

WELCOME BACK TO

RETURN TO PLAY!



STEP 2 RULE MODIFICATIONS

**Vaccination rate
plus key health indicators**

Step 2

70%

Adults with one dose
20% Fully vaccinated

Permitted with restrictions

Open indoors with small numbers and face-coverings, and expand outdoors

Outdoor sports leagues allowed with some restrictions

Waterloo Region will not be part of the movement to Step 2 until approved by [the Region's CMO](#).

Scheduled Start:
June 30, 2021

+21 days before the next stage →

PLAYING: STEP 2

Ontario will remain in Step 1 for approximately 21 days, and will move to Step 2 when the province has vaccinated 70% of adults with one dose and 20% of adults with two doses, as well as if there are positive trends in public health system indicators.

League Size

No Limits On League Size
Or Participant Groupings

Practice / Game Play

Rules Must Be Modified To
Avoid Physical Contact*

Spectators

Open To 25% Of The
Usual Seating Capacity

League Structure

Leagues And Zones Can
Schedule Outdoor Games

Hygiene

Shared Equipment Is
Sanitized After Use

Registration

Completed Online
Must Include Pre-Screening

Record Keeping

Maintain Attendance
Records For 1 Month

Risk Management

Club Safety Plan Is Required
For Presentation On Request

Face Masks

Masks Are Worn When
Players Are Not Participating



guidelines for NON-CONTACT PLAY in STEP 2

In accordance with Step 2, Section 20, Subsection 5 (Sports and Fitness) of [Ontario Regulation 263/20](#), “Team sports or games that may result in personal contact must not be practised or played at the facility unless the sport or game has been modified to avoid personal contact.”

The purpose of temporarily adjusting to “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 during the three week period of Step 2; and second, it helps to keep participants safe by minimizing potential exposure to COVID-19 until the province is prepared to enter Step 3 and relax restrictions. The Ontario Government has permitted competition in Step 2 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 for this temporary period. 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 during Step 2.

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.

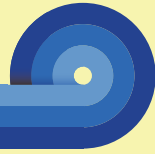
To assist clubs and participants in returning to activity, the following guidelines will apply:

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 Step 2 in response to the pandemic for Ontario Lacrosse to transition back to standard play. The Provincial Government is prepared to examine contact in team sports when the province enters Step 3.**



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.

MINOR BOX PLAYING RULES

1/2

Game Play

- Games are no longer than 45 minutes (three 15-min periods, 3-min intermission, 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 OLA VP Minor Box, OLA VP Junior-Major Box and OLA VP Officiating.

Substitutions

- Occur dynamically during game play, unless a buzzer system is used to regulate line changes
- For 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 games to be played, the Province of Ontario mandates modifications to all sports where “contact is inherent to play.” As a result, these temporary rule modifications are mandatory for all league play. These modifications are in effect during the three weeks where the province remains in Step 2, and 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 game play.

box lacrosse GAME MODIFICATIONS in STEP 2 ^{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:

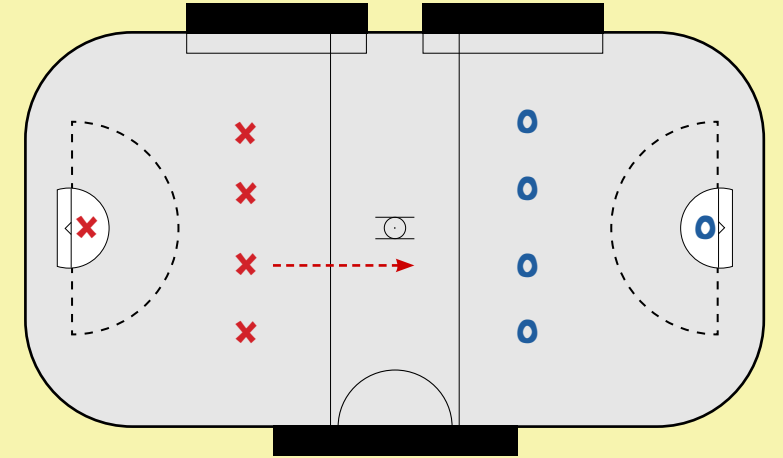
When a player commits a crease violation, or when the ball becomes lodged in the goalie's equipment, the officials will stop play and possession will be awarded to the goaltender within their crease. At no point will the officials touch the ball with their hands.

Loose Balls:

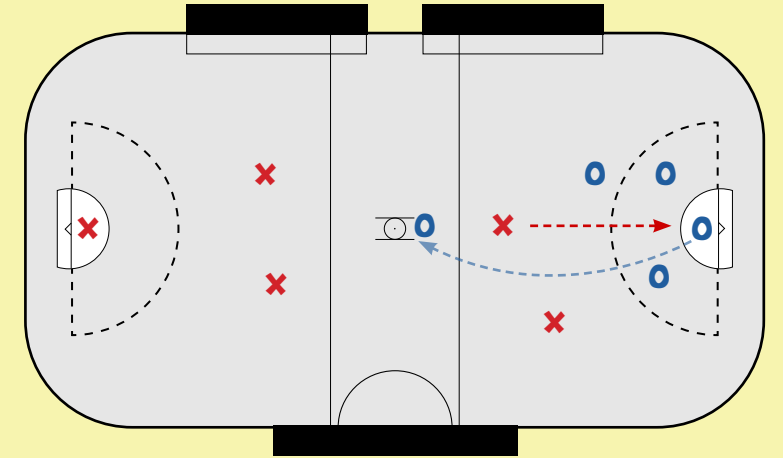
When two players are contesting a loose ball, the officials will apply the "closest player / quick whistle" mechanic to award possession to the team who is closest to the ball. The official will stop play and award possession to the player who is nearest to the ball within a 3m radius. The closest player 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 in STEP 2 ^{2/2}

Penalty Shot Procedure:

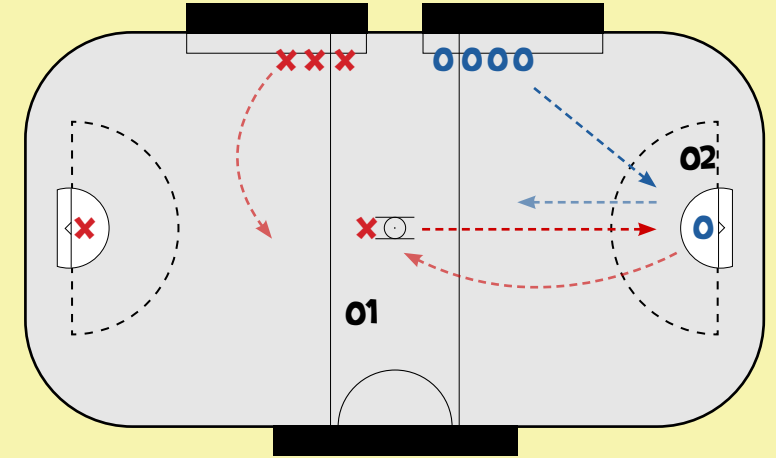
Penalty shots are awarded to the player who was fouled, unless they are unable to take the shot because of injury or expulsion. Penalty shots that are awarded as a result of bench minor penalties can be taken by any player from the opposing team. All penalties are reported by the official, who remains 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 shot Both penalized players are sent to the bench and are substituted by teammates The 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 shot Both penalized players are sent to the bench and are substituted by teammates The 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.



FIELD LACROSSE PLAYING RULES

1/2

Game Play

- Games are no longer than 44 minutes (two 22-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
- 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 games to be played, the Province of Ontario mandates modifications to all sports where “contact is inherent to play.” As a result, these temporary rule modifications are mandatory for all league play. These modifications are in effect during the three weeks where the province remains in Step 2, and 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 game play.

minor & men's field lacrosse GAME MODIFICATIONS in STEP 2 ^{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:

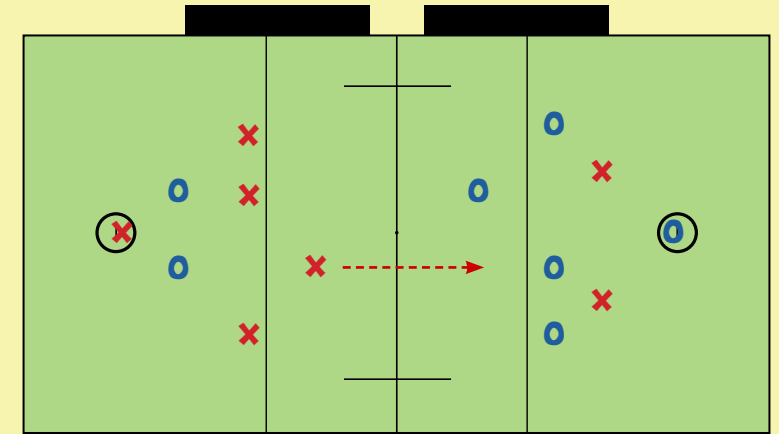
When a goal is scored, the team the goal was scored against is awarded possession at the face-off dot in the centre of the floor. All players (whether teammates or opponents) must be positioned at least 3m (9ft) away from the player who is awarded possession. The officials will begin play with a whistle.

Ball Lodged in Goaltender's Equipment:

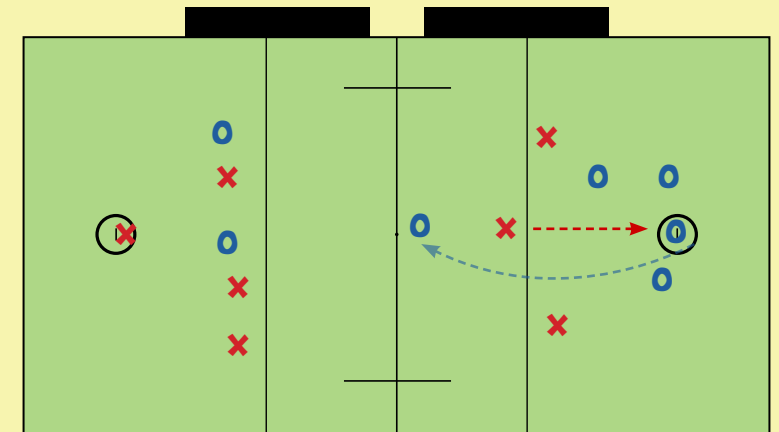
When the ball becomes lodged in the goalie's equipment, the officials will stop play and possession will be awarded to the defending outside their crease. At no point will the officials touch the ball with their hands.

Loose Balls / Ground Balls:

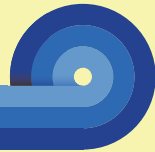
When two players are contesting a loose ball, the officials will apply the "closest player / quick whistle" mechanic to award possession to the team who is closest to the ball. The official will stop play and award possession to the player who is nearest to the ball within a 3m radius. The closest player 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.



WOMEN'S FIELD PLAYING RULES

1/2

Game Play

- Games are no longer than 44 minutes (two 22-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 games to be played, the Province of Ontario mandates modifications to all sports where “contact is inherent to play.” As a result, these temporary rule modifications are mandatory for all league play. These modifications are in effect during the three weeks where the province remains in Step 2, and 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 game play.

women's field lacrosse GAME MODIFICATIONS in STEP 2 ^{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.

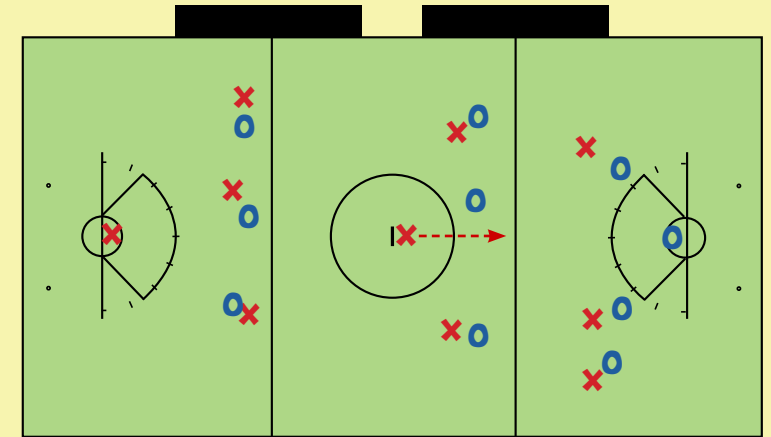
Players from the scoring team must clear to their defensive half of the field before they can re-engage in play.

Ground Balls:

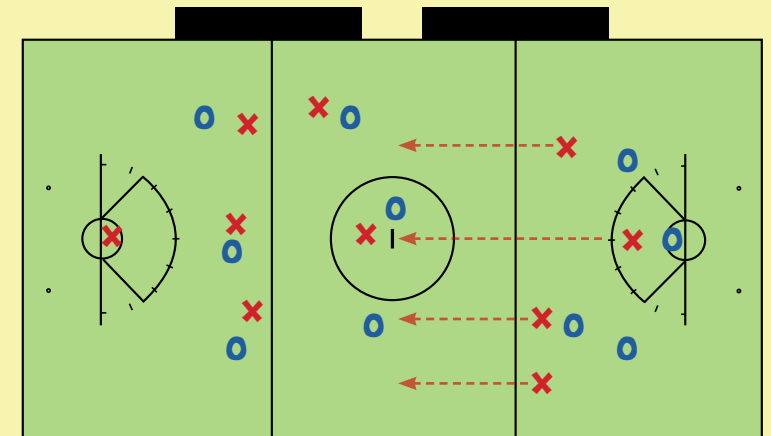
No more than two players may contest a ground ball at any time.

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.

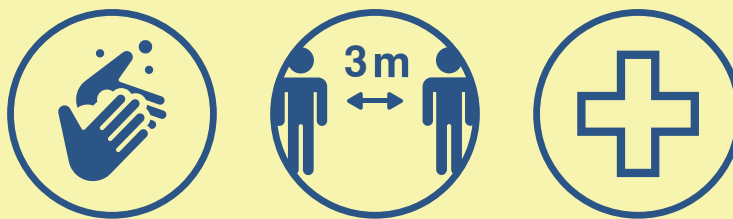
To restart play, the opposing player must be positioned a minimum of 2m away.



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.



This Step 2 guide is prepared for use by clubs and programs sanctioned by the Ontario Lacrosse Association. For more information, contact us at:

www.ontariolacrosse.com

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