



# **NOVA SCOTIA CURLING**

**2025-26**

**Competition Guide**

**For All NS Curling**

**Sanctioned Championships**

# Table of Contents

<b>NS CURLING CONTACT INFORMATION</b>	<b>3</b>
<b>SECTION 1 AUTHORITY</b>	<b>4</b>
<b>SECTION 2 ACCOUNTIBILITY</b>	<b>4</b>
<b>SECTION 3 APPLICATION</b>	<b>4</b>
<b>SECTION 4 COMPETITION ADVISORY PANEL</b>	<b>4</b>
<b>SECTION 5 GENERAL INFORMATION</b>	<b>5</b>
<b>SECTION 6 CONDUCT, FINES, and OBLIGATIONS</b>	<b>5</b>
6.1 CONDUCT	5
6.2 EXPULSION OF A PLAYER OR COACH	5
6.3 FINES FOR VIOLATIONS	6
6.4 TEAM FORMAL OBLIGATIONS	7
<b>SECTION 7 REGISTRATION and ROSTERS</b>	<b>7</b>
7.1 TEAM REGISTRATION	7
7.2 WITHDRAWALS AND REFUNDS	8
7.3 TEAM ROSTERS	8
7.4 ROSTER CHANGES	9
7.5 ALTERNATES AND REPLACEMENT PLAYERS	9
<b>SECTION 8 COACHING</b>	<b>10</b>
8.1 CONDITIONS	10
8.2 MENTORED COACH	11
8.3 ASSISTANT COACH	12
8.4 COACH ON-ICE ACCESS CREDENTIALS FOR PROVINCIAL CHAMPIONSHIPS	12
<b>SECTION 9 OFFICIATING</b>	<b>14</b>
9.1 APPLICATION	14
9.2 OFFICIALS	14
<b>SECTION 10 EQUIPMENT</b>	<b>15</b>
10.1 EQUIPMENT	15
10.2 EQUIPMENT CHECKS	16
10.3 HELMETS	16
10.4 ELECTRONIC DEVICES	16

<b>SECTION 11</b>	<b>SOCIAL MEDIA and LIVE STREAMING</b>	<b>16</b>
11.1	SOCIAL MEDIA	16
11.2	LIVE STREAMING	17
<b>SECTION 12</b>	<b>COMPETITION</b>	<b>17</b>
12.1	COMPETITION TIERS	17
12.2	ELIGIBILITY	18
12.3	OFFICIAL DRAW PREPARATION	19
12.4	TEAM NAME & CLUB REPRESENTATION	20
12.5	CHANGE OF TEAM LINE-UP	20
12.6	RANKING & DRAW PLACEMENT PROCEDURE	21
12.7	SELF-SEEDING	21
12.8	GAME TIMING	22
12.9	PRE-COMPETITION PRACTICE	24
12.10	PRE-GAME CALL	24
12.11	PRE-GAME PRACTICE	25
12.12	LAST STONE DRAW (LSD)	25
12.13	ACCUMULATED DRAW SHOT DISTANCE (ADSD)	28
<b>SECTION 13</b>	<b>PLAYOFFS</b>	<b>28</b>
13.1	TEAM RANKING	28
13.2	PLAYOFF MEETING	28
13.3	PLAYOFF ADVANTAGES and CHOICES	29
13.4	FAILURE TO COMPLY	30
13.5	PLAYOFF STONE SELECTION	30
13.6	PLAYOFF PRACTICE SESSIONS	30
<b>SECTION 14</b>	<b>NSCA STONES</b>	<b>30</b>
14.1	STONE HISTORY	30
14.2	STONE CARE	31
14.3	STONE SERIAL NUMBER and WEIGHT INFORMATION	31
<b>SECTION 15</b>	<b>NATIONAL CURLING CHAMPIONSHIPS</b>	<b>33</b>
15.1	DRUG TESTING AND ANTI-DOPING PROGRAM	33
<b>APPENDIX 1</b>	<b>REVISION HISTORY</b>	<b>33</b>

## NS CURLING CONTACT INFORMATION

All inquiries should be emailed to the Competitions Advisory Panel at:

[competitions@nscurl.com](mailto:competitions@nscurl.com)

All inquiries received will be responded to within 48 hours

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This document was vetted by the Competitions Advisory Panel.



## **SECTION 1 AUTHORITY**

The Nova Scotia Curling Association (hereafter referred to as NS Curling) is the policy decision forum for Provincial Championships, and other sanctioned events. All matters of concern should be emailed to the Competitions Advisory Panel at [competitions@nscurl.com](mailto:competitions@nscurl.com).

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

During a championship or qualifier, NS Curling policy and procedure interpretations are the responsibility of the Competitions Manager in consultation with the event's Head Umpire. During an event interpretations of the rules are the responsibility of the event's Head Umpire.

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.

## **SECTION 2 ACCOUNTIBILITY**

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).

## **SECTION 3 APPLICATION**

This Competition Guide shall take precedent over the Curling Canada Rules of Curling for Officiated Play and will apply to any competition to which these rules are made applicable by NS Curling, except where amended within a **specific championship appendix**. NS Curling reserves the right to amend or repeal any of the foregoing rules.

## **SECTION 4 COMPETITION ADVISORY PANEL**

The Competition Advisory Panel 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 individuals:

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

## SECTION 5 GENERAL INFORMATION

In addition to the information contained herein, this Competition 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 \(refer to Competition Directive #1\)](#)

## SECTION 6 CONDUCT, FINES, and OBLIGATIONS

### 6.1 CONDUCT

- 1) NS Curling supports equal opportunity and prohibits maltreatment of all individuals involved with the sport of curling in N.S.
- 2) NS Curling competitors and coaches are required to conduct themselves in an appropriate manner on and off the ice, and abide by all NS Curling Policies and avoid any action or conduct that disrupts or interferes with events, or reflects adversely upon NS Curling. The Chief Umpire may intervene at any time if a team, player, or coach is displaying inappropriate behaviour. Competitors and coaches may be subject to fines, see 'Fines For Violations' [Section 6.3](#).
- 3) The NS Curling Liaison at the event is empowered to manage disputes and may enact immediate discipline or sanctions as reasonably required. Further discipline may be applied. In such situations, disciplinary sanctions will be for the duration of the competition, training, activity or event.
- 4) 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 for Officiated Play](#) (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)
- 5) At all NS Curling youth championships, each coach shall be given one (1) 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.
- 6) Competitors and coaches must agree to abide by the [NS Curling Code of Conduct](#). The latest version can be found on the NS Curling website.

### 6.2 EXPULSION OF A PLAYER OR COACH

- 1) The Chief Umpire or NS Curling Event Liaison may expel a player or coach from play.
- 2) If a player or coach is expelled from a game for on-ice misconduct, the following shall apply:
  - a. The player or coach must leave the ice surface immediately. If the player or coach refuses to leave the ice surface, the team forfeits the game.

- b. An expelled player will not be allowed a substitute for the remainder of that game. In Mixed 4-Player competitions where four players are mandatory and Mixed Doubles competitions where two players are mandatory the team will automatically forfeit the game.
- c. The Chief Umpire or NS Curling Event Liaison may recommend expulsion or suspension of any player or coach to NS Curling. The expulsion or suspension may involve the competition at hand or future competitions governed by NS Curling.
- d. A team will be allowed a substitute/replacement player or substitute certified coach if further suspension is carried out. The substitute/replacement player must follow the rules for that competition. The substitute certified coach must have the proper qualifications as per NS Curling guidelines.

### **6.3 FINES FOR VIOLATIONS**

- 1) While the game umpires will continue to monitor player conduct and profanity, they are not always able to hear such in all circumstances. Given this and the significant importance of this matter, umpires will be monitoring NS Curling broadcasts in conjunction with our broadcast / streaming partners.
- 2) There are no warnings for any infraction unless it is stated in the Competition Guide, **specific championship appendix** or brought to your attention by the Chief Umpire or Competitions Manager prior to the start of competition.
- 3) In cooperation and with the support of the World Curling Players Association and Curling Canada, NS Curling has introduced a fine system that consists of fines for the following:
  - a. On-ice conduct, including:
    - i. Use of inappropriate language to the point that it is deemed offensive.
    - ii. Making an obscene gesture that is deemed inappropriate by the Chief Umpire.
    - iii. Being abusive to anyone involved with the event.
    - iv. Refusing to talk to an accredited member of the media.
    - v. Refusing to wear an RF microphone. (Broadcast games only)
    - vi. Refusing to cooperate with the televising network. (Broadcast games only)
    - vii. Dress code violation (including the use of unapproved logos or sponsorship on clothing or equipment)
    - viii. 1st Offence: Fine from \$150 – \$500
    - ix. 2nd Offence: Fine from \$500 – \$1000
    - x. 3rd Offence: Fine up to \$1000 and suspension
  - b. Refusing to take a directive given by a NS Curling Official
    - i. 1st Offence: Fine from \$300 – \$600
    - ii. 2nd Offence: Fine from \$600 – \$1000
    - iii. 3rd Offence: Fine up to \$1000 and suspension
  - c. Conceding a game before the time frame designated by NS Curling without permission.
    - i. 1st Offence: Fine from \$500 – \$1000 for each member of the team on the ice
  - d. Off-ice activity: Any conduct considered to be inappropriate by NS Curling.
    - i. 1st Offence: Fine from \$300 – \$600
    - ii. 2nd Offence: Fine from \$600 – \$1000
    - iii. A suspension may also be levied in association with these fines.

## **6.4 TEAM FORMAL OBLIGATIONS**

- 1) A team must have four (4) players, and the mandatory coach, in attendance at event ceremonies and any banquet/social event when held in conjunction with the competition. Your cooperation is expected as a show of sportsmanship. If a team fails to attend as required, the team will be penalized with loss of hammer in their next game. However, teams will continue to throw their LSD before each game and their results will be used for team ranking purposes in the playoffs.
- 2) 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 emailing the Competitions Advisory Panel at [competitions@nscurl.com](mailto:competitions@nscurl.com).
- 3) Teams competing in a NS Curling event do so with the knowledge that they must continue to play at all levels, up to and including Canadians, until they are eliminated.
- 4) **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.**
- 5) 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 registered 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.
- 6) Any team conceding a game before the time frame designated by NS Curling without permission from the event Chief Umpire will receive a fine for each member of the team on the ice. See 'Fines for Violations' [Section 6.3](#).
- 7) 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 primary 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 club banner and championship trophy will be taken at the Celebration of Excellence.

## **SECTION 7 REGISTRATION and ROSTERS**

### **7.1 TEAM REGISTRATION**

- 1) Registration information for each event will be published on-line in real time and available publicly, where technology allows.
- 2) The registration deadline for all event categories is listed in the Championship Calendar and [specific event appendix](#). These deadlines may be subject to change.
- 3) Registration is done through the NS Curling website using the [Curling I/O](#) platform.
- 4) Prior to registering a team for an event, ensure that eligibility rules [Section 12.2](#) are read to ensure the registering team (original players, alternate and coach) meet the criteria listed for the specific competition.

- 5) A team MUST register with a minimum roster of four (4) original players as of the registration deadline (*excluding mixed doubles teams*), and up to one (1) alternate at any time.
- 6) A four-person mixed team must register with a minimum roster of four (4) original players (as of registration deadline) and up to one (1) alternate per gender at any time. The host club will not provide a pool of spare players.
- 7) An alternate, is not considered as one of the four original rostered players.
- 8) 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.
- 9) **Teams who list a player or mandatory coach as TBD, TBA, etc. will NOT be considered as having registered for the competition.**
- 10) 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.
- 11) Teams must declare what club they are representing; at least one player must be in good standing at that club.
- 12) Teams are responsible to properly and fully complete, and verify their registration, which is confirmed by receipt of an 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.
- 13) **NO LATE ENTRIES WILL BE ALLOWED UNDER ANY CIRCUMSTANCE.** All deadlines are set for weekdays at 12:00 pm (noon) which gives anyone having a technical issue the opportunity to request assistance from NS Curling before the entry deadline.
- 14) In a provincial championship that leads to a national championship, if there are insufficient number of teams (less than 6 teams) registered for an event at the registration deadline, Nova Scotia Curling reserves the right to cancel the event.
- 15) 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.

## **7.2 WITHDRAWALS AND REFUNDS**

- 1) Teams may withdraw from an event prior to the registration deadline by emailing [competitions@nscurl.com](mailto:competitions@nscurl.com). If a team withdraws from the competition before the registration deadline, a processing fee of \$25 may be deducted from that team's original fee.
- 2) Withdrawals made after the registration deadline are non-refundable, unless an exception is approved by the Executive Director due to extraordinary circumstances or significant life events.
- 3) If a team withdraws after the draw schedule has been released that team's games may be replaced with byes.
- 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 Curling at Nationals will be governed by the Competitions Advisory Panel.

## **7.3 TEAM ROSTERS**

- 1) 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 Advisory Panel at [competitions@nscurl.com](mailto:competitions@nscurl.com) by email, and confirmed.

- 2) Team names on all provincial draws and sanctioned publications will be the last name of the person who is in control of the house.
- 3) Prior to the posted start time of a team's first game, teams are required to confirm their throwing line-up at the host site of a Championship.
- 4) 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.

#### **7.4 ROSTER CHANGES**

- 1) 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.**
- 2) The Competitions Advisory Panel must be emailed at [competitions@nscurl.com](mailto:competitions@nscurl.com) noting any changes to the team roster, including the addition of an alternate, coach or replacement player. Roster changes are not considered official until validated by NS Curling by return email.
- 3) 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.
- 4) Roster changes are subject to the following administration fees:
  - a. If submitted prior to the registration deadline - \$0
  - b. If submitted between the registration deadline and 10 days before the start of the event - \$40
  - c. If submitted within 9 days of the start of the event - \$100

#### **7.5 ALTERNATES AND REPLACEMENT PLAYERS**

- 1) Alternates and replacement players must:
  - a. Meet eligibility requirements as per [Section 12.2](#) specifically age, gender and residency.
  - b. Be a member in good standing of an affiliated NS Curling member club.
  - c. Have NOT been registered in any level of competition within that championship as a registered original player or alternate.
  - d. It is the team's responsibility to ensure eligibility is met.
- 2) Alternates
  - a. If a competition allows, an alternate player may be declared on the team's entry form at registration. Two-person teams may not name an alternate.
  - b. Teams may identify an eligible alternate player no later than 48 hours prior to the events scheduled first game by submitting an email request to the Competitions Advisory Panel at [competitions@nscurl.com](mailto:competitions@nscurl.com).
  - c. Alternates are required to have paid the prescribed Curling Canada competitor fee (if fee is required to compete in that event).
  - d. An alternate will remain with the team until completion of that championship.
  - e. Alternates are considered team members and are expected to follow all guidelines. Conduct policies will be strictly applied to alternate players.
  - f. 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.
  - g. **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.

- h. Teams continuing on to national events will be subject to the rules of the body governing the national event regarding alternates.
- i. 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) Replacement Players

- a. A replacement player 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);
- b. A replacement player must be a member of an NS Curling affiliated curling club in good standing, and must meet all eligibility requirements for the competition.
- c. 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.
- d. 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 Advisory Panel at [competitions@nscurl.com](mailto:competitions@nscurl.com). Three (3) members of the original team must remain intact; this includes teams representing NS Curling at a Canadian championship. If applicable, CTRS points will be revised for that team to reflect the player change.
- e. A two-person team cannot replace more than one player.

### 4) 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.' Teams must identify an eligible replacement player no later than 48 hours prior to the scheduled first game by submitting a written request to the Competitions Advisory Panel at [competitions@nscurl.com](mailto:competitions@nscurl.com).
- 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 Advisory Panel at [competitions@nscurl.com](mailto:competitions@nscurl.com).

## SECTION 8 COACHING

### 8.1 CONDITIONS

- 1) To be eligible to coach at a NS Curling championship, a coach:
  - a. Must have completed the NCCP Safe Sport Training in the past 3 years, or a refresher course if more than 3 years have passed.
  - b. Must follow the "Rule of 2" at all times. Can be found through [Coaching Association of Canada](#) under eLearning.
  - c. Shall be responsible for the team both on and off the ice during the entire event.
  - d. Any coach found to be not in compliance shall be subject to disciplinary action.
- 2) Criminal Record Check (CRC):
  - a. A valid CRC must be on file with NS Curling by the registration deadline.
  - b. CRC's will expire with NS Curling every three years. For example, if the CRC was completed in December 2022, you are required to submit a new one prior to December 2025.

- c. To complete your CRC on-line, visit [myBackCheck](#).
  - d. CRC's are to be submitted to your Sideline Learning Profile – contact the Technical Director to create a profile if one hasn't already been provided.
- 3) 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.
  - 4) Mandatory Coach:
    - a. In youth competitions a coach is MANDATORY.
    - b. A mandatory coach must be registered with the team prior to the event registration deadline.
  - 5) A coach can only be the primary team contact for one team at a NS Curling championship.
  - 6) A team may only have one official Coach who has access to the team during pre-competition and pre-game practices, coach interactions, timeouts, and mid-game and extra end breaks.
  - 7) An assistant coach may be registered for youth events leading up to and including the provincial championship. See 'Assistant Coach' [Section 8.3](#).
  - 8) A person can only be registered as a coach on the roster of one team at a NS Curling championship.
  - 9) 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 U16 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.
  - 10) If a coach change is required after the registration deadline the team shall register a qualified replacement coach by emailing the Competitions Advisory Panel at [competitions@nscurl.com](mailto:competitions@nscurl.com). 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.
  - 11) Where the Coach Interaction Rules are applicable, one coach will have designated on ice seating as long as space permits. No seating will be made available for an alternate player.
  - 12) Behind the glass, seating will be provided for one registered coach per team and one alternate, if applicable. No additional reserved seating will be allowed. In venues where teams are offered restricted seating (i.e. away from the general population), only the registered coach and alternate is allowed in the restricted area.
  - 13) 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.

## **8.2 MENTORED COACH**

- 1) 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 'mentored coach'.
- 2) The request for a one-year exemption must be received by the Technical Director prior to the event registration closing.
- 3) A 'mentored coach' is a coach who receives advice, knowledge, or guidance from a more experienced mentor over a period of time. A mentored coach may often have a specific competency they want to learn from the more experienced mentor.

- 4) The 'mentored coach' must have completed the Competition Coach workshop, at a minimum.
- 5) 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.
- 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 'mentored 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.

### **8.3 ASSISTANT COACH**

- 1) Teams in youth competitions (U20, U18, U15, U12, Mixed 4-Player and 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 practice.
- 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.
- 7) The Assistant Coach will be allowed access to the team ONLY when the coach is absent for an entire game. The coach and assistant coach are NOT interchangeable during any one game.

### **8.4 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](http://thelocker.coach.ca)
  - b. Concussion Training - Making Headway in Sport – [thelocker.ca](http://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 [myBackCheck](http://myBackCheck) 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 [CoachingNS](http://CoachingNS))
- 5) All coaches/chaperones in Tier 4 events require:
  - a. Police Background Check within the past 3 years. Visit [myBackCheck](http://myBackCheck) or contact your local RCMP office for a VRC
  - b. Safe Sport Training – [thelocker.coach.ca](http://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 <b>OR</b> Certified Competition Coach and Competition Development 'In-Training' <b>OR</b> Approved Curling Canada "High Performance Consultant" <b>OR</b> Mental Performance Consultant with one of the following qualifications: <ul style="list-style-type: none"> <li>- Licensed member of the Canadian Psychological Association</li> <li>- Graduate degree in sport and performance psychology or related field</li> <li>- Member of Canadian Sport Psychology Association</li> <li>- Member of the Applied Association for Sport Psychology</li> </ul>
Mixed Doubles	Competition Coach Certified <b>OR</b> Approved Curling Canada 'High Performance Consultant' <b>OR</b> Mental Performance Consultant
Seniors	Competition Coach Certified <b>OR</b> 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 Mixed (4-Player) Wheelchair	Competition Coach Certified <b>OR</b> Approved Curling Canada 'High Performance Consultant'
Under 18 Masters	Competition Coach "Trained" (Competition Coach Workshop + MED Workshop +/- evaluation)
Canada Winter Games	NS Curling playdown requirement: Competition Coach "Trained". (Competition Coach Workshop + MED). Competition Development in Training required for Canadians.

### Tier 3 Events (NSCA Championships)

CHAMPIONSHIP	COACHING CREDENTIALS REQUIRED FOR ON-ICE ACCESS
U21 Mixed Doubles	Competition Coach "Trained" (Competition Coach Workshop + MED)
Youth Mixed Doubles Under 15	Club Coach

Club Series	Coaches are not permitted
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#### Tier 4 Events (Participation Bonspiels)

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

## SECTION 9 OFFICIATING

### 9.1 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 latest edition of the rulebook published by Curling Canada, including all subsequent rule changes and interpretations adopted by Curling Canada at the start of the competition. These rules may be supplemented by this Competition Guide and the related **specific championship appendix**.
- 3) The “Curling Canada Rules of Curling for Officiated Play”, ‘no-tick’ rule does not apply for Wheelchair or Mixed Doubles competitions.
- 4) Host Club publications or directions shall never take precedence over the NS Curling Competition Guide, Specific Championship Appendices, Competition Special Rules, or Competition Directives.

### 9.2 OFFICIALS

In curling, as in most sports, umpiring is performed by dedicated volunteers without whom the sport could not progress.

- 1) Competitions Manager – responsible for team registration, the draw and championship rules.
- 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 Competition 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 Curling Canada Rules of Curling for Officiated Play, board policy or precedent. Their 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) 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 NS Curling for subsequent review and follow-up.
- 7) 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.

## SECTION 10 EQUIPMENT

### 10.1 EQUIPMENT

- 1) World Curling has developed specifications for sweeping equipment. Curling Canada has adopted these specifications, see [WCF 'Approved Code List'](#). Only World Curling approved equipment will be allowed in Tier 1 and Tier 2 championships that lead to national championships. Tier 3 and Tier 4 competitions are exempt.
  - a. All replacement brush sleeves (includes one-piece brush heads) must be WCF compliant. Reference [Policy – Replacement Brush Sleeves 9 October 2025](#)
    - i. For the 2025/26 season, all athletes (including alternate) in a Tier 1 or Tier 2 championship must start the event with a NEW and clean brush sleeve.
    - ii. During the event Umpires have the authority to require a sleeve be replaced if they deem the condition of the equipment to be unsatisfactory.
    - iii. If the brush sleeve is not replaced, the brush will be considered non-conforming and cannot be used.
  - b. It is the responsibility of each competitor (athlete and coach) to ensure compliance.
  - c. Hair brooms and corn brooms are banned as sweeping devices.
- 2) Brush heads from manufacturers are tested and approved as a complete unit. All components combined are a part of the approval process. Interchanging any parts, except the handle, from one manufacturer to another is strictly forbidden and contravenes World Curling rules.
- 3) Each person must declare their one (1) sweeping device that will be used for the entire event and only that player may use that sweeping device. This declaration must take place prior to the first pre-game practice.
- 4) A player may only change a brush sleeve during a game with approval from the Chief Umpire.
- 5) A sweeping device broken during the game cannot be replaced, except at the sole discretion of the Chief Umpire.
- 6) A substitute entering a game must use the sweeping device of the player they are replacing.
- 7) Penalties:
  - a. If a player uses another player's legal brush sleeve, the stone is removed from play.
  - b. If a player uses an illegal brush sleeve, the game is forfeited AND:
    - i. For a 1st offense, the offending player is removed from the game and cannot continue in the specific competition - they cannot be replaced.
    - ii. For a 2nd or subsequent offense, the entire team is disqualified from the specific competition and suspended from any NS Curling competition for 365 days.
- 8) All kit bags and broom bags must be returned to the locker room or designated area after pre-game practice, before the game starts, including fifth player and coaches' brooms.
- 9) Delivery sticks may be used in the Wheelchair, Curling Club Championship, and Masters Categories.

## **10.2 EQUIPMENT CHECKS**

- 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) Any equipment causing damage to the ice surface will be removed from play until the equipment is repaired to the satisfaction of the Head Umpire
- 4) If a player is unsure of any piece of equipment, they should consult with the Chief Umpire prior to the competition starting.

## **10.3 HELMETS**

For all of its programs and events, NS Curling mandates the use of well-fitting, properly worn helmets, CSA or designed specifically for the sport of curling for individuals under the age of 12. For further information refer to the [NS Curling Helmet Use Policy](#).

## **10.4 ELECTRONIC DEVICES**

- 1) While in the playing area (ice shed):
  - a. Electronic devices that provide communication are NOT permitted to be used (e.g. cell phones, iPods, smartwatches etc.) and must be placed on silent or airplane mode.
  - b. At U18 and U20 championships, coaches are allowed to use their phone or tablet in airplane mode (wifi/data must be disabled) to record game statistics, write down notes or take photos of game scenarios, but they are not permitted to use those devices or smart watches for communication purposes.
  - c. Microphone/receivers that allow one or two-way communication, to or from a competitor, is prohibited.
- 2) In the club house area, coaches and alternates will refrain from using their cellular communication devices during the game.
- 3) 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.

# **SECTION 11 SOCIAL MEDIA and LIVE STREAMING**

## **11.1 SOCIAL MEDIA**

- 1) Unquestionably, the landscape has changed in terms of the ways that players, fans, and the media interact, and it's recognized that the various forms of social media represent a valuable opportunity for communication. Competitors are encouraged to embrace social media, as they present avenues to promote curling and their own teams. However, there must be certain responsibilities attached to the use of these social media outlets.
- 2) There is no such thing as "off the record" when it comes to communication via social media. Hitting the "send" button makes it part of the public record, and it can be distributed to thousands of people in just a few seconds. Avoid using social media when emotions are heightened.

- 3) Publishing inappropriate content related to NS Curling or one of its events, or any content that could be construed as bringing NS Curling or the event into disrepute, may lead to disciplinary procedures.

## **11.2 LIVE STREAMING**

- 1) In Championships where NS Curling is live streaming the event
  - a. Teams may live stream their own games except if NS Curling is live on that sheet of ice.
  - b. All streaming equipment must be on the warm side of the glass and may not interfere with the coaches/players area.
  - c. Listening devices are permitted; however, the coach cannot have access to it during the game.
  - d. Non-compliance will result in removal of the equipment for the remainder of the event.
- 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) Players and coaches are not allowed to manage/handle the livestreaming of games or practice sessions.
- 5) Teams must use their own data source (not the club's WiFi).
- 6) Live commentary on private streams is not allowed.
- 7) If the host committee has hired a photographer, no other photographer may enter the field of play. An exception to this is the media when approved by both the Chief Umpire and Host Committee. If a photographer has not been hired, then anyone wishing to take pictures in the field of play must get approval from the Chief Umpire.

## **SECTION 12 COMPETITION**

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

### **12.1 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

	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>	<b>Tier 4</b>
Maximum number of days event is scheduled for	5/6	4/5	3/4	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	Yes **	Yes
Games will be timed	Yes	Yes	No	No
Draw to button contest for hammer in first end	Yes	Yes	Yes**	Yes
Teams will be ranked in the draw by self-seeding	Yes +	Yes	Yes	No
Umpires will conduct all measurements	Yes	Yes	Yes	No

NCSA stones may be assigned for the event	Yes	No	No	No
Live scoring on the NS Curling website	Yes	Yes	Yes ++	No

\*Exception Wheelchair

\*\*If time allows

+Exception if CTRS is being used

++Depends on club resources

## 12.2 ELIGIBILITY

- 1) Each player must:
  - a. Meet all age and gender requirements
  - b. Be a member in good standing of a curling club affiliated with NS Curling (this includes Free Agents).
  - c. Be a full-time resident of Nova Scotia, or
  - d. Be a registered full-time student, or
  - e. Have birthright residency (Men's and Women's only), or
  - f. Be the designated free agent player (Men's and Women's only). "Free Agent" requests must be received thirty (30) days prior to the first stage of the championship.
- 2) If a NS Curling Championship is held in one season, and the National Championship is held in the following season, all team members of the NS Curling Championship team must also be members in good standing of a member club in good standing in the season in which the National Championship is being held.
  - a. In the Club Championship category, players must be members in good standing of the club the team represented during the season in which the NS Curling Championship was held.
- 3) A player or team may be disqualified from competing further in a particular playdown or championship category if the player and/or team violates any of these eligibility provisions during and in succeeding levels of the competition.
- 4) Below are the age requirements for each NS Curling sanctioned event. 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.

### Tier 1 Events (Leads to a World Championship)

Men's	No age restriction
Women's	No age restriction
Mixed Doubles	No age restriction
Under 20 and U20 Mixed Doubles	Maximum 20 years of age on June 30, 2025, born July 1, 2005 or later.
Seniors	Fifty (50) years of age or older on June 30 in the year of the national championship.

### Tier 2 Events (Leads to a National Championship)

Under 18	Maximum 17 years of age on June 30, 2025, born July 1, 2007 or later. <b>Effective 2026/27 under 18 years of age as of Dec 31, 2026</b>
Wheelchair	No age restriction
Curling Club Championship	Three (3) of the four (4) players must be born on or before June 30, 2006.
Masters	Sixty (60) years of age or older on December 31 2025.
Mixed 4-Player	No age restriction

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, 2025.
Club Series	19 years of age and older on Dec. 31, 2025.
Under 15	Born July 1, 2010 or later. 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, 2025
U16 Mixed 4-Player	Less than 16 years of age on December 31, 2025

### Tier 4 Events (Participation Bonspiels)

Under 9	Less than 9 years of age on December 31, 2025
Under 12	Less than 12 years of age on December 31, 2025

- 5) “Bonafide Member” within the bounds of the NS Curling is defined as follows:
  - a. A curler who, as of December 1, 2025:
    - 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.
- 6) All participating curling clubs must be affiliated with NS Curling. They must be in good standing with all applicable dues paid in full by December 31, 2025.
- 7) **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.
- 8) 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.
- 9) 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 Advisory Panel at [competitions@nscurl.com](mailto:competitions@nscurl.com).
- 10) Only one (1) free agent player per team is allowed, where allowed.
- 11) It is the team’s responsibility to reference [Curling Canada’s Residency and Eligibility Rules](#).
- 12) **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.**

## 12.3 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 primary team contact no later than two (2) weeks prior to the first draw of the competition. The host committee, umpire(s), and NS Curling 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) 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.
  - 7) If there is a discrepancy between ice allocation posted at the host club and online draw schedules, the information posted at the host club will be considered correct. Any issues or concerns should be brought to the attention of the Head Umpire, whose decision will be final and unappealable.
  - 8) Once the championship has started, if changes to the draw schedule are required, the Chief Umpire in consultation with the Competitions Manager 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.
  - 9) 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.

#### **12.4 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, unless requested otherwise.
- 2) Mixed Doubles team names will be female player's name listed first, and male player's name listed second.
- 3) Teams must declare which member club they are representing; at least one player must be a member in good standing at that club.
- 4) For the Curling Club Championship, the team's name will be the curling club they are representing.

#### **12.5 CHANGE OF TEAM LINE-UP**

- 1) Change of Line-Up forms are to be completed and returned to the Chief Umpire or Game 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 if the team intends to play with three players.

## **12.6 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 2025 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, 2025, who do not pre-qualify as a 2025 provincial finalist team identified in (i) above.
      - b) 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 seeded into the draw based on CTRS points earned as of November 26, 2025. 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, 2025. The remaining field will be seeded 5-8, based on their CTRS points on December 17, 2025. Ties in points will be broken by random draw.
  - b. U12 Jamboree and U12 Triples
    - i. Teams will be placed into the draw by random selection.
  - c. All other Provincial Championships
    - i. Teams will self-seed.

## **12.7 SELF-SEEDING**

- 1) The self-seeding process is as follows:
  - a. 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.
  - b. There is one (1) ballot for each team competing.
  - c. The first submission from the team will be considered their official self-seeding ballot.
  - d. Ballots received by the deadline will be included in the overall ranking process.
  - e. Teams will be placed into the draw based on the results of the ballots received.
  - f. In the case of a tie, teams tied will be placed in the draw in random order.

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

## **12.8 GAME TIMING**

### 1) 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 for Officiated Play (Page 51).
- c. If games are NOT timed, the Umpire will enforce the 'Pace of Play Rule'.

### 2) Thinking Time allocations for each team:

- a. Ten (10) end game shall be thirty-eight (38) minutes.
- b. Eight (8) end game shall be thirty (30) minutes.
- c. Extra ends shall be four minutes and thirty seconds, with the following exceptions:
  - i. Wheelchair – 6 minutes
  - ii. U18, U20, and CWG 4-Player – 5 minutes
  - iii. CWG Mixed Doubles – 3 minutes 30 seconds

### 3) Thinking Time exceptions:

- a. Wheelchair - 38 minutes per team for an 8-end game, with a mandatory 7-minute mid game break.
- b. Masters - 32 minutes for an 8-end game.
- c. **Under 18 and CWG 4-Player - 32 minutes for an 8-end game.**
- d. **Under 20 - 32 minutes for an 8-end game.**
- e. Mixed Doubles - 22 minutes for an 8-end game with a mandatory 5-minute break at the conclusion of the 4th end.
- f. CWG Mixed Doubles – 24 minutes

### 4) If an extra end is required there is an optional 3-minute break teams may take.

### 5) When an end is replayed, the clock is reset to the time recorded at the completion of the previous end.

### 6) Minimum number of ends that must be played:

- a. In ten (10) end games, a minimum of five (5) ends must be played.
- b. In eight (8) end games a minimum of four (4) ends must be played.
- c. 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).
- d. At all Provincial Championship events, all scheduled games must be played. See 'Fines For Violations' **Section 6.3.**

### 7) Time-outs:

- a. Where the competition allows, each team may request one (1) timeout per game.
  - i. Every adult competition that leads to a national championship may request one (1) timeout per game.
  - ii. Youth events do not have timeouts.
- 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. A coach or alternate 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 undue delay to the stone being delivered.
  - g. Umpires may call a 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.
- 8) Coaches Fair Play Time-Out
- a. The purpose of the Coaches Fair Play Time-Out is to provide the coach with the opportunity to diffuse a potentially negative situation regarding a player on ice demeanour before the situation escalates or to counsel an athlete relative to adhering to the rules of the game.
  - b. Each coach shall be provided the opportunity to request one (1) one-minute fair play time-out per game. The clock will be stopped.
  - c. A coach's fair play time-out shall only be implemented with the approval of the Chief Umpire.
  - d. Only the coach who requested the fair play time-out may access the playing area accompanied by a game umpire.
  - e. A game umpire may recommend a Coaches Fair Play Time-Out.
- 9) Pace of Play Rule
- a. Where time clocks are NOT used the 'Pace of Play Rule' will be in effect.
  - b. Players are expected to keep up a reasonable pace of play during competition (approximately 15 minutes per end).
  - c. 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"
  - d. 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 tee-line. Any rock that is delivered after the 45 second mark shall be removed from play.
  - e. 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.
  - f. 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.
  - g. 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.
- 10) Maximum Number of Games Per Day
- a. Teams should be prepared to curl up to three games in a day unless:
    - i. Noted in a **specific championship appendix**:
      - a) Master Men & Women, Senior Men & Women, and Wheelchair, where three (3) game days cannot be scheduled for two (2) consecutive days, excluding playoffs.
      - b) Mixed Doubles to save on the number of days required to complete the event.
    - ii. As determined by the Chief Umpire at officiated events or the NS Curling Championship Liaison at an un-officiated event.
    - iii. 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)
    - iv. In the case of Force Majeure and NS Curling is forced to revise a schedule during a championship event.

## **12.9 PRE-COMPETITION PRACTICE**

- 1) Prior to the start of a competition, if time allows, NS Curling may sanction and schedule practice ice time for all teams. Consult the **specific championship appendix** for more details.
- 2) When pre-competition practice is sanctioned:
  - a. Each team will receive an equal amount of time on relevant sheets of ice.
  - b. The amount of practice time will be identified in the Championship Draw Schedule.
  - c. Teams are not required to participate.
  - d. Alternate players are allowed to deliver and brush stones.
  - e. Coaches may NOT deliver or brush stones; they are only able to hold the target broom. The coach's broom must be WCF compliant.
  - f. Speed traps are permitted.
  - g. The time clock will not start until teams have had an opportunity to cool their slider and have one (1) slide.
- 3) When pre-competition practice is NOT part of the championship event:
  - a. Arrangements can be made by the team directly with the host club.
  - b. Teams cannot 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.
  - c. Any team that practices within twenty-four (24) prior to the start of the event will forfeit the hammer in their first game.
  - d. Competitors who play regularly in a league at the host club are exempt from the twenty-four (24) hour rule if participating in a scheduled league game.
- 4) Pre-competition practice guidelines:
  - a. Pre-competition team practice sessions will NOT begin prior to 8:30 a.m.
  - b. A maximum of four (4) hours will be allocated to complete the pre-competition team practices.
  - c. 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.
  - d. Teams will receive a practice session on a minimum of one sheet of ice, to a maximum of four sheets of ice.
  - e. Best practice will be to ensure teams receive a practice session on the same sheet of ice of their first game.
  - f. Team practice sessions will be scheduled for a minimum of 10 minutes on a sheet of ice, to a maximum of 30 minutes.
  - g. Teams that play on the first draw will normally practice earliest.
  - h. If time allows Ice Maintenance (with a full scrape) may be scheduled mid-way through the pre-competition practice period.
- 5) 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.
- 6) No extra in-competition practice will be available.

## **12.10 PRE-GAME CALL**

- 1) Prior to the start of a game, when announced, teams will report to the designated pre-game area.
- 2) If a pre-game practice is sanctioned
  - a. In round robin formats
    - i. The team listed first will be assigned dark-coloured handles and will practice first.

- ii. During the qualifying round each team will be assigned both colour of handles equally, +/- 1 if an odd number of games are played.
  - iii. A draw to the button competition will be used to determine last stone advantage in the first end. This is referred to as the Last Stone Draw (LSD).
  - iv. Each team will name which player will deliver the LSD clockwise rotation and which player will deliver the LSD counter-clockwise rotation (*not applicable to Mixed Doubles*).
- b. In Knockout formats
- i. Teams will participate in a coin toss.
  - ii. The winner of the coin toss will have choice of stone handle colour OR practice order.
  - iii. The team practising first will name which player will throw the LSD clockwise rotation.
  - iv. The team practising second will name which player will throw the counter-clockwise rotation
- 3) If a pre-game practice is NOT sanctioned
- a. Teams will participate in a coin toss.
  - b. The winner of the coin toss will have choice of last stone advantage in the first end OR stone handle colour.
  - c. If a team is late for the coin toss, they will be deemed to have lost the toss.
  - d. Teams should be allowed on the ice five (5) minutes prior to the game time to cool sliders and allow slides but practice stones cannot be thrown.
- 4) 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 at this time.

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

- 1) When time allows, prior to the start of a game, teams will be allowed a pre-game practice on the same sheet of ice on which they are about to play and ONLY with the stones they will be using in the game.
- 2) Players will be asked to cool their sliders by standing behind the hack at the home end.
- 3) Teams will be allowed up to one-minute of sliding time immediately prior to their pre-game practice.
- 4) Each team's pre-game practice will be seven (7) minutes in length.
- 5) Pre-game practice is not mandatory, but teams' attendance for LSD is required.
- 6) Alternate players are permitted to participate in pre-game practice.
- 7) Coaches may NOT deliver stones in the pre-game practice.
- 8) Speed traps are NOT allowed in the pre-game practice.
- 9) Practice sliding after completion of the pre-game practice is not allowed.
- 10) Opposing teams must remain in the viewing area behind the glass for pre-game practice and Last Stone Draws.

#### **12.12 LAST STONE DRAW (LSD)**

Last stone advantage in the first end may be determined by a draw to the button contest (LSD) following each team's pre-game practice, consult the **specific championship appendix**.

- 1) LSD Procedures:
  - a. LSDs shall be played towards the home end.
  - b. A maximum of one minute will be given to deliver an LSD. A stone delivered prior to the LSD announcement, or not delivered within the allotted one (1) minute, will be assigned a distance of 199.6 cm.
  - c. There will be an announcement to deliver each LSD.

- i. For 4-Person teams, the first player will deliver the clockwise rotation while the second player will deliver the counterclockwise rotation.
  - ii. For Mixed Doubles, both players will throw the same turn; teams practicing first will throw the clockwise rotation, teams practicing second will throw the counterclockwise rotation.
  - 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. Should the team with first practice record an unmeasurable distance of 0.0 cm or 399.2, a different player will deliver an LSD (*exception Mixed Doubles will alternate throwers*). If that stone is not measurable, a coin toss will break a tie. Additional throws are not required.
  - 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, a coin toss will break a tie. Additional throws are not required.
  - g. If a team arrives too late to participate in their Last Stone Draw (LSD), 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 players who the maximum LSD distances will be assigned to.
  - h. Only the 'game' players are allowed on the ice surface for the LSD. Full sweeping is allowed (*exception wheelchair curling*); one player must hold the target broom (*exception Mixed Doubles*).
  - i. The opposing team shall remain behind the glass until after the LSDs have been delivered (applies to both practice sessions).
- 2) Calculating LSD Measurements:
- a. The LSD distance is calculated using the Curl Distance LSD measuring tool app.
  - b. The distance is measured either from the centre pin to the nearest point of the stone or, if the stone covers the centre pin, from two points 61 cm away from the centre pin using Triangulation.
  - c. The app calculates the real distance from the centre line to the centre of the stone in both cases.
  - d. 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.
  - e. The team with the better (lower) distance will receive last stone advantage in the first end.
- 3) Number Of LSD Stones To Be Thrown:
- a. 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 draw format and number of games in the qualifying round. Based on the Original Team Roster, the four original players must fulfil the minimum number of LSD deliveries (*number of clockwise and counterclockwise deliveries not applicable to Mixed Doubles*).
  - b. Where a team plays an entire event with only three (3) players, the LSD stone requirements of the missing player are shared equitably amongst the other players.
  - c. 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.
  - d. 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.
  - e. 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.
  - f. 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.

- g. A team will throw their LSDs in every game, even if they may have a deficiency in the total number of LSDs required. The throws will determine last stone advantage for that game.
- 4) In Round Robin format competitions - two LSDs are delivered:
- Each team will name two (2) players who will deliver one (1) LSD each.
  - The player to deliver first will deliver their LSD in the clockwise rotation, the second player will deliver their LSD in the counter-clockwise rotation.
  - Should the team with first practice record an unmeasurable distance of 0.0 cm or 399.2, a different player will deliver an LSD (*exception Mixed Doubles will alternate throwers*). If that player records 0.0 cm or 199.6 cm, a coin toss will break a tie. Additional throws are not required.
  - If the second team registers the same measurable distance as the team with first practice, other than 0.0 cm or 399.2 cm, a coin toss will break the tie. Additional throws are not required.
  - Only the first two stones delivered will be registered for the Accumulated Draw Shot Distance.

# of Qualifying Games	Minimum for Each Player in Round Robin Format Competitions
3	1 stone
4-6	2 stones, minimum 1 clockwise + minimum 1 counter-clockwise
7-8	3 stones, minimum 1 clockwise + minimum 1 counter-clockwise
9-11	4 stones, minimum 2 clockwise + minimum 2 counter-clockwise

- 5) In Knockout format competitions - one LSD is delivered:
- Each team will name one (1) player who will deliver one (1) LSD.
  - The team with first practice will deliver their LSD in the clockwise rotation, the team with the second practice will deliver their LSD in the counter-clockwise rotation.
  - During the qualifying round each player must throw one (1) LSD before another player is allowed to throw a second LSD.
  - Should the team with first practice record an unmeasurable distance of 0.0 cm or 199.6, a different player will deliver an LSD (*exception Mixed Doubles will alternate throwers*). If that player records 0.0 cm or 199.6 cm, a coin toss will break a tie. Additional throws are not required.
  - If the second team registers the same measurable distance as the team with first practice, other than 0.0 cm or 199.6 cm, a coin toss will break the tie. Additional throws are not required.
  - Only the first stone delivered will be registered for the Accumulated Draw Shot Distance.
- 6) Stone Moved Before Measurement:
- A stone that is moved by the delivering team before being measured will be assigned the distance of the next defined circle away from the button, as follows:

Position of Stone	Distance Assigned
On or touching the large button	29.4 cm (when a one-foot button)
On or touching the small button	15.2 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

- 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.

### **12.13 ACCUMULATED DRAW SHOT DISTANCE (ADSD)**

- 1) The Accumulated Draw Shot Distance (ADSD) is used to rank teams in unsolvable 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.
- 3) The calculations for LSD will be posted. The calculation will be done by discarding the highest individual recorded distances and then averaging the remaining throws to establish the final average accumulated distance for the team.

<b>Number of LSDs Delivered</b>	<b>Number Of LSD Measurements To Discard</b>
1 to 3	Do not discard any
4 to 5	One (1)
6+	Two (2)

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

## **SECTION 13 PLAYOFFS**

### **13.1 TEAM RANKING**

- 1) Playoff teams will be ranked and placed into the playoff draw according to their qualifying round results.
- 2) There will be NO tiebreaker games scheduled.
- 3) The following criteria (in this order) will be used to rank teams at the completion of the qualifying round.
  - a. Teams will first be ranked by their respective win/loss record
  - b. If two teams are tied in wins/losses, the team that won the round robin game between them will be ranked higher.
  - c. If more than two teams are tied in wins/losses, the win/loss records in games between those teams only will determine ranking.
  - d. Any unsolvable ties will be determined through ADSD.
    - i. When the ranking cannot be decided in a, b, or c above, then the ranking will be determined by using each team's total ADSD for the event.
    - ii. Head-to-head cannot be considered across pools, ADSD only must be used.
    - iii. If teams remain tied using ADSD, the next largest distance of the tied teams will be dropped until the tie is broken.
    - iv. Once ADSD ranking is used, it is the only ranking factor and head-to-head results are not used.
- 4) This same formula is used at Canadian Championships, World Championships and the Winter Olympics.

### **13.2 PLAYOFF MEETING**

- 1) The Chief Umpire will make all decisions with regard to the administration of playoff games.

- 2) Prior to a team's final qualifying round game, the Chief Umpire will notify teams if a Playoff Meeting will be held.
- 3) If a meeting is held, teams qualifying for playoff games must have one (1) team member (i.e. a player or registered coach) available immediately after the completion of the qualifying round and any subsequent post qualifying round games.
- 4) The Chief Umpire will identify each team's advantages and choices with respect to: last stone advantage in the first end, stone handle colour selection, practice order and any adjustments to scheduling or ice assignments.
- 5) 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 is entitled.
- 6) The Playoff Meeting can be held electronically.

### **13.3 PLAYOFF ADVANTAGES and CHOICES**

#### **Pool Play format**

- 1) If one team has fewer overall losses during the competition**
  - a. They will receive choice of stone handle colour AND last stone advantage in the first end, AND have first pre-game practice.
- 2) If both teams have the same win/loss record**
  - a. The higher ranked team receives choice of stone handle colour OR second pre-game practice. Teams will draw to the button for last stone advantage in the first end - (two LSD's will be thrown).
- 3) Playoff losses will be added to qualifying round losses.
- 4) Last stone advantage and choice of stone handle colour will be determined before each game of the playoffs based on the above criteria.

#### **Knockout format**

- 1) If one team has fewer overall losses during the competition**
  - a. They will receive choice of stone handle colour AND last stone advantage in the first end, AND have first pre-game practice.
- 2) If both teams have the same number of losses during the competition**
  - a. The teams will conduct a coin toss to determine either pre-game practice order OR stone handle colour.
  - b. Teams will draw to the button to determine last stone advantage in the first end (one LSD will be thrown).
- 3) Playoff losses will be added to qualifying round losses when determining the overall losses during the competition.
- 4) Last stone advantage and choice of stone handle colour will be determined before each game of the playoffs based on the above criteria.

#### **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.
- 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.

- d. If there is a tie in qualifying games played the team who qualified earliest will be ranked higher.

#### **13.4 FAILURE TO COMPLY**

- 1) Prior to each playoff game, the team who receives the choice(s) identified in Section 13.3 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 the team forfeiting their game choices (last stone advantage in first end, stone handle colour, and practice order) to which the team is entitled.

#### **13.5 PLAYOFF STONE SELECTION**

- 1) The Chief Umpire shall designate from which sheets stones may be selected. Stones must have been used in qualifying 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 30 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.

#### **13.6 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 (more than 24 hours after the start of their last game), 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.

### **SECTION 14 NSCA STONES**

#### **14.1 STONE HISTORY**

During 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 2025 (same as 2024) the stones are running on Side A (scribe line down).

## 14.2 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.**

## 14.3 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	40.8
		7	237	41.0
		8	238	40.8

Sheet	Handle Colour	Handle Number	Serial Number	Total Weight
A	Yellow	1	239	40.8
		2	241	40.6
		3	240	40.6
		4	242	40.6
		5	245	40.4
		6	244	40.8
		7	243	40.7
		8	246	40.8

Sheet	Handle Colour	Handle Number	Serial Number	Total Weight
		1	263	40.6

<b>B</b>	<b>Red</b>	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>B</b>	<b>Yellow</b>	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
<b>C</b>	<b>Red</b>	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
<b>C</b>	<b>Yellow</b>	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
<b>D</b>	<b>Red</b>	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
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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 15 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, who must be approved by NS Curling. 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.

### 15.1 DRUG TESTING AND ANTI-DOPING PROGRAM

Athletes must be aware that random drug testing may occur at any NS Curling event. To identify what substances and recreational drugs are prohibited, please refer to the Canadian Centre for Ethics in Sport. For more information, refer to Curling Canada.

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](#) or contact Curling Canada.

## APPENDIX 1 REVISION HISTORY

Date	Description
July 31, 2023	Initial document creation
August 1, 2024	Annual review and Update
August 1, 2025	Annual Review and Update
October 10, 2025	Section 10.1 and Section 12.13 (changes highlighted in yellow)

November 3, 2025	Section 13.1-4 (changes highlighted in yellow) as per Curling Canada process changes
November 26, 2025	Section 12.8 and 13.3 (changes highlighted in yellow)