

SUPERIOR SECONDARY SCHOOLS ATHLETIC ASSOCIATION
NORDIC SKIING
PLAYING REGULATIONS
(Updated January 2016)

1. Season of Play

The SSSAA nordic ski season of play will begin November 1st and will end after the OFSAA Championship or the final SSSAA event which ever is later.

2. Competitive Dates

The SSSAA nordic ski season will begin approximately the middle of January and will conclude by late February.

3. Season Format

The schedule will consist of trial meets followed by the SSSAA Championship. The normal starting time for all SSSAA meets is 3:00pm.

4. Meet Structure

The approximate distance to be covered by each skier in each classification as follows:

Senior Boys- 6km + 1km

*Midget Girls- 3km + 1km

Junior Boys- 6km + 1km

*Midget Boys- 6km + 1km

Senior Girls- 6km + 1km

Junior Girls- 3km + 1km

*These age categories are not offered at the OFSAA competition.

The races will begin with the MG/JG category, with each of the subsequent races (MB/JB, SG, SB) starting every 10 minutes.

Relays at the SSSAA Championship will involve 4 people per category.

The temperature cut-off point will be -25 degrees Celsius (including wind chill).

5. Roster & Eligibility

Each school is permitted to enter an unlimited number of skiers in each age group.

Eligibility must be completed on line using the AELS system and emailed to David Pineau at dpineau@lakeheadschoools.ca by the Monday prior to the SSSAA meet.

Entry lists must be completed in full with the proper signatures and should also indicate the age division of the student-athlete and whether they have a ski membership or not.

Student-athletes must compete in one trial meet in order to qualify for the SSSAA Championship.

Additional student-athletes may be added to a team by completing a new eligibility form and faxing in prior to the student-athlete being able to compete.

6. Uniforms & Numbers

In the SSSAA/NWOSSAA Championship each participant will wear a bib with a number on it, which they will return immediately following their race.

9. Scoring

Overall team scoring will be calculated using the top 15 finishers in each of the six divisions and will be awarded team points using the following system:

1 st = 20 points	9 th = 7 points
2 nd = 18 points	10 th = 6 points
3 rd = 16 points	11 th = 5 points
4 th = 14 points	12 th = 4 points
5 th = 12 points	13 th = 3 points
6 th = 10 points	14 th = 2 points
7 th = 9 points	15 th = 1 point
8 th = 8 points	

10. Awards

The SSSAA Championship trophy will be awarded to the winning overall team. Medals will be awarded for the top 3 finishers for the SSSAA Championship.

11. Volunteers

In order to facilitate the administration of the Nordic ski meets each school will be given officials duties to be carried out by the school or a volunteer designate found by the coach. The following duties will be assigned at the coaches meeting to be carried out throughout the cross country season: starter, safety officer, finish line officials, race scorer, course marshals.

12. Supervision

A coach designated by the school must be present and responsible for the behaviour of his/her competitors for the duration of the event.