



# LOSSA

## Lake Ontario Secondary School Athletics

### LOSSA CROSS COUNTRY PLAYING REGULATIONS 2023 - 2024

(last reviewed by Cross Country Coaches – November 2016)

**Classification:** Midget, Junior and Senior

**Official Rules:** OFSAA Playing Regulations

**Exceptions:**

1. A school may enter as many individuals as they wish in each age category.
2. The OFSAA Practice Eligibility Requirements must be met **before** the LOSSA meet.
3. Although desirable, the start area need not be at least 65 – 75 M in width.
4. All runners must wear a school top or body suit. All members of the same team must wear identical school tops or body suits. A school top or body suit is defined as one which has crested on it one of the following: school name, team name or team crest. Any team or individual not complying with this rule will not be allowed to compete.
5. To be eligible for the LOSSA Championship, a student athlete must have competed in at least two invitational high school cross-country meets during the current season unless an exceptional circumstance appeal is filed and accepted by the eligibility committee. One of these meets can be a relay meet like the Boardwalk Relays.
6. Eligibility requirements for grade 9's (midget division) - **12 practices by the date of the LOSSA meet and attend 1 non-relay meet prior to LOSSA.** (new 2013)
7. Whereas the many teams that are receiving medals at LOSSA cross country have more than 6 athletes and we resolve that we **increase the # of awards for each division to 7 to allow all athletes from a team to receive a medal.** (new 2013)

**Competition Format:**

The LOSSA Cross-Country Championship will be composed of 6 races.

Approximate distances to be covered by each runner in each classification is as follows:

Midget Girls and Boys 4000m

Junior Girls and Boys 5000m

Senior Girls and Boys 6000m

*A 400m tolerance is permitted in each race.*

A school's team score in each age category is determined by adding together the finishing positions of their top four finishers. A tie in the team score is resolved in favour of the team whose 4<sup>th</sup> place runner finished nearest 1<sup>st</sup> place.

An overall Cross-Country Championship will be declared at the LOSSA Cross-Country Meet. This trophy will be given to the school acquiring the greatest number of points on the team standings from the 6 age class races. Points will be awarded on a 10-8-6-4-2-1 basis for the first 6 teams in each age category. A school does not have to compete in all age categories in order to be declared the champion. If a tie occurs in the overall championship, it will not be broken.



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**Entries, Fees:** Those schools who declared their intention to participate must meet the following deadlines:

- **Entries:** due on the date specified by the convenor – usually one week prior to the meet.
- **Eligibility forms:** one week prior to the meet.
- **Entry fees:** the day of the meet.

**Awards:** In each category individual awards are given to the top 10 finishers (medals to the top 3 & ribbons 4<sup>th</sup> to 10<sup>th</sup>).

Medals will also be awarded to the top three teams in each age category. The winning team in each age category receives a plaque to keep for a year and a pennant to keep permanently.

**OFSAA:** The top 2 teams in each age category are eligible to enter the OFSAA Championships. A team will consist of a maximum of 5 members plus an alternate.

In addition, the top 5 individuals in each age category who are not on a representative team will be eligible to enter the OFSAA championships.

A runner may only compete in OFSAA in the same age category as he/she competed in his/her association meet.