



2024-25

Competitor Guide

**For All NS Curling
Provincial Championships**

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AUTHORITY

The Nova Scotia Curling Association (hereafter referred to as NS Curling) is the policy decision forum for curling in Nova Scotia, and shall govern all sanctioned Championships, including provincial qualifiers.

NS Curling has the power to make decisions it considers necessary to handle any situation not covered by the rules including the authority to amend the rules where emergency situations so warrant. All decisions shall be final and binding. All matters of concern should initially be directed to NS Curling's Competitions Director.

The Competitions Director is delegated the authority to make pre-event policy interpretations. If the Competitions Director is in a position of conflict, that individual shall be recused, and the Executive Director shall act as their replacement.

Once a competition starts, NS Curling policy and procedure interpretations and interpretation of the Rules of Curling are the responsibility of the event's Chief Umpire, in consultation with the NS Curling Competitions Director and/or the NS Curling Coordinator of Officials.

ACCOUNTABILITY

It remains the responsibility of the competitors and coaches to read and adhere to all policies contained in the most recent publication of this document on the NS Curling website [Competition Rules | Nova Scotia Curling Association \(nscurl.com\)](https://www.nscurl.com/competition-rules-nova-scotia). Any questions should be directed to the Competitions Director.

APPLICATION

This Competitor Guide will apply to any competition to which these rules are made applicable by NS Curling, and forms an integral part of the rules for the event and shall be enforceable as part of the rules. This Competitor Guide shall take precedent over the rules for Officiated Play. NS Curling reserves the right to amend or repeal any of the foregoing rules.

COMPETITION ADVISORY PANEL

The Competition Advisory Panels is a decision-making group that meets from time to time to address and render a decision on significant competition issues. The panel is made up of the following:

- 1) Competitions Director, Chairperson
- 2) Executive Director
- 3) Technical Director
- 4) High Performance Coach
- 5) Coordinator of Officials

NSCA CONTACTS

For all Curling IO and competition related inquiries

Competitions Director Bruce Lohnes blohnes@nscurl.com

For all financial related inquiries

Executive Director Dan Baldwin dan.baldwin@nscurl.com

For all coaching credential related inquiries

Technical Director Jill Brothers jbrothers@nscurl.com

For all Coach Interaction Rule related inquiries

High Performance Coach Kevin Ouellette kouellette@nscurl.com

For all officiating related inquiries

Co-ordinator of Officials Greg Thorbourne headumpire@nscurl.com

SECTION 1. NS CURLING CHAMPIONSHIPS

A. GENERAL INFORMATION

In addition to the information contained herein, this Competitor Guide includes the following:

- 1) 2022-2026 Curling Canada Rules of Curling for Officiated Play (including addendums and moratorium statements)
- 2) The following NS Curling documents, available on the website:
 - a) NSCA Specific Championship Appendices
 - b) NSCA Competition Special Rules
 - c) NSCA Competition Directives
 - d) NSCA Policies (refer to Competition Directive #1)

B. TEAMS

1. CONDUCT

- 1) To ensure that all curlers, coaches and umpires are aware of their responsibilities, Curling Canada has adopted the following Code of Ethics as an official supplement to the [Curling Canada Rules of Curling \(Pages 26-27\)](#). NS Curling has adopted these Codes in respect of all competitions organized and sanctioned by NS Curling:
 - a. Curlers' Code of Ethics (Page 26)
 - b. Coaching Code of Ethics (Page 26)
 - c. Fair Play (Page 26)
 - d. Fair Play Code for Umpires (Page 27)
- 2) Competitors and coaches are required to conduct themselves on and off the ice in an appropriate manner and abide by the rules of the competition. The Chief Umpire may intervene at any time if a team, player, or coach is displaying inappropriate behaviour.

- 3) At all NS Curling youth championships, each coach shall be given a one-minute fair play time out per game. Only the coach calling the fair play time out may enter the field of play and will be accompanied by an Umpire. This is not an opportunity for a coach to discuss strategy.
- 4) Competitors and coaches agree to abide by the **NS Curling Code of Conduct (Policy 5.01)**. The latest version can be found on the NS Curling website.

2. TEAM FORMAL OBLIGATIONS

- 1) **Any team to be found with an ineligible member on their roster or on the ice will be immediately disqualified from that competition and subject to further disciplinary action.**
- 2) With the exception of NON-MANDATORY coaches and alternate players, the FULL team (original player and mandatory coach) must attend any designated competition ceremonies, and any banquet/social event, when held in conjunction with the competition. If a competitor (original player and mandatory coach) must be absent from the ceremonies or banquet because of illness, accident, or other extenuating circumstances, prior permission must be granted by the Competitions Director. **Any competitor absence without permission, or catastrophic reason, will be immediately suspended from further play in that competition, and the team will forfeit last stone advantage for ALL remaining games.** However, teams will continue to throw their LSD before each game and their results will be used for team ranking purposes in the playoffs. In addition, violations may also result in further disciplinary action. Catastrophic is unable to play for the rest of the event due to physical injury determined by a third-party physician.
- 3) Any team defaulting a game for reasons other than extenuating circumstances (weather, multiple injury, etc) will be dealt with as follows:
 - a. All members of that team (including alternate and coach) will be disqualified from further play in that competition and will not be allowed to participate in any NS Curling sanctioned competition for the remainder of the season in which the default takes place.
 - b. As well, all team members involved will not be allowed to participate in any NS Curling sanctioned competition for the curling season following the infraction.
- 4) Any team conceding a game before the time frame designated by NS Curling without permission from the event Chief Umpire will be dealt with as follows:
 - a. If in a game, other than a team's final game of the competition, **the team shall forfeit last stone advantage for ALL remaining games.** However, teams will continue to throw their LSD before each game and their results will be used for team ranking purposes in the playoffs.
 - b. If in a team's final game of the competition, **ALL team members on the ice will not be allowed to participate in any NS Curling sanctioned competition for the remainder of the season** in which the default takes place. In addition, it may result in further disciplinary action.
 - c. If in a team's final game of their last event of the season, **ALL team members on the ice will not be allowed to participate in any NS Curling sanctioned competition for the curling season following the infraction.**
- 5) Events where the winning team is presented with a championship trophy, winning teams shall adhere to the following:
 - a. Teams will have an opportunity to display the championship trophy at their home club.
 - b. The team contact identified in the team's Curling IO event registration will be held responsible for the trophy.
 - c. Teams are required to return the trophy to NS Curling at the end of season 'Celebration of Excellence' event. NS Curling will store and update the trophy over the summer.

- d. Teams will receive their club banner at the Celebration of Excellence only if the championship trophy has been returned.
- e. Pictures of teams with the team banner and championship trophy will be taken at the Celebration of Excellence.

3. ON-LINE TEAM REGISTRATION

- 1) NS Curling shall determine the processes and procedures for submitting 'on-line' entries to championships.
- 2) Prior to registering a team for an event, ensure that eligibility rules **(Section D(2))** are read to ensure the registering team (original players, alternate and coach) meet the criteria listed for the specific competition.
- 3) All entries are the sole responsibility of the individual who entered the team. This person is the only person authorized to alter an entry, therefore maintaining the team's eligibility.
- 4) Registration information for each event will be published on-line in real time and available publicly, where technology allows.
- 5) Registration for provincial qualifiers or open provincial championships will close immediately following the registration deadline. **The registration deadline for provincial championships is normally 45-days prior to the event.** These deadlines are subject to change which will be communicated through email, website, and/or social media.

Competition Advisory Panel Decision (September 25, 2023)

If, at an event registration deadline, there are zero (0) teams registered for a Provincial Championship that leads to a National Championship, NS Curling will not send a representative team to that National event.

- 6) Late team registrations will only be accepted in the case of an administrative / technical error by NS Curling.
- 7) A teams' on-line entry of their team players and coach and fee payment must be received before midnight of the event entry deadline date.
- 8) Excluding Mixed Doubles and Junior Mixed Doubles, a team **MUST** register with a roster of four original players by the registration deadline. **Teams who list a player or mandatory coach as TBD, TBA, etc. will NOT be considered as having registered for the competition.**
- 9) Teams may also name an alternate, if the competition allows. If the team chooses to name an alternate, that player is not considered as one of the four original roster players.
- 10) A mandatory coach (youth competitions) must be identified and are considered a member of the team. A mandatory coach **MUST** be registered with the team prior to the registration deadline.
- 11) Teams are responsible to properly and fully complete, and verify their registration, which is confirmed by receipt of the email from Curling IO Support with the subject of 'Order Submitted - Curling IO'. If you have received this confirmation, there is no need to contact the NS Curling office. Once this confirmation is received, all team members must ensure they have an up-to-date curler profile in Curling IO. For clarity, players who already have a curler profile which was created in a previous season should not create a new one.

4. TEAM ROSTER

- 1) If there are insufficient number of teams (less than 6 teams – see **NSCA Policy 3.06 Event Cancellation Compensation**) registered for an event at the registration deadline, Nova Scotia Curling reserves the right to cancel the event.

- 2) The official team rosters will be created as per the information submitted by the teams through the online registration process. These rosters will carry forward through each level of competition unless a change is submitted to the Competitions Director by email, and confirmed.
- 3) Any player, alternate or coach, having registered at any level of a Championship shall not be eligible to participate for more than one team in that Championship.
- 4) Rosters or registration changes are not considered official until validated by NS Curling.
- 5) The Competitions Director must be notified of any changes to the team roster by email, including addition of an alternate, coach or replacement player.
- 6) A team may alter their team roster (player, alternate or coach) up to 48 hours prior to the events scheduled first game for illness, accident or reasons deemed appropriate by NS Curling. **The host club or event umpires shall not accept any personnel changes to the original roster.**
- 7) Official roster changes are NOT permitted during an event, except in special circumstances as approved by the Chief Umpire. Rather, if an injury or illness occurs during an event, teams must first utilize an alternate, if named, and if the championship allows. If a four-person team loses two (2) or more players, they will default until they can field at least three (3) players.
- 8) Prior to the posted start of a team's first game, teams may be required to confirm their throwing line-up at the host site of a Championship.
- 9) Once the competition has begun, it is the team's responsibility to inform the Chief Umpire of any game line-up changes to the original line-up prior to stepping onto the ice.

5. WITHDRAWALS AND REFUNDS

- 1) The deadline date for electronic entry is also the deadline for withdrawing from the competition.
- 2) Until the registration deadline date, the registration fee shall be returned, excluding the competitor card fee, and subject to an admin fee of 20% of the team's total entry costs.
- 3) Withdrawals after the registration deadline, without good and sufficient reason, will not receive reimbursement of their entry fee.
- 4) In the event of a Force Majeure and a provincial championship is not able to be held, all entry fees will be refunded. If the championship is a Tier 1 or Tier 2 event the selection of the team to represent NS at Nationals will be governed by the Competitions Advisory Panel.

6. ALTERNATES, SUBSTITUTIONS AND REPLACEMENTS

- 1) Alternates, substitutes, and replacements must:
 - a. meet eligibility requirements as per **Section D(2)**; specifically age, gender and residency;
 - b. be affiliated with a NS Curling member club; and
 - c. have NOT been registered in any level of competition within that championship.
 - d. It is the team's responsibility to ensure eligibility is met.
- 2) Alternates (5th Players)
 - a. Alternates are not permitted in Mixed Doubles and Mixed 4-Player competitions;
 - b. If a competition allows, an alternate player may be declared on the team's entry form at registration. An alternate cannot be added once a championship has started;
 - c. Teams may identify an eligible alternate player no later than 48 hours prior to the events scheduled first game by submitting a written request to the Competitions Director;
 - d. Alternates must pay the Curling Canada competitor card fee (if fee is required to compete in that event).;
 - e. An alternate will remain with the team until completion of that championship;
 - f. Alternates are considered team members and are expected to follow all guidelines. Conduct policies will be strictly applied to alternate players;

- g. Alternates may play in any game, at any position on the team and may be used to distribute playing time among more than four (4) players during competition;
- h. **The alternate shall not be eligible to receive any prizes or awards as presented to the winning team.** The Provincial winning banner may include the name of the alternate at the request of the winning team;
- i. Teams continuing on to national events will be subject to the rules of the body governing the national event regarding alternates.

Note: Although it may be permitted, NS Curling does not encourage the use of an alternate in youth championships. Rather, players are encouraged to find a team on which they can gain regular playing experience.

3) Substitute (Mixed 4-Player Competitions only)

- a. A substitute is a temporary player, replacing a player on a game-by-game basis. The original player may return to any game at any level of competition
- b. A substitute may be utilized at any time for any reason provided they are eligible, and is not a member of another registered team (including alternates) at any level of competition within that championship.
- c. In Mixed 4-Player or Junior Mixed 4-Player competitions, a spare pool of substitute players will be provided at the Provincial Championship. The substitute player must be the same gender as the missing player and play either position appropriate for their gender.
- d. In Mixed Doubles or Junior Mixed Doubles competition, a substitute is not permitted. In the event any one mixed doubles competitor becomes unable to compete, the team would be required to replace the player prior to the start of competition. If both original players are absent, the team is disqualified.

4) Replacement

- a. A four-person team losing a player to catastrophic reasons will be allowed to replace that player with an eligible player. Catastrophic is defined as unable to play for the remainder of the event due to physical injury as determined by a third-party physician.
- b. A replacement is a permanent substitution, and the original team member being replaced will no longer be eligible to compete. This action is considered a roster change. The amended roster will be used for any subsequent team recognition (e.g. banners);
- c. Between levels in a Championship event (qualifying and provincial competition), teams may change one (1) player on their team with an eligible player by submitting a written request to the Competitions Director. Three (3) members of the original team must remain intact. If applicable, CTRS points will be revised for that team to reflect the player change.
- d. For Mixed Doubles and Junior Mixed Doubles, and only prior to any qualifying or provincial competition, a replacement will be granted if one team member is representing Nova Scotia or Canada at national or international competition in another category with a conflicting date.
- e. A Mixed Doubles team cannot replace more than one player.

5) Medical Replacement

- a. Teams may request a 'medical replacement' for a team member that has been declared 'unfit to play by reason of medical condition or injury' with a written statement from a provincially certified medical doctor. Teams must identify an eligible replacement player no later than 48 hours of the events scheduled first game by submitting a written request to the Competitions Director.

- b. Should a team member die before an event, the team may replace the deceased member of the team with an eligible player up until the start of the event by submitting a written request to the Competitions Director.

7. COACHING

- 1) Coaches are considered volunteers and as such are required to comply with the NS Curling **Volunteer Screening Policy (Human Resources, Policy 2.08)**.
- 2) In youth competitions a coach is MANDATORY and must have a valid Criminal Record Check (CRC) on file with NS Curling. CRC's will expire with NS Curling every three years. For example, if the CRC was completed in December 2021, you are required to submit a new one prior to December 2024. To complete your Criminal Record Check on-line, visit myBackCheck.com.
- 3) Coaches are required to submit their up-to-date Criminal Record Check to the Technical Director.
- 4) A coach must meet the required NCCP credentials for the specific competition and NS Curling requirements. The Technical Director will ensure each coach meets eligibility requirements.
- 5) A mandatory coach must be registered with the team prior to the event registration deadline.
- 6) If a coach change is required after the registration deadline the team shall register a qualified replacement coach through the Competitions Director. Any coach roster change must occur no later than 48 hours prior to the events scheduled first game. No coach will be allowed to register with a team at the event check-in registration.
- 7) A person can only be registered as a coach on the roster of one team at a NS Curling championship.
- 8) At a combined event, where more than one championship is being played, a person:
 - a. cannot be registered as a coach on both a male and female team at a gender specific event (i.e. U18 event with separate U18 boy's championship and U18 girl's championship).
 - b. cannot be registered as a coach on two teams at an age specific event (i.e. Junior Mixed Doubles with separate CWG championship and U21 championship).
 - c. cannot be registered as a coach on one team and as a player on a second same gender team.
 - d. may be registered as a coach on one team and as a player on a second opposite gender team. However, if both teams are on the ice at the same time the person cannot play and coach, they must declare to the Chief Umpire which team they are associated with for that particular draw. They are not allowed any interactions with the non-associated team, including: pre-game practice, timeouts, etc.
- 9) Only a qualified registered coach will be permitted access to the ice shed area.
- 10) At all NS Curling youth championships, each coach shall be given a one-minute fair play time out per game. Only the coach calling the fair play time out may enter the field of play and will be accompanied by an Umpire. This is not an opportunity for a coach to discuss strategy.
- 11) Seating will be provided for all coaches. Coaches will NOT be allowed to reserve seating other than what has been designated by the organizer. In venues where coaches are offered restricted seating (i.e. away from the general population), only registered coaches are allowed in the restricted area.
- 12) Where the Coach Interaction Rules are in effect, coaches will have designated on ice seating as long as space and facility permit. Refer to the NS Curling 'Coach Interaction Rules' in the **Competition Special Rules**.

8. MENTOR COACH

- 1) A 'mentor coach' is an experienced coach who helps a less experienced coach accelerate their personal development to achieve the levels of coaching competency required by a certification level.
- 2) A 'mentee coach' is a coach who receives advice, knowledge, or guidance from a more experienced mentor over a period of time. A mentee may often have a specific competency they want to learn from the more experienced mentor.
- 3) A coach who does not meet the required National Coaching Certification Program (NCCP) credentials and NS Curling requirements for a specific competition can apply for a one-time one-year exemption of the applicable NCCP qualifications, as a 'mentee coach'.
- 4) The request for a one-year exemption must be received by the Technical Director prior to the event registration closing.
- 5) The 'mentee coach' must have completed the Competition Coach workshop, at a minimum.
- 6) The 'mentor coach' must have a minimum certification of Competition Coach.
- 7) The 'mentor coach' must be on site for the duration of the championship.
- 8) Both the 'mentor coach' and 'mentee coach' will be allowed ice shed access; the 'mentor coach' as an observer only. The 'mentor coach' will not be allowed access to the ice surface.

9. ASSISTANT COACH

- 1) Teams in youth competitions (U20, U18, U15, U12, Junior Mixed 4-Player and Junior Mixed Doubles) may register an Assistant Coach who meets all NCCP coaching credentials and NS Curling requirements for that specific competition.
- 2) Teams in Tier 1 and Tier 2 non-youth competitions, if the competition allows, may register an Assistant Coach who meets all NCCP coaching credentials and NS Curling requirements.
- 3) An Assistant Coach must be registered prior to the event registration closing.
- 4) Only one coach will be allowed ice shed access for pre-competition practices.
- 5) Teams must name a 'Game Coach' prior to the start of each game.
- 6) Only the 'Game Coach' will have on-ice access for that game, which includes pre-game practice, time-outs, mid-game break and extra end break.

10. COACH ON-ICE ACCESS CREDENTIALS FOR PROVINCIAL CHAMPIONSHIPS

- 1) The minimum age of coaches for all NS Curling championships is 21 years.
- 2) All coaches/chaperones must complete Curling Canada's mandatory education requirements:
 - a. Safe Sport Training – thelocker.coach.ca
 - b. Concussion Training - Making Headway in Sport – thelocker.ca (exception Tier 4 events)
- 3) All coaches/chaperones must complete a Background or Vulnerable Sector Check (VRC):
 - a. Police Background Check within the past 3 years. Visit www.mybackcheck.com or contact your local RCMP office for a VRC.
- 4) All coaches in Tier 1, Tier 2, and Tier 3 events require:
 - a. NCCP Making Ethical Decisions (register at www.coachingns.com)
- 5) All coaches/chaperones in Tier 4 events require:
 - a. Police Background Check within the past 3 years. Visit www.mybackcheck.com or contact your local RCMP office for a VRC
 - b. Safe Sport Training – thelocker.coach.ca
- 6) Effective August 2023: All Certified Coaches must be "RENEWED" – meaning they are current with their NCCP Maintenance of Certification.

- 7) Coaching credentials apply at all levels of competition (i.e., Provincial Qualifiers and Provincial Championships).
- 8) The minimum coaching credential requirement for on-ice access for a specific NS Curling championship are identified in the below table.

Tier 1 Events (Leads to a World Championship)

CHAMPIONSHIP	COACHING CREDENTIALS REQUIRED FOR ON-ICE ACCESS
Men's Women's	Certified Competition Development OR Certified Competition Coach and Competition Development 'In-Training' OR Approved Curling Canada "High Performance Consultant" OR Mental Performance Consultant with one of the following qualifications: <ul style="list-style-type: none"> - Licensed member of the Canadian Psychological Association - Graduate degree in sport and performance psychology or related field - Member of the Applied Association for Sport Psychology
Mixed Doubles	Competition Coach Certified OR Approved Curling Canada 'High Performance Consultant' OR Mental Performance Consultant
Seniors Mixed (4-Player)	Competition Coach Certified OR Approved Curling Canada 'High Performance Consultant'
Under 20	Competition Coach Certified

Tier 2 Events (Leads to a National Championship)

CHAMPIONSHIP	COACHING CREDENTIALS REQUIRED FOR ON-ICE ACCESS
Curling Club Championship Wheelchair	Competition Coach Certified OR Approved Curling Canada 'High Performance Consultant'
Under 18 Masters	Competition Coach "Trained" (Competition Coach Workshop + MED Workshop +/- evaluation)
Canada Winter Games	Certified Competition Development Coach OR Certified Competition Coach with the following two Competition Development Courses - "Manage A Program" and "Health and Wellness"

Tier 3 Events (NSCA Championships)

CHAMPIONSHIP	COACHING CREDENTIALS REQUIRED FOR ON-ICE ACCESS
U21 Mixed Doubles	Competition Coach “Trained” (Competition Coach Workshop + MED)
U16 Mixed Doubles U21 Mixed 4-Player U16 Mixed 4-Player Under 15	Club Coach
Club Series	Coaches are not permitted

Tier 4 Events (Participation Bonspiels)

EVENT	COACHING CREDENTIALS REQUIRED FOR ON-ICE ACCESS
Under 12	Chaperone OR Any coaching certification

C. RULES AND REGULATIONS

1. APPLICATION

- 1) Curling is based on a code of ethics, good sportsmanship and personal integrity. Players and coaches are expected to follow this tradition and the rules of the game throughout the competition.
- 2) All Provincial events will be played under the “Curling Canada Rules of Curling for Officiated Play” as specified in the 2022-2026 edition including all subsequent rule changes and interpretations adopted by Curling Canada. These rules may be supplemented by this Competitor Guide and the related **specific championship appendix**.
- 3) Host Club publications or directions shall never take precedence over the NS Curling Competitor Guide, Specific Championship Appendices, Competition Special Rules, or Competition Directives.

2. OFFICIALS

In curling, as in most sports, umpiring is performed by dedicated volunteers without whom the sport could not progress. Curling is based on a code of ethics, good sportsmanship, and personal integrity. You are expected to follow this tradition and the rules of the game throughout the competition.

- 1) Competitions Director – responsible for all aspects of the championship.
- 2) Officials Co-ordinator – responsible to recruit, train, schedule and supervise a team of umpires. The Officials Co-ordinator shall appoint umpires as necessary to properly control the play of the Championship.
- 3) Chief Umpire, once a competition starts, is responsible:
 - a. for interpretation of the Competitor Guide, Specific Championship Appendices, Competition Special Rules, Competition Directives, and Code of Conduct.

- b. for rule enforcement and interpretation in all areas covered by the Rules of Curling for Officiated Play, board policy or precedent. His or her decision will be final except in matters involving disciplinary action in which NS Curling will make the final decisions. The Chief Umpire will refer such matters to the assigned NS Curling Liaison.
 - c. in emergency situations, to act immediately in areas outside of rules, policy or precedent. In these situations, the Chief Umpire is the final authority.
- 4) Game Umpires – Game Umpires monitor all activities in the playing area to ensure fair play between two or more teams in competition. They are the immediate line of communication between the officiating crew and the players and could be called on to conduct a measure.
 - 5) Time Clock Operators – one operator may be assigned to each sheet of ice to monitor timing for that game.
 - 6) The Board of Directors of NS Curling has the power to make decisions it considers necessary to handle any situation not covered by the rules, including the authority to amend the rules where emergency situations so warrant. All decisions shall be final and binding
 - 7) All competition Officials and Umpires are required to report any incidents of misconduct to the Chief Umpire. The Chief Umpire may intervene at any time and give directions to the players. They may suspend or expel a player or a Coach for abusive or unacceptable behaviour, including bad language. All conduct matters will be fully documented and filed with the NSCA for subsequent review and follow-up.

3. SWEEPING EQUIPMENT

- 1) Only WCF approved sweeping brushes and brush heads listed on the WCF 'Approved Code List' will be allowed in competitions that lead to national championships. Tier 3 and Tier 4 competitions are exempt.
- 2) All brush heads, including 'target' brooms must be WCF compliant. It is the responsibility of the players and coach to ensure compliance.
- 3) The coach's broom must be WCF compliant.
- 4) Hair brooms and corn brooms are banned as sweeping devices.
- 5) Refer to the [Curling Canada Rules of Curling for Officiated Play Section 11 \(Page 42\)](#) for more information

4. EQUIPMENT CHECK

- 1) Players are responsible for their own equipment. All players must be prepared to have their equipment inspected at any time during the championship. This includes items such as: brush heads, footwear, grippers, etc.
- 2) Umpires will request that any inferior items be removed from play immediately for the duration of the competition.
- 3) If a player is unsure of any piece of equipment, they should consult with the Chief Umpire prior to the competition starting.

5. HELMETS

Helmets are mandatory for all competitors under the age of 12. For further information refer to the [NS Curling Helmet Use Policy 5.05](#).

6. ELECTRONIC DEVICES and SOCIAL MEDIA

- 1) While in the playing area (ice shed):
 - a. Players are banned from having a Smart Phone and/or Smart Watch.
 - b. Coaches may have an iPad, Smart Phone and/or Smart Watch but they must disable Wifi/data.
- 2) In the club house area, coaches and alternates will refrain from using their cellular communication devices during the game. Refer to **Competition Directive #4** for more information.
- 3) Microphone/receivers that allow one or two-way communication, to or from a competitor, is prohibited.
- 4) If messages sent during or after a championship event operated by the NS Curling are deemed inappropriate, disciplinary action may be taken. Refer to **Competition Directive #3** for more information.
- 5) The use of speed traps is permitted during the pre-competition practice as long as it does not delay the practice schedule. Speed traps are NOT permitted during a pre-game practice.

7. LIVE STREAMING

- 1) Championships where NS Curling is live streaming the event, teams may live stream their own games except if NS Curling is live on that sheet of ice.
- 2) Championships where NS Curling is NOT live streaming the event, teams may live stream their own games.
- 3) Permission must have been granted from their opponent prior to the start of the game.
- 4) Teams must use their own data source (not the club's WiFi).
- 5) Live commentary on private streams is not allowed.

D. COMPETITION

The rules and procedures contained within this section apply to all competitions except where amended within a specific championship appendix.

1. COMPETITION TIERS

Each of NS Curling's sanctioned competitions have been placed into a specific Tier Category. Each Tier has specific competition guidelines. See below for a summary of competition guidelines for each Tier Category.

There are four (4) Tier Categories:

- 1) Tier 1 events lead to a World Championship
- 2) Tier 2 events lead to a National Championship
- 3) Tier 3 events are strictly NSCA Championships
- 4) Tier 4 events are Participation Bonspiels

	Tier 1	Tier 2	Tier 3	Tier 4
Maximum number of days event is scheduled for	6	5	4	3
Moratorium on brush heads in in effect	Yes	Yes *	No	No
Pre-competition practice to be scheduled	Yes	Yes **	No	No
Pre-game practice prior to each draw	Yes	Yes	No	No
Games will be timed	Yes	Yes	No	No
Draw to button contest for hammer in first end	Yes	Yes	No	No

Teams will be ranked in the draw by self-seeding	Yes +	Yes	Yes	No
Umpires will conduct all measurements	Yes	Yes	Yes	N/A
NSCA stones may be assigned for the event	Yes	No	No	No
Live scoring on the NS Curling website	Yes	Yes	Yes ++	Yes ++

*Exception Wheelchair

**If time allows

+Exception if CTRS is being used

++Depends on club resources

2. ELIGIBILITY REQUIREMENTS

- 1) Each player must meet all age, gender, and residency/citizenship requirements, and must be a member in good standing of a curling club affiliated with NS Curling (this includes Free Agents). Below are the AGE requirements for each NS Curling sanctioned event.

Tier 1 Events (Leads to a World Championship)

Men's	No age restriction
Women's	No age restriction
Mixed Doubles	No age restriction
Mixed 4-Player	No age restriction
Under 20	Less than 20 years of age on June 30, 2024.
Seniors	Fifty (50) years of age and over on June 30th in the year of the Canadian Senior Championship

Tier 2 Events (Leads to a National Championship)

Under 18	17 years of age and under on June 30 th of the year prior to the Canadian Championship Effective 2026/27 under 18 years of age as of Dec 31, 2026
Wheelchair	No age restriction
Curling Club Championship	Three (3) of the four (4) players must be a minimum of nineteen (19) years of age or older as of June 30 th immediately prior to the Canadian Championship.
Masters	Sixty (60) years of age and older on December 31st the year prior to the championship.
CWG (U18) 4-Player	Under 18 years of age as of Dec 31, 2026. Born Jan 1, 2009 or later.
CWG (U21) Mixed Doubles	Under 21 years of age as of June 30, 2026. Born July 1, 2005 or later.

Tier 3 Events (NSCA Championships)

U21 Mixed Doubles	20 years of age or less on June 30, 2024.
Club Series	19 years of age and older on Dec. 31, 2024.
Under 15	Between the ages of 11 and 14 on June 30, 2024. Effective 2026/27 under 15 years of age as of Dec. 31, 2026
U20 Mixed 4-Player	Less than 20 years of age on December 31, 2024
U16 Mixed 4-Player	Less than 16 years of age on December 31, 2024

Tier 4 Events (Participation Bonspiels)

Under 12	Less than 12 years of age on December 31, 2024
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- 2) “Bonafide Member” within the bounds of the NS Curling is defined as follows:
 - a) A curler who, as of December 1, 2024:
 - i. Is a voting member of a Member Club, and
 - ii. Has met their financial responsibilities to the Member Club, and
 - iii. Whose rights to participate in NS Curling events are not in suspension either as a consequence of disciplinary proceedings or by operation of some specific provision in the bylaws or policies of NS Curling.
- 3) All participating curling clubs must be affiliated with NS Curling. They must be in good standing with all applicable dues paid in full.
- 4) **A player who competes in any Championship of another Member Association leading to a Canadian Championship may not compete in any NS Curling championships in the same curling season**, exception is a Free Agent in the Men’s and Women’s Championship.
- 5) All players entering any NS Curling Championship must comply with the Curling Canada directive on Residency and the rule governing Free Agents, and as such may be asked to sign a letter of compliance prior to their first game of their first NS Curling Championship event; be it a qualifier or provincial championship. Only one letter needs to be signed for a given Championship season. It is the team’s responsibility to cross reference Curling Canada’s Residency and Eligibility Policy, and Free Agents.
- 6) Free Agent players from other Member Associations eligible to play in the NS Men’s or Women’s Curling Championship must be registered on the NS Curling team 30 days prior to the entry deadline (re: Nov 15, 2023 email from Nolan Theissen). The Free Agent application form is available on the NS Curling website and must be submitted to the Competitions Director.
- 7) Only one (1) free agent player per team is allowed, where allowed.
- 8) **Any team to be found with an ineligible member on a roster or on the ice will be disqualified and subject to further disciplinary action.**

3. OFFICIAL DRAW PREPARATION

- 1) The format type and schedule can vary from one year to the next, depending upon:
 - a. The number of participating teams
 - b. The number of sheets of ice available, and volunteer base availability.
 - c. The number of days scheduled for the event.
 - d. The maximum number of games per day
 - e. The number of scheduled ends.
 - f. If there is a guaranteed number of games for each team.
 - g. If there is a pre-competition and/or pre-game practice.
- 2) Draws will be based on the formats stated in each **specific championship appendix**.
- 3) NS Curling will provide the official draw and schedule for all sanctioned provincial qualifiers and championships.
- 4) The official draw will be emailed to the registered team contact no later than two (2) weeks prior to the first draw of the competition. The host committee, umpire(s), and event liaison will receive the official draw and team rosters at this time.
- 5) The draw will be published on the NS Curling website no later than three (3) days prior to the start of competition. If there are any delays due to unforeseen/unavoidable circumstances, NS Curling will advise affected teams of the reason for the delay and the estimated time of completion.
- 6) Real-time scores from a Championship will be posted online via NS Curling’s scoreboard. Players can encourage their friends and family to follow the action by frequently visiting the website during the event.

- 7) The official draw, including draw times, is subject to change after being published. If any changes are made, teams and host committee will be notified by email.
- 8) Once the championship has started, if changes to the draw schedule are required, the Chief Umpire in consultation with the Competitions Director may make any necessary changes. This information will be posted publicly at the host club. Any issues or concerns during the competition should be brought to the attention of the Chief Umpire, whose decision will be final and unappealable.

4. TEAM NAME & CLUB REPRESENTATION

- 1) The person standing on the tee, directing play (calling the shots) and holding the broom shall be known as the skip, and the team shall be listed under his or her name.
- 2) Teams must declare which member club they are representing; at least one player must be a member in good standing at that club.
- 3) For the Curling Club Championship, the team's name will be the curling club they are representing.

5. CHANGE OF TEAM LINE-UP

- 1) Change of Line-Up forms are to be completed and returned to the Chief Umpire or Deputy Chief Umpire, if a team wants to make ANY line-up changes to their Original Team Line-up for that game. The assumption is that the original team line-up will start each game in the playing order listed unless a Change of Line-up form has been submitted.
- 2) Changes include but are not limited to: change of vice-skip, change of throwing order, using an alternate player, or change of game coach. Please notify the Chief Umpire or Deputy Chief Umpire if the team intends to play with three players.

6. RANKING & DRAW PLACEMENT PROCEDURE

At a Provincial Championship or Qualifier event there will be a ranking of the participating teams. The ranking will be used to determine every team's initial position in the Championship draw.

- 1) Provincial Qualifiers & Provincial Championships:
 - a. Men's and Women's
 - i. Pre-Qualification
 - a) A maximum four (4) teams can pre-qualify for the Provincial Championship.
 - i. The two (2) finalist teams from the 2024 Provincial Championship (champion and runner-up). Team must retain 3 of 4 original players, alternate players do not qualify as an original team member, AND
 - ii. Top two (2) CTRS points leaders as of November 26, 2024, who do not pre-qualify as a 2024 provincial finalist team identified in (i) above.
 - b) Beginning in 2024/25, a minimum of 12,000 CTRS points is required for a team to receive a pre-qualification berth. This includes a finalist berth from the previous year's provincial championship.
 - c) If a designated pre-qualification berth is not awarded, that berth will be transferred to the Open Qualifier.
 - ii. Qualification Event (Open Qualifier)
 - a) A minimum of four (4) teams will qualify for the Provincial Championship.
 - b) Teams will be ranked based on CTRS points earned as of November 26, 2024. Ties in points will be broken by random draw.
 - iii. Provincial Event
 - a) A maximum of eight (8) teams will qualify for the Provincial Championship

- b) Pre-qualification teams will receive the highest ranking (seeded 1-4), based on their CTRS points on November 26, 2024. The remaining field will be seeded 5-8, based on their CTRS points on December 17, 2024. Ties in points will be broken by random draw.
- b. CWG Trials
 - i. To be determined.
 - c. U12 Jamboree
 - i. Teams will be placed into the draw by random selection.
 - d. All other Provincial Championships
 - i. Teams will self-seed.
- 2) Self-Seeding Process (Peer Seeding)
- a. Self-Seeding will be used to determine the ranking of teams entered into the draw at most Championships.
 - i. Any team participating in a self-seeding event will receive an email after the entry deadline with a request to self-seed all teams, except their team.
 - ii. There is one (1) ballot for each team competing.
 - iii. The first submission from the team will be considered their official self-seeding ballot.
 - iv. Ballots received by the deadline will be included in the overall ranking process.
 - v. The Competitions Director will tally the ballots
 - vi. Teams will be ranked based on the ballots received.
 - vii. In the case of a tie, the teams tied will be placed in the draw in random order.
 - viii. Once the self-seeding process is complete teams will be placed into the draw according to their seeding.

Standard Pool Seeding Placement in a Round Robin format.

Pool A		Pool B		Pool C		Pool D	
Team	Seed	Team	Seed	Team	Seed	Team	Seed
A1	1	B1	2	C1	3	D1	4
A2	8	B2	7	C2	6	D2	5
A3	9	B3	10	C3	11	D3	12
A4	16	B4	15	C4	14	D4	13
A5	17	B5	18	C5	19	D5	20
A6	24	B6	23	C6	22	D6	21

7. GAME TIMING

- 1) Game duration for Provincial Championships.
 - a. Minimum Length of Game:
 - i. In ten (10) end games, a minimum of five (5) ends must be played.
 - ii. In eight (8) end games a minimum of four (4) ends must be played.
 - iii. In all playoff games, a minimum of six (6) ends must be played (or as adjusted by a Chief Umpire, e.g. for TV games).
 - iv. At all Provincial Championship events, all scheduled games must be played. Refer to [Section B\(2\)](#) for more information.

2) Timing

- a. Games may be timed. Consult **specific championship appendix** for details.
- b. The penalty for violation will be enforced as per the **Curling Canada Rules of Curling (Page 51)**.
- c. If games are NOT timed, the Umpire will enforce the 'Pace of Play Rule'.
- d. Thinking time allocated to each team:
 - i. Ten (10) end game shall be thirty-eight (38) minutes.
 - ii. Eight (8) end game shall be thirty (30) minutes.
 - iii. Extra ends shall be four minutes, thirty seconds.
- e. Where the Coach Interaction Rule **(refer to Competition Special Rules)** is in effect, timing may vary slightly, however it is the responsibility of the team to ensure a pace of play is maintained.
- f. When an end is replayed, the clock is reset to the time recorded at the completion of the previous end.

3) Time-outs:

On May 30, 2024 Curling Canada notified Member Associations that all Curling Canada national events, other than U18 and U20 which both have defined coach interaction rules, will be officiated with only one time-out per team per game. This is in alignment with World Curling's rules for competitions. NS Curling has adopted this rule modification.

- a. Where the competition allows, each team may request one (1) timeout per game.
- b. A timeout will be 60 seconds in length, excluding any travel time that may be allocated.
- c. If extra ends are required, each team will receive one (1) timeout per extra end. Timeouts cannot be carried over.
- d. Only the players on the field of play may signal for a timeout. Coaches/Alternates may signal their team without interfering with the field of play (i.e. banging on glass, opening field of play doors, etc.)
- e. The coach OR alternate player of the team who requested the timeout may access the playing area adjacent to or at the end of the sheet but shall not access the playing surface.
- f. The team that did not request the timeout may communicate for the same amount of time as the coach who called the timeout, however, they must stay at the home end. They shall not cause any delay to the stone being delivered.
- g. Umpires may call an officials timeout at any time.
- h. To call a time out, please signal (T) directly to Time Clock Operators. The Timer will stop the clock and raise arm to show acknowledgement.

4) Pace of Play Rule

- a. Where time clocks are NOT used the 'Pace of Play Rule' will be in effect. Players are expected to keep up a reasonable pace of play during competition (approximately 15 minutes per end). Should any game fall behind, the official shall inform both skips that they are behind the pace of play and are now subject to the "45 Second Rule"
- b. Under the 45 Second Rule, the official will time each rock from when the skip takes control of the house to when the rock crosses the near t-line. Any rock that is delivered after the 45 second mark shall be removed from play. Each team will be able to use their time-out while the 45 Second Rule is in effect. The 45 Second Rule shall be enforced until the game is back on pace.
- c. Where games do not begin at the same time, it will be noted by the official at what point games are starting their first end in relation to the other games already being played.
- d. If the game concludes under the Pace of Play Rule and an extra end is required, the Pace of Play rule will remain in effect.

- 5) Maximum Number of Games Per Day
 - a. No team shall be required to play more than three (3) games per day unless:
 - i. Noted in a **specific championship appendix**
 - ii. Teams are involved in tie-breaker games.
 - iii. As determined by the Chief Umpire at officiated events or the NS Curling Championship Liaison at an un-officiated event.
 - iv. In the semi-finals or finals when both teams involved consent to do so and have the approval of NS Curling (applies to games of 8-ends or less)
 - v. In the case of Force Majeure and NS Curling is forced to revise a schedule during a championship event.

8. PRE-COMPETITION PRACTICE

- 1) General
 - a. If time allows, prior to the start of a competition NS Curling may schedule practice ice time for teams.
 - b. The amount of practice time will be identified in the Championship Draw Schedule. Each team will be allowed the same amount of time. Consult the **specific championship appendix** for more details.
 - c. The following guidelines have been developed for a pre-competition practice:
 - i. Pre-competition team practice sessions will NOT begin prior to 8:30 a.m.
 - ii. A maximum of four (4) hours will be allocated to complete the pre-competition team practices.
 - iii. The number of ices available and the number of teams requiring practice, will determine the amount of time and the number of sheets of ice teams will receive a practice session on.
 - iv. Teams will receive a practice session on a minimum of one sheet of ice, to a maximum of four sheets of ice.
 - v. Best practice will be to ensure teams receive a practice session on the same sheet of ice of their first game.
 - vi. Team practice sessions will be scheduled for a minimum of 10 minutes on a sheet of ice, to a maximum of 30 minutes.
 - vii. Teams that play on the first draw will normally practice earliest.
 - viii. If time allows Ice Maintenance (with a full scrape) may be scheduled mid-way through the pre-competition practice period.
 - d. If practice ice is not scheduled as part of the event, arrangements can be made by the team directly with the host facility, with the expectation that they are not to practice within twenty-four (24) hours of the events scheduled first game. Dual championships are considered one event and the first draw is considered the scheduled first draw of the event.
 - i. Competitors who play regularly in a league at the host facility are exempt from the twenty-four (24) hour rule if participating in a scheduled league game.
 - e. Alternate players on teams are allowed to deliver and brush stones.
 - f. Coaches may NOT deliver or brush stones; they are only able to hold the target broom. The coach's broom must be WCF compliant.
 - g. Speed traps are permitted.
 - h. The time clock will not start until teams have had an opportunity to cool their slider and have one (1) slide.

- i. All equipment (footwear, grippers, brooms and playing equipment) may be inspected during the pre-competition practice. Umpires will request that any inferior items be removed from play immediately for the duration of the competition. If a player is unsure of any piece of equipment, they should consult with the Chief Umpire prior to the competition starting.
- j. No extra in-competition practice will be allowed.

9. PRE-GAME PRACTICE

- 1) Prior to the start of a game, when time allows, teams may receive a pre-game practice, with their assigned game stones.
- 2) Coaches may NOT deliver or brush stones in the pre-game practice.
- 3) Speed traps are NOT allowed in the pre-game practice.
- 4) Teams will be allowed up to one-minute of sliding time immediately prior to their pre-game practice.
- 5) Each team's pre-game practice will be seven (7) minutes in length, unless otherwise stated in the **specific championship appendix**.

10. STONE SELECTION IN THE PRELIMINARY ROUND

- 1) For all competition formats that are not a round-robin format, a flip of the coin will determine stone handle colour.
- 2) For round robin formats, the team listed first will be assigned dark-coloured handles. Dark coloured handles will practice first. During the round robin portion each team will be assigned both colour of handles equally, +/- 1 if an odd number of games are played.
- 3) Only the stones on the assigned sheet may be used.

11. LAST STONE ADVANTAGE (HAMMER) IN THE FIRST END

- 1) Unless otherwise stated in the **specific championship appendix**, last stone advantage in the first end (hammer) will be determined by a draw to the button contest following each team's pre-game practice. This is referred to as the Last Stone Draw (LSD).

12. LAST STONE DRAW (LSD) IN THE PRELIMINARY ROUND

When last stone advantage in the first end is decided by a draw to the button (LSD) the following procedure shall be followed:

- 1) During the Pre-Game Call teams will name the player(s) delivering the LSD(s), including which turns will be thrown.
- 2) If a team arrives too late to participate in the draw to the button to determine last stone advantage, they will deliver the first stone of the first end and receive the maximum LSD distance for that game. Upon arrival, the team will name the player(s) who the maximum LSD distance will be assigned to.
- 3) Each team will deliver their LSD(s) immediately following their pre-game practice.
 - a. LSDs shall be delivered toward the home end only.
 - b. A maximum of one minute will be given to deliver an LSD. A stone not delivered within the one (1) minute will be assigned a distance of 199.6 cm.
 - c. A stone delivered prior to the LSD announcement, or not delivered within the time allotted, will be assigned 199.6 cm.
 - d. All stones finishing in the rings will be measured. Stones that do not finish in the rings are recorded as 199.6 cm.

- e. Where a stone covers the pin stones will be measured using triangulation.
 - f. If triangulation is not being used to measure stones, stones that finish so close to the pin that they cannot be measured will be recorded as 0.0 cm.
 - g. Only the 'game' players are allowed on the ice surface for the LSD. Full sweeping is allowed, one player must hold the target broom (exception Mixed Doubles).
 - h. The opposing team shall remain behind the glass until after the LSD has been delivered (applies to both practice sessions).
 - i. A stone that is moved by the delivery team before being measured will be assigned the distance of the next defined circle away from the button.
 - On or touching the large button = 29.4 cm (when a one-foot button)
 - On or touching the small button = 15.24 cm
 - In or touching the four foot = 75.1 cm
 - In or touching the eight foot = 136.1 cm
 - In or touching the twelve foot = 197.1 cm
 - j. If a member of the non-delivering team or an external force moves a stationary stone or causes it to be moved before the Umpire completes the measurement, the stone is replaced to its original position by the delivering team.
- 4) The team with the better (lower) total distance will receive last stone advantage in the first end.
 - 5) It is assumed that the team winning the LSD will want the last stone in the first end. If a team does not want the last stone if they win the LSD, they must inform the Umpire BEFORE the start of the first practice.
 - 6) If an alternate player is used, they may deliver LSD(s) for the player they are replacing. Teams may only use an alternate player's LSD(s) for one player.
 - 7) The number of LSD stones, and the number of clockwise and counterclockwise deliveries for each player, will be determined at each competition depending upon the number of games. Based on the Original Team Lineup form, the four original players must fulfil the minimum number of LSD deliveries (number of clockwise and counterclockwise deliveries).
 - 8) In the event that a team does not fulfil their minimum LSD requirements, a score of 199.6 cm will be awarded to the player who is deficient. In order to maintain the total number of LSD measurements, the LAST LSD measurement of the player who has the most LSDs of the deficiency in question will be eliminated. If two or more players have the same number of LSD measurements of the deficiency in question, the LOWER measurement thrown by these players will be eliminated.
 - 9) In Round Robin / Pool format competitions two LSDs will be required to determine hammer
 - a. Each team will name two (2) players who will deliver one (1) LSD each.
 - b. The first player will deliver the clockwise rotation while the second player will deliver the counter-clockwise rotation, except for Mixed Doubles.
 - c. **During preliminary play each player must throw one (1) clockwise and one (1) counter-clockwise LSD before another player is allowed to throw a third LSD, except for Mixed Doubles.**
 - d. In Mixed Doubles, both players will throw the same turn. Teams practising first will throw the clockwise rotation and teams practising last will throw the counter-clockwise rotation.
 - e. Should the team with first practice record a cumulative distance of 0.0 cm or 399.2 cm, a different player from the team will deliver a draw to the button. If that player records 0.0 cm or 199.6 cm, any player from the team will deliver and so on until a number other than 0.0 cm or 199.6 cm is registered (Mixed Doubles will alternate throwers and will throw the same turn as previously thrown).
 - i. Should the team with second practice record a cumulative distance of 0.0 cm or 399.2 cm, a different player from the team will deliver a draw to the button. The

team with second practice will continue to throw until a different comparable distance is achieved with the first team's distance thrown in the same order.

- f. If the second team registers the same cumulative distance as the team with first practice, other than 0.0 cm or 399.2 cm, the individual LSD stones are compared, and the lowest non-equal LSD will have last stone advantage in the first end. When both teams have the same individual LSD stone distances, the teams will alternate delivering one stone each with their designated rotation until the tie is broken. Any player on the team can deliver any subsequent stones.

10) In Knockout format competitions (DKO or TKO) only one LSD is required to determine hammer:

- a. Each team will name one (1) player who will deliver one (1) LSD.
- b. The team with first practice will always deliver their LSD in the clockwise rotation, the team with the second practice will deliver their LSD in the counter-clockwise rotation.
- c. **During preliminary play each player must throw one (1) LSD before another player is allowed to throw a second LSD.**
- d. Should the team with first practice record a distance of 0.0 cm or 199.6 cm, a different player from the team will deliver a draw to the button. If that player records 0.0 cm or 199.6 cm, any player from the team will deliver and so on until a number other than 0.0 cm or 199.6 cm is registered (Mixed Doubles will alternate throwers and will throw the same turn as previously thrown).
 - i. Should the team with second practice record a distance of 0.0 cm or 199.6 cm, a different player from the team will deliver a draw to the button. The team with second practice will continue to throw until a different distance is achieved with the first team's distance thrown in the same order.
- e. If the second team registers the same cumulative distance as the team with first practice, other than 0.0 cm or 199.6 cm, the teams will alternate delivering one stone each with their designated rotation until the tie is broken. Any player on the team can deliver any subsequent stones.

13. ACCUMULATED DRAW SHOT DISTANCE (ADSD)

- 1) The Accumulated Draw Shot Distance (ADSD) is used to rank teams in unresolvable ties (when head-to-head records result in a tie or ties).
- 2) At the conclusion of preliminary play, depending on the overall number of LSDs delivered, some of the individual recorded LSD distances may be discarded to establish the ADSD.

If 1 to 4 LSDs are thrown	Do not discard any LSD measurements
If 5 to 8 LSDs are thrown	Discard one (1) LSD measurements
If 9 to 11 LSDs are thrown	Discard two (2) LSD measurements
If 12+ LSDs are thrown	Discard three (3) LSD measurements

- 3) The team with the overall lowest ADSD will always be ranked higher.
- 4) If teams have the same ADSD total, then the next highest individual recorded LSD distance will be eliminated from each team until the tie is broken.

14. PLAYOFF TEAM RANKING (Round Robin Format)

- 1) The following criteria (in order) will be used to rank teams at the completion of the round robin:
 - a. Teams will be ranked on their win/loss record.
 - b. If teams are tied, the team with the best head-to-head record will be ranked higher

- c. Any unsolvable ties will be determined through ADSD.
 - i. Head-to-head cannot be considered across pools, ADSD only must be used.
 - ii. Once ADSD ranking is used, it is the only ranking factor and head-to-head results are not used.

15. TIE-BREAKER GAMES (Round Robin Format)

- 1) Tie-breaker games are not considered to be playoff games.
- 2) The winner of the coin flip will choose stone handle colour OR practice order. A draw to the button competition will determine last stone advantage in the first end.
- 3) In all tie-breaker games, teams will use the stones on the assigned game sheet.
- 4) Consult [specific championship appendix](#) for more information on tiebreakers.

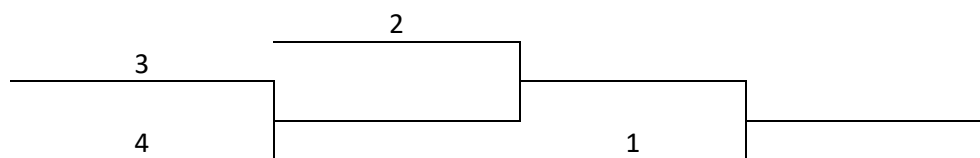
16. PLAYOFF / TIEBREAKER DRAW FORMATS

- 1) Tie-breaker games will only be scheduled in Tier 1 and Tier 2 championships: exception is Mixed Doubles where eight (8) teams make playoffs.
- 2) A maximum one (1) tie-breaker draw will be scheduled; exception is the Men’s and Women’s Provincial Championship where a maximum two (2) tie-breaker draws could be scheduled.
- 3) Only teams with a winning record (more wins than losses) in the preliminary round could play in a tie-breaker game; exception is a 5-team round robin format where 2-2 teams may play in a tie-breaker game.
- 4) Teams with three (3) or more losses in the preliminary round will NOT play in a tie-breaker game; exception is the 8-team round robin format.

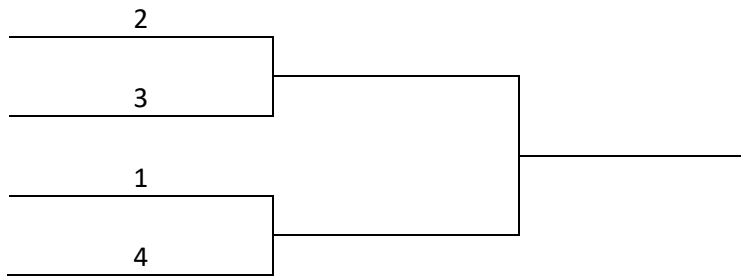
Draw A		
Standard 3 Team Playoff		
Semi-Final	Final	Champion



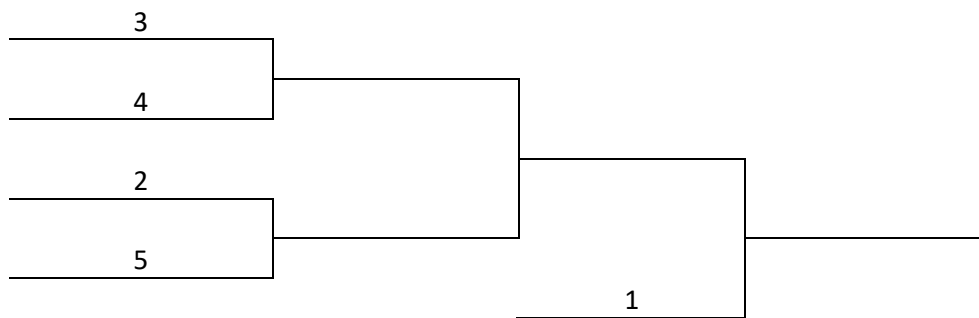
Draw B			
2 Teams Tied for 3rd, and 3 Teams Tied for 2nd			
Tiebreaker #1	Semi-Final	Final	Champion



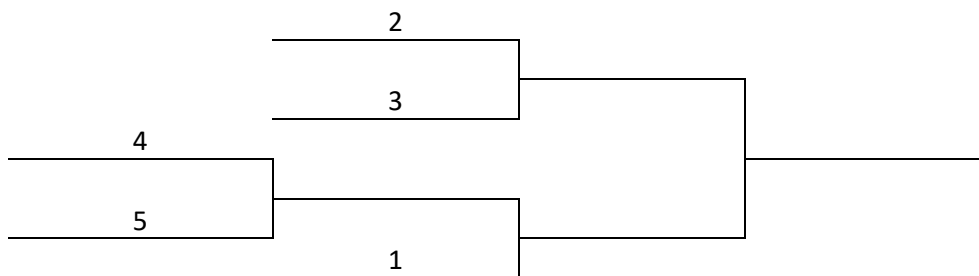
Draw C		
4 Teams Tied for 1st		
Semi-Final	Final	Champion



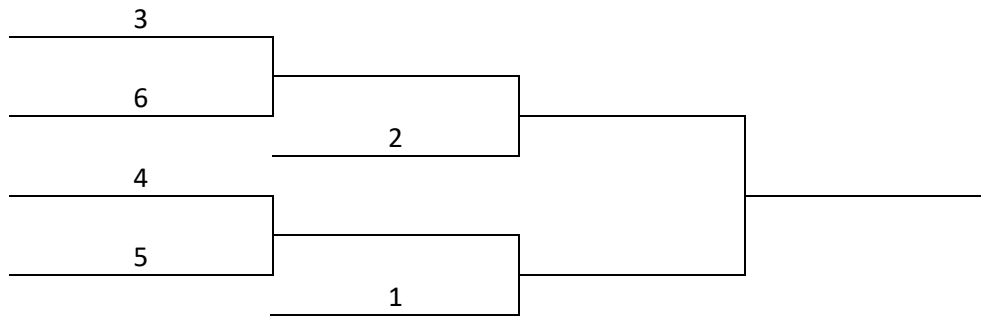
Draw C1			
4 Teams Tied for 2nd			
Tiebreaker #1	Semi-Final	Final	Champion



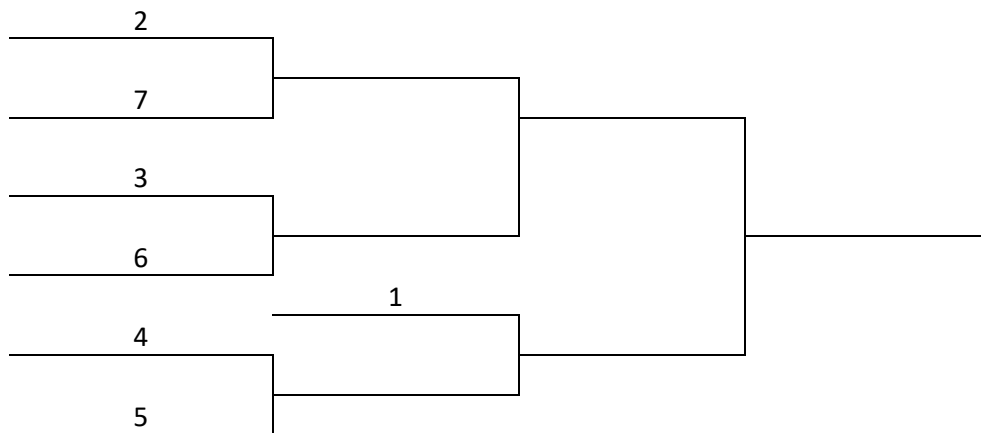
Draw D			
5 Teams Tied for 1st			
Tiebreaker #1	Semi-Final	Final	Champion



Draw G			
6 Teams Tied for 1st			
Tiebreaker #1	Semi-Final	Final	Champion

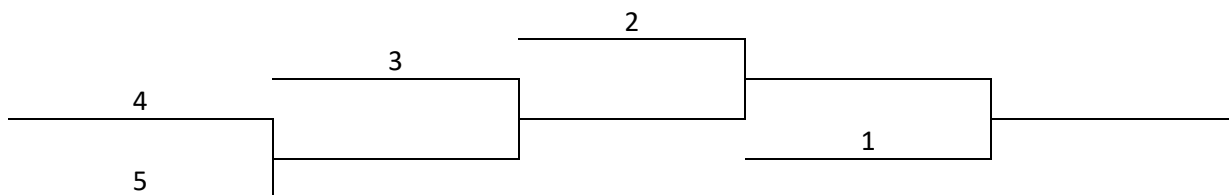


Draw H			
7 Teams Tied for 1st			
Tiebreaker #1	Semi-Final	Final	Champion

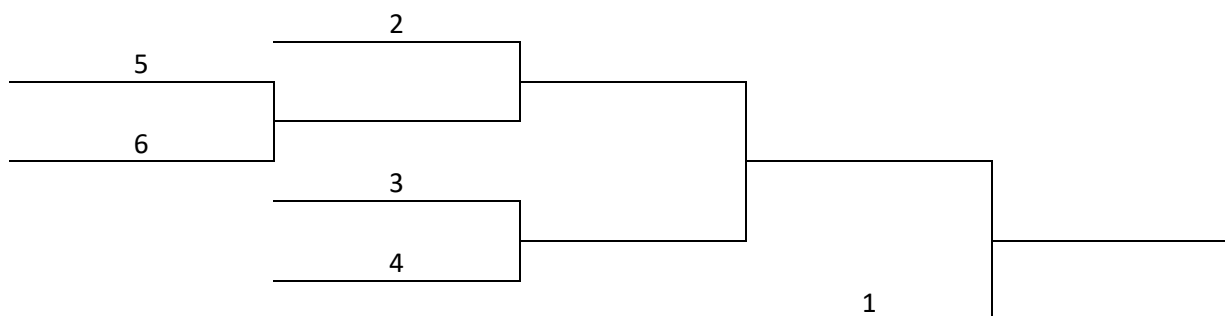


The following Draw Formats are only applicable to the Men’s and Women’s Championship where two (2) tiebreaker draws could be played.

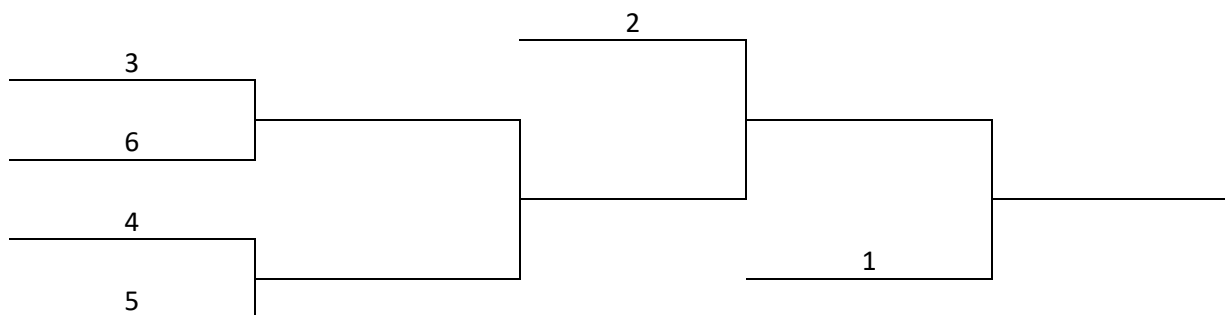
Draw D1				
3 Teams Tied for 3rd				
Tiebreaker #1	Tiebreaker #2	Semi-Final	Final	Champion



Draw E				
5 Teams Tied for 2nd				
Tiebreaker #1	Tiebreaker #2	Semi-Final	Final	Champion



Draw F				
4 Teams Tied for 3rd				
Tiebreaker #1	Tiebreaker #2	Semi-Final	Final	Champion



17. PLAYOFF MEETING

- 1) Prior to a team’s final preliminary round draw the Chief Umpire will notify teams if a Playoff Meeting will be held.
- 2) If a meeting is held, teams qualifying for playoff and tie-breaker games must send one (1) team member (i.e. a player or the coach) to the playoff meeting to be held immediately following the conclusion of the preliminary round final draw.
- 3) A team that does not attend the playoff meeting forfeits their game choices (last stone advantage in first end, stone handle colour, and practice order) to which the team may be entitled.

18. PLAYOFF TEAM ADVANTAGES and CHOICES

NOTE: This section makes references to a pre-game practice. Tier 3 and Tier 4 events may not have a pre-game practice.

The determination of last stone advantage in the first end, stone handle colour and practice order shall be as follows:

Round Robin – 1 Pool

- 1) The team with the better W/L record will have last stone advantage in the first end AND choice of stone handle colour AND will practice first. No LSD required.
- 2) If the teams have the same W/L record and head-to-head results were used to rank the teams, the team that won the round robin game will have choice of last stone advantage in the first end OR stone handle colour. The team with last stone advantage in the first end will practice first. No LSD required.
- 3) If the teams have the same W/L record and ADSD was used to rank the teams, the higher ranked team will have choice of last stone advantage in the first end OR stone handle colour. The team with last stone advantage in the first end will practice first. No LSD required.

Round Robin – More than 1 Pool

- 1) When teams are from the same pool:
 - a. The team with the better W/L record will have last stone advantage in the first end AND choice of stone handle colour AND will practice first. No LSD required.
 - b. If the teams have the same W/L record and head-to-head results were used to rank teams, the team that won the round robin game will have choice of last stone advantage in the first end OR stone handle colour. The team with last stone advantage in the first end will practice first. No LSD required.
 - c. If the teams have the same W/L record and the ADSD was used to rank teams, the higher ranked team will have choice of last stone advantage in the first end OR stone handle colour. The team with last stone advantage in the first end will practice first. No LSD required.
- 2) When teams are NOT from the same pool:
 - a. The team with the better W/L record will have last stone advantage in the first end AND choice of stone handle colour AND will practice first. No LSD required.
 - b. If the teams have the same W/L record and the ADSD was used to rank teams, the higher ranked team will have choice of last stone advantage in the first end OR stone handle colour. The team with last stone advantage in the first end will practice first. No LSD required.

Modified Triple Knockout format qualifying three (3) teams for the Modified Playoffs

- 1) If one (1) team goes undefeated (AAA) winning all three qualifiers.
 - a. No Playoff Games are required.
- 2) If one team wins two qualifiers and a second team wins one qualifier (AAC, ABA, or ABB)
 - a. The team who won two (2) qualifiers is ranked #1 for all playoff games. They will have last stone advantage in the first end AND choice of stone handle colour AND first practice, in all games.
 - b. The other team is ranked #2.
- 3) If each qualifier is won by a different team (ABC)
 - a. The team who played in the most qualifying games is ranked #1.
 - b. The team who played in the next most qualifying games is ranked #2.
 - c. The team who played in the least qualifying games is ranked #3.
 - i. In each of a, b, or c above the team with the higher ranking will have choice of last stone advantage in the first end OR choice of stone handle colour. The team with last stone advantage in the first end will practice first.
 - d. If there is a tie in qualifying games played; the tied teams rank is deemed equal. The team who qualified earliest (A qualifier > B qualifier > C qualifier) in each playoff game will have choice of stone handle colour OR practice order. LSD will be required to determine last stone advantage in the first end.

Triple Knockout format to a 4 Team Page Playoff

- 1) 3v4 Game. The two C qualifiers will conduct a coin toss to determine either practice order OR stone handle colour. LSD will be required to determine last stone advantage in first end. The winner advances to the semi-final; the loser is eliminated.
- 2) 1v2 Game. The A winner will have last stone advantage in the first end AND stone handle colour AND first practice. The winner advances to the championship final and the loser plays in the semi-final.
- 3) Semi Final. The loser of the 1v2 game will have last stone advantage in the first end AND stone handle colour AND first practice.
- 4) Final.
 - a. If the 'A' winner wins the 1v2 game, they will have last stone advantage in the first end AND stone handle colour AND first practice.
 - b. If the 'B' winner wins the 1v2 game and plays the 'A' winner in the final, the 'B' winner will have choice of last stone advantage in the first end OR stone handle colour. The team with the last stone advantage in the first end will practice first.
 - c. If the 'B' winner plays the 'C' winner in the final, the 'B' winner will have last stone advantage in the first end AND stone handle colour AND first practice.

Triple Knockout - Single Elimination Playoff

- 1) Teams are ranked by the event (A/B/C) they qualify from and the higher ranked team will have last stone advantage in the first end AND stone handle colour AND first practice.
- 2) If teams qualified from the same event. Teams will conduct a coin toss to determine either practice order OR stone handle colour. LSD will be required to determine last stone advantage in the first end.

19. PLAYOFF TEAM ADVANTAGES AND CHOICES - FAILURE TO COMPLY

- 1) Prior to each playoff game, the team with the choice of last stone advantage and/or stone handle colour will advise the Chief Umpire electronically (text or email), no later than 60 minutes before the start of their pre-game practice, of their choice(s) for the game.
- 2) Failure to comply will result in:
 - a. the team with choice of last stone advantage AND stone handle colour, will be assigned last stone advantage in the first end and first practice. The opposition will be given choice of handle colour.
 - b. The team with choice of last stone advantage OR stone handle colour, will be assigned last stone advantage in the first end and first practice. The opposition will be given choice of handle colour.

20. PLAYOFF STONE SELECTION

- 1) The Chief Umpire shall designate from which sheets stones may be selected. Stones must have been used in preliminary play.
- 2) When stones can be selected from sheets other than the game sheet:
 - a. Stones selected do not all have to come from the same sheet but must have the same handle colour. There will be no changing of handles from one stone to another.
 - b. Teams will select eight (8) game stones and one (1) reserve stone of the same handle colour. The reserve stone will only be used if one of the eight (8) game stones is damaged and becomes unsuitable for play.
 - c. Teams may re-select stones for any subsequent playoff game.

- d. Teams shall advise the Chief Umpire electronically (text or email) no later than 45 minutes before the start of their pre-game practice which specific stones (ice and stone number) they wish to use for the pre-game practice and game.
 - i. In the event of non-compliance, the Chief Umpire will assign the stones from the game sheet.

21. PLAYOFF PRACTICE SESSIONS

- 1) If not scheduled, special considerations may be provided to teams if they were deemed to have been off the ice for an excessive period of time (typically more than 24 hours), the decision will be made by the Chief Umpire.
- 2) The normal allocation will be 20 minutes.
- 3) An Umpire shall supervise all practice sessions.

22. PENALTIES AND RULE ENFORCEMENT

- 1) All competitions are played under these rules, those contained in specific championship appendices, and the “Curling Canada Rules of Curling for Officiated Play” as specified in the latest edition of the rulebook published by Curling Canada, including all subsequent rule changes and interpretations adopted by Curling Canada or NS Curling as of the start of the competition.
- 2) Note: There are no warnings for any infraction unless it is stated in the Rules or brought to your attention by the Chief Umpire or Competitions Director prior to the start of competition.
- 3) **THE CHIEF UMPIRE MAY SUSPEND A PLAYER OR COACH FROM PLAY.**
- 4) Refer to **Competition Directive #5** for more information.

E. NSCA STONES

1. STONE HISTORY

In the summer of 2024 NS Curling made a significant investment by purchasing 64 new curling stones and handles. These stones were purchased from Kays of Scotland. They replace stones that were purchased ‘used’ in 2007. Special thanks to Canada Sport Institute Atlantic who through Sport NS contributed \$15,000 towards the \$75,000 purchase.

The main body of the stones are manufactured from Ailsa Craig Common Green Granite, and are fitted with New Ailsa Craig Blue Hone Granite Inserts on sides A and B. In 2024 the stones are running on Side A (scribe line down).

2. STONE CARE

While Ailsa Craig stones are essentially low maintenance care is required to ensure the two key parts of the stone - the running edge and the striking band – is not damaged.

- 1) The running edge is prepared to a detailed specification and must be protected at all times from coming into contact with an abrasive surface, however fine. Grease oil, or any other viscous liquid will contaminate the running edge and could alter the performance of the individual stones.
- 2) Curling stones are intended to strike other stationary stones, which are on a low friction surface (ice) at all speeds. Stones should not be directed at each other from opposite directions. This may cause damage to the striking band or even fractures in the body of the stone. This effect of

malpractice doubles the closing momentum and doubles the force exerted on the striking band to a level which the granite will not endure.

- 3) **Whether the act is intentional or not, malpractice of a NS Curling stone is an unacceptable act. The person causing the malpractice will immediately be suspended from play in that competition and subject to further disciplinary action. Due to the seriousness of the misconduct disciplinary action could include suspension from all NS Curling competitions for up to five (5) years.**

3. STONE SERIAL NUMBER and WEIGHT INFORMATION

All serial numbers start with AL26. The last three numbers are recorded in the chart below. Weights include the granite and stone handle, and are recorded in pounds.

Sheet	Handle Colour	Handle Number	Serial Number	Total Weight
A	Red	1	231	41.0
		2	232	40.4
		3	233	40.8
		4	234	40.8
		5	235	40.8
		6	236	43.2
		7	237	41.0
		8	238	40.8

Sheet	Handle Colour	Handle Number	Serial Number	Total Weight
A	Yellow	1	239	40.8
		* 3	240	40.6
		* 2	241	40.6
		4	242	40.6
		* 7	243	40.2
		6	244	40.8
		* 5	245	40.4
		8	246	43.2

Sheet	Handle Colour	Handle Number	Serial Number	Total Weight
B	Red	1	263	40.6
		2	264	40.6
		3	265	40.4
		4	266	40.6
		5	267	40.8
		6	268	40.6
		7	269	40.8
		8	270	40.8

Sheet	Handle Colour	Handle Number	Serial Number	Total Weight
B	Yellow	1	271	40.6
		2	272	40.8
		3	273	40.8
		4	274	40.8

		5	275	40.6
		6	276	40.8
		7	277	40.6
		8	278	40.6

Sheet	Handle Colour	Handle Number	Serial Number	Total Weight
C	Red	1	279	40.0
		2	280	40.0
		3	281	40.4
		4	282	40.4
		5	283	40.4
		6	284	40.4
		7	285	40.6
		8	286	40.6

Sheet	Handle Colour	Handle Number	Serial Number	Total Weight
C	Yellow	1	287	40.6
		2	288	40.8
		3	289	40.6
		4	290	40.6
		5	291	40.6
		6	292	40.6
		7	293	40.6
		8	294	40.0

Sheet	Handle Colour	Handle Number	Serial Number	Total Weight
D	Red	1	295	40.4
		2	296	40.6
		3	297	40.0
		4	298	40.6
		5	299	40.6
		6	300	40.6
		7	301	40.6
		8	302	40.4

Sheet	Handle Colour	Handle Number	Serial Number	Total Weight
D	Yellow	1	303	40.6
		2	304	40.8
		3	305	40.6
		4	306	40.2
		5	307	40.8
		6	308	40.6
		7	309	40.8
		8	310	40.6

SECTION 2. NATIONAL CURLING CHAMPIONSHIPS

The winner of the Provincial Championship will represent Nova Scotia at their respective National Curling Championships, unless they are deemed ineligible. These champions, or the replacement team, become a provincial team representing Nova Scotia rather than representing their local club. National event paperwork must be completed immediately following the Provincial Championship closing ceremonies.

Provincial Championship Teams: Three (3) of the original four (4) members of a Provincial Championship team must go on to represent Nova Scotia at the subsequent National Championship. Eligibility requirements must be met by any replacement and alternate players. If these conditions are not met, the second place (or runner-up) team will replace the Championship team.

If a Provincial winner is declared and there is no Canadian Championship there will be no provincial team assistance or provincial uniforms issued to the winning team.

1. DRUG TESTING AND ANTI-DOPING PROGRAM

Athletes proceeding to a National Championship are reminded that mandatory drug testing may occur. To identify what substances and recreational drugs are prohibited, please go to the Canadian Centre for Ethics in Sport at <https://www.cces.ca/>. For more information, refer to Curling Canada's Website: <https://www.curling.ca/team-canada/hp-athletes/policies-guidelines/antidoping-program/>

2. CURLING CANADA'S RESIDENCY POLICY

It is the team's responsibility to reference Curling Canada's Residency and Eligibility Policy. Visit the Curling Canada website to view the policy: <https://www.curling.ca/residency-eligibilityrequirements/>