



LOSSA

Lake Ontario Secondary School Athletics

LOSSA WRESTLING PLAYING REGULATIONS 2025 - 2026

Classification: Boys / Girls / Open

Competition Format: The weight divisions to be listed are:

17 Open Boys Weight Classes (KG): 38, 41, 44, 47.5, 51, 54, 57.5, 61, 64, 67.5, 72, 77, 83, 89, 95, 130, over 130

- In order to compete in the 130 kg class, a competitor must weigh in over 95 kg and in order to compete in the highest weight class, a competitor must weigh in over 130 kg.

17 Open Girls Weight Classes (KG): 38, 41, 44, 47.5, 51, 54, 57.5, 61, 64, 67.5, 72, 77, 83, 89, 95, 115, over 115

- In order to compete in the 115 kg class, a competitor must weigh in over 95 kg and in order to compete in the highest weight class, a competitor must weigh in over 115 kg.

PRACTICE REQUIREMENTS

Any wrestler participating in an OFSAA Championship or OFSAA qualifying event, must have participated as a member of a bona fide high school program during the current school wrestling season in a minimum of twenty (20) practices at a location where the majority of his/her high school practices are held under the supervision of a teacher-coach as certified by the school principal.

OTHER WRESTLING INFORMATION

1. Wrestlers in all weight classes must be seeded by the convenor using the criteria listed below. After seeded wrestlers, random numbers will be assigned at weigh-in by the official for the purpose of completing the rest of the draw.
2. All entrants to LOSSA must be submitted on the form provided by the convenor no later than 1 week prior to the official weigh in.
3. Failure to submit a wrestler's name, incomplete or inaccurate information will result in the immediate disqualification of the wrestler.
4. Competition in weight classes that require round robin format must be structured so that the number 1 and number 2 seeds are in the last round of the round robin competition.
5. Team points will be awarded as follows:

Boys – Count best 12 point recording wrestlers

Girls – Count best 10 point recording wrestlers

Weight Classes (8+ wrestlers) 1st – 13 pts, 2nd – 10 pts, 3rd – 8 pts, 4th – 6 pts, 5th – 4pts, 6th – 2pts

Weight Classes (5-8 wrestlers) 1st – 10 pts, 2nd – 8 pts, 3rd – 6 pts, 4th – 4 pts, 5th – 2pts, 6th – 1pt

Weight Classes (4 wrestlers) 1st – 8 pts, 2nd – 6 pts, 3rd – 4 pts, 4th – 2pts

Weight Classes (3 wrestlers) 1st – 8 pts, 2nd – 6 pts, 3rd – 4 pts

Weight Classes (≤ 2 wrestlers) 1st – 6 pts, 2nd – 4 pts

6. Protests must be written and handed to the convenor within fifteen minutes of the conclusion of the match in question.

7. LOSSA Champion and the winner of the silver medal or if eligible the winner of the bronze/silver challenge match will advance to OFSAA.

8. LOSSA wrestling will have the official weigh-in in the day(s) before the LOSSA tournament. The weigh-ins will be held at sites designated by the convenor. These sites will take into consideration schools in the north/south and east/west.

9. In conjunction with the regular LOSSA tournament schedule a LOSSA WRESTLING LEAGUE schedule will be implemented. The LOSSA convenor will make arrangements with the Durham Region Officials Association to schedule referees for the League Schedule. The LOSSA League competition / match pairing assignments will be organized by the convenor & coaches involved with hosting the league event.

10. Fees for the season will be determined prior to the LOSSA Championships based on the number of wrestlers and expenses throughout the season

11. LOSSA Championships - you must "participate either by competing or by winning by default/forfeit" in at least 2 LOSSA officiated events to be eligible for the LOSSA Championships. (This would include any 2 LOSSA meets or tournaments hosted by a school in LOSSA)

SEEDING CRITERIA:

It is the responsibility of coaches to share accurate seeding information with the LOSSA convenor. At weigh-ins, ALL wrestlers will be assigned a random number by the weigh-in official.

1. Returning LOSSA Champion in that weight class. If there is not a returning champion, but there are champions from other weight classes, the champion from the heavier weight class takes precedence.

2. OFSAA placing from the previous year in the weight class, counting 1 through 6 only. If there are no top 6 finishers from that weight class, the wrestler from the heavier weight class will be seeded higher.

3. Returning LOSSA medallist in that weight class. If there is not a returning medallist, but there are medallists from other weight classes, the medallist from the heavier weight class takes precedence.

4. Nationals placing from the previous year.

5. Provincials placing from the previous year.

6. All remaining wrestlers will be seeded based on the random number assigned at weigh-in by the official as outlined above.