



RETURN TO ACTIVITY

OLA 2021 GUIDE

a message from ONTARIO LACROSSE about return to activity

The Ontario Lacrosse Association is proud to be a leading lacrosse community both at home in Canada and throughout the world where our members can enjoy, value and celebrate the benefits of active participation and excellence in women's field lacrosse, minor & men's field lacrosse and box lacrosse. Since 1994, lacrosse has been declared Canada's Official Summer Sport. It is a fundamental part of our heritage, and we look forward to the day when we can all join together again to play, coach, officiate and watch this great game.

In January of 2020, the Province of Ontario identified the first recorded case of COVID-19 in Canada. Since that time, the world we knew changed drastically. The OLA's Board of Directors and Return to Activity Task Force members have carefully examined available resources to eventually navigate the process for and possibility of returning to play, while remaining committed to our foundation of prioritizing the health, safety and wellbeing of the Ontario Lacrosse community. This guide establishes the general requirements to create a safe environment to protect our sanctioned members at all levels and disciplines of play. We recognize that players, coaches, officials, team support staff and administrators will all play a critical role in combating the spread of COVID-19, and ensuring that we can safely return to playing lacrosse in the future.

Our collective return to lacrosse will not be linear, and it will require flexibility from everyone involved. This will be a slow and careful process of individual strength training and skill development, physical distancing and adaptive efforts on the part of everyone involved. It is imperative that the resumption of lacrosse training activities and modified games must not compromise the health of individuals participating or the communities in which we operate. The provincial restrictions in effect throughout Ontario have necessitated specific measures to allow us to return to the sport we love, and it is important that they are followed for the benefit of everyone. The Ontario Lacrosse Association has worked diligently with its members and experts to prepare our participants in the safest possible manner.

On behalf of the OLA's Board of Directors and the Ontario Lacrosse community, I extend a heartfelt thank you to the 52 individuals who collaborated and contributed to the preparation of this guide. Your commitment to our sport and to the safety of its participants is genuinely appreciated. Throughout Canada and around the world, sports organizations are in the same situation the OLA finds itself in, and I would like to acknowledge seven organizations whose documents were consulted in preparing our Return to Activity guide: the Alberta Culture, Multiculturalism and the Status of Women, Baseball Canada, Field Hockey Ontario, Hockey Canada, Ontario Soccer, US Lacrosse and Volleyball Canada.

Wishing everyone continued health and safety.

Yours in lacrosse,



Jim Bombhof, Ontario Lacrosse Association President

ONTARIO LACROSSE
return to activity
2021 GUIDEBOOK



Health and Safety

Section Overview:

Risk Management

Health and Safety

Club Communications Officer

COVID-19 Symptoms & Diagnosis



risk MANAGEMENT



COVID-19 is an extremely contagious respiratory illness with over 10,000,000 confirmed cases across the globe. The OLA has recommended preventative measures to reduce the spread of COVID-19 in accordance with best practices published by health experts; however, the OLA cannot guarantee that participants will not become infected with COVID-19 or any mutations of SARS-CoV-2 from participation in lacrosse activities.

All participants must be registered with the Ontario Lacrosse Association through their club or association for the 2021 season prior to any participation. For clubs which offer both box and field teams or programs, all players and non-playing bench personnel must register in their appropriate sector prior to any participation. OLA registration includes a liability waiver to ensure participants are aware of the risks associated with the transmission of COVID-19 and other communicable diseases.



Through Bill 218, also known as “Supporting Ontario’s Recovery Act, 2020,” the Province of Ontario is working to protect volunteers and organizations who make honest efforts to follow COVID-19 Public Health Guidelines and Laws. The Ontario Lacrosse Association has prepared its RTA Guide in accordance with Ontario Public Health Guidelines, and clubs operating OLA programs in 2021 are required to adhere to its contents. To read more about Bill 218, [click here](#). A declaration of acknowledgment must be signed by each club president prior to any Return to Activity program implementation to ensure that members agree to abide by the protocols established in this guide in order to offer the safest possible environment for all participants. Sanctioned clubs operating outside of the parameters of this guide and/or not in compliance with this program may be subject to discipline.

Disclaimer: The information in this guide is current for the time of its published date and is aligned with current advisories from regional, provincial, national and international authorities and experts, including Ontario Public Health. However, recommendations are constantly changing depending on local, provincial, national and international COVID-19 reports, and local resources should always be consulted for the most relevant and up to date information. Where anything in this guide conflicts with applicable law or recommendations from regional public health authorities, members must comply with applicable law and public health advice and adapt their approach. This document is a guide and is not intended to replace or compromise any information published by public health authorities or municipal regulations. The information and recommendations outlined within this guide should be used to develop individual plans that take into consideration the unique risks that each training and playing environment may present. As new information becomes available, steps will be taken to revise this document and circulate it to members. All members, in consultation with their medical care professional and parent / guardian, are required to assess and evaluate their own personal risks prior to and during participation. RTA Guidance is subject to updates and modifications on an ongoing basis as necessary in order to comply with changing emergency regulations and to offer additional protection to OLA members.

health & SAFETY



Health and safety of all participants are our priorities in establishing our Return to Activity / Return to Play guide. The information contained within this document applies on a provincial basis but it is very important to recognize that some health and safety protocols could vary at the regional or municipal level. The success of our approach to health and safety depends entirely upon representatives at every level following the guidelines in this document.

With the recent introduction of inoculation, there is hope for OLA clubs and leagues throughout the province that Return to Play in a modified environment will become possible in 2021. Ontario Lacrosse is preparing for approaches to the season by publishing this new set of RTA Guidelines that reflect the Province of Ontario's colour-coded framework. This document is published in accordance with the best available evidence, and is intended to guide and support players, parents, coaches, officials, administrators and representatives through this process.

As previously mentioned, our collective return to lacrosse will not be linear, and will require flexibility from everyone involved. This will be a slow and careful process of individual strength training and skill development, modified lacrosse games that eliminate body contact, physical distancing and adaptive efforts on the part of everyone involved. It is imperative that the resumption of lacrosse activities must not compromise the health of individuals participating or the communities in which we operate.

Fighting COVID-19 is an unprecedented challenge for our community and the safety and wellbeing of the Ontario Lacrosse membership should always be the top priority for everyone involved in lacrosse. On November 27th, 2020, the Province of Ontario updated its safety guidelines and condensed its approach to a framework of five colour-coded zones for public health units: Prevent-Green, Protect-Yellow, Restrict-Orange, Control-Red, and Lockdown-Grey. Under this colour-coded framework, the Province of Ontario will act earlier by implementing measures to protect public health and prevent closures, and gradually loosen measures as trends in public health indicators improve. All Ontario residents are asked to limit close contact to their immediate household, regardless of which zone they live in, as often as possible.

The following pages (9 - 14) explain how Ontario's current Framework for Reopening Ontario applies to amateur sport in each of the colour-coded zones.

club COMMUNICATIONS OFFICER

Clear and open communication will be an important part of returning safely to the field / facility so that all members understand what protocols and guidelines are in place. Each club must assign a person who will be responsible to ensure all updated and relevant information is passed on to everyone who is returning to activity within the club. Communications Officers are responsible for:

- ☐ Ensuring club representatives have all current information from the municipality concerning facility use and regulations, including all face mask requirements for non-participating persons
- ☐ Liaising with the appropriate OLA Sector Vice President to provide timely feedback of unique circumstances not included within this guide
- ☐ Receiving and storing all session attendance information within the club for the purpose of contact tracing in accordance with the OLA Privacy Policy and OLA Confidentiality Policy
- ☐ Cooperate and release information only to the appropriate public health authorities for the purpose of contact tracing when requested to do so
- ☐ Ensuring that a physician has provided medical clearance for anyone who has contracted COVID-19
- ☐ Maintaining regular contact with the officiating communications officers to maintain an open dialogue and to assist in keeping up to date with any changes to the information in this guide

communications officer CHECKLIST FOR PRE-ACTIVITY

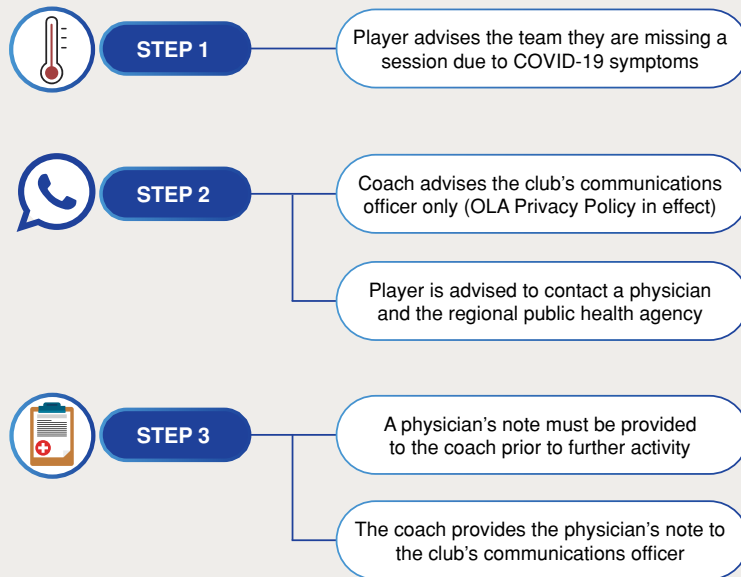
The Ontario Lacrosse Association recommends that clubs host pre-activity meetings with players (age-appropriate), coaches, parents and administrators to communicate a number of important topics.

- ☐ Share applicable public health authority advisories and guidelines
- ☐ Share applicable municipal facility advisories and guidelines that are received from the municipality
- ☐ Explicitly state that, under the current framework, body-to-body and stick-to-body contact are not permitted in skill development or game play scenarios
- ☐ Prepare and circulate a club-specific Emergency Action Plan that includes a screening process and contact tracing measures for each participant
- ☐ Share association and facility expectations and protocols for arrival and departure, including limits on the number of parents, guardians or spectators in designated viewing areas
- ☐ Discuss the execution of each session's training plan or game scenario, and what players can expect from their involvement and participation
- ☐ Recommend hygiene kits for players (small packages of tissues, hand sanitizer, laminated cards with key medical information, non-medical face-mask, sanitizer, etc.)

covid-19 SYMPTOMS & DIAGNOSIS

Where a participant is unable to attend a session because of COVID-19 symptoms, receives a positive COVID-19 diagnosis from a physician, or is directly exposed to someone who has been positively diagnosed as having COVID-19, it is the responsibility of the team to ensure that the participant does not attend future sessions until medical clearance been provided to the club's communications officer. A physician's note (if the participant tests positive) or a negative COVID-19 test result (if the participant tests negative) to indicate that the participant is not (or no longer) contagious is required to return to play. It is important to remember that public health authority guidelines and physician's advice must be followed in any situation whenever a participant is sick. In all situations involving the personal medical information of a participant, the OLA's Privacy Policy and Confidentiality Policy are in effect.

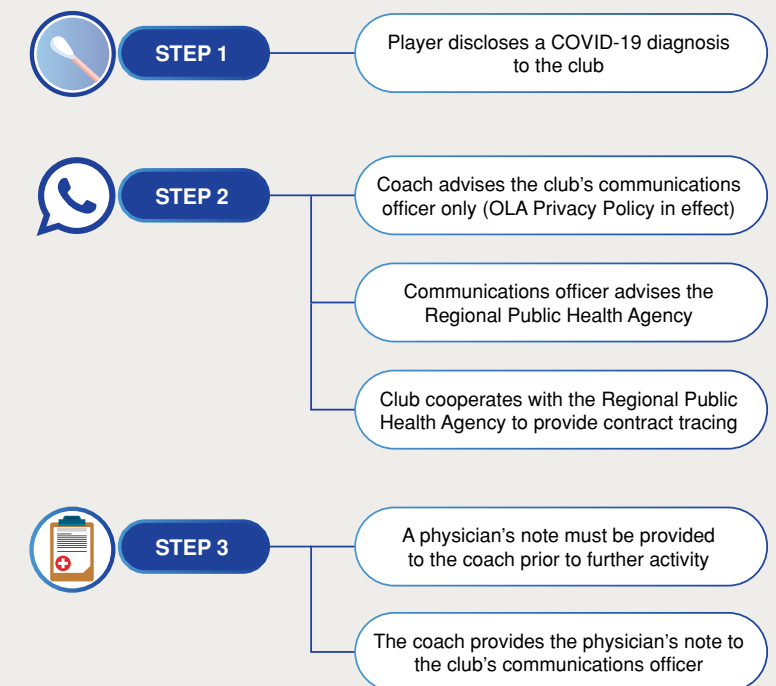
Missed Session For COVID-19 Symptoms:



Participant Becomes Ill During Session:



Participant Discloses Positive Covid-19 Test Result:





Ontario Public Health Measures for Sport

Section Overview:

Colour-Coded Provincial Zones

Good Hygiene Reminders

2021 Pre-Season Actions





Framework: Adjusting and Tightening Public Health Measures

Act earlier by implementing measures to protect public health and prevent closures

Gradually loosen measures as trends in public health indicators improve

Objective



Green Zone: Prevent

- Focus on education and awareness of public health and workplace safety measures in place
- Restrictions reflect the broadest allowance of activities in Stage 3 absent a widely available vaccine or treatment
- Highest risk settings remain closed



Yellow Zone: Protect

- Enhanced target enforcement, fines and enhanced education to limit further transmission
- Apply public health measures in high risk settings



Orange Zone: Control

- Implement enhanced measures, restrictions and enforcement, avoiding any closures



Red Zone: Restrict

- Implement broader-scale measures and restrictions, across multiple sectors, to control transmission
- Restrictions are the most severe available before wide scale business or organizational closure



Grey Zone: Lockdown

- Implement wide scale measures and restrictions, including closures, to halt or interrupt transmission
- Consider declaration of emergency

Tactics



GREEN ZONE PREVENT



MEASURES FOR SPORT

Indoor Capacity

50 Players Max
(Consistent Cohorts)

Outdoor Capacity

50 Players Max
(Consistent Cohorts)

Game Play Capacity

Modified Playing Rules
No Body Contact

Practice / Training

2m Distance
No Body Contact

League Size

50 Players / Phase
(Consistent Cohorts)

Spectators

Max 50 Indoor / 100 Outdoor
(Subject to Municipal Rules)

Protocols

Hand Sanitizer And
Face Masks Required

Hygiene

Shared Equipment
Sanitized After Use

Record Keeping

Maintain Attendance
Records For 1 Month

Travel

Green/Yellow/Orange Allowed
Grey/Red Restricted

Registration

Completed Online
Must Include Pre-Screening

Risk Management

Club Safety Plan Required

Green Zone : Prevent

- Instruction / training for registered participants within an OLA association
- Competition between clubs within Public Health Units in Green, Yellow or Orange Zones in accordance with [Ontario Regulation 364/20](#) (cohorts of 50 players or less)
- Team travel outside of regional public health unit should be approved by the appropriate OLA Sector VP
- Maximum 50 players involved in any single event under modified rules which prevent body-to-body and stick-to-body contact



YELLOW ZONE PROTECT



MEASURES FOR SPORT

Indoor Capacity

50 Players Max
(Consistent Cohorts)

Outdoor Capacity

50 Players Max
(Consistent Cohorts)

Game Play Capacity

Modified Playing Rules
No Body Contact

Practice / Training

3m Distance
No Body Contact

League Size

50 Players / Phase
(Consistent Cohorts)

Spectators

Max 50 Indoor / 100 Outdoor
(Subject to Municipal Rules)

Protocols

Hand Sanitizer And
Face Masks Required

Hygiene

Shared Equipment
Sanitized After Use

Record Keeping

Maintain Attendance
Records For 1 Month

Travel

Green/Yellow/Orange Allowed
Grey/Red Restricted

Registration

Completed Online
Must Include Pre-Screening

Risk Management

Club Safety Plan Required

Yellow Zone : Protect

- Instruction / training for registered participants within an OLA association
- Competition between clubs within Public Health Units in Green, Yellow or Orange Zones in accordance with [Ontario Regulation 364/20](#) (cohorts of 50 players or less)
- Team travel outside of regional public health unit should be approved by the appropriate OLA Sector VP
- Maximum 50 players involved in any single event under modified rules which prevent body-to-body and stick-to-body contact



ORANGE ZONE CONTROL



MEASURES FOR SPORT

Indoor Capacity

50 Players Max
(Consistent Cohorts)

Outdoor Capacity

50 Players Max
(Consistent Cohorts)

Game Play Capacity

Modified Playing Rules
No Body Contact

Practice / Training

3m Distance
No Body Contact

League Size

50 Players / Phase
(Consistent Cohorts)

Spectators

One Parent / Guardian For Each
Participant Under 18 Years Old

Protocols

Hand Sanitizer And
Face Masks Required

Hygiene

Shared Equipment
Sanitized After Use

Record Keeping

Maintain Attendance
Records For 1 Month

Travel

Green/Yellow/Orange Allowed
Grey/Red Restricted

Registration

Completed Online
Must Include Pre-Screening

Risk Management

Club Safety Plan Required

Orange Zone : Control

- Instruction / training for registered participants within an OLA association
- Competition between clubs within Public Health Units in Green, Yellow or Orange Zones in accordance with [Ontario Regulation 364/20](#) (cohorts of 50 players or less)
- Team travel outside of regional public health unit should be approved by the appropriate OLA Sector VP
- Maximum 50 players involved in any single event under modified rules which prevent body-to-body and stick-to-body contact



RED ZONE RESTRICT



MEASURES FOR SPORT

Indoor Capacity

10 Participants Max
(Consistent Cohorts)

Outdoor Capacity

25 Participants Max
(Consistent Cohorts)

Game Play

No Scrimmages Or
Games Allowed

Practice / Training

Training Only (3m Distance)
No Contact

Event Size

10 (Indoor Sessions)
25 (Outdoor Sessions)

Spectators

One Parent / Guardian For Each
Participant Under 18 Years Old

Protocols

Hand Sanitizer And
Face Masks Required

Hygiene

Shared Equipment
Sanitized After Use

Record Keeping

Maintain Attendance
Records For 1 Month

Travel

Restricted To
"Essential Travel Only"

Registration

Completed Online
Must Include Pre-Screening

Risk Management

Club Safety Plan Required

Red Zone : Restrict

- Instruction / training for registered players within an OLA association (no games or competition of any kind)
- Strict on-floor / on-field physical distancing
- Maximum 10 participants indoors (includes coaches), maximum 25 participants outdoors (includes coaches)
- Minimum 2 registered coaching staff present



GREY ZONE LOCKDOWN



MEASURES FOR SPORT

Indoor Capacity

No Team Sports Allowed

Outdoor Capacity

No Team Sports Allowed

Game Play

Not Allowed

Practice / Training

High Performance Athletes
Only (Olympic Pathway)

Event Size

No Team Sports Allowed

Spectators

No Team Sports Allowed

Protocols

Communication With
Registered Members

Hygiene

N/A

Record Keeping

Maintain Attendance
Records For 1 Month

Travel

Restricted To
"Essential Travel Only"

Registration

Postponed

Risk Management

N/A

Grey Zone : Lockdown

- No in-person programming delivered



GOOD HYGIENE REMINDERS

Personal Hygiene

Frequent hand-washing and hand-sanitizing

Non-Medical Masks

Worn at all times except when participating in activity

Limit Contact

No shaking hands or initiating personal contact

Limit Travel

Travel should be limited in Green/Yellow/Orange zones

Cleaning

Clean personal equipment after every use

Sanitizing

Sanitize shared equipment and surfaces after every use

Protocols

Follow all posted and communicated rules

Interactions

Avoid gatherings and exchanges with other people

Outdoor Spaces

Prioritize outdoor opportunities wherever possible

Do Not Share

Personal equipment should not be shared

Maintain Distance

Stay 2m or more away from others, especially indoors

Technology

Use touchless technology wherever possible

The Difference Between Cleaning, Sanitizing and Disinfecting

COVID-19 is susceptible to disinfectants and sanitizers, which means that increased cleaning, sanitizing and disinfecting of personal and shared surfaces and spaces will reduce the risk of transmission. The Government of Canada provides instructions on cleaning, sanitizing and disinfecting public spaces during COVID-19. When used in combination, cleaning, sanitization and disinfectants can significantly reduce the spread of COVID-19 and other transmittable infections. Clubs and municipal facilities are responsible for ensuring that cleaning, sanitizing and disinfecting is taking place at appropriate intervals. [Click here to read more.](#)



2021 PRE-SEASON ACTIONS

Get In Touch

Survey parents from 2020 to gauge interest for 2021

Plan for 2021

Determine program offerings and expected start dates

Recruit Volunteers

Establish a volunteer base through the community

Be Flexible

Start dates will vary
Clubs should be ready to pivot

Plan for Coaches

Reach out to coaches about returning in 2021

Plan for Competition

Determine player eligibility and necessity to rebalance teams

Plan for Access

Confirm field and facility availability for RTA sessions

Plan for Emergencies

Create and rehearse an Emergency Action Plan

Communicate!

Create templates to share updates with members

Communicate!!

Post regularly online and on social to drive excitement

Communicate!!!

Reach out to other clubs to plan and prepare together

Communicate!!!!

Connect with the OLA to share successes and challenges

Expect the Unexpected

COVID-19 is an ongoing and evolving situation that affects everyone. A cycle of uncertainty, learning and adaptation has shaped the pandemic from its beginning, and the introduction of inoculation continues to challenge the world. Even the most thorough preparation cannot anticipate all issues, but it is essential to build learning and flexibility into planning for the 2021 season. Successful club programs will benefit from three keys approaches to 2021: planning, communicating and reacting with flexibility.



Facility Safety

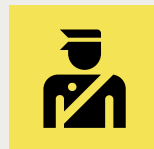
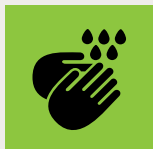
Section Overview:

Facility Safety In RTA

Arrival & Departure: Outdoors

Arrival & Departure: Indoors





RTA FACILITY SAFETY

Equipment

- Players and coaches only touch the ball or goal nets with their sticks - officials do not touch the balls at any time
- Participants' equipment should be kept on at all times during a game (extra equipment should be stored inside of the vehicle)
- Personal water bottles with names clearly printed on the front should be used
- Coaches should have access to sanitizing products

Benches

- Players should be spaced evenly apart on benches with physical markers to use as guides
- Shared surfaces (benches, gate latches, etc.) must be disinfected after each cohort's event
- Non-playing personnel on the bench must wear their masks at all times
- Minor officials and table personnel must wear their masks at all times

Dressing Rooms

- If dressing rooms are used, players and officials must wear face masks until the beginning of the game/session
- Players must be spaced evenly apart in dressing rooms, with physical markers used as guides
- Where dressing rooms are not used, players and officials should arrive to each game/session dressed and ready to participate

Pathways

- Follow all entry and exit instructions
- Use physical distancing markers (pylons, sticks, etc.)
- Shared pathways should be utilized single file
- Parents, guardians and spectators must wear masks at all times

Staying Safe in RTA

Volunteers, parents, guardians, spectators, players, coaches and officials all have a role to play in keeping RTA safe for everyone involved. There will be continual adjustments to the way that we approach RTA, but patience and understanding will help to make the experience enjoyable and safe for everyone. Lessons and guidance from Public Health Authority measures and community experiences over the last several months (schools, workplaces, gyms, etc.) all apply during the OLA's Return to Activity programs. The information in this section is consistent with Ontario's [Guidance for facilities for sports activities during COVID-19](#).

arrival and departure OUTDOORS



The size of the training area determines the number of participants allowed in order to remain an appropriate physical distance from each other and to ensure the group size is manageable in terms of entry and exit, sanitization, hygiene and all protocols are maintained and monitored. There are provincial restrictions for group sizes in each colour-coded zone, so there must be care and coordination shown when arriving and departing from fields, and adherence to agreed protocols as outlined in this guide.

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.

Municipalities can assist in preparing entry and exit plans for players, coaches and officials to follow.

1. Registration and screening takes place online prior to any game / session. Upon arrival, a club administrator will take attendance at the check-in table and reference it with the online registration checklist as each participant enters the facility. The attendance table should provide physical distancing cones or markers for those waiting to check in.
2. After a player is checked in, they will be assigned to a cone on the sideline. The cone will allow for ample physical distancing, and will serve as the player's personal station and water bottle location. Players will be required to wait at their cone until the coach is ready to begin the session, or the game is ready to begin.

Note: Bench areas and viewing areas may be limited by municipal rules. Parents, guardians, or spectators may be able to view the session while practicing social distancing if permitted by the municipal permit. Masks should be worn by all non-participating persons when moving throughout shared pathways.

3. Coaches will be responsible for reviewing the exit plan with all players. At the conclusion of the session or game, the coaches will dismiss each player from their cone to prevent gathering. Players are expected to exit the field and proceed directly to their car.

arrival and departure **INDOORS**



- The club administrator will connect with the facility staff for clear expectations 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
- Communicate the specific arrival and departure plan with players and their families (map a separate location for player and participant drop-off and pick-up zones)
- 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
- The head coach and club administrator should be aware of facility access to hand washing stations, alcohol-based hand sanitizer, and tissues for personal sanitization (if applicable), as well as the cleaning, disinfecting and sanitizing protocols and responsibilities that are in place by the facility or municipality
- Dressing rooms and washrooms may not be available for use (based on municipal and facility regulations, and participants should arrive fully dressed and ready to participate)

1. Registration and screening takes place online prior to any game / session. Upon arrival, a club administrator will take attendance at the check-in table and reference it with the online registration checklist as each participant enters the facility. The attendance table should provide physical distancing cones or markers for those waiting to check in.
2. After a participant is checked in, they will be assigned to a cone or marker in the dressing room. The cone or marker will allow for ample physical distancing, and will serve as the player's personal station and water bottle location. Players will be required to wait at their cone until the coach is ready to begin the session, or the game is ready to begin.

Note: Bench areas and viewing areas may be limited by municipal rules. Parents, guardians, or spectators may be able to view the session while practicing social distancing if permitted by the municipal permit. Masks should be worn by all non-participating persons at all times.

3. Coaches will be responsible for reviewing the exit plan with all players. At the conclusion of the session or game, the coaches will dismiss each player from their cone to prevent gathering. Players are expected to exit the facility and proceed directly to their car.



Coaching

Section Overview:

2021 RTA Coaching Requirements





COACHING APPROVAL

Registration

- All bench personnel (coaches, trainers, team managers, club volunteers, etc.) must complete online registration through the appropriate Sportzsoft club registration link
- All coaches and trainers must acknowledge, prior to any activity, that sanctioned game play occurs under the RTA conditions outlined in this document

Online Training

- All coaches and trainers must complete two online professional development NCCP-provided courses:

[Making Ethical Decisions](#)

[Making Headway](#)

Record Checks

- All bench personnel (coaches, trainers, team managers) over the age of 18 must submit an updated Criminal Record Check with a Vulnerable Sector Search, or a signed offense declaration form if applicable, under the OLA's Screening Policy
- Sterling Backcheck provides an online resource substitute for volunteers to obtain their CRC ([Click here to learn more](#))

Emergency Plan

- All registered OLA teams must have a completed Emergency Action Plan, which can be accessed through the [CAC Locker](#)
- Emergency Action Plans must be approved by the Club's Executive
- Emergency Action Plans must include a pre-screening form ([Click here for a template](#))

2021 Minimum Coaching Requirements

Until further notice, in-person NCCP clinic certification will be suspended, and coaches will be approved for team involvement provided they meet the four criteria outlined above. If in-person NCCP clinic certification can be delivered while adhering to both the OLA's Return to Activity Guide and Public Health Authority regulations, these minimum coaching requirements will be updated to include the appropriate NCCP courses in accordance with the [OLA's Coaching Pathway](#). In all instances, coaches and team volunteers are required to make participant safety the top priority.



Officiating

Section Overview:

2021 RTA Officiating Requirements
Officiating Communications Officer





OFFICIATING CLINICS

Registration

- All officials must complete online registration through the SportsEngine registration link
- All officials acknowledge that sanctioned game play occurs under the RTA conditions outlined in this document

Online Training

- In-person certification clinics will be substituted with virtual learning modules for returning officials
- Virtual learning will include an exam component that references material within this document, as well as concepts that are highlighted in the virtual learning modules
- Entry level (beginner) clinics will not be offered in any sector until it is safe to do so

Record Checks

- All officials over the age of 18 must submit an updated Criminal Record Check with a Vulnerable Sector Search, or a signed offense declaration form if applicable, under the OLA's Screening Policy
- Sterling Backcheck provides an online resource substitute for officials to obtain their CRC
[\(Click here to learn more\)](#)
- Screening documentation is submitted to the OLOA at privacy@ontariolacrosseofficials.com

2021 Minimum Officiating Requirements

Until further notice, in-person NOCP clinic certification will be suspended, and returning officials will be approved for participation provided they meet the three criteria outlined above. If in-person NOCP clinic certification can be delivered while adhering to both the OLA's Return to Activity Guide and Public Health Authority regulations, these minimum officiating requirements will be updated to include the appropriate NOCP courses in accordance with the OLA's Officiating Pathway, including an opportunity for entry level (beginner) clinics. In all areas of RTA, officials are expected to make participant safety, including their own safety, the top priority.

officiating COMMUNICATIONS OFFICERS

Clear and open communication will be an important part of returning safely to the field / facility so that all officials understand what protocols and guidelines are in place. Each of the four officiating sector Ontario Lacrosse Officials Association (OLOA) representatives are responsible for ensuring all updated and relevant information is communicated to everyone who is returning to activity within a league. The Communications Officers are responsible for:

- ☐ Sharing applicable public health authority advisories and guidelines with officials
- ☐ Explicitly stating that, under the current framework, body-to-body and stick-to-body contact is not permitted in game play scenarios
- ☐ Recommending hygiene kits for officials (small packages of tissues, hand sanitizer, laminated cards with key medical information, non-medical face-mask, sanitizer, etc.)
- ☐ Liaising with the OLA VP Officiating to provide timely feedback of unique circumstances not included within this guide
- ☐ Confirming that OICs/Assignors are receiving and storing pre-event screenings of officials for contact tracing in accordance with the OLA Privacy Policy and OLA Confidentiality Policy
- ☐ Cooperating and releasing information only to the appropriate public health authorities for the purpose of contact tracing when requested to do so
- ☐ Maintaining regular contact with league/event representatives to maintain an open dialogue and to assist in keeping up to date with any changes to the information in this guide





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											
		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	Local 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	Regional 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	Regional Play																	14-Day				Regional League Play Cohort "B" 4x Teams of 12 (48 players total)				14-Day															

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	Local Play									<div>Introduction to Olympic Rules</div> <div>Cohort "A" Field Lacrosse 6v6</div> <div>6x Teams of 8</div> <div>(48 players total)</div>				Isolation Break 14-Day		<div>House League Box Play</div> <div>Internal Club League</div> <div>4x Teams of 12</div> <div>(48 players total)</div>				Isolation Break 14-Day		<div>Fall Field League Play</div> <div>Cohort "A" Field Lacrosse 7v7</div> <div>4x Teams of 12</div> <div>(48 players total)</div>															
Yellow	Regional Play									<div>Introduction to Olympic Rules</div> <div>Cohort "B" Field Lacrosse 6v6</div> <div>6x Teams of 8</div> <div>(48 players total)</div>						<div>Rep Box Play</div> <div>Community Cohort "A"</div> <div>4x Teams of 12</div> <div>(48 players total)</div>						<div>Fall Field League Play</div> <div>Cohort "B" Field Lacrosse 7v7</div> <div>4x Teams of 12</div> <div>(48 players total)</div>															
Green	Regional Play															<div>Rep Box Play</div> <div>Community Cohort "B"</div> <div>4x Teams of 12</div> <div>(48 players total)</div>						<div>Fall Field League Play</div> <div>Cohort "C" Field Lacrosse 7v7</div> <div>6x Teams of 8</div> <div>(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	Local Play									Local League Play: Whitby 4x Teams of 12 (48 players total) OJALL / OJBLL / OJCLL / U22																															
Yellow	Regional Play																					Regional League Play: Durham 4x Teams of 12 (48 players total) Whitby 1&2, Clarington, West Durham																			
Green	Provincial 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 a 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

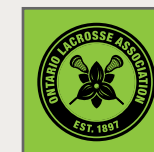
Coaches

At least 2 per team

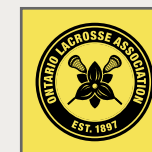
Officials

Required

Appropriate For



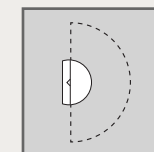
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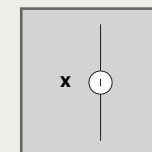
Yellow



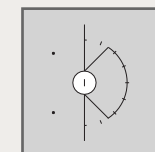
Orange



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

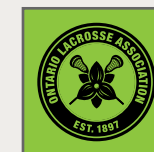
Coaches

At least 2 per team

Officials

Required

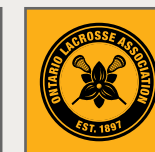
Appropriate For



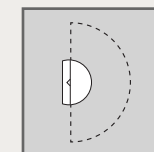
Green



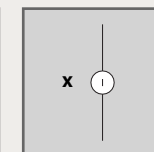
Yellow



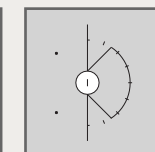
Orange



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 a 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



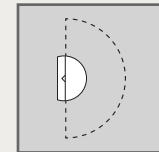
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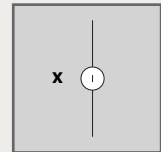
Yellow



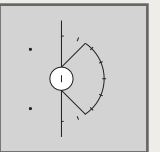
Orange



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 ^{7/8}
	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 ^{5/6}
	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 ^{3/4}
	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 ^{1/2}
	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 a 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

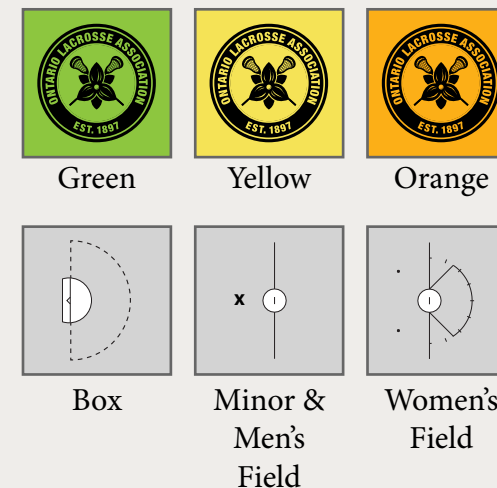
Coaches

At least 2 per team

Officials

Required

Appropriate For



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”



Box Lacrosse

Section Overview:

Box League Structures

Box Lacrosse Modified Playing Rules & Mechanics

“Box on a Field” Optional Layout





BOX LEAGUE STRUCTURE

Coaches

Minimum 1 Coach and
1 Trainer per team

Officials

Required for U7 division and above
Minimum 1 minor official*

Equipment

Full equipment for players
Appropriate nets for division

Game Structure

Up to 2 x 20-min halves
Last 2 mins stop time
One timeout per team per game

Optional Variations

Leagues may institute a
5-second player possession rule
or a 2-pass rule

Face-Offs

Replaced by possession
to start the game / half

Scoring Restart

Free-clear to the face-off dot
after goals are scored

On-Body Contact

First infraction: Penalty Shot
Second infraction: Expulsion

Line Changes

Occur dynamically unless
association uses a buzzer

Crease Rules

No diving through the
crease in any division
(penalized as Interference, P/S)

Venue Type

Indoor Arena
Outdoor Box
"Box on a Field"

On-Body Contact is not permitted

Players may not initiate any body-to-body or stick-to-body contact at all during play, including setting picks

First infraction of no-contact rule: penalty shot

Second infraction of no-contact rule by the same player: expulsion from the balance of the game

Junior and Senior Box Leagues are eligible to determine alternate game structures to be approved by VP Junior-Major Jim Leworthy

* Minor official may include a
timekeeper, scorekeeper, and / or
shot clock operator (if applicable)



BOX PLAYING RULES

1/2

Game Play

- Games are no longer than 40 minutes (two 20-min halves, 3-min half time, teams do not change ends, no overtime in league play)
- Stop time is the last 30-seconds of each half (when the score is 5 goals or less)
- Games are played between 3v3 and 6v6
- There is no crease diving by an attacking player in any division (penalty shot for interference if any contact is made)
- Nets are appropriate to the age division

Face-Offs

- The visiting team is awarded possession to begin the game
- The home team is awarded possession to begin the second half
- In all other instances where a face-off may result (player injury, etc.), the team who had the ball last retains possession, unless the injury is sustained by a goalie, in which case the goalie is awarded possession

Post-Goal Restarts

- After a goal is scored, the opposing team is awarded a “free clear” to the face-off dot
- Players may not be within 3m (9ft) of the player who is awarded possession at centre, but may be positioned anywhere else on the floor or field
- The official does not touch the ball with their hands (the home team is responsible for ensuring additional balls are ready when needed)
- Play begins with the official’s whistle

Officials have full control over the game

Aside from these rule modifications, all CLA / OLA playing rules are in effect. Where a situation occurs in any scrimmage or game that is not covered by these rule modifications, the official’s decision is final and is guided by the principle of “erring on the side of caution in the interest of participant safety.” Situations that affect game play should be reported to the appropriate league representative for inclusion in updated versions of this document. Where these RTA protocols are not followed, officials and/or league personnel have the authority to suspend game play and file a report with VP Junior-Major Jim Leworthy or VP Minor Tanya Thompson.



BOX PLAYING RULES

2/2

Substitutions

- Occur dynamically during game play, unless a buzzer system is used to regulate line changes
- For indoor or outdoor boxes, teams should designate entry and exit doors on the bench to maintain consistent pathways for players

Loose-Ball Situations

- Players contesting a loose ball are awarded possession by the “first to reach / quick whistle” rule
- The official nearest the ball will stop play and call out the jersey colour of the player closest to the ball when play is stopped
- The closest player will pick up the ball and their opponent(s) must fall back at least 3m (9ft), and the official will quick whistle to restart play
- Players who do not fall back at least 3m on a “loose ball / quick whistle” are penalized by a Delay-of-Game penalty

Penalties

- No body-to-body contact or stick-to-body contact at all during play, including setting picks
- First infraction: penalty shot
- Second infraction, same player: expulsion
- For double-minor CFB penalties, 2 penalty shots will be awarded, but the player is not expelled if it is their first infraction
- For major, misconduct, gross misconduct or match penalties, the player will be expelled immediately, and 2 penalty shots will be awarded

A note on rule modifications

In order for scrimmages or games to be played, the Province of Ontario mandates modifications to all sports where “contact is inherent to play.” As a result, these rule modifications are mandatory for any sanctioned club playing within their own association or in a cohort league with a neighbouring community. While these modifications will be an adjustment to the way we approach lacrosse, they are rooted in a safety-first approach. In all cases, clubs are advised to ease into activity with a focus on participant safety prior to introducing scrimmages or game play.

box lacrosse GAME MODIFICATIONS ^{1/2}

Start of the Game:

At the beginning of the game, the visiting team is awarded possession of the ball in their own defensive end. For the beginning of the second half, the home team is awarded possession of the ball in their own defensive end. The officials will begin play with a whistle, which will begin the countdown of the game clock.

Goals Scored:

When a goal is scored, the team the goal was scored against is awarded possession at the face-off dot in the centre of the floor. All players (whether teammates or opponents) must be positioned at least 3m (9ft) away from the player who is awarded possession. The officials will begin play with a whistle.

Ball Lodged in Goaltender's Equipment / Crease Violation:

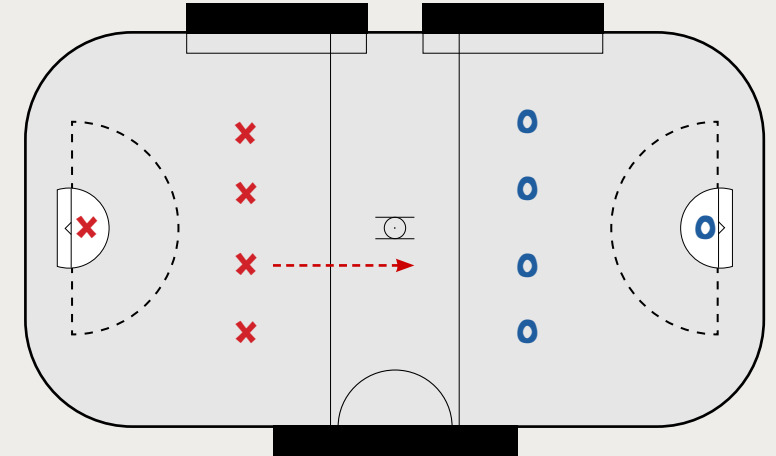
When a player commits a crease violation, or when the ball becomes lodged in the goalie's equipment, the officials will stop play and possession will be awarded to the goaltender within their crease. At no point will the officials touch the ball with their hands.

Loose Balls:

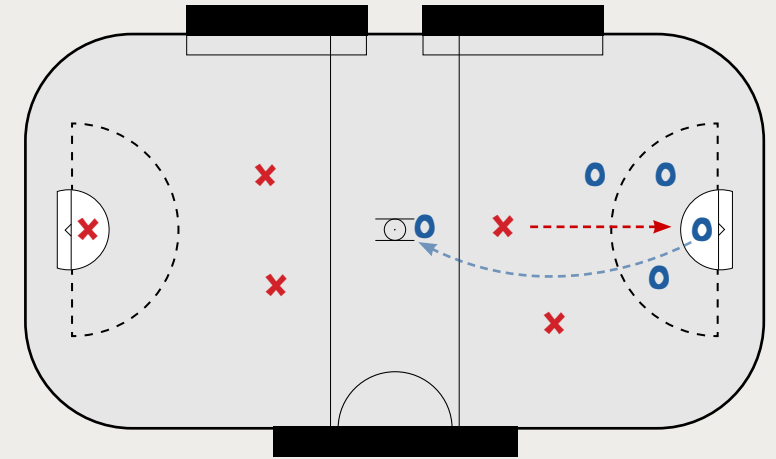
When two players are contesting a loose ball, the officials will apply the "closest player / quick whistle" mechanic to award possession to the team who is closest to the ball. The official will stop play and award possession to the player who is nearest to the ball within a 3m radius. The closest player does not need to reach the ball in order for play to be stopped; once the first player has entered the 3m radius, play is stopped and any opposing players must re-position themselves with enough room for the official to restart play quickly. Players who do not fall back at least 3m on a loose ball to allow for a quick whistle restart are penalized by a delay-of-game penalty.

Line Changes on a Buzzer System:

For associations using a buzzer system to automate line changes at younger age divisions, the team who was in possession at the time of the buzzer will retain possession to restart play.



Visiting Team starts with possession at the beginning of the game. Home Team starts with position for the second half. Officials will not touch the ball with their hands.



After a goal is scored, play will restart at the face-off dot. Players are responsible for bringing the ball to the draw circle. Officials will not touch the ball with their hands.

box lacrosse GAME MODIFICATIONS 2/2

Penalty Shot Procedure:

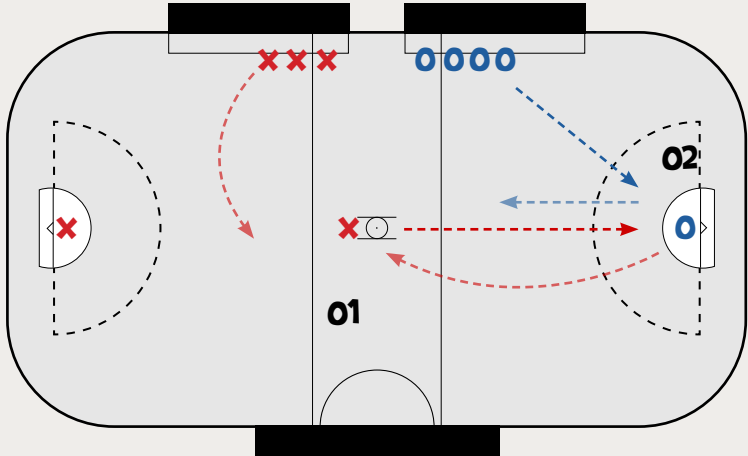
Penalty shots are awarded to the player who was fouled, unless they are unable to take the shot because of injury or expulsion. Penalty shots that are awarded as a result of bench minor penalties can be taken by any player from the opposing team. All penalties are reported by the official, who remains physically distanced from the minor officials, for tracking against each player’s two-penalty limit.

Penalty shots that are awarded as coincidental minor penalties (one penalty to each team) will be canceled out, the offending players must be immediately substituted at the player’s bench, and play is restarted with the team who was in possession at the time of the stoppage. If no team is in possession, the ball is awarded to the goaltender in the defending zone where the infractions took place. All simultaneous penalties can be canceled one-for-one, and if any penalties remain, they will be assessed as penalty shots.

Simultaneous Penalty Cancellation Example 1	
Red Team 2min SL	Blue Team 2min HS
<ul style="list-style-type: none">Neither team is awarded a penalty shotBoth penalized players are sent to the bench and are substituted by teammatesThe officials report both the penalties to the minor officials for the purpose of tracking penalties	

Simultaneous Penalty Cancellation Example 2	
Red Team 2min CFB + 2min CFB	Blue Team 2min HS
<ul style="list-style-type: none">Blue team is awarded one penalty shotBoth penalized players are sent to the bench and are substituted by teammatesThe officials report all of the penalties to the minor officials for the purpose of tracking penalties	

Where a major, misconduct, game misconduct, gross misconduct or match penalty would be assessed, the player is expelled immediately, and the non-offending team is awarded two penalty shots.



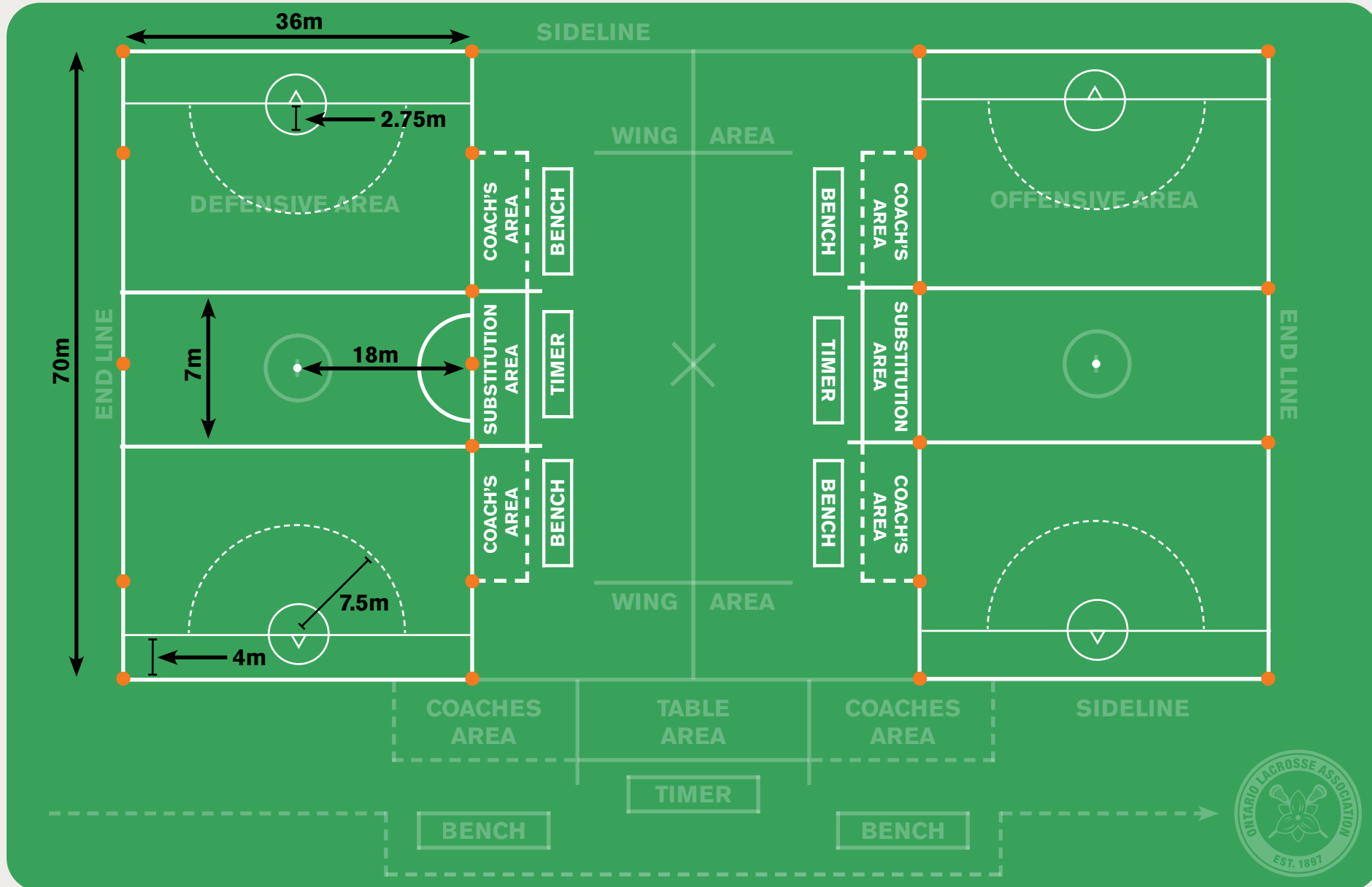
The game clock continues to run during all penalty shots, unless less than 30-seconds remains in the half.

The player taking the penalty shot will pick up the ball and go to the centre face-off. All of the other players on both teams line up in front of their respective team benches.

After a penalty shot, play restarts in the crease, regardless of whether a goal is scored or not. The player who took the penalty shot must clear to centre before re-engaging in play.

The defending players can enter their own zone to restart play as soon as the penalty shot is complete.

optional structure: **PLAYING BOX ON A FIELD**



"Box on a Field"

Recognizing that municipal indoor facilities may be a challenge to obtain with so many unknowns ahead in 2021, the OLA recommends that all associations prepare for the option of "box on a field," either as a substitution for indoor play or simultaneously with indoor play.

Fields do not necessarily need to be professionally lined by the municipality; pylons or other markers can be used as a cost-effective and simple solution for clubs to organize box on a field. 30-second clocks are useful, but not required in this format.

This diagram demonstrates how regulation outdoor fields are large enough to accommodate two separate box lacrosse games played simultaneously. By reducing floor costs, associations may take advantage of increased opportunities for players to participate according to these RTA guidelines, while minimizing the health risks associated with indoor participation.



Minor & Men's Field Lacrosse

Section Overview:

Minor & Men's Field League Structures

Minor & Men's Field Lacrosse Modified Playing Rules & Mechanics

Small-Sided Games Option





FIELD LEAGUES STRUCTURE

Coaches

Minimum 1 Coach and
1 Trainer per team

Officials

Minimum 2 officials
Minimum 1 minor official*

Equipment

Full equipment for players
Appropriate nets for division

Game Structure

Up to 2 x 20-min halves
Last 2 mins stop time
One timeout per team per game

Optional Variations

Leagues may institute a
5-second player possession rule
or a 2-pass rule

Face-Offs

Replaced by possession
to start the game / half

Scoring Restart

Free-clear to centre
after goals are scored

On-Body Contact

All technical fouls: 30-sec
First personal foul: 3-min
Second "contact" foul: Expulsion

Line Changes

Pylons are used for an "in box" and
"out box" to guide substitutions

Crease Rules

No diving through the
crease in any division
(penalized by Interference, 30-sec)

Venue Type

Outdoor Turf Field
Outdoor Grass Field
Indoor Turf Field

On-Body Contact is not permitted

Players may not initiate any body-to-body or stick-to-body contact at all during play, including setting picks

All technical fouls: 30-seconds (or play on) / All personal fouls: 3-minute non-releasable
Second violation of no-contact rule by the same player (either technical or personal): expulsion from the balance of the game
All other World Lacrosse / CLA / OLA playing rules apply

* Minor official may include a
timekeeper, scorekeeper, and / or
penalty clock operator (if applicable)



FIELD LACROSSE PLAYING RULES

1/2

Game Play

- Games are no longer than 40 minutes (two 20-min halves, 3-min half time, one time-out per team, teams do not change ends, no overtime in league play)
- Stop time is the last 30-seconds of each half (when the score is 5 goals or less)
- Games are played between 6v6 and 10v10, depending on the league size
- There is no crease diving by an attacking player in any division (30-sec technical foul for interference if any contact is made)

Face-Offs

- The visiting team is awarded possession to begin the game
- The home team is awarded possession to begin the second half
- In all other instances where a face-off may result (player injury, etc.), the team who had the ball last retains possession, unless the injury is sustained by a goalie, in which case the goalie is awarded possession

Post-Goal Restarts

- After a goal is scored, the opposing team is awarded a “free clear” to centre
- Players may not be within 3m (9ft) of the player who is awarded possession at centre, but may be positioned anywhere else on the field, provided they are positioned on-side
- The official does not touch the ball with their hands (the home team is responsible for ensuring additional balls are ready when needed)
- Play begins with the official’s whistle

Officials have full control over the game

Aside from these rule modifications, all World Lacrosse / CLA / OLA playing rules are in effect. Where a situation occurs in any scrimmage or game that is not covered by these rule modifications, the official’s decision is final and is guided by the principle of “erring on the side of caution in the interest of participant safety.” Situations that affect game play should be reported to the appropriate league representative for inclusion in updated versions of this document. Where these RTA protocols are not followed, officials and/or league personnel have the authority to suspend game play and file a report with OLA VP Field and OLA VP Officiating.



FIELD LACROSSE PLAYING RULES

2/2

Substitutions

- Occur dynamically during game play
- Pylons or other line markings can be used to split the substitutions areas for each team to create an “in path” and “out path” to guide players on and off the field (substitution areas can be expanded to accommodate paths)
- These areas are physically separated from the players bench to minimize shared pathways

Loose-Ball Situations

- Players contesting a loose ball are awarded possession by the “first to reach / quick whistle” rule
- The official nearest the ball will stop play and call out the jersey colour of the player closest to the ball
- The closest player will pick up the ball and their opponent(s) must fall back at least 3m (9ft), and the official will quick whistle to restart play
- Players who do not fall back at least 3m on a “loose ball / quick whistle” are penalized by a Delay-of-Game penalty

Penalties

- No body-to-body contact or stick-to-body contact at all during play, including setting picks
- All technical fouls : 30-sec (or play on)
- First personal foul: 3-min
- Second contact foul (technical or personal), same player: expulsion from the game
- All technical and personal fouls are served in a physically distanced area behind the corresponding team’s bench

A note on rule modifications

In order for scrimmages or games to be played, the Province of Ontario mandates modifications to all sports where “contact is inherent to play.” As a result, these rule modifications are mandatory for any sanctioned club playing within their own association or in a cohort league with a neighbouring community. While these modifications will be an adjustment to the way we approach lacrosse, they are rooted in a safety-first approach. In all cases, clubs are advised to ease into activity with a focus on athlete participant prior to introducing scrimmages or game play.

minor & men's field lacrosse GAME MODIFICATIONS ^{1/1}

Start of the Game:

At the beginning of the game, the visiting team is awarded possession of the ball in the neutral zone. For the beginning of the second half, the home team is awarded possession of the ball in the neutral zone. The officials will begin play with a whistle, which will begin the countdown of the game clock.

Goals Scored:

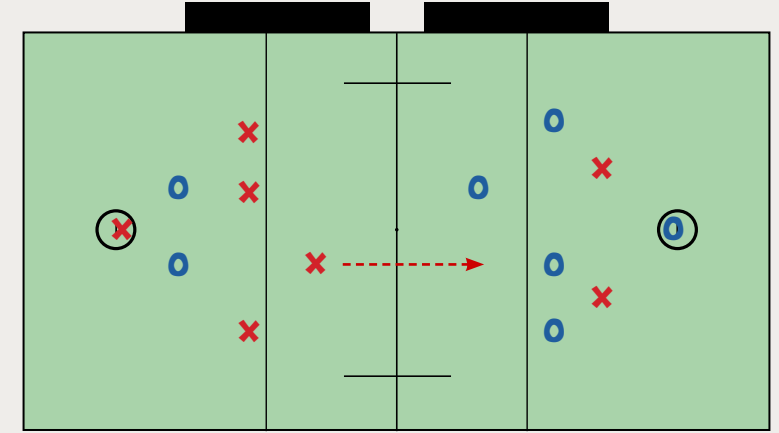
When a goal is scored, the team the goal was scored against is awarded possession at the face-off dot in the centre of the floor. All players (whether teammates or opponents) must be positioned at least 3m (9ft) away from the player who is awarded possession. The officials will begin play with a whistle.

Ball Lodged in Goaltender's Equipment:

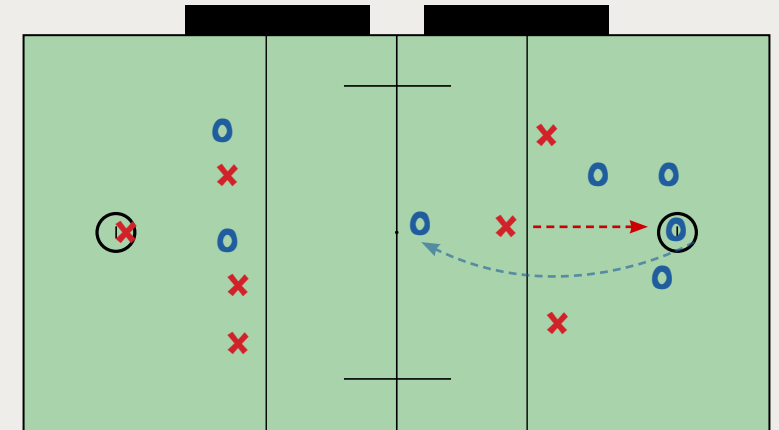
When the ball becomes lodged in the goalie's equipment, the officials will stop play and possession will be awarded to the defending outside their crease. At no point will the officials touch the ball with their hands.

Loose Balls / Ground Balls:

When two players are contesting a loose ball, the officials will apply the "closest player / quick whistle" mechanic to award possession to the team who is closest to the ball. The official will stop play and award possession to the player who is nearest to the ball within a 3m radius. The closest player does not need to reach the ball in order for play to be stopped; once the first player has entered the 3m radius, play is stopped and any opposing players must re-position themselves with enough room for the official to restart play quickly. Players who do not fall back at least 3m on a loose ball to allow for a quick whistle restart are penalized by a technical foul.

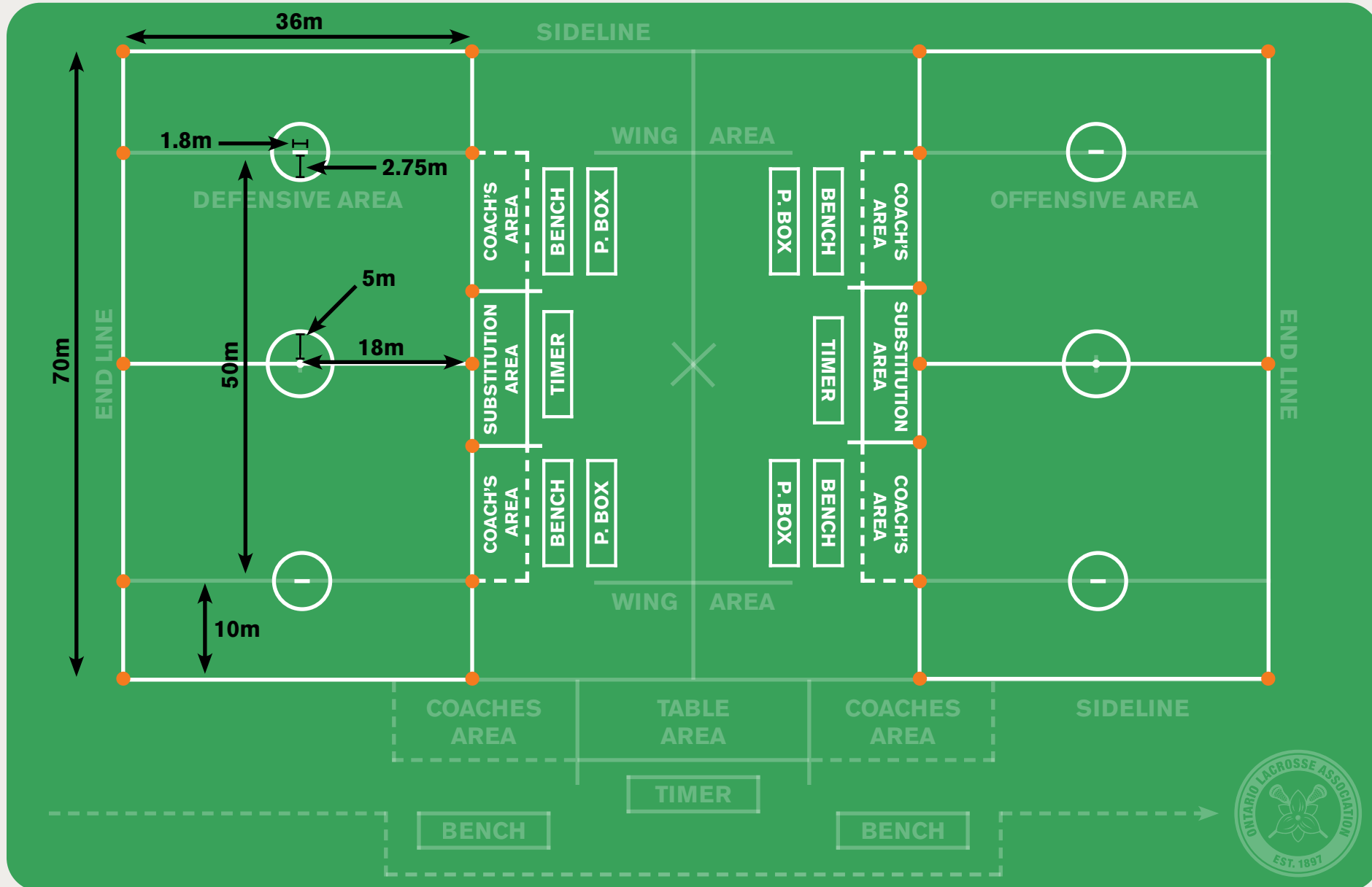


Visiting Team starts with possession at the beginning of the game. Home Team starts with position for the second half. Players must be positioned on-side to begin.



After a goal is scored, play will restart at the face-off dot. Players are responsible for bringing the ball to the draw circle. Officials will not touch the ball with their hands.

optional small-sided MINOR & MEN'S FIELD LACROSSE



Small Games

Fields do not necessarily need to be professionally lined by the municipality; pylons or other markers can be used as a cost-effective and simple solution for clubs to organize small-sided games on a field.

This diagram demonstrates how regulation outdoor fields are typically large enough to accommodate two separate small-sided minor & men's field lacrosse games played simultaneously.

These games are played using the modified playing rules for minor & men's field lacrosse outlined in this document, and appropriate for leagues utilizing 6v6 or 7v7 playing structures in cohorts which do not exceed 50-players.

Municipal facilities have various field configurations which may determine whether this layout will be safe for participants and spectators. Clubs must consider their own field layouts to determine if it is safe to use these formats.



Women's Field Lacrosse

Section Overview:

Women's Field Lacrosse League Structures

Women's Field Lacrosse Modified Playing Rules & Mechanics

Small-Sided Games Option





WOMEN'S FIELD LEAGUE STRUCTURE

Coaches

1 Certified Coach and
1 Certified Trainer per team

Officials

Minimum 2 officials
Minimum 1 table personnel*

Equipment

All equipment according to WL Rules
Coaches are responsible for
pre-game equipment check

Game Structure

Up to 2 x 20-min halves
Stop time last 30-sec of each half
One timeout per team per game

Optional Variations

Leagues may institute a
5-second player possession rule
or a 2-pass rule

Draws

Replaced by possession
to start the game / half

Scoring Restart

Play restarts in the goal circle
with the goalkeeper

On-Body Contact

First violation: major foul, body contact
Second violation: yellow card + removal
(no time penalty assessed)

Other Fouls

Administered according
to World Lacrosse Rules

Goal Circle Rules

Only the goalkeeper
is allowed in the goal circle

Venue Type

Outdoor Turf Field
Outdoor Grass Field
Indoor Turf Field

On-Body Contact is not permitted

Players may not initiate any body-to-body or stick-to-body contact at all during play, including setting picks

First infraction of no-contact rule: major foul for body contact

Second infraction of no-contact rule by the same player: removal from the balance of the game (no time penalty assessed)

* Table personnel may include a
scorekeeper or table official who is
assigned by the OWFL Assignor



WOMEN'S FIELD PLAYING RULES

1/2

Game Play

- Games are no longer than 40 minutes (two 20-min halves, 3-min half time, teams do not change ends)
- One 2-min timeout per team per game
- Stop time is the last 30-seconds of each half
- Players on the field may vary between 3v3 and 10v10 (a minimum of 4 subs per team is recommended)
- Leagues may choose to adopt a 5-second player possession rule or 2-pass minimum rule

Starting / Restarting Play

- The visiting team is awarded possession to begin the game
- The home team is awarded possession to begin the second half
- In all instances where a throw may result, the officials will award possession alternating with the home team first and the visiting team second
- The officials do not conduct pre-game mouthguard or stick checks

Post-Goal Restarts

- The officials do not conduct a post-goal stick check of the scoring player, or at any point during the game
- The goalkeeper is awarded the ball in the goal circle and the opposing team must clear to centre before they can re-engage in play
- Play restarts in the goal circle with the official's whistle, and a 5-second count for the goalkeeper to clear the ball from the goal circle
- The official does not touch the ball with their hands

Rules Administration

Aside from these rule modifications, all World Lacrosse / OLA / OWFL playing rules are in effect. Where a situation occurs in any scrimmage or game that is not covered by these rule modifications, the official's decision is final and is guided by the principle of "erring on the side of caution in the interest of participant safety." Situations that affect game play should be reported to the appropriate league representative for inclusion in updated versions of this document. Where these RTA protocols are not followed, officials and/or league personnel have the authority to suspend game play and file a report with OLA VP Field and OLA VP Officiating.



WOMEN'S FIELD PLAYING RULES

2/2

11m Setup

- The ball carrier is positioned on the 11m hash closest to the position of the major foul
- The defensive player who fouled is positioned 4m behind the ball carrier
- One defensive player is allowed to be positioned on each of the adjacent hashes
- The 11m area is cleared
- Contact is not allowed between teammates or opponents

Ground-Ball Situations

- No more than two players may contest a ground ball at any time
- The official nearest a contested ground ball will whistle to stop play and call out the jersey colour of the player closest to the ball
- The closest player will pick up the ball and their opponent(s) must fall back at least 2m (6ft), and the official will whistle to restart play
- Players who do not fall back at least 2m on a "ground ball / whistle" are penalized by a minor foul

Contact Foul Administration

- No body-to-body contact or stick-to-body contact at all during play, including setting picks
- On the first violation of the no-contact rule, the officials will assess a major foul for body contact
- On the second violation of the no-contact rule by the same player, the officials will signal a yellow card and remove the player from the balance of the game
- There will be no time-served penalty as a result of the yellow card

A note on rule modifications

In order for scrimmages or games to be played, the Province of Ontario mandates modifications to all sports where "contact is inherent to play." As a result, these rule modifications are mandatory for any sanctioned club playing within their own association or in a cohort league with a neighbouring community. While these modifications will be an adjustment to the way we approach lacrosse, they are rooted in a safety-first approach. In all cases, clubs are advised to ease into activity with a focus on participant safety prior to introducing scrimmages or game play.

women's field lacrosse GAME MODIFICATIONS ^{1/1}

Start of the Game:

At the beginning of the game, the visiting team is awarded possession of the ball at centre. The officials will begin play with a whistle, which will begin the countdown of the game clock.

For the beginning of the second half, the home team is awarded possession of the ball at centre.

To begin either half, players must be positioned on-side.

Goals Scored:

When a goal is scored, the officials will not conduct a post-goal stick check of the scoring player, or any player at any other point during the game. The goalkeeper will be awarded the ball in the goal circle to restart play.

Play restarts with a whistle, which initiates a 5-second count for the goalkeeper to clear the ball from the goal circle.

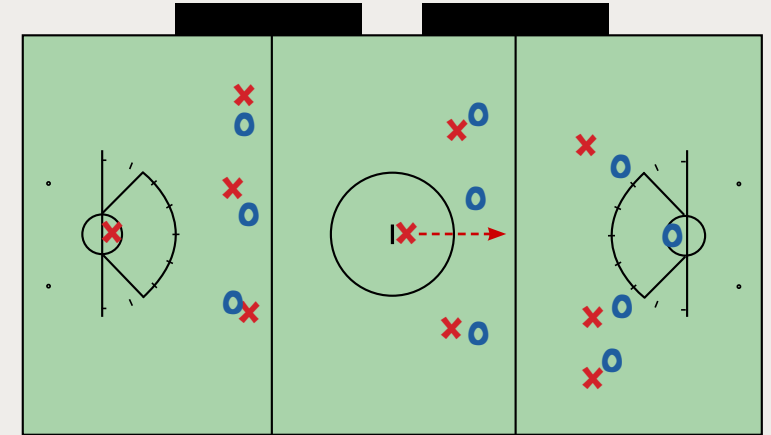
Players from the scoring team must clear to their defensive half of the field before they can re-engage in play.

Ground Balls:

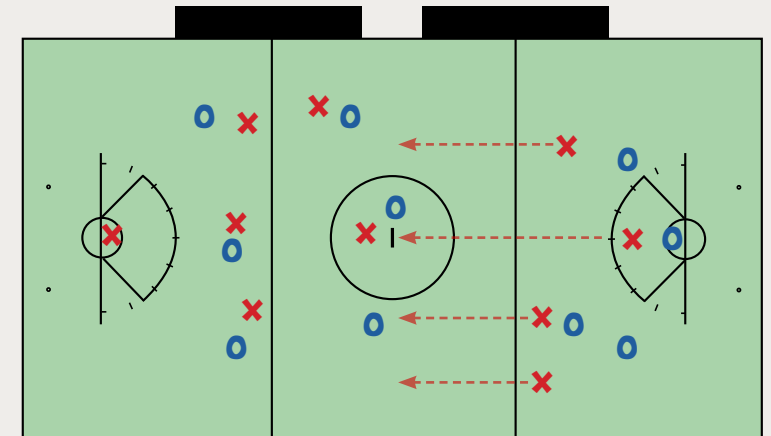
No more than two players may contest a ground ball at any time.

When two players are contesting a ground ball, the officials will stop play quickly before contact is made between the players and award the ball to player whose stick is closest to the ball.

To restart play, the opposing play must be positioned a minimum of 2m away.

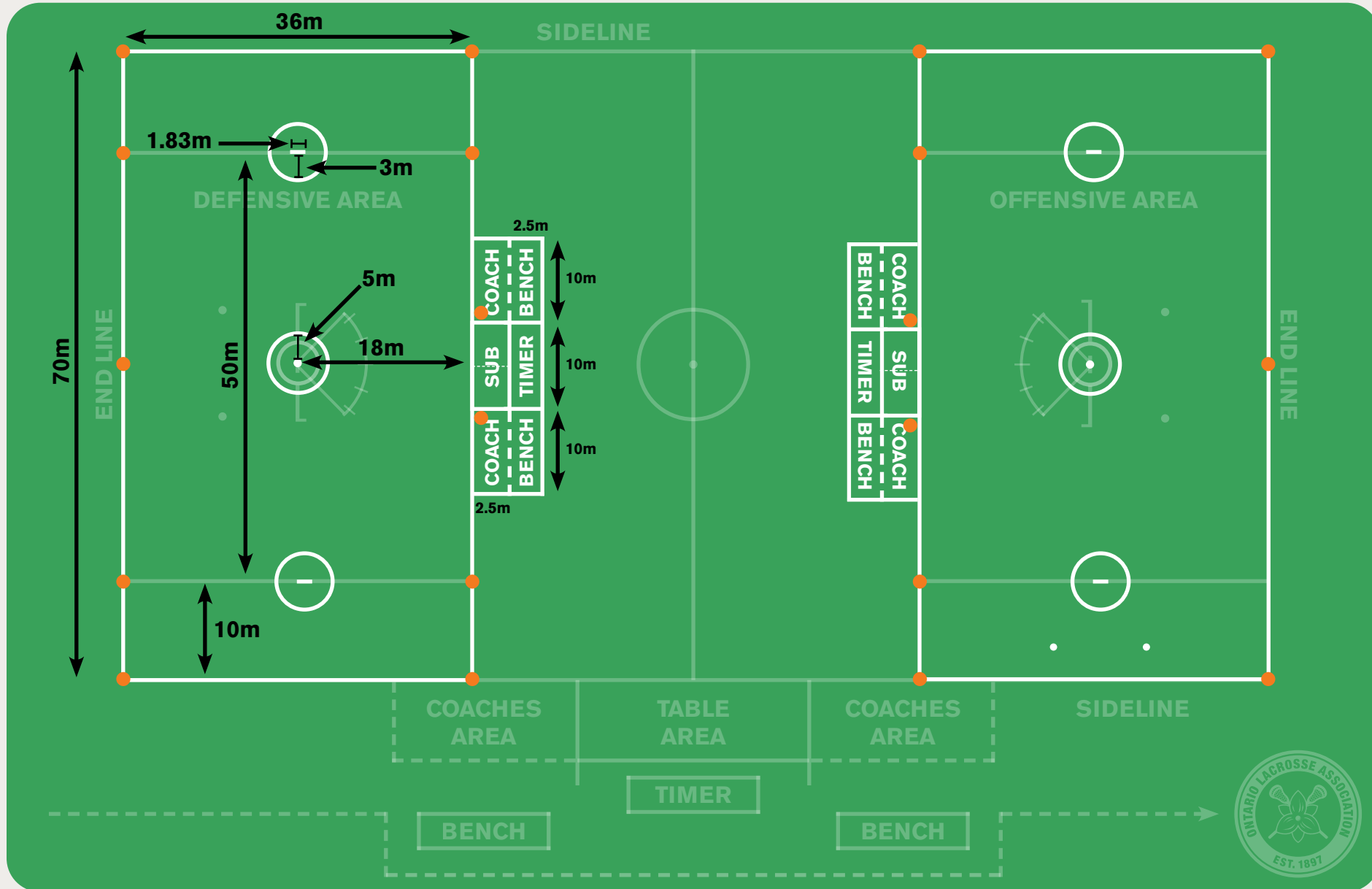


Visiting Team (red) starts with possession at the beginning of the game. Home Team (blue) starts with position for the second half. Players must be positioned on-side to begin.



Following a goal, the attacking players must clear to centre. The goalkeeper has 5 seconds to clear the ball from the goal circle. Officials will not touch the ball with their hands.

optional small-sided WOMEN'S FIELD LACROSSE



Small Games

For league play, fields must be professionally lined according to these playing diagrams. For scrimmages, fields do not necessarily need to be professionally lined by the municipality; pylons or other markers can be used as a cost-effective and simple solution for clubs to organize small-sided games on a field.

This diagram demonstrates how regulation fields are large enough to accommodate two separate small-sided women's field lacrosse games played simultaneously.

These games are played using the modified playing rules for women's field lacrosse outlined by World Lacrosse, and appropriate for leagues playing between 3v3 and 7v7 in cohorts which do not exceed 50-players.

Municipal facilities have various field configurations which may determine whether this layout will be safe for participants and spectators. Clubs must consider their own field layouts to determine if it is safe to use these formats.



Ontario Public Health Resources

Section Overview:

Ontario Public Health Units by Association

Ontario Public Health Unit Links

Additional Public Health Resources

COVID-19 Participant Screening Template



OLA Club	League	Ontario Public Health Unit	Minor Team	MSL	OSL	SSL	OWBLL	Junior “A”	Junior “B”	Junior “C”
Akwesasne	5	Akwesasne Public Health	•				•		•	
Brantford	8	Brant County	•							•
Wallaceburg	7	Chatham Kent	•						•	
Hamilton	9	City of Hamilton	•				•		•	
Mimico	10	City of Toronto	•					•		
Toronto Beaches	6	City of Toronto	•					•		
Toronto Stars	6	City of Toronto	•							
Toronto Tigers	SSL	City of Toronto				•				
Sault Ste. Marie	1	District of Algoma	•							
Brooklin	MSL/OSL	Durham Region		•	•					
Clarington	6	Durham Region	•				•			•
Green Gaels	Junior	Durham Region							•	
Oshawa	6	Durham Region	•							
Uxbridge	6	Durham Region	•							
West Durham	6	Durham Region	•						•	
Whitby	6	Durham Region	•					•		•
Cornwall	5	Eastern Ontario	•						•	•
Owen Sound	8	Grey Bruce	•		•		•		•	
West Grey	8	Grey Bruce	•							
Grand River	OWBLL	Haldimand-Norfolk					•			
Simcoe	9	Haldimand-Norfolk	•							
Cobourg	MSL	Haliburton Kawartha Pine Ridge		•						
Kawartha Lakes	6	Haliburton Kawartha Pine Ridge	•							
Northumberland	6	Haliburton Kawartha Pine Ridge	•							
Burlington	9	Halton Region	•					•		
Halton Hills	10	Halton Region	•						•	•
Milton	8	Halton Region	•							

OLA Association	League	Ontario Public Health Unit	Minor Team	MSL	OSL	SSL	OWBLL	Junior “A”	Junior “B”	Junior “C”
Oakville	10	Halton Region	•	•	•			•		•
Quinte	5	Hastings & Prince Counties	•							
Tyendinaga	5	Hastings & Prince Counties	•							
North Perth	8	Huron Perth	•							
Kahnawake	5	Kahnawake Health Unit	•						•	
Kingston	5	KFL&A Public Health	•							
Sarnia	7	Lambton	•						•	
London	7	Middlesex London	•			•	•		•	
Strathroy	7	Middlesex London	•							
Fort Erie	9	Niagara Region	•			•				
Lincoln	9	Niagara Region	•							
Niagara	9	Niagara Region	•						•	
Niagara Turtle	OWBLL	Niagara Region					•			
Pelham	9	Niagara Region	•							
Welland	Junior	Niagara Region							•	
St. Catharines	9	Niagara Region	•					•	•	
North Bay	SSL	North Bay Parry Sound District				•				
Gloucester	5	Ottawa	•						•	
Nepean	5	Ottawa	•						•	•
Brampton	10	Peel Public Health	•	•				•	•	
Caledon	10	Peel Public Health	•							•
Mississauga	10	Peel Public Health	•						•	
Ennismore	OSL	Peterborough County-City			•					
Lakefield	SSL	Peterborough County-City				•				
Peterborough	6	Peterborough County-City	•	•				•		•
North Shore	5	Province of Quebec	•							•
South Shore	5	Province of Quebec	•							•

OLA Association	League	Ontario Public Health Unit	Minor Team	MSL	OSL	SSL	OWBLL	Junior “A”	Junior “B”	Junior “C”
South Shore	5	Province of Quebec	•							•
Cambridge	8	Region of Waterloo	•							
Kitchener	8	Region of Waterloo	•					•		
Wilmot	8	Region of Waterloo	•							•
Barrie	4	Simcoe Muskoka District	•							•
Clearview	OSL	Simcoe Muskoka District			•					
Huntsville	4	Simcoe Muskoka District	•			•			•	•
Innisfil	4	Simcoe Muskoka District	•							
Midland	4	Simcoe Muskoka District	•							
New Tecumseth	4	Simcoe Muskoka District	•							
Orillia	4	Simcoe Muskoka District	•						•	
Stayner	4	Simcoe Muskoka District	•							
Six Nations	9	Six Nations Health Services	•	•	•	•		•	•	•
Sudbury	4	Sudbury & District	•			•				
Thunder Bay	1	Thunder Bay District	•							
Tri-Town	4	Timiskaming Health Unit	•							
Arthur	8	Wellington Dufferin-Guelph	•				•			
Centre Wellington	8	Wellington Dufferin-Guelph	•							
Elora	Junior	Wellington Dufferin-Guelph							•	
Fergus	Junior	Wellington Dufferin-Guelph								•
Guelph	8	Wellington Dufferin-Guelph	•						•	
Orangeville	10	Wellington Dufferin-Guelph	•					•	•	•
Shelburne	4	Wellington Dufferin-Guelph	•							
Windsor	7	Windsor Essex County	•						•	
Newmarket	10	York Region	•						•	
Stouffville	6	York Region	•							

OLA Association	Ontario Public Health Unit	OMFLL	OWFL	OJMFL	OSMFL
Akwesasne	Akwesasne Public Health		•		
Wallaceburg	Chatham Kent		•		
Hamilton	City of Hamilton	•	•	•	•
Mimico	City of Toronto	•	•		
Toronto Beaches	City of Toronto	•	•		
Toronto Stars	City of Toronto	•		•	
Clarington	Durham Region	•			
Oshawa	Durham Region	•	•	•	
Uxbridge	Durham Region	•			
West Durham	Durham Region	•			
Whitby	Durham Region	•	•		
Owen Sound	Grey Bruce	•	•		
Kawartha Lakes	Haliburton Kawartha Pine Ridge	•	•		
Northumberland	Haliburton Kawartha Pine Ridge	•			
Burlington	Halton Region	•			•
Halton Hills	Halton Region	•	•		
Milton	Halton Region	•		•	
Oakville	Halton Region	•	•		
Kingston	KFL&A Public Health	•			
London	Middlesex London		•		•
Fort Erie	Niagara Region	•			•
St. Catharines	Niagara Region	•	•		
Ottawa	Ottawa		•		
Brampton	Peel Public Health	•	•	•	•
Mississauga	Peel Public Health	•			
Peterborough	Peterborough County-City	•			
Kitchener	Region of Waterloo	•	•	•	•



OLA Association	Ontario Public Health Unit	OMFLL	OWFL	OJMFL	OSMFL
Barrie	Simcoe Muskoka District	•			
Huntsville	Simcoe Muskoka District	•	•		
Innisfil	Simcoe Muskoka District	•			
Orillia	Simcoe Muskoka District	•	•		
Six Nations	Six Nations Health Services	•	•		•
Centre Wellington	Wellington Dufferin-Guelph	•			
Guelph	Wellington Dufferin-Guelph	•	•		
Orangeville	Wellington Dufferin-Guelph	•	•	•	•
Newmarket	York Region	•	•		
Stouffville	York Region	•			



public health unit LINKS



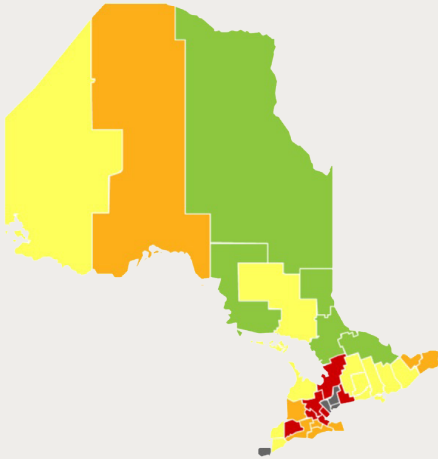
Ontario Ministry of
Health & Long Term Care



Local Health Integration Network



Ontario Public Health
Region / Unit Locator Service



Ontario COVID-19 Map:
Colour-Coded Tiers by Region

The list of 2021 Ontario Lacrosse Association sanctioned clubs and presidents is included here for reference by municipal representatives when issuing permits and accepting OLA insurance. This list is definitive; municipal facility permits should not be issued to minor (youth) lacrosse organizations claiming PSO-status who do not appear on this list. Additional contacts for leagues above minor lacrosse can be found at [this link](#).

Akwesasne Storm - Arlene Thomas

Arthur Aces - Brent McDougall

Barrie Bombers - Melanie Henderson

Brampton Excelsiors - Chris Lowe

Brantford Warriors - Christa Martin

Burlington Chiefs - David Hunter

Caledon Bandits - Guy Dorval

Cambridge Chiefs - Jason Whissell

Centre-Wellington Lacrosse - Nathan Joyes

Clarington Gaels - Melanie Piette

Cornwall Celtics - Beth Pollock

Fort Erie Hawks - Patrick Sweeney

Gloucester Griffins - Ian Woolridge

Guelph Regals - Tricia Chilton

Halton Hills Bulldogs/Lady Bulldogs - Blaine McCauley

Hamilton Bengals/Lady Bengals - Greg Gillis

Huntsville Hawks - Keri Black

Innisfil Wolfpack - Helen Viera

Kahnawake Mohawks - Garrett Cree

Kawartha Lakes Fury - Andrea Ball

Kawartha Women's Lacrosse - Fred Blowes

Kingston Krossfire - JD Cannon

Kitchener Braves - Kevin Schmitt

Lincoln Redcoats - Ryan Flippance

London Blue Devils - Justin Phelps

Melancthon Vets - Barry Trood

Midland Braves - Greg Craftchick

Milton Mavericks - Josh Murray

Mimico Mountaineers - Chris Cormier

Mississauga Badgers - Toby Warnell

Nepean Knights - Alan Brown

New Tecumseth Renegades - Becky Morrissey

Newmarket Redbirds/Lady Redbirds - Kristin Ballentine

Niagara Thunderhawks - Chris Williams

North Perth Outlaws - Amy Burkholder

Northumberland Nemesis - Cathy Williams

Oakville Hawks/Lady Hawks - Simon Hames

Orangeville Northmen - Kent Davis

Orillia Kings/Lady Kings - Nicole Gardy

Oshawa Blue Knights - Kevin Jenkins

Oshawa Lady Blue Knights - Barb Boyes

Owen Sound North Stars - Sharon McKeachnie

Pelham Raiders - Spencer Tanguay

Peterborough Lakers - John Pacey

Quinte Bayhawks - Joe Fee

Sarnia Pacers - Tricia Ross

Sault Ste. Marie Spartans - Tyler Stewart

Simcoe Timberwolves - Ron Schweitzer

Six Nations Lacrosse - Kevin McNaughton

St. Catharines Athletics - Sallah Hamdami

Stayner Hitmen - Michele Boileau

Stouffville Thunder - Tonia Cammisa

Strathroy Screaming Eagles - Jon Balzer

Sudbury Rockhounds - Brendan Adair

Thunder Bay Ice - T-Jay Hook

Toronto Beaches - Jennifer Price

Toronto Stars - Shannon Bond

Tri-Town Rock Devils - Rory Moore

Tyendinaga Thunderbirds - Kevin Smart

Uxbridge Enforcers - Dalton O'Neill

Wallaceburg Griffins - John Leitch

West Durham Rockmen - Ben McAllister

West Grey Rampage - Adam Croll

Whitby Warriors - Vic Utrosa

Wilmot Wild - Steve Dramnitzke

Windsor Warlocks - Jerry Kavanaugh

additional RESOURCES

Provincial, National Government and World Agency Coronavirus Information:

[World Health Organization \(WHO\)](#)

[Government of Canada](#)

[Government of Ontario Coronavirus Information](#)

[Government of Ontario Emergency Order](#)

[Canadian Public Health Services](#)

[Ontario COVID-19 Self Assessment Tool](#)

Municipal Recreation Facilities:

[Ontario Recreation Facilities Association \(ORFA\)](#)

Ontario Lacrosse Association Policies:

[OLA Privacy Policy](#)

[OLA Confidentiality Policy](#)

Hygiene Best Practices Links:

[Public Health Agency of Canada: Hard Surface Disinfectants and Hand Sanitizers](#)

[Public Health Agency of Canada: Handwashing Guide](#)

[Ontario Public Health: Cleaning and Disinfection for Public Settings](#)

[Pan-Canadian Public Health Network Recommendations for Face Masks in Community Settings](#)

OLA Return to Activity Club Acknowledge Form

[Club RTA Acknowledgment](#)



Click above to watch physically distanced drill examples for coaches

Screening must be completed by all participants prior to each new event date

If any player, coach or official experiences symptoms during a session or game, they will be sent home and will require a physician’s note to return to future play in accordance with the Symptoms and Diagnosis process on Page 7.

Participant’s Name: _____

Date of Activity: _____

Do you have a fever? Yes ☐ No ☐

Have you had any of these symptoms in the last 14 days?

Cough	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Shortness of breath	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Difficulty breathing	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Runny nose	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Sore throat	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Difficulty swallowing	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Lost sense of smell or taste	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Unusual fatigue	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Nausea or vomiting	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Unusual headache	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Loss of appetite	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Muscle or joint pain	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Feeling unwell	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Have you, or anyone in your household, been outside of Canada in the last 14 days?

Yes ☐ No ☐

Have you, or anyone in your household, been in close contact with someone who is ill with a cough and/or fever in the last 14 days?

Yes ☐ No ☐

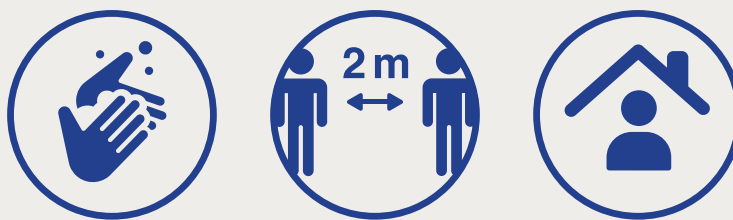
Have you, or anyone in your household, been in close contact with someone who is potentially exposed to COVID-19, or has a confirmed case of COVID-19?

Yes ☐ No ☐

IF AN INDIVIDUAL ANSWERS “YES” TO ANY OF THESE QUESTIONS,
THEY ARE NOT CLEARED TO PARTICIPATE IN ANY CLUB SPORT ACTIVITY

alpha topic INDEX

To assist with easy navigation of this document as a whole, this index has been made to be fully interactive. Clicking on any of the alphabetized topics below will bring you directly to the section of the document that contains that information.



www.ontariolacrosse.com

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