12:50pm										“A” Finals
Cohort B 12:50-1:40pm	Field 1	Team 5 vs Team 7	Team 5 vs Team 6	Team 5 vs Team 8		Team 2 vs Team 6	Team 2 vs Team 4	Team 2 vs Team 8		L SF 3 vs L SF 4 ^[3/4]
	Field 2	Team 6 vs Team 8	Team 7 vs Team 8	Team 6 vs Team 7		Team 4 vs Team 8	Team 6 vs Team 8	Team 4 vs Team 6		W SF 3 vs W SF 4 ^[1/2]

Players

7 - 12 per team

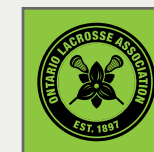
Coaches

At least 2 per team

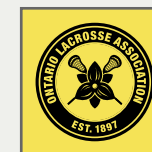
Officials

Required

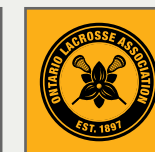
Appropriate For



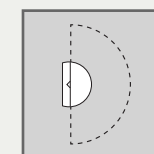
Green



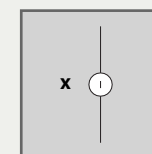
Yellow



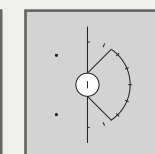
Orange



Box



Minor &
Men's
Field



Women's
Field

11 week league 4-Team 2-Cohort Schedule Pt 1.

League Conditions:

- “Leagues” of up to 50 players per cohort within any public health unit that is green/yellow/orange
- Games within a cohort are played each weekend back-to-back on twin fields (outdoor) or twin pads (indoor) with a short break in between games
- Following each game, the teams switch fields /floors and complete cohort play for that day
- Number of cohorts in each age division may vary depending on age group
- Cohorts can be set into tiers based on 2019 rankings – each tier will consist of 2 cohorts
- No body-to-body or stick-to-body contact is permitted

League Schedule:

- **Weekends 1-3:** each team plays the other three teams in their cohort twice (2 games per day, 6 games over 3 weekends)
- **Weekend 4:** *No Competition*
- *Bye week for all teams and age groups to allow for new cohorts to be established*
- *Two cohorts within a tier are mixed to create new cohorts based on the results of the first 6 games*
- *Team practicing, training and exercising may continue*
- **Weekends 5-7:** each team plays the other three teams in their revised cohort twice (2 games per day, 6 games over 3 weekends)
- **Weekend 8:** *No Competition*
- *Bye week for all teams and age groups to allow for new cohorts to be established*
- *Two cohorts within a tier are mixed to create new cohorts based on the results of the first 12 games to rank teams*
- *Team practicing, training and exercising may continue*
- **Weekend 9:** 8th place plays 1st place, 7th place plays 2nd place (and so on) in Quarter Finals Play, and teams advance through playdown brackets
- **Weekend 10:** *No Competition*
- *Bye week for all teams and age groups to allow for new cohorts to be established for Finals Weekend*
- **Weekend 11:** cohorts are re-seeded based on semi-finals outcomes, and each team competes for final standings

Players

7 - 12 per team

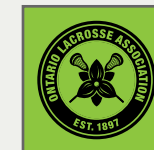
Coaches

At least 2 per team

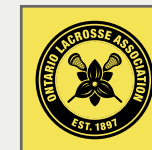
Officials

Required

Appropriate For



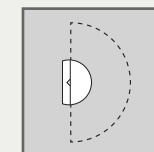
Green



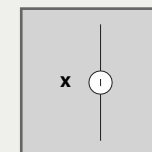
Yellow



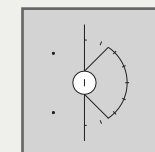
Orange



Box



Minor &
Men's
Field



Women's
Field

11 week league 4-Team 2-Cohort Schedule Pt 2.

		Location 1	Location 2	Location 3	Week 4 June 19/20 No Competition Between Teams (teams may continue to practice/train)	Location 1	Location 2	Location 3	Week 8 July 17/18 No Competition Between Teams (teams may continue to practice/train)	Location 1	Week 10 July 31/August 1 No Competition Between Teams (teams may continue to practice/train)	Location 1
11 Week Schedule Games played Sat/Sun		Week 1 May 29/30	Week 2 June 5/6	Week 3 June 12/13		Week 5 June 26/27	Week 6 July 3/4	Week 7 July 10/11		Week 9 July 24/25		Week 11 August 7/8
Cohort A Check-In 8:00-8:30am										Quarter Finals		“B” Finals
Cohort A 8:30-9:20am	Field 1	Team 1 vs Team 2	Team 1 vs Team 4	Team 1 vs Team 3		Team 1 vs Team 3	Team 1 vs Team 7	Team 1 vs Team 5		1 st Place vs 8 th Place ^[QF1]		L SF 1 vs L SF 3 ^[7]
	Field 2	Team 3 vs Team 4	Team 2 vs Team 3	Team 2 vs Team 4		Team 5 vs Team 7	Team 3 vs Team 5	Team 3 vs Team 7		2 nd Place vs 7 th Place ^[QF2]		
Cohort A Team Break 9:20-9:50am										Semi Finals		
Cohort A 9:50-10:40am	Field 1	Team 1 vs Team 3	Team 1 vs Team 2	Team 1 vs Team 4		Team 1 vs Team 5	Team 1 vs Team 3	Team 1 vs Team 7		L QF 1 vs L QF 2 ^[SF1]		L SF 2 vs L SF 4 ^[5]
	Field 2	Team 2 vs Team 4	Team 3 vs Team 4	Team 2 vs Team 3		Team 3 vs Team 7	Team 5 vs Team 7	Team 3 vs Team 5		W QF 1 vs W QF 2 ^[SF2]		
Field Break 10:40am-11:00am												
Cohort B Check in 11:00-11:30am										Quarter Finals		“A” Finals
Cohort B 11:30-12:20pm	Field 1	Team 5 vs Team 6	Team 5 vs Team 8	Team 5 vs Team 7		Team 2 vs Team 4	Team 2 vs Team 8	Team 2 vs Team 6		3 rd Place vs 6 th Place ^[QF3]		W SF 1 vs W SF 3 ^[3]
	Field 2	Team 7 vs Team 8	Team 6 vs Team 7	Team 6 vs Team 8		Team 6 vs Team 8	Team 4 vs Team 6	Team 4 vs Team 8		4 th Place vs 5 th Place ^[QF4]		
Cohort B Team Break 12:20-12:50pm										Semi Finals		
Cohort B 12:50-1:40pm	Field 1	Team 5 vs Team 7	Team 5 vs Team 6	Team 5 vs Team 8		Team 2 vs Team 6	Team 2 vs Team 4	Team 2 vs Team 8		L QF 3 vs L QF 4 ^[SF3]		W SF 2 vs W SF 4 ^[1]
	Field 2	Team 6 vs Team 8	Team 7 vs Team 8	Team 6 vs Team 7		Team 4 vs Team 8	Team 6 vs Team 8	Team 4 vs Team 6		W QF 3 vs W QF 4 ^[SF4]		

12 week league 3-Team Rotating-Cohort Schedule Pt. 1

League Conditions:

- “Leagues” of up to 50 players per cohort within any public health unit that is green/yellow/orange
- Games within a cohort are played each weekend back-to-back on single fields (outdoor) or pads (indoor) with divisions rotating throughout the schedule, which allows for associations fielding larger team rosters to schedule games throughout the season by changing cohorts every two weeks
- Number of cohorts in each age division may vary depending on age group, which are subject to schedule placement at the league’s discretion
- Cohorts can be set into tiers based on 2019 rankings – each tier will consist of 2 cohorts
- No body-to-body or stick-to-body contact is permitted

League Schedule:

- **Weekend 1: Phase 1A** - Divisions 1 and 2 play Saturday, Divisions 3 and 4 play Sunday (Divisions 5-8 may train or practice)
- **Weekend 2: Phase 1B** - Divisions 5 and 6 play Saturday, Divisions 7 and 8 play Sunday (Divisions 1-4 may train or practice)
- **Weekend 3: Phase 1C** - Divisions 1 and 2 realigned to play Saturday, Divisions 3 and 4 realigned to play Sunday
- **Weekend 4: Phase 1D** - Divisions 5 and 6 realigned to play Saturday, Divisions 7 and 8 realigned to play Sunday
- **Weekend 5: Phase 1E** - Schedule continues with rolling 14-day breaks between divisions for cohort realignment
- **Weekend 6: Phase 1F** -
- **Weekend 7: Phase 1G** -
- **Weekend 8: Phase 1H** -
- **Weekend 9: Phase 2A** - Realignment according to rankings / records of Divisions 1-4
- **Weekend 10: Phase 2B** - Realignment according to rankings / records of Divisions 5-8
- **Weekend 11: No Competition** (team practicing, training and exercising may continue)
- **Weekend 12: Phase 3** - Finals weekend of play for all divisions

Players

10 - 16 per team

Coaches

At least 2 per team

Officials

Required

Appropriate For



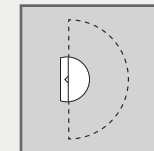
Green



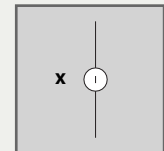
Yellow



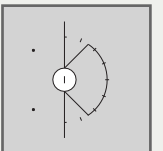
Orange



Box



Minor &
Men's
Field



Women's
Field

12 week league 3-Team Rotating-Cohort Schedule Pt. 2

Week 1 Saturday	Schedule	Division		Week 1 Sunday	Schedule	Division		Week 2 Saturday	Schedule	Division		Week 2 Sunday	Schedule	Division	
8:00-8:30	Division Check-in														
8:30-9:15	Team 1 vs Team 2	U17		8:30-9:15	Team 1 vs Team 2	U11		8:30-9:15	Team 1 vs Team 2	U7		8:30-9:15	Team 1 vs Team 2	U22	
9:15-10:00	Team 1 vs Team 3	U17		9:15-10:00	Team 1 vs Team 3	U11		9:15-10:00	Team 1 vs Team 3	U7		9:15-10:00	Team 1 vs Team 3	U22	
10:00-10:45	Team 2 vs Team 3	U17		10:00-10:45	Team 2 vs Team 3	U11		10:00-10:45	Team 2 vs Team 3	U7		10:00-10:45	Team 2 vs Team 3	U22	
10:45-11:15	Break														
11:15-12:00	Team 1 vs Team 2	U17		11:15-12:00	Team 1 vs Team 2	U11		11:15-12:00	Team 1 vs Team 2	U7		11:15-12:00	Team 1 vs Team 2	U22	
12:00-12:45	Team 1 vs Team 3	U17		12:00-12:45	Team 1 vs Team 3	U11		12:00-12:45	Team 1 vs Team 3	U7		12:00-12:45	Team 1 vs Team 3	U22	
12:45-1:30	Team 2 vs Team 3	U17		12:45-1:30	Team 2 vs Team 3	U11		12:45-1:30	Team 2 vs Team 3	U7		12:45-1:30	Team 2 vs Team 3	U22	
1:30-2:30	Division Check-in														
2:30-3:15	Team 4 vs Team 5	U13		2:00-2:45	Team 4 vs Team 5	U15		2:00-2:45	Team 4 vs Team 5	U19		2:00-2:45	Team 4 vs Team 5	U9	
3:15-4:00	Team 4 vs Team 6	U13		2:45-3:30	Team 4 vs Team 6	U15		2:45-3:30	Team 4 vs Team 6	U19		2:45-3:30	Team 4 vs Team 6	U9	
4:00-4:45	Team 5 vs Team 6	U13		3:30-4:15	Team 5 vs Team 6	U15		3:30-4:15	Team 5 vs Team 6	U19		3:30-4:15	Team 5 vs Team 6	U9	
4:45-5:15	Break														
5:15-6:00	Team 4 vs Team 5	U13		4:45-5:30	Team 4 vs Team 5	U15		4:45-5:30	Team 4 vs Team 5	U19		4:45-5:30	Team 4 vs Team 5	U9	
6:00-6:45	Team 4 vs Team 6	U13		5:30-6:15	Team 4 vs Team 6	U15		5:30-6:15	Team 4 vs Team 6	U19		5:30-6:15	Team 4 vs Team 6	U9	
6:45-7:30	Team 5 vs Team 6	U13		6:15-7:00	Team 5 vs Team 6	U15		6:15-7:00	Team 5 vs Team 6	U19		6:15-7:00	Team 5 vs Team 6	U9	

Entering Weekend 2, No Competition Between Teams from Weekend 1 (teams may continue to practice/train)

Entering Weekend 3, No Competition Between Teams in Weekend 2 (teams may continue to practice/train)
New Cohorts Can Be Formed By Teams From Weekend 1 when entering Weekend 3

Schedule continues for 10 weeks (five weekends of game play and five weekends of practices), or until all teams have played each other; Week 11 finals are determined by standings

approval of league PLAYING SCHEDULES

All players, coaching staff, executive members and volunteers must register with the Ontario Lacrosse Association through their home association.

- ☐ Leagues must be cohorts of 50 players or less
- ☐ Players play within their residential association
- ☐ Players from different clubs within a league (and in a PHU within the Green/Yellow/Orange zones) may be placed on league teams that may include players outside of their own association
- ☐ Competition takes place in regions which are in green, yellow or orange public health zones
- ☐ Schedules for Local Leagues or House Leagues are prepared and approved by the Club President, and forwarded to the appropriate OLA Vice President for tracking
- ☐ Schedules for Regional Leagues are prepared and approved by the appropriate League Governors or executives, and forwarded to the appropriate OLA Vice President for tracking
- ☐ Tournament schedules are approved by the OLA Invitational Tournament committee (Box) or League Commissioner (Field), and forwarded to the appropriate OLA Vice President for tracking
- ☐ Participants changing cohorts begin a 14-day isolation period where only training is allowed (2m physical distance in the Green zone and 3m physical distance in the Orange/Yellow zones)

JULY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Below is the necessary isolation period that surrounds an example invitational tournament where the cohort is not maintained following the July 24-25 weekend tournament schedule

- Example Local or Regional Play in Cohort “A”
- Isolation Period (14 Days, Team/Individual Training Only)
- Example Invitational Tournament with new 50-player Cohort “C”
- Example Return to Regional Play in Cohort “B”