



## 2026 Under-20 Men and Women

**Date:** January 21 to 25, 2026 (Wednesday to Sunday)

**Location:** Mayflower Curling Club

**Registration Deadline:** December 15, 2025 at 12:00 pm (noon)

**Entry Fee:** \$400.00 + Curling Canada Competitor Fee of \$25.00 per participant, including alternate.

**National Championship:** March 28 to April 5, 2026 at Sudbury, ON.

This appendix is subject to review and evaluation, at a minimum, on an annual basis. The rules for one year's championship will not be construed to give or imply any right for future championships. NS Curling policy is to publicize its rules in advance of the competition affected by those rules. Any mistakes, omissions or ambiguity may be subject to clarification by the Competitions Manager. This appendix can be deemed final 14 days prior to the start of the championship.

See below for competition specific details. The rules and details contained in the main body of the Competition Guide apply to this competition. In the event there is a perceived conflict between the Competition Guide and this appendix, this appendix is considered first.

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### A. PARTICIPATION ELIGIBILITY

- 1) The provincial championship is an open entry, no qualification event.
- 2) Teams MUST register four (4) players, and an eligible coach. Teams may register an alternate. A team's registration will not be accepted if all four (4) players and coach are not registered in Curling IO prior to the registration deadline.
- 3) For more information regarding team registration or team rosters consult [Competition Guide, Sections 7.1-7.5](#).
- 4) All players and alternate must be:
  - a) Canadian citizens.
  - b) Residents of Nova Scotia.
  - c) Maximum 20 years of age on June 30, 2025, born July 1, 2005 or later.
  - d) A member in good standing of a NS Curling affiliated curling club but not necessarily the same club.
- 5) For more information regarding eligibility rules consult [Competition Guide, Section 12.2](#).
- 6) All athletes under the age of 12 years old MUST wear a helmet while on ice.
- 7) A delivery stick is NOT allowed.

### B. HOSTING INFORMATION

- 1) A minimum of four (4) sheets of ice is required.
- 2) The event is scheduled for a maximum of five (5) days.
- 3) The 2026 championship will use Mayflower Curling Club stones.
- 4) The event will be officiated.
- 5) Games will be timed.

- 6) There will be a pre-competition practice scheduled.
- 7) There will be a pre-game practice prior to each draw.
- 8) House buttons should be the same size and triangulation measurement points established.
- 9) No opening ceremony.
- 10) Games will have live scoring on the NS Curling website.

## C. UMPIRES

Once the competition starts the Chief Umpire has the general supervision and governance of the rules and procedures. The Chief Umpire shall have full authority to enforce the rules of the game as adopted by NS Curling. The decision of the Chief Umpire is final in all aspects involving judgment calls. In emergency situations, the Chief Umpire may have to act immediately in areas outside of rules, policy or precedent. In these situations, the Chief Umpire is the final authority.

The Chief Umpire may intervene at any time and give directions to any player or coach. They may suspend or expel a player or coach for abusive or unacceptable behaviour, including bad language. All conduct matters will be fully documented and filed with NS Curling for subsequent review and follow-up. For more information regarding officiating consult [Competition Guide, Section 9.2.](#)

## D. COACHING STANDARD

- 1) Each team MUST be accompanied by a registered coach who must be present within the event facility.
- 2) Only coaches meeting the required coaching credentials will be permitted on-ice access. No exemptions to certification standards will be provided.
- 3) Teams may register an Assistant Coach.
- 4) For more information regarding coaching consult [Competition Guide, Sections 8.1-8.4.](#)
- 5) Coaches will employ Curling Canada’s U-20 Coach Interaction Rules. For more information on Coach Interaction Rules consult [Competition Special Rules.](#)
- 6) The Curling Canada ‘Fair Play Time Out Rule’ shall be in effect. The Fair Play Time Out can not be taken during the final end of play.

## E. CHAMPIONSHIP HISTORY

First Canadian Men’s Championship held in 1950. The first Canadian Women’s Championship held in 1971. The events were combined in 1987.

Prior to 2018 provincial regional qualification events were held to qualify for provincials.

### Year to Year Participation Information

	2025	2024	2023	2022	2021	2020	2019	2018	2017
Men	8	6	6	Covid	Covid	8	10	10	10
Women	9	10	7	Covid	Covid	8	8	7	9
Date	Feb 5-9	Feb 16-20	Jan 11-15	Feb 13-17	Feb 19-23	Dec 27-31	Dec 27-31	Dec 27-31	?
Host	Truro	Truro	Truro	Truro	Truro	?	Lakeshore	Lakeshore	Amherst

## F. PROVINCIAL CHAMPIONSHIPS

### GENERAL

- 1) This championship is a designated Tier 1 NS Curling event.
- 2) The WCF moratorium on brush heads is in effect and the exchanging of brooms and changing brush heads during play will not be allowed. For more information on equipment consult [Competition Guide, Sections 10.1-10.2.](#)

- 3) Umpires will conduct all measurements.
- 4) Players and coaches cannot be in the ice shed at any time during the event without an Umpire present who has been assigned to and is working the event.
- 5) In the event of a Force Majeure and the provincial championship is not able to be held, all entry fees will be refunded. The selection of the team to represent NS at Nationals will be governed by the Competitions Advisory Panel.
- 6) Players and coaches are prohibited from consuming alcoholic beverages or use any mind-altering substance. This shall include the entire period from departure to the competition through to and including arrival at home from the event. Violation will result in immediate suspension of the player(s) or coach involved, and subject to further disciplinary action.

#### **COMPETITION FORMAT IN THE QUALIFYING ROUND**

- 1) The number of participating teams will determine the draw format to be used. NS Curling reserves the right to modify the draw format to meet the requirements of the championship.
- 2) NS Curling has been awarded a second berth in both the Men's and Women's Canadian Championships. The playoff format will determine two (2) representatives for each gender.
- 3) Each game is scheduled for eight (8) ends.
- 4) Teams may play a maximum of three (3) games per day, three (3) game days cannot be scheduled for two (2) consecutive days, excluding playoffs.
- 5) The official draw and schedule will be emailed to the primary team contact. The draw posting could be slightly delayed. See U20 Exemption Policy at the end of this document.
- 6) For more information regarding official draw preparation consult [Competition Guide, Section 12.3](#).

#### **RANKING & DRAW PLACEMENT PROCEDURE**

- 1) Self-Seeding (peer ranking) will be used. Teams will be placed into the draw based on the results of the ballots received.
- 2) For more information regarding self-seeding consult [Competition Guide, Section 12.7](#).

#### **GAME TIMING**

- 1) Games will be timed. However, certain compromises could be made depending upon club space, available equipment, number of volunteers, etc.
- 2) As per Curling Canada Coach Interaction Rules:
  - a) maximum one (1) interaction in first four (4) ends of game
  - b) maximum one (1) interaction in final four (4) ends of game
  - c) one (1) interaction per extra end
  - d) each team shall receive 32 minutes of thinking time; extra ends are five (5) minutes.
  - e) the mid-game break is five (5) minutes.
  - f) time between ends is 60 seconds. Game clocks will start 10 seconds after the 60 seconds has lapsed.
  - g) there will be a three (3) minute break before starting an extra end.
  - h) there will be no timeouts.
- 3) For more information regarding game timing consult [Competition Guide, Section 12.8](#).

#### **PRE-COMPETITION PRACTICE**

- 1) There will be a pre-competition practice scheduled.
- 2) Teams are not required to participate. As a matter of courtesy please let the Competitions Manager know if you are not going to attend your practice session.

- 3) Teams are NOT permitted to practice at the host club within 24-hours of the start of competition, unless they are a regular member of the club with a regularly scheduled game during that 24-hour period.
- 4) For more information regarding pre-competition practice guidelines consult [Competition Guide, Section 12.9.](#)

#### **PRE-GAME CALL**

- 1) Thirty (30) minutes prior to the scheduled game time, when announced, teams will report to the designated pre-game area to:
  - a) confirm their line-up and readiness to play
  - b) name which player will be throwing the LSD clockwise rotation and which player will be throwing the LSD counter-clockwise rotation.
  - c) receive any instructions.
- 2) For more information regarding pre-game call consult [Competition Guide, Section 12.10.](#)
- 3) A draw to the button competition will be used to determine last stone advantage in the first end.

#### **PRE-GAME PRACTICE**

- 1) Twenty-five (25) minutes prior to scheduled game time, first practice will be announced.
- 2) It will consist of up to one-minute of slider cool-down with sliding, seven (7) minutes of practice time with a one (1) minute remaining warning, then, a one (1) minute time period for each Last Stone Draw. Second practice will follow the same format. Please follow the umpire's announcements.
- 3) Pre-game practice is not mandatory, but the team's attendance is required for Last Stone Draw.
- 4) Coaches and alternates are allowed access on the ice surface during practice, with appropriate curling footwear.
- 5) For more information regarding pre-game practice consult [Competition Guide, Section 12.11.](#)

#### **LAST STONE DRAW (LSD) IN THE QUALIFYING ROUND**

- 1) Last stone advantage in the first end will be decided by a draw to the button contest immediately following the pre-game practice.
- 2) Under the direction of the umpire, teams will deliver two (2) LSDs. The first LSD will be thrown in the clockwise rotation; the second LSD will be thrown in the counter-clockwise rotation.
- 3) Each player will deliver an equal number of clockwise and counter-clockwise LSD stones. If there are an odd number of games a variation of one rotation per player must occur.
- 4) For more information on LSD procedures consult [Competition Guide, Section 12.12.](#)

#### **TEAM RANKING AND PLAYOFF PROCESS**

- 1) The Chief Umpire will make all decisions with regard to the administration of playoff games.
- 2) Playoff teams will be ranked and placed into the playoff draw according to their qualifying round results.
- 3) There will be NO tiebreaker games scheduled.
- 4) Immediately following the conclusion of the qualifying round final draw, a meeting may occur between the Chief Umpire and all playoff teams. Teams must send one (1) team member (i.e. player or coach).
  - a. The Chief Umpire will identify each team's advantages and choices with respect to hammer, handle colour selection, and any adjustments to scheduling or ice assignments.

- b. 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.
- 5) The full playoff process is described in the [Competition Guide, Sections 13.1-13.6](#).

### **U20 EXEMPTION POLICY**

This policy is explicitly for the 2025/26 season.

#### Whereas:

- 1) Taarnby, Denmark will host the 2026 edition of the World Junior Championships from February 24 to March 3.
- 2) Nova Scotia's 2025 U20 Men's Team won the right to compete as Team Canada.
- 3) This team has players that are still eligible for the 2026 U20 Provincial Championship.
- 4) NS Curling aims to provide the best opportunity for them to optimize their competitive performance at the World Championship

#### Therefore:

- 1) The U20 Provincials (Men and Women) will be held January 21 to 25, 2026.

#### Whereas:

- 1) The curling competitions of the 2026 Olympics will be held at the Cortina Olympic Stadium, Italy from February 4 to 24, 2026.
- 2) Every four years the Olympics causes provinces/territories to schedule their Women's Championships earlier than usual.

#### Therefore:

- 1) The 2026 Nova Scotia Women's Provincial will be held January 6 to 11, 2026.

#### Whereas:

- 1) The earlier scheduling of the U20 Men's and Women's Provincial Championships creates a situation where, if a U20 Women's team wins the Women's Provincial they would be unable to compete in the U20 Provincial, due to a date conflict with the Canadian Scotties Tournament of Hearts (January 23 to February 1, 2026).
- 2) NS Curling supports the up-playing of National caliber youth teams.

#### Therefore:

- 1) If a U20 Women's team is registered in the 2026 U20 Women's Championship, and wins the 2026 Women's Championship they will be offered the 'U20 Nova Scotia #2' position at U20 Nationals.
- 2) The offer has some restrictions:
  - a) the acceptance deadline is 12:00 PM (noon) on January 12, 2026;
  - b) the team must have the exact same lineup in both events;
  - c) the team would only be able to substitute one player, by producing a medical certificate.
- 3) If this situation was to unfold the U20 Women's Provincial Championship will playdown to one team, and represent NS at U20 Nationals as 'Nova Scotia #1'.
- 4) This situation could cause the U20 draw and schedule to be slightly delayed.