



JUNIOR VARSITY MANUAL 2026-2027





This SSNL Junior High Varsity(JV) Program Manual is the main resource for the JV Varsity Program, outlining policies and procedures, rules and regulations. It is the responsibility of the school and Athletic Director to make sure all coaches are aware of the rules and regulations. Many of these policies are SSNL general policies which act as a guide for participating and host Schools. SSNL Policies Guidelines below must be followed . The exception being Policies 11/9/8 - Regional committees will decide if they will have a Protest committee in place at the Tournaments by region.

The process of changing rules and regulations is done in consultation with the Junior Varsity Council through communication with Athletic Directors.

The SSNL JV Varsity Program Manual contains the policies and regulations on all of our programs. We still want our membership to be aware of these policies and regulations as they stand in normal circumstances.

SCHOOL SPORTS NL STAFF

EXECUTIVE DIRECTOR

Karen Richard
krichard@schoolsportsnl.ca
729-0567

VARSITY COORDINATOR

Shayne Menecola
smenecola@schoolsportsnl.ca
729-3447

PN PROGRAM COORDINATOR

Natelle Tulk
ntulk@schoolsportsnl.ca
729-2710

VARSITY ASSISTANT

Bianca Paiement
bpaiement@schoolsportsnl.ca
729-2710

MARKETING & COMMUNICATIONS

Diana Fisher
dfisher@schoolsportsnl.ca
729-0971

JUNIOR VARSITY COORDINATOR

Stephanie Fowler
sfowler@schoolsportsnl.ca
729-3684

PN PROGRAM COORDINATOR

Amy Butt
abutt@schoolsportsnl.ca
729-3544

MAILING ADDRESS: 1296A Kenmount Road - St. John's, NL A1B 4J6

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SCHOOL SPORTS NL
JUNIOR VARSITY CONTACTS

<u>Region</u>	<u>JV Contact</u>
Labrador	TBD sfowler@schoolsportsnl.ca 709.729.3684
Northern Pen	Tony Power tonypower1@nlschools.ca 709.456.2010
Northern Pen South	Eileen Gerrow eileengerrow@nlschools.ca 709.458.2457
Western- PAB area	Kayla Chinn kaylachinn@nlschools.ca 709.643.5101
Central West	sfowler@schoolsportsnl.ca 709.729.3684
Central	Carli McDonald carlimcdonald@nlschools.ca 709.258.6337
Central East	Melissa Blackler melissablackler@nlschools.ca 709.884.5931
Burin	Jordan Baird jordanbaird@nlschools.ca 709.758.2372
Avalon West	Emily Bailey emilybailey@nlschools.ca 709.464.3501
Avalon	Neil Baker neilbaker@nlschools.ca 709.589.2462
St. John's	Brad McCarthy bradmccarthy@nlschools.ca 709.368.0146

SECTION ONE: SCHOOL SPORTS NEWFOUNDLAND AND LABRADOR

School Sports NL (SSNL) was founded on the belief that school athletics make an important contribution to the goals of education and, as such, is an integral part of the total educational process. It is education through school sports. The defining characteristic of school sport is that link between education, competition and physical activity that can only be found in a school setting. **Participation in all SSNL events is restricted to student athletes of SSNL member schools in good standing.**

1. JUNIOR VARSITY INTRODUCTION

SSNL Junior Varsity is a regional competitive program for schools that includes students in Grades 7, 8 or 9, aimed at building strong participation. The focus is on fairplay and promoting participation at the Junior High Level with multi sport opportunities

There will be a JV contact for each region. All schools interested in playing in any of the JV programs must contact their JV contact to inform them that their school is interested. There will be communication in the fall to determine interested schools, hosting, tournament(s) format and tournament dates.

The Junior Varsity Council is made up of Regional Directors; these Directors review policies, technical standards and rules as they pertain to the SSNL JV Program. Any recommendations should be directed to your JV Regional Director or the JV Coordinator for consideration and review.

For the schools without a designated JV Contact, if you are interested in being the contact person for your region, or if you would like your school to become involved, please contact SSNL Junior Varsity Coordinator, Stephanie Fowler (sfowler@schoolsportsnl.ca or 729-3684). For the larger regions it is possible to have a contact person per sport if approved by the Junior Varsity Coordinator.

2. SCHOOL RESPONSIBILITY

The objectives of SSNL, as outlined in the Constitution, reflect the accumulated opinion of administration, teachers, and coaches of athletics. If the athletic program is to be justified, and earn its place in our educational system, these objectives must be adhered to and realized.

SSNL is aware that although it is the governing body for school athletics in general, the school administration is responsible for the conduct of school activities. The school Principal, for example, has the responsibility for establishing the principles of good sportsmanship in the minds of the entire school, and as the administration head, must ensure that these principles are carried out. The good name of the school depends upon how well this job is done.

Therefore, no matter what the level of competition, the school Principal is the final authority, responsible for the athletic activity of the school. SSNL recognizes this authority, and offers the following guidelines with respect to sportsmanship.

3. RECOMMENDATIONS

- A. Each school should establish its own policies and procedures relating to sportsmanship and identify responsibility to ensure their observance.
- B. Schools should insist that personnel set good examples of deportment and sportsmanship, and correct any individuals at fault in a manner adequate for the situation.
- C. The supervision of teams travelling to athletic events should be such as to ensure that the conduct of school representatives brings credit to themselves, their school, and their sport.
- D. Athletic Directors and/or coaches should ensure student-athletes are aware of all of the rules and regulations of SSNL as per the Handbook and Technical Standards.
- E. At a staff meeting at the beginning of the school year, Principals should discuss the rules and regulations of SSNL and identify an Athletic Director.

4. ATHLETIC DIRECTOR

Each school should identify a staff member to take on the role of Athletic Director. The Athletic Director's main responsibility is the administration of the school athletic program.

DUTIES:

- A. Serve as a liaison and email contact between the school, athletic groups and SSNL.
- B. Work closely with the staff and administration to develop and enforce an athletic/academic code of conduct, which is consistent with the goals of the staff, administration, district and SSNL.
- C. Maintain an active program that promotes sportsmanship and welcomes competing teams and guests.
- D. Ensure that each school team has a coach and/or teacher-sponsor assigned to it.

- E. Forward information on all SSNL rules, regulations and deadlines to appropriate coaches/teacher-sponsors.
- F. Ensure eligibility of student-athletes.
- G. Responsible for orientation of all coaches regarding policies, procedures and expectations and ensuring all coaches comply with SSNL rules and procedures.
- H. Responsible for budgeting for their athletic program.
- I. Ensure dissemination of pertinent information.
- J. Responsible for securing officials for home games and assisting in the coordination of transportation for all away games.
- K. Responsible for the development of a schedule of varsity events and allotment of gym time.
- L. Ensure that all District/School/SSNL Athletic Contracts are signed by any participating students.

5. TEACHER-SPONSOR

SSNL will follow the District/ Schools policy regarding the requirements for a Teacher Sponsor.

6. SCHOOL SPORTS NL RESPONSIBILITY

Although SSNL recognizes the responsibility of school administration, SSNL itself, having the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily, will be guided by the following rules:

- A. High standards of courtesy, fair play, and sportsmanship must be a feature of all SSNL competitions.
- B. The authority to take appropriate action on any reported violation of this rule is vested with the President and Executive Director.
- C. Any report of flagrant violation of the sportsmanship rule must be submitted, in writing, and posted within 48 hours of the incident to the Executive Director of SSNL.

- D. Reported violations shall be resolved in a manner sufficient to correct the problem, and may range from a written statement of the findings by the Executive Director to the school administrator, to a probation or suspension for a school, team, coach, athlete or manager.
- E. SSNL has a no fighting policy. Any reported violation of this rule may result in an automatic and immediate 1-year suspension from SSNL activities.

7. PHOTO, VIDEO, AND LIVESTREAMING POLICY

School Sports NL programs and services will adhere to the photo, video, and livestreaming policies as outlined by NL Schools. Each parent/guardian enrolled in the public school system is required to complete a Media Consent Form (Photography, Audio, Video, Media and Social Media) on behalf of their child.

This form either gives or denies permission and then is given to their homeroom teacher. The schools attending SSNL Varsity events should make sure SSNL staff and organizers/convenors are aware and have been provided information on any students who should not be photographed or recorded on video/livestream.

SECTION TWO: GENERAL POLICIES

1. DISCIPLINARY (CONDUCT)

- A. Teams, coaches and student-athletes are under the jurisdiction of SSNL when a school representative makes first contact at the tournament venue. When teams travel back to their home communities between games, SSNL jurisdiction ceases when they leave the tournament venue, and would come into effect again when they arrive back at the tournament venue. SSNL jurisdiction ends when the team leaves the tournament after their last game.
- B. Persons participating in tournaments in individual events may be permitted to travel with a qualifying team from another school and under that School's coach/ teacher-sponsor, provided the individual has the written permission from the administration of both schools involved, and the individual's parent/guardian.
- C. Players and coaches who are guilty of criticizing the officials, whether the criticism is to the officials in person or in public, or who are guilty of any other unsportsmanlike conduct, are open to censure from SSNL. All officials are notified to report any such misconduct. Game officials are required to provide written reports to the convenors for all major rule infractions.

2. STUDENT ELIGIBILITY

NOTE: District/ Schools Athletic Policy must be adhered to first and foremost by all schools before the SSNL student eligibility rules are applied.

To represent a school in any SSNL sponsored or sanctioned competition, a student must adhere to the following:

- A. School Sports NL is committed to the principles of equality in all aspects of SSNL programs. Member schools and individual students at those schools have a right to participate in SSNL sponsored activities without being discriminated against on the basis of race, religious orientation, ethnicity, sexual orientation, gender identity or expression. SSNL supports equitable programming for all student-athletes and offers male, female and co-ed programs.
- B. Students of all genders, in SSNL member schools, who wish to compete for their school, must be given the opportunity to do so.
- C. In order to ensure a safe environment, students will have the right to compete on the team of the gender with which they identify, or the team with which they are most comfortable.
- D. All schools hosting SSNL tournaments should ensure gender-inclusive locker room and restroom accessibility and the availability of single-stall changing space and washrooms, where possible.
- E. Be attending a school, which is a member in good standing with SSNL, and must compete for that member school to which he/she is registered (unless otherwise approved).
- F. Must complete the District/School Student Athletic Contract and any other NL Schools Student Athlete requirements. This contract outlines the conditions under which a student athlete can represent their school in an SSNL tournament. In order to be eligible for SSNL competitions, students must complete the contract and it must be on file at their school. A copy of the Athletic Contract can be found on the NL Schools website under the Policies Section (PROG324), and on the SSNL website under the “Resources and Forms” tab, and can be requested from the Athletic Director of Schools outside of the NL Schools jurisdiction.
- G. Be doing regular and full time schoolwork and actively attending classes. A regular full-time student shall be interpreted as one who:
 - i. At the junior high level full-time is categorized as actively attending

classes. The student's full time status must be in place prior to the start of the school's first tournament game in the sport in question.

ii. Transfer students are eligible

- H. Be less than 19 years of age on December 31st of the current school year. The age limit for sports with Junior divisions) is under 15 years of age on December 31st.
- I. Junior Varsity eligible schools consist of those that have any students in Grade 7-9 and adhere to the Junior Varsity request process for Grade 6 athletes- see *Exceptions to Eligibility* policy.
- J. Schools participating in SSNL events can only use students that are registered at their school. Student eligibility extends to grades 7-9 that feed into or out of designated schools.
- K. Students are only eligible to compete for one school and on one team in any given sport. However, this rule should be applied in a sport specific manner to allow for fluidity from sport to sport.
- L. Only those athletes registered and listed on the team roster **BEFORE** their school's first tournament game are eligible to compete in that tournament. No new players are permitted to play after their school's first game begins.
- M. For Special Olympic athletes, students registered as full-time, regardless of credit load are eligible. The maximum age limit for Special Olympic athletes will be under 21 years of age as of December 31st. The 4th year eligibility rule does not Apply.
- N. **[NEW 26-27]** "School configuration 9-12
**School team composition will be dealt with on a case-by-case basis, in some situations a school system may be considered a school under eligibility.*

School configuration of grade 9-12, every effort should be made to create a grade 9 JV team; if a grade 9 athlete is eligible to try out for, and makes the Varsity team, they will not be eligible to also participate within the Junior Varsity program at another school.

School configuration with grades 7-8, the 7-8 grades will make up their school team. In the case that the team has spots available on the grade 7-8 team, they can combine with grade 9 at the school that feeds into them. In these situations, it would be at the discretion and agreement of both administrations as to how athletes are selected for the team and the team's name.

3. EXCEPTIONS TO ELIGIBILITY POLICY

- A. Students may request to play for a school other than the one they attend if their school does not participate in the sport in question at SSNL events in that school year. Requests must be made on a tournament by tournament basis.

Requests must be forwarded to the Regional Director (or Junior Varsity Coordinator in the case of the Regional Director's school is involved) no later than the registration deadline of the tournament in question.

The Regional Director(s) shall determine which school the student will be directed to, taking into consideration the closest schools and the school's current number of players on their teams. This policy and its procedure is to be followed for all member schools and their eligible students.

- B. Any player movement issues will be referred to the Junior Varsity Committee for review.
- C. In all SSNL events, 80% of a given team's roster registered for an event must be students registered at that particular school. (Does not apply to approved joint school teams).
- D. In the case that a school does not have the population for a full grade 7,8,9 team there may be an exception to allow eligible grade 6 student(s), from your school, to participate. Eligibility will be based on completing and SSNL approval of the application for a grade 6 student to participate. Under no circumstance should a grade 6 athlete displace anyone from grade 7, 8 or 9. In all situations schools must follow their own school/district policies on *School Athletic Guidelines*.
- E. **[NEW 26-27]** In the case that a male JV team does not have enough players, a female can participate on the male JV team as well as being eligible for the female JV school team. If tournament dates conflict, the female will be required to participate on the female team. Approval to participate on both the male and female team must be given by the Junior Varsity Coordinator and will only be considered when the minimum number of players required in the technical standards isn't met by the male roster.

IMPORTANT: If a school uses an ineligible player, the school(s) in question will forfeit all games played using those ineligible players. If said team has won a championship, that title will be revoked, and all awards returned to SSNL to be presented to the next placed team. The coach and/or school may be liable for further sanctions from SSNL.

4. TEAM ELIGIBILITY

To be eligible for Junior Varsity competition, a team must:

- A. Be eligible under all rules and regulations of SSNL and the respective regions.
- B. Only one team per school will be permitted to enter any SSNL Junior Varsity Regional Tournament; unless otherwise approved by the Junior Varsity Coordinator.
- C. **[NEW 26-27]** All teams are required to be registered via the SSNL HUB; registration is not complete until rosters have been received.

5. JOINT SCHOOL TEAMS

Schools with 30 or less students in Grades 7, 8, and 9 may request to join with another school in that region, also with 30 or less students, in order to field a team. Application for Joint School Team Forms must be forwarded to the Regional Director or Junior Varsity Coordinator by registration deadline of the tournament in question. The Regional Director/ JV Coordinator shall determine if the schools are eligible to combine. Coaches/teacher sponsors must provide convenors with the letter of approval from SSNL or Convenor must be made aware by the Regional Director/SSNL.

Three schools are also permitted to apply for a joint school team. These applications will be reviewed on a case by case basis. but each must have less than 45 total students in question of the gender, in Grades 7, 8 and 9, amongst all 3 schools.

6. RECRUITMENT

Recruiting is considered to be contact by a coach or other school representative intended to influence a student to attend a school, other than the school he/she would normally attend, for the purposes of athletics.

Contact is permissible only after the school board authorities approve the student's enrolment in the school.

In cases where a member school has been identified as being suspected of recruiting, student eligibility will be determined in the following way:

- A. The Executive Director will conduct a full investigation of the allegation.
- B. The SSNL Executive will determine if the coach/school is liable to sanction from SSNL.

- C. The parties involved have the right to appeal to the President.

7. SMOKING, DRUG & ALCOHOL USE

- A. Coaches/teacher-sponsors and athletes are not permitted to smoke at tournament venue sites. This includes the use of electronic liquid cigarettes ie. Vaping. The use of non medically prescribed marijuana in any form is also prohibited.
- B. Athletes are prohibited from the use of illegal drugs or alcohol for the duration of the tournament. Any athlete found using or in possession of illegal drugs or alcohol will be suspended immediately and may be suspended from SSNL activities for up to 1 calendar year.
- C. If the convenor is given evidence of any breach of the above during the tournament, the convenor will notify the appropriate coach or teacher-sponsor and the student(s) in question of the breach. A written report must also be sent to the principal of the school and the SSNL office.
- D. Any breach discovered after the tournament will result in a written report sent to the SSNL office for follow-up disciplinary action.

8. NUTRITION

In all SSNL events, schools are expected to follow the School/ District nutrition policy. Canteen services must provide healthy snacks, banquets must provide healthy food choices and fruit should be available for all competitors.

9. STUDENT-ATHLETE RECOGNITION OF EXCELLENCE IN TOURNAMENTS

SPORTSMANSHIP FIRST

Given the importance of sportsmanship to SSNL, and because an active program to encourage sportsmanship is desirable, SSNL shall provide the following awards in recognition of above average sportsmanship.

- One sportsmanship medal awarded at Junior Varsity tournaments voted on by a designated committee from the coach choices from each team.

MOST VALUABLE PLAYER

Tournament MVP awards will be provided at all SSNL Junior Varsity tournaments. The following MVP awards will be handed out:

- 1 MVP medal per tournament will be awarded at tournament and each Junior Varsity Tournament) voted on by a designated committee or from the coach choices from each team.

10. GENDER DIVERSITY AND EQUALITY

School Sports NL is committed to the principles of equality in all aspects of SSNL programs. Member schools and individual students at those schools have a right to participate in SSNL sponsored activities without being discriminated against on the basis of race, religious orientation, ethnicity, sexual orientation, gender identity or expression.

SSNL supports equitable programming for all student-athletes and offers male, female and co-ed programs. SSNL holds events for males only, for females only, and mixed gender events as well.

- A. Students of all genders, in SSNL member schools, who wish to compete for their school, must be given the opportunity to do so.
- B. Schools are encouraged to offer gender-based teams in each sport that SSNL sanctions. Females are expected to compete on a female team, males on a male team. See Exceptions to Eligibility Policy point E.
- C. In order to ensure a safe environment, students will have the right to compete on the team of the gender with which they identify, or the team with which they are most comfortable. Once they have selected a team to participate with, they will not be permitted to play for the opposite gender team in that sport in the same school year.
- D. Female Students are permitted to play on the male teams. Schools will notify/declare to regional directors/convenors that female athletes are on the team prior to competition.
- E. Students may participate on teams organized for students of the opposite gender, but that team must participate in the male category regardless of the number of males/females participating.
- F. All schools hosting SSNL tournaments should ensure gender-inclusive locker room and restroom accessibility and the availability of single-stall changing space and washrooms, where possible.
- G. **[NEW 26-27]**Anti Racism in Sport: SSNL has adopted a new Anti Racism in

Sport Policy which can be found on the [SSNL website](#).

11. PROTESTS, DISCIPLINARY INFRACTIONS, & APPEALS

The following table gives a brief overview of the process for protests, disciplinary action, and appeals, along with the various committees responsible for each. Please make sure you reference the three sections after this one for more details.

	Protests	Disciplinary Action	Appeals
In-Game	Tournament Protest Comm.	Tournament Disciplinary Comm.	Not Permitted
Post-Game	Tournament Protest Comm.	Tournament Disciplinary Comm.	Not Permitted
In-Tournament	N/A	Tournament Disciplinary Comm.	Tournament Protest Comm.
Post Tournament	N/A	Disciplinary Review Comm.	SSNL Appeals Committee
General	SSNL Office	N/A	SSNL Appeals Committee

12. PROTESTS

In-Game Protests

- A. It is expected that all tournament game related protests should be made in-game when the issue arises. Teams wishing to protest must do so in game by telling the Referee (or in sports where self-refereeing is used, stop and tell the convenor or other designated official) at the next available stoppage in play.
- B. The Tournament Protest Committee (game referee, head referee, and convenor or other replacement previously set up by the convenor if there is a conflict of interest or also for self-refereeing sports) shall review and rule on the issue within a reasonable time before the game will re-commence. The SSNL Rep may be used to help with the ruling. You CANNOT protest discretionary calls by the referee. **Protests must still be accompanied in game by a \$50 protest fee or they will not be considered.**
- C. Please refer to each sport Technical Standards for examples of **some** protestable offenses.

- D. The ruling by the Tournament Protest Committee regarding an in-game protest is final and cannot be appealed.

Post-Game Protests

- A. You are still permitted to protest after the game concludes, but only for issues that COULD NOT have been protested in-game. If the Tournament Protest Committee deems that your protest SHOULD have been done in-game then your protest cannot be considered.
- B. All post game protests MUST be presented in writing within 20 minutes after the game in question has ended. **A \$50 protest fee must accompany protests or they will not be considered.** A ruling will be made by the Tournament Protest Committee prior to the protesting teams' next scheduled game.

If the subject of a post tournament protest is based on a convenor error or some other outside factor and the protest is successful, then the game is replayed from the most logical and fairest point that can be determined by the Tournament Protest Committee.

If the subject of the protest is based on the opposing team committing the infraction as determined by the Tournament Protest Committee, then the win/points are awarded to the protesting team.

- C. The ruling by the Tournament Protest Committee regarding a post-game protest is final and cannot be appealed.

General Protests

- A. Any player or parent on their behalf, coach, or school who feels an SSNL rule has created a direct injustice toward them will have the right to protest the rule to the SSNL Office. **A \$50 protest fee must accompany protests or they will not be considered.**
- B. The SSNL Office will review the protest and make a decision based on the information provided and gathered from any other parties involved.
- C. Anyone who submits a general protest has the right to appeal the ruling by the SSNL Office to the SSNL Appeals Committee (See Appeals section).

13. PROTOCOL FOR DISCIPLINARY ACTION

School Sports NL has adopted a Code of Ethics for students, coaches and spectators to ensure activities are run with the ideals of sportsmanship uppermost in mind. SSNL believes that school sport is an extension of the classroom and as such, it is expected

that those involved in school sports conduct themselves accordingly. At all times, participants should display sportsmanship, respect the code of ethics, rules and regulations of SSNL and of the game.

If the Code of Conduct or SSNL policies are not followed, or if unsportsmanlike behaviour is reported, disciplinary action may result. Infractions of SSNL policies and procedures that come to SSNL as a formal complaint may incur a suspension. The disciplinary committee will determine suspensions.

In-Tournament Disciplinary Action

The following procedure will be followed in dealing with disciplinary complaints and issues emanating from a game or other tournament function during an SSNL tournament/game.

- A. An official written complaint will be filed with the tournament convenor during the tournament.
- B. The coach/teacher-sponsor of the team or athlete in question will be informed of the official complaint and the specifics of the complaint.
- C. A Tournament Disciplinary Committee consisting of 3 individuals (separate from the Tournament Protest Committee) will review the situation and may call witnesses to provide information.
- D. The individual to whom the complaint is directed, or the coach/teacher-sponsor responsible for that person will be provided an opportunity based on the format of the review to provide information and present their side of the case.
- E. The Tournament Disciplinary Committee will issue a ruling within 1 hour of the review. Findings of the Tournament Disciplinary Committee can range from game(s) suspension, tournament expulsion or referral to the SSNL Board for further action.
- F. All findings of the Tournament Disciplinary Committee must be communicated to the individual in question, the school, and all parties involved.
- G. Any tournament expulsion must be reported to the SSNL office.
- H. Any appeal of the Tournament Disciplinary Committee's ruling must be made to the Tournament Protest Committee (see Appeals section).

Post Tournament Disciplinary Action or Referred Infractions

With regards to disciplinary issues arising or discovered post tournament and to referrals made by the Tournament Protest Committee to the SSNL Board of Directors

for review, the following procedure will be followed:

- A. All complaints must be forwarded in writing to the Executive Director.
- B. The SSNL office will inform the individual in question that the tournament disciplinary committee has referred their case to the SSNL Board of Directors.
- C. SSNL Board of Directors will strike a Disciplinary Review Committee consisting of at least 1 Board member to investigate.
- D. Any new Information will be gathered and shared with both the complainant and the accused.
- E. The Disciplinary Review Committee will make a ruling within 2 weeks of receiving the complaint.
- F. The decision of the Disciplinary Review Committee will be communicated to all parties with information regarding the appeals procedures.
- G. Any appeal of the Disciplinary Review Committee's ruling must be made to the SSNL Appeals Committee (see Appeals section).
- H. The decision of the SSNL Appeals Committee is final.

14. APPEALS

In-Game Sport Rules Appeals

The results of the In-Game Tournament Protest Committee are final and no appeals are permitted.

Post-Game Sport Rules Appeals

The results of the Post-Game Tournament Protest Committee are final and no appeals are permitted.

In-Tournament Disciplinary Action Appeals

- A. The Tournament Protest Committee will review whether there are grounds for an appeal of the original decision. Appeals will be accepted for any of the following reasons:
 - i. The decision maker did not have the authority to make the decision.
 - ii. The procedure regarding disciplinary actions was not followed.
 - iii. The penalty far exceeds the infraction.

- iv. The decision maker was biased in his/her decision.
 - v. The decision maker failed to take into account relevant information or considered irrelevant information.
 - vi. New information has become available since the original decision, which has significance for the new decision.
 - vii. The individual did not have a reasonable opportunity to plead his/her case to the decision maker before the decision was made.
- B. Appellants (or team representative) will be given an opportunity to present their case in person, by phone or in writing depending on the format of the hearing. Any expenses related to presenting their case will rest with the appellant.
- C. Tournament Protest can decide to:
 - i. Uphold the appeal.
 - ii. Support the original decision.
 - iii. Alter the decision.
 - iv. The Committee will not be permitted to issue new sanctions or deal with new issues, but can refer new information back to the ruling committee for further review.
- D. The Tournament Protest Committee's decision cannot override SSNL Rules and Regulations.
- E. The Tournament Protest Committee will make a ruling prior to the next game involving the individual in question and communicate the decision to the parties involved, providing rationale for the decision.
- F. The ruling of the Tournament Protest Committee is final.

Post Tournament Disciplinary Action or Referred Infraction Appeals

- A. Appeals of the Disciplinary Review Committee's ruling must be made within 48 hours of a decision being communicated to the individual.
- B. An appeals committee consisting of the SSNL President or their designate and 2 others will be struck (SSNL Appeals Committee).
- C. The SSNL Appeals Committee will review whether there are grounds for an appeal of the original decision. Appeals will be accepted for any of the following reasons:
 - i. The decision maker did not have the authority to make the decision.
 - ii. The procedure regarding disciplinary actions was not followed.
 - iii. The penalty far exceeds the infraction.
 - iv. The decision maker was biased in his/her decision.
 - v. The decision maker failed to take into account relevant information or

- considered irrelevant information.
- vi. New information has become available since the original decision, which has significance for the new decision.
 - vii. The individual did not have a reasonable opportunity to plead his/her case to the decision maker before the decision was made.
- D. Once a decision has been made to accept the appeal, the parties will be notified and the date for a review will be established. A review must take place within 2 weeks of the appeal being granted. The SSNL Appeals Committee can decide whether the review will be in person or by telephone/teleconference or in writing.
- E. Appellants (or team representative) will be given an opportunity to present their case in person, by phone or in writing depending on the format of the hearing. Any expenses related to presenting their case will rest with the appellant.
- F. The SSNL Appeals Committee can decide to:
- v. Uphold the appeal.
 - vi. Support the original decision.
 - vii. Alter the decision.
 - viii. The Committee will not be permitted to issue new sanctions or deal with new issues, but can refer new information back to the ruling committee for further review.
- G. The SSNL Appeals Committee decision cannot override SSNL Rules and Regulations.
- H. The SSNL Appeals Committee will make a ruling within 48 hours of the hearing and communicate the decision to the parties involved, providing rationale for the decision. Decision must be made prior to the next SSNL event involving a suspended player.
- I. The ruling of the SSNL Appeals Committee is final.

General Appeals

Any player or parent/guardian on their behalf, coach or school, who is a member of SSNL and who feels an SSNL ruling has created a direct injustice toward them will have the right to appeal. The following procedures will govern the appeals:

- A. Any appeals of SSNL Office decisions on general protests must be made within 48 hours of a decision being communicated to the individual.
- B. An appeals committee consisting of the SSNL President or their designate and 2 others will be struck. (SSNL Appeals Committee).
- C. The SSNL Appeals Committee will review whether there are grounds for an

appeal of the original decision. Appeals will be accepted for any of the following reasons:

- viii. The decision maker did not have the authority to make the decision.
 - ix. The procedure regarding the protest was not followed.
 - x. The penalty far exceeds the infraction.
 - xi. The decision maker was biased in his/her decision.
 - xii. The decision maker failed to take into account relevant information or considered irrelevant information.
 - xiii. New information has become available since the original decision, which has significance for the new decision.
 - xiv. The individual did not have a reasonable opportunity to plead his/her case to the decision maker before the decision was made.
- D. Late registrations cannot be appealed.
- E. Once a decision has been made to accept the appeal, the parties will be notified and the date for a review will be established. A review must take place within 2 weeks of the appeal being granted. The SSNL Appeals Committee can decide whether the review will be in person or by telephone/teleconference or in writing.
- F. Appellants (or team representative) will be given an opportunity to present their case in person, by phone or in writing depending on the format of the hearing. Any expenses related to presenting their case will rest with the appellant.
- G. The SSNL Appeals Committee can decide to:
- ix. Uphold the appeal.
 - x. Support the original decision.
 - xi. Alter the decision.
 - xii. issue new sanctions or deal with new issues, but can refer new information back to the ruling committee for further review.
- H. The SSNL Appeals Committee's decision cannot override SSNL Rules and Regulations.
- I. The SSNL Appeals Committee will make a ruling within 48 hours of the hearing and communicate the decision to the parties involved including the school administration providing rationale for the decision.
- J. The ruling of the SSNL Appeals Committee is final.

15. COACH EDUCATION POLICY

[NEW 26-27] All SSNL JV Coaches will be added to the HUB by the school contact (Admin/AD).

Coaching Association of Canada is the online NCCP Locker coach education program for coaches.

In order for a team to be eligible to participate in SSNL tournaments the following courses must be completed as required.

1. ["Making Headway"](#) - To be completed by a minimum of one member of the coaching staff.
2. ["Safe Sport"](#) Training - To be completed by all Coaches and Teacher-Sponsors.
3. ["Rule of Two"](#) - To be completed by all Coaches and Teacher-Sponsors.

SSNL recommends coaches take advantage of the various courses offered through this site. There are many free courses offered as well as others that are available for a small fee. More information on Safe Sport and Coaching courses available can be found on the [Coaching Section of the SSNL Website](#).

SECTION THREE: PROGRAM REGULATIONS

IMPORTANT: To find our sport specific Technical Standards (each sport's rules), please visit our web site and click on the Junior Varsity sport in question.

1. SANCTIONED SSNL JUNIOR VARSITY SPORTS

An official SSNL Junior Varsity sport is:

- A. One which meets the minimum requirement of representation from at least 3 different schools within the Junior Varsity region.
- B. Recognized as a sanctioned Sport official sport with tournaments being held at the Regional Level.
- C. Provided a full awards package for any tournament within that sport approved at the AGM.

The team composition column below indicates the maximum number for what constitutes a team. Tournament convenors are responsible for considering, at most, the number of athletes listed below in their organization of a tournament. In some regions, the JV Coordinator & Regional Director will decide the team's minimum number of participants. This is the max for awarding medals.

SPORT	DIVISIONS	TEAM COMPOSITION
Slo-Pitch	Male and Female or Coed	15 athletes + coach + manager
Outdoor Soccer	Male and Female or Coed	25 athletes + coach + manager/ 14 for 7 a side
Indoor Soccer	Male and Female or Coed	14 athletes + coach + manager
XCR	Junior Male and Female	5 athletes (per div. Host gets 10 per) + coach.
Volleyball	Male and Female or Coed	15 athletes + coach + manager
Table Tennis	Male and female combined	12 athletes + coach + manager
Basketball	Male and Female or Coed	15 athletes + coach + manager
Badminton	Male and female combined	12 athletes + coach + manager
Ball Hockey	Male and Female or Coed	15 athletes + coach + manager

2. TOURNAMENT GUIDELINES

- Only SSNL member schools can participate in SSNL Junior Varsity tournaments.
- There is no classification for Junior Varsity.
- **SSNL will sanction 1 tournament per sport/gender a year; this will be for combined 7-9 grade events. Grade specific events will not be sanctioned. There may be exceptions which will be decided on a case by case basis.**
- Junior Varsity players may also play Senior Varsity. However elementary students in grades 4, 5, or 6 and Senior High students in grades 10, 11, 12 are not permitted to play Junior Varsity.
- In the case that a school does not have the population for a full grade 7, 8, 9 team there may be an exception to allow eligible grade 6 student(s), from your school, to participate. Eligibility will be based on completing and SSNL approval of the application for a grade 6 student to participate. Under no circumstance should a grade 6 athlete displace anyone from grade 7, 8 or 9. In all situations schools must follow their own school/district policies on *School Athletic Guidelines*.
- Junior Varsity is regionally based and focuses on maximizing participation. There must be at least 3 schools registered in order for the tournament to be sanctioned as a SSNL Junior Varsity tournament.
- 2 schools will be permitted to combine to form one team for boys, girls or co-ed if it means that 2 schools can now participate (upon approval of the JV contact person). Please note there will still need to be two other schools participating in order for SSNL to sanction the JV tournament.
- Schools can choose to have a co-ed tournament if schools do not have the interest in a Boys or Girls only tournament.
- Please note an expression of interest does not guarantee a tournament will take place. A host school and convenor and at least 2 other schools will still need to be secured.
- School/ District/ SSNL policies on acceptable times to start and play a tournament, must be followed. If all teams cannot find a suitable date to play the tournament then the host school will decide the date or the host school can be changed to maximize participation.
- Tournament format is determined by the participating teams, the host, and the SSNL Junior Varsity Contact with maximum participation as the main focus.
- Schools from different SSNL regions are permitted to play in the same

tournament, however priority is given to those schools in the region of the host school.

- SSNL provides an awards package for 1 tournament per JV sport, per gender (boys, girls, co-ed), per year for each region.
- Each JV sport has technical standards that follow SSNL guidelines and philosophy and **MUST** be followed. There are some modifications from the Senior Varsity sport rules to accommodate junior players. They can be found in the SSNL website, under the Junior Varsity Sport page under specific sport.
- **All JV correspondence is initially sent to the Athletic Director and/or the Physical Education teacher of the school. If there are alternative contacts within the school it is the Athletic Director or PE teacher's responsibility to advise the SSNL JV Coordinator.**

IMPORTANT: Registration for any SSNL Junior Varsity tournament must be done via the SSNL HUB.

Unless otherwise stated in the following tournament guidelines, or in the Sport Specific Technical Standards, the Junior Varsity Program will follow all other Senior Varsity rules and regulations outlined in Section One and Two of this manual as well as the Weather Policy and Code of Ethics.

3. JUNIOR VARSITY TOURNAMENT FEES

All participants in JV tournaments will be levied a \$5 participation fee to offset the cost of the Rewards. *Hosts will no longer be responsible for collecting fees, SSNL will invoice participating schools every 2 months for total fees owed based on the records from remittance forms.

- A. The cost of running a JV tournament will be shared equally among the participating teams including the host school. The registration fee should be set at an amount to cover tournament expenses. Tournament expenses relate only to fees for Officials and any minor equipment (softballs, badminton shuttles, etc.)

The SSNL office **MUST** approve any other expenses included in the tournament, however, the registration fee is not to exceed the maximum SSNL provincial tournament registration fee for each Official sport as outlined below.

Basketball	\$325 per team + \$5 part. fee per athlete.
Outdoor Soccer	\$200 per team + \$5 part. fee per athlete.
Volleyball	\$175 per team + \$5 part. fee per athlete.
Ball Hockey	\$150 per team + \$5 part. fee per athlete.

Slo-pitch & Indoor Soccer
Badminton & Table Tennis

\$100 per team + \$5 part. fee per athlete.
\$50 per team. + \$5 part. fee per athlete.
Athletes playing Individual Competition.
only pay maximum of \$5.
\$7 per athlete.

Cross Country

4. TOURNAMENT AWARDS

SSNL provides a comprehensive awards package for tournaments at the Junior Varsity, Foundation **IMPORTANT: ABSOLUTELY NO OTHER INDIVIDUAL AWARDS ARE PERMITTED TO BE PROVIDED AT SSNL TOURNAMENTS OTHER THAN WHAT SSNL PROVIDES. ANY HOST FOUND DOING SO WILL BE FINED \$100 AND WILL RISK LOSING FUTURE HOSTING PRIVILEGES.**

Sport	Championship Banner	Team Gold & Silver Medals	Ind. Gold, Silver, & Bronze	MVP Medal	Sportsmanship Medal
JV Slo-Pitch	Yes	Yes	No	1 per tourney	1 per tourney
JV Outdoor Soccer	Yes	Yes	No	1 per tourney	1 per tourney
JV Volleyball	Yes	Yes	No	1 per tourney	1 per tourney
JV Indoor Soccer	Yes	Yes	No	1 per tourney	1 per tourney
JV Table Tennis	Yes	Yes	Yes	1 M/F per tourney	1 M/F per tourney
Basketball	Yes	Yes	No	1 per tourney	1 per tourney
Ball Hockey	Yes	Yes	No	1 per tourney	1 per tourney
Badminton	Yes	Yes	Yes	1 M/F per tourney	1 M/F per tourney

5. DEADLINES AND SCHEDULING

In order to allow time for adequate planning, coordination and to account for various outside factors, the following scheduling rules shall be followed.

SSNL **Junior Varsity** Tournaments must be organized through your SSNL Regional Director/ Junior Varsity Coordinator and in conjunction with participating schools, but must also adhere to School/District/SSNL regulations on start times, affected instructional time, and travel. The deadlines and schedules for the Junior Varsity Program are different from the Varsity Program.

- A. Junior Varsity Tournament schedules can be approved by your SSNL Regional Director or Junior Varsity Coordinator.
- B. **IMPORTANT:** For all SSNL Tournaments, it is the Convenors responsibility to contact all participating teams in order to determine any travel or playing restrictions when scheduling games. It is also the responsibility of participating schools to provide convenors with information about any travel/playing limitations in a reasonable time frame. This pre-communication between both parties is vital to eliminating delays and changes made to tournament schedules.

The Junior Varsity Coordinator and Regional Directors that review schedules for approval are doing so with the understanding that the aforementioned communication of the convenor and the participating schools has taken place.

6. ASSESSMENT OF PROGRAMS

The Junior Varsity Council will assess each sport annually, making the appropriate recommendations at the AGM.

7. COMPETITIVE STRUCTURE

Unless there is a competition between at least three teams/individuals in any SSNL tournament, there will be no medals or banners awarded.

8. SPORT DECLARATION

- A. Schools must “declare” whether they will be participating in any Official sport by an established “Declaration Date” via the process communicated to Athletic Director/ Physical Education/ Junior Varsity Coordinator. Reminders are sent out to schools prior to each sport’s Declaration Deadline.
- B. Declaration Dates are different from registering for a Tournament and are in place in order to be more prepared and efficient at both the Regional and office level for tournaments and also to limit delays and problems for host schools, as

well as, participating teams. ONLY those schools that declare by the deadline are placed in a Tournament grouping.

9. TOURNAMENT REGISTRATION

- A. **[NEW 26-27] All school teams MUST register through the SSNL HUB. All players must be registered prior to their FIRST GAME STARTING in order to be eligible to play in an SSNL Tournament. Failure to comply will result in default of the games in question and awarding of points to the opposing teams. Principals must be made aware of all school rosters being submitted and this will act as approval of eligibility of all participating students. Please see the linked [SSNL HUB Registration Information](#).**
- B. The registration deadlines for all SSNL Junior Varsity tournaments will be determined in consultation with the host/convenor/ Junior Varsity Coordinator and communicated to all those who completed the declaration process. Registration deadlines for Junior Varsity tournaments are not part of the posted Athletic Calendar due their flexible dates and are subject to change at the discretion of the convenor and SSNL office.
- C. It is the responsibility of the AD/team coach or teacher-sponsor to ensure teams and/or individuals are properly registered.
- D. Late entries will not be accepted unless approved by the Junior Varsity Coordinator for extenuating circumstances.
- E. Tournament Fines:
 - a. If any team pulls out of a Junior Varsity Tournament on the week of the tournament they may be subject to SSNL disciplinary actions or fines.
 - b. Teams will still be responsible for any expenses they incurred regarding the tournament (e.g. t-shirts, meals).
 - c. Any school that fails to pay the assessed fines by June 30 of the current year, will be suspended until the fine has been paid.
- F. All participants in Junior Varsity tournaments will be levied a \$5 participation fee. Hosts will no longer be responsible for collecting fees, SSNL will invoice participating schools every 2 months for total fees owed based on the records from remittance forms.
- G. The cost of running any SSNL Junior Varsity tournament will be shared equally among the participating teams including the host school. The registration fee should be set at an amount to cover tournament expenses which relate only to fees for Officials and any minor equipment (softballs, badminton shuttles, etc.) unless provided by SSNL already. The registration fees must not exceed the

maximum provincial registration fee as outlined in each sport's tech standards unless approved by the SSNL office.

10. SCHOOL RESPONSIBILITIES FOR ATTENDING TOURNAMENTS

- A. Register for the respective tournament through the SSNL HUB by the deadlines provided. **Please see the linked [SSNL HUB Registration Information](#)**
- B. When registering for a Junior Varsity Tournament, coaches/teacher-sponsors must register their team providing all the information required on the form via the SSNL HUB and also contact the convenors directly if any of that original information should change or if new information is pertinent. Changes are permitted up to the start or the very first competition of a tournament.
- C. Coaches/Teacher-Sponsors are also responsible for contacting the convenors within a reasonable amount of notice and make them aware of their travel arrangements for the purpose of aiding the scheduling of tournament games.

11. TOURNAMENT RESPONSIBILITY

- A. Junior Varsity tournament venues and convenors shall be arranged under the supervision of SSNL Regional Directors in the respective SSNL regions.
- B. Any school who, after investigation, has been found to have not followed the SSNL rules and/or Technical Standards while hosting may be banned subject to disciplinary measures.
- C. Remittance forms must be submitted immediately following any Junior Varsity tournaments to ensure schools can be invoiced for the SSNL fees associated with tournaments.
- D. When 2 schools co-host or when 2 venues are used, there cannot be more than 30 minutes of travel between venues.
- E. The host school must have an adequate number of facilities as specified in the tournament schedule section of each sport's technical standards.

12. WEATHER AND CANCELLATION POLICY

School Sports NL holds many of its tournaments during the winter when weather conditions are very unpredictable. School districts have very strict policies outlining permissible travel during weather advisories/warnings. School Sports

NL tournaments are generally not cancelled unless an overwhelming majority of teams cannot attend. In order to ensure all participating teams are provided an opportunity to compete with the safety of students in mind, the following guidelines should be followed:

- A. The decision to cancel an SSNL tournament will be made by the SSNL office in consultation with the tournament convenor, taking into consideration the weather conditions, school closures, and the number of affected teams.
- B. Provincial tournaments that have been cancelled will only be rescheduled if a host can be found (1st option to go to the initial host) and if at least 50% of the teams can agree on a new date.
- C. School Sports NL will not be responsible for any expenses incurred related to cancelled tournaments. Host schools and traveling teams will be responsible for their own expenses and should communicate with each other to avoid this issue as best as possible.
- D. If at all possible, decisions on cancellation/postponement should be made prior to any team's departure from their home community.
- E. All school board policies with regard to travel in adverse weather conditions and school closures **MUST** be followed.
- F. Modifications options will be explored in consultation with the Junior Varsity Coordinator, Convenor, and participating teams before a weather cancellation.

13. DEVIATIONS

Any deviation from the regulations in this Manual requires prior approval from the SSNL Junior Varsity Coordinator, Junior Varsity Council, Executive Director, and/or SSNL Board of Directors depending on the rule or regulation.

14. CHANGES, AMENDMENTS, ALTERATIONS

- i. All SSNL member schools will have an opportunity to make recommendations for rule changes to the appropriate Committee or Council.
- ii. The Junior Varsity Council will ratify any changes in SSNL rules, regulations or policies contained in the SSNL Junior Varsity Manual and Junior Varsity Technical Standards.
- iii. All changes will be circulated to the SSNL membership.

APPENDIX A: CODE OF ETHICS

STUDENT-ATHLETE CODE OF ETHICS

Athletics is an integral part of a school's total educational program. All school activities, curricular and extracurricular in the classroom and on the playing field, must be consistent with the schools and school board stated goals and objectives established for the intellectual, physical, social and moral development of its students. Since these goals and objectives reflect the philosophy of SSNL, student-athletes participating in our events are expected to abide by the following Code of Ethics:

1. To embrace the highest ideals of sportsmanship, ethical conduct and fair play.
2. To show courtesy and respect to visiting teams, officials, teammates, parent drivers and coaches at all times.
3. To thoroughly understand and uphold the rules of the game.
4. To refrain from the use of language that degrades, baits, and intimidates others.
5. To treat the coach with respect, and to discourage fans, fellow students and parents from undercutting the coach's authority.
6. To represent yourself, your parents, your school and the community with proper conduct at all times on or off the playing surface.
7. Win with character and lose with dignity.

COACHES CODE OF ETHICS

1. Respect for Athletes
The principle of respect for athletes challenges coaches to act in a manner respectful of the dignity of those involved in sport. This principle is based on the basic assumption that each person has value and is worthy of respect.
2. Coaching Responsibility
The principle of coaching responsibly carries the expectation that the activities of coaches will benefit society in general, and athletes in particular and will do no harm. Fundamental to the implementation of this principle is the notion of competence, which implies that coaches should be well prepared and possess

up-to-date knowledge of their discipline, so that they will be able to maximize benefits and minimize risks to athletes.

3. Maintaining Integrity in Relations with Others

Behaving with integrity means that coaches are expected to be honest, sincere, and honourable in their relationships with others. Acting on these values is possible when coaches have a high degree of self-awareness and the ability to reflect critically on how their views and opinions influence how they interact with others.

4. Honouring Sport

The principle of honouring sport challenges coaches to recognize and promote the value of sport for individuals and teams, and for society in general.

PARENT/SPECTATOR CODE OF ETHICS

1. Student-athletes participate in sports for fun. They are not competing for the entertainment of spectators only, nor are they miniature professionals.
2. Applaud good performance and efforts by your team and the opponents. Congratulate all athletes and teams upon their performance regardless of the competition's outcome.
3. Respect the official's decision.
4. Never ridicule or scold an athlete for making a mistake during a competition. Positive comments are motivational.
5. Show respect for your school's opponents. Without them there would be no competition.
6. Encourage athletes to participate according to the rules and the official's decisions.
7. Demonstrate appropriate social behaviour by not using foul language, harassing participants, coaches or officials.
8. Refrain from encroaching on the sidelines, entering the field of play, or yelling instructions to the coach or players.
9. Electronic and Mechanical Noise makers (Air Horns, Mega Phones, etc) are not permitted during SSNL events. SSNL will provide signage to host schools to post in their competition areas.