



LOSSA

Lake Ontario Secondary School Athletics

LOSSA NORDIC SKIING PLAYING REGULATIONS 2025 - 2026

DATE

To be held in accordance with the OFSAA (Ontario Federation of School Athletic Associations) deadline for entries.

LOCATION

To be determined by the convenor at the LOSSA Nordic Annual Meeting during the school year prior to the championship.

CLASSIFICATION

Junior and Senior divisions for both genders.

ELIGIBILITY

Age divisions

Senior must be under 19 years of age as of Jan 1st prior to the start of the current school year in which the competition is held.

Junior must be under 15 years of age as of Jan 1st prior to the start of the current school year in which the competition is held.

School Registration

Any athlete participating in the LOSSA Nordic Ski Meet must have participated as a member of a bona fide high school program during the school ski season (November 1st until LOSSA championships).

Practice attendance

This athlete must have attended a minimum of **twelve (12)** practices, at a location where the majority of their high school practices are held under the supervision of a teacher-coach as certified by the school principal.

RULES AND OFFICIALS:

The Canadian Ski Association and the OFSAA Cross Country ski guidelines apply (including ski patrol).
LOSSA officials are volunteer teachers and students organized by the convenor.

UNIFORMS AND EQUIPMENT:

- Appropriate Nordic Skiing racing and warm-up apparel is permitted both in warm-up zones and on the race course.
- Bib numbers must be visible at all times during the race.
- OFSAA rules regarding commercial advertising will be in effect.
- FIS (Fédération Internationale de Ski/ International Ski Federation) equipment rules will apply with exceptions: the minimum length of ski is 140 centimetres; there is no maximum width of ski; equipment may be exchanged only if broken during a race; equipment will not be marked (as per OFSAA rules).

COMPETITION STRUCTURE AND PROCEDURE:

Meet Arrangement, Distances and Relay Format

A one-day meet. Start times, the time interval between starts, and the number of skiers starting are to be determined by the meet organizer.

The convenor reserves the right to delay or re-schedule the race due to inclement weather.

Distances will attempt to follow OFSAA distances approximately, with a one (1) kilometre tolerance permitted except where a maximum is indicated. OFSAA distances are as follows.

Individual Events:

Junior Girls – 4 kilometres; Junior Boys – 5 kilometres;

Senior Girls – 5 kilometres; Senior Boys – 8 kilometres.

Sprint Relays – 800 metres (equal in length for all divisions).

Sprint relays will use the same team make-up as OFSAA.

Note: sprint relays will run team numbers and weather permitting.

Scoring: Individual and Team

- The skier with the fastest time over the duration of the race course will be declared the winner.
- Individual scoring for all competitors is based on the fastest time.
- Top four (4) skiers count in scoring. Five (5) skiers may race per team (fifth is spare). If a school has more than seven (7) skiers, they must declare an "A" and "B" team, etc.
- In the event that there is more than one team per school, they must be designated "A," "B," "C," etc. Only skiers on Team "A" may count in Team "A" scores.
- Team scores will not be recognized if there are less than four (4) skiers per category.
If a school has only one team in a division, any three (3) or less skiers who race as individuals may race in the team sprint relay (within the same division).
- For schools with multiple team entries: Team A skiers must race as a Team A sprint relay team (i.e. skiers from Team B may not race under Team A in the sprint relay), etc.
- Racer Moving Up: A Junior racer cannot move up to a Senior sprint relay team in Nordic skiing after competing as an individual Junior Member of their team. However, if this skier is designated and races under the Senior division as an individual, as a member of a Senior team, then he/she may compete in the Senior category sprint relay as a part of that Senior Team. Skiers may race in only one division per meet.
- After the Individual Race has been completed, each skier is given a number that is his/her ranking at the end of the race. The race rankings of the four fastest skiers (timed) on each team are totalled to provide the Individual Race Team Score. The school with the lowest total is victorious.

Sprint Relay Score

Please see the OFSAA 2006-7 regulations.

Final Team Score

Final Team Score (per division) = Individual Race Team Score + Sprint Relay Score (if run).

Final Team Champions occur in each division: Junior Girls, Junior Boys, Senior Girls and Senior Boys.

TEAM SCORE TIE BREAKING PROCEDURE;

In the event of a tie after calculating the Final Team Scores of each event, the team with the better sprint relay team score wins. If the relay is not run (see reasons *Competition Structure and Procedure*, 7.1.b), the team score is resolved in favour of the team whose fourth (4th) place skier finished nearest first (1st) place.

Individual Champions

The fastest individual (timed) in each division is declared the LOSSA Champion of that division.

Combined and Overall Champion

Those schools with more than one team in any one division must designate which teams are to be combined for the calculations prior to the beginning of the race. Generally, a single team of the opposite gender would be designated "A" for calculation purposes.

Combined Champion Score = Girl's Team Final Score + Boy's Team Final Score, declared in a (a) Junior Champions and (b) Senior Champions format. The school with the lowest score is victorious.

Overall Champion Score = Summing the scores of each school's Junior and Senior Combined Scores. The school with the lowest score is victorious.

OVERALL CHAMPION TIE BREAKING PROCEDURE.

If a tie occurs in the Overall Champion Score, it will not be broken.

OFSAA Declaration

- The top two (2) teams in each division are eligible to enter the OFSAA Championships. A team will consist of a maximum of five (5) members (top four (4) count to score) plus a spare (who only races if one of the five (5) team members cannot due to illness, etc.)
- The three fastest individuals (timed), whose results were not used in calculating scores of qualifying teams, will be eligible as individual qualifiers in each of the four (4) divisions for the OFSAA Championships.

Note: a skier may only compete in OFSAA in the same age division as he/she competed in his/her association meet.

LOSSA ENTRIES AND FEES:

Schools may enter as many individual entries as they wish.

Teams must be declared on entry form.

All schools intending to participate in the LOSSA Nordic Skiing Finals must have their entries and entry fees submitted by the entry due date. The entry due date is to be determined by the convenor on a yearly basis (but will be at least one week in advance of the LOSSA Nordic Skiing Meet date).

Entry fees into OFSAA will be paid by the schools of the qualifying skiers.

AWARDS:

In each division, individual awards are provided for the top three (3) individual finishers in the form of medallions.

In each division, medallion team awards are provided for the first (1st) and second (2nd) place team.

See *Article 20, Section 1a* of LOSSA rules regarding medallions.

The overall champion will receive a LOSSA pennant.

PROTESTS:

All protests must be submitted in writing to the Convenor *within one hour after the incident in question*.

A Jury of Appeal would be binding on all parties, unless appealed to the Executive.

The Jury of Appeal would consist of the Convenor and two other persons, *none of whom has any connection to either school in the dispute*.

See *Article 17* of LOSSA rules for further clarification regarding protests.