



LOSSA

Lake Ontario Secondary School Athletics

LOSSA ALPINE SKI RACING PLAYING REGULATIONS 2023-2024

Season of play: Combined Winter Sport

Divisions:

HIGH SCHOOL Team Racers: Participants are school-trained athletes. They have NO ski league affiliation race training, beyond the U-12 category.

OPEN Team Racers: Participants are those skiers who have ski league affiliation and race training, beyond the U-12 category.

Eligibility:

- a) See LOSSA Eligibility/Transfer form. Complete eligibility forms are due to the convener by December 15th.
- b) All skiers must compete in at least 1 ski meet prior to the L.O.S.S.A. championship race. (weather permitting).
- c) Athletes must attend at least 8 practices prior to the LOSSA championship race. (Full-day, on-hill races or training camps may count as 2 practices.)
- d) Teams are required to make a commitment to participation in O.F.S.A.A. no later than 48 hours prior to the O.F.S.A.A. entry deadline.

Governing Rules:

- a) F.I.S. Rules with O.F.S.A.A. modifications will be used.
- b) All skiers must have ski brakes. In both the OFSAA Giant Slalom and Slalom competition, hard shell crash helmets (designed for Giant Slalom alpine ski racing) which provide complete head protection (front & back) and full ear protection are mandatory for all **high school and open** competitors. FIS approved slalom helmets which must have a chin guard attached to the helmet and which bear the following certification codes (CEE 1077, US 2040, or Snell S98 or R98) are permitted for OFSAA slalom specific events only.

Helmet mounted cameras are not allowed on the course at any time.
Snow sport helmets must be worn by all coaches, officials and volunteers, while on the hill.
- c) **EVENTS:** The L.O.S.S.A. Championship race will consist of at least one run of slalom (SL) and at least one run of giant slalom (GS).
- d) Results from the L.O.S.S.A. Championship meet will determine O.F.S.A.A. representation. One girls' team and one boys' team in each division shall represent L.O.S.S.A. at O.F.S.A.A. One female and one male racer may be selected to represent L.O.S.S.A. as individuals in **high school and open divisions**. (The individual must attend a different school than the team entry in that division.)
- e) Teams must be accompanied by a school-approved coach. All coaches will assist with the running of the meet. (See 'Supervision of Teams' section.)

- f) Course Inspection:
- Racers shall not pre-inspect or shadow the course(s) before race marshals complete the course inspection. Any racers passing through the gates during pre-race inspection can be disqualified.
 - At no time during course inspection shall racers pass through the gates or shadow the course(s).
 - Side slipping of the course shall not be permitted unless requested by the chief of the race.
 - All racers must wear their race numbers (bibs) outside of their clothing at all times. Failure to have numbers clearly visible will result in disqualification.
- g) DISQUALIFICATION may occur if the racer:
- is not in the gate on time (If the racer has not reported to the start hut by race completion the racer is automatically disqualified.)
 - is not wearing a helmet during any part of the race
 - is unsportsmanlike
 - uses profanity
 - uses or possesses drugs or alcohol
 - is insubordinate to any official
 - fails to comply with reasonable requests by race officials, ski patrollers, or area employees
 - fails to complete the course as set out by L.O.S.S.A. guidelines (eg: missed gate, straddled gate, etc)
 - if skiing in any out-of-bounds area or closed trail (including terrain park)
 - displays inappropriate behaviour on hills or when using lifts
 - fails to wear bib visibly outside of clothing
- h) PROTESTS:
- Protests must be delivered to the convenor no later than ½ hour after the DQ list has been posted for the event that the protest relates to, either GS or Slalom.
 - It is the coaches' responsibility to register all protests with the convenor, in writing, **within the stated time limits.**
 - The convenor will inform the coach of the Jury's (all coaches) decision.
- i) SCORING:
- Scoring will be the same for all boys' and girls' races.
 - The same skiers must race the GS and the Slalom races. The top 3 skiers will count.
 - Scoring shall be by place according to OFSAA guidelines. (The competitor with the fastest combined time from GS best run and SL best run shall receive 1 point; the 2nd fastest time, 2 points; 3rd, 3 points; etc. In the case of ties, the competitors will be scored the same and appropriate places left out. The team with the lowest score is declared the winner.)
 - The top 3 school placings from the GS and Slalom races will determine the overall school placings. In the event of a tie the total team times (GS and SL) will be added. The team with the lowest total time will be the winner. If a tie remains the tie will be broken at the discretion of the convenor and the Jury.

Supervision of Teams/Individuals:

- a) All teams or individuals must have on-site supervision by a member of the teaching staff from the school that they represent.
- b) This teacher shall be responsible to L.O.S.S.A. for the conduct of his/her team and shall be the only person involved in all exchanges with officials, opposing teacher/coaches and members of school staff.
- c) A non-teacher (community volunteer, parent, etc) is permitted to assist in the coaching of an individual or team provided that a teacher is present and responsible, and has completed the required LOSSA "Outside Coach" form.

Costs:

The entry fee per team will be determined by the convener and will cover the costs of facilities and miscellaneous costs incurred in running the league. It will be based upon a per racer ratio.

Awards;

- a) Individual Awards: The 1st, 2nd, and 3rd place finishers in boys' and girls' level 1 and 2 races will receive medals. The 4th, 5th and 6th place finishers will receive ribbons.
- b) Team Awards: The 1st and 2nd place teams for each of the girls' and boys' level 1 and level 2 races will receive medals (5 per team).
- c) Overall Team Trophy – to be awarded to the top scoring overall school team. (Teams that finish first shall receive 10 points, 8 points for 2nd, 7 points for 3rd, 6 points for 4th, etc, to the lowest score of 1 for a team.) The championship team will be responsible for the trophy until the subsequent L.O.S.S.A. championship meet.