



Varsity Manual 2025-2026



www.schoolsportsnl.ca

Welcome.

This manual is your guide to all things Varsity.

It outlines the key dates, policies, rules, and regulations you will need to navigate the SSNL Varsity program.

We highlight the benefits of being an SSNL Member school, as well as some great resources and programs to make the most of your membership.

We have included a breakdown of the Roles and Responsibilities of Member schools and its representatives, as well as a communications hierarchy to ensure everyone involved knows exactly what is expected of them and to whom they must keep apprised.

Above all else, this guide contains the policies and information you need to build your teams, attend our tournaments and take part in all SSNL Varsity sports with confidence.

IMPORTANT:

The process of changing rules and regulations is done in consultation with our Membership through communication with Athletic Directors. Any information in this Program Manual that is entirely new or heavily amended from the previous two years is marked “[NEW 25-26]” before the section where the information is listed.

The SSNL Varsity Program Manual is available through our website (www.schoolsportsnl.ca) and can be made available in hard copy form to any member school. You can find the SSNL Technical Standards posted on our website as well.





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SSNL Membership.

School Sports Newfoundland and Labrador has been a leader in school-based physical activity & sport in the province for over 50 years.

Established in 1969 as the Newfoundland and Labrador High School Athletic Federation, SSNL now operates two separate, but complimentary programs - Varsity and Participation Nation.

Through these programs, SSNL is able to offer sport and physical activity to all students in K-12.

						
PROGRAMS	CORE PROGRAMS	DEVELOPMENT PROGRAMS	ADVENTURE PROGRAMS	JUNIOR VARSITY SPORTS	FOUNDATION SPORTS	OFFICIAL SPORTS
KINDERGARTEN						
GRADE 1						
GRADE 2						
GRADE 3						
GRADE 4						
GRADE 5						
GRADE 6						
GRADE 7						
GRADE 8						
GRADE 9						
GRADE 10						
GRADE 11						
GRADE 12						

VARSLITY MEMBER BENEFITS

As a school participating in the Varsity Program, you have a Full SSNL Membership. There are many benefits that go along with this including:

- Access to all Varsity Programs: Official Sports | Foundation Sports | Junior Varsity | Unified Sports
- Access to PN Core Programs (Primary Achievement | Pin Winners) & Core Events (Friendlies | Festivals of Sport | Jamborees)
- Eligibility to apply for all PN Development Programs (Play 4 Fun & PN Unplugged) & Adventure Programs (PN Outdoor Adventures & Sprockids)
- Eligibility to apply for PN Pursuits Funding
- Access to the SSNL Sports Stars Program & Annual Awards Program
- Professional Development opportunities for Coaches, ADs & Program Facilitators
- Voting Rights through representation at SSNL Meetings
- Access to the SSNL Equipment Loan Program
- Opportunity to participate in SSNL Member Only Events like Trek Terra Nova and Peter's River Raid Adventure Races
- Access to the most affordable tournaments province-wide

For more information on the programs mentioned above and how your school could be making the most of its SSNL Membership, visit www.schoolsportsnl.ca.

Varsity Sports.

The SSNL Varsity Program is the competitive stream of School Sports NL, which consists of tournaments and programming in 15 different sports at the Senior, Junior, and Foundation Levels of school sport.

There are currently 9 Official Sports, 5 Foundation Sports, 8 Junior Varsity Sports, and 3 'seasons of Unified sport' available to student-athletes.



OFFICIAL SPORTS

SSNL Official Sports begin competition at the Regional level with the opportunity for teams and individuals to qualify and advance to the Provincial tournaments. Approximately 230 SSNL Official Sports' tournaments are played every school year.

FOUNDATION SPORTS

SSNL Foundation is the introductory phase of any sport wishing to become an Official Sport. Through tournament competition, these sports are focused on fostering and growing the interest of the sport province-wide.

JV SPORTS

SSNL Junior Varsity is a regionalized competitive program designed to increase the level of participation and enjoyment of Varsity sports for students in Grades 7, 8 and 9.

UNIFIED SPORTS

School Sports NL believes in providing as many students as possible with the benefits of participating in the school sports program. The goal of Unified Sports is to join people with and without intellectual disabilities (ID) on the same team to train and compete.

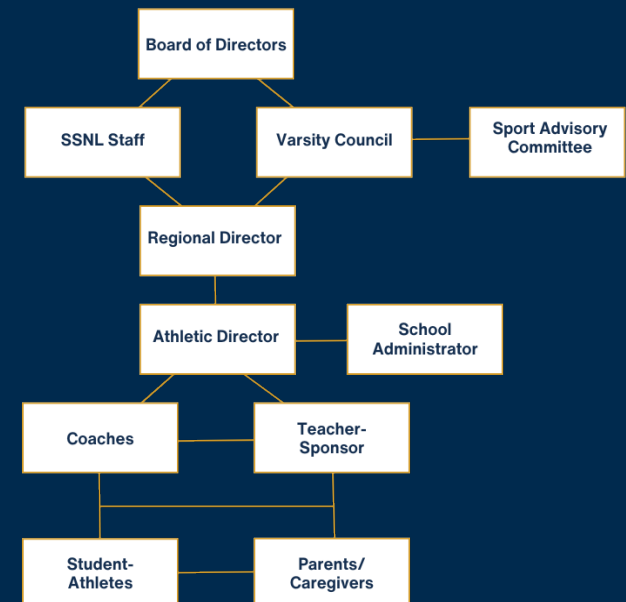


SECTION 1

Roles & Responsibilities

There are many roles within the School Sports NL framework. This section will help identify the different roles as well as the responsibilities that fall on the individual in the various positions.

Below is a visual breakdown of the flow of information throughout the Varsity network. Whenever there are questions or concerns, it is important that individuals follow the line of communication to ensure all pertinent individuals are aware.



1. SSNL STAFF

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.

2. SPORT ADVISORY COMMITTEE

Each SSNL sport has a Sport Advisory Committee made up of individuals with extensive knowledge and interest in their sport. SSNL recruits SAC members each year by putting out a call to member schools to see if they have anyone interested in sitting on the committees. SACs usually consist of 3-7 members and duties include:

- i. Review all sport recommendations brought forward from tournament evaluations, individual members, and from the Varsity Coordinator and then provide recommendations to the Varsity Council on results.
- ii. Discuss and then provide recommendations on any edits to the SSNL tech standards.
- iii. Provide any other insight into how SSNL can improve the sport in question.

3. REGIONAL DIRECTOR

- A. Regional Directors oversee the SSNL Varsity activity in his/her region and submits reports as required.
- B. Regional Directors act as spokesperson for SSNL in his/her regional on specific regional issues.
- C. Regional Directors convene a spring and fall meeting of schools in the region.
- D. Regional Directors collaborate and distribute a list of qualification tournaments in his/her region and communicate same to Provincial office.
- E. Liaise with other Regional Directors when inter-regional qualification tournaments are required to assign hosts
- F. Make decisions on regional issues relating to joint schools and requests to play for another school, etc
- G. Attend all Council meetings.

4. MEMBER SCHOOL & PRINCIPAL

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 the governing body for school athletics under the Varsity Sports Program, 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.

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 contests 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.
- F. If a non-teacher is the coach of a school team, the team must be under the direct supervision of a Teacher-Sponsor. The Teacher-Sponsor MUST be on to the bench at all times, unless otherwise approved by the convenor or SSNL.

Each school should identify a staff member to take on the role of Athletic Director.

5. 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 NL Schools/SSNL Athletic contracts are signed by any participating students.

6. COACH

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.

7. TEACHER-SPONSOR

The guiding principles of SSNL have always identified the teacher as the integral bridge that allows SSNL to have the educational value that it does. In the absence of a teacher as a coach, a teacher-sponsor continues to provide a valued link to the school.

The following guidelines are in effect with regard to teacher-sponsors:

- A. SSNL follows the Schools/District Policy regarding the requirements for a Teacher Sponsor.
- B. Coaches or teacher sponsors are required to stay within a reasonable distance from the community where the athletes are billeted or accommodated.
- C. Any Teacher Sponsors and all coaches will be required to complete the CAC "Safe Sport" and "Rule of Two" Training Modules. Teacher Sponsor, Coach Names and NCCP Numbers will be required on roster forms in order to confirm completion of the course. Failure to provide this information will result in teams being ineligible to compete at SSNL Provincial Championship Events.

8. STUDENT-ATHLETE

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.

9. PARENT/CAREGIVER

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, megaphones, etc.) are not permitted during SSNL events. SSNL will provide signage to host schools to post in their competition areas.



SECTION 2

Eligibility Policies

If you've ever wondered if a player is eligible to play on your team or if your team is eligible to participate in an SSNL tournament, this section will offer the clarity you need to build a team with confidence.

1. COACH EDUCATION POLICY

Www.coach.ca is the online NCCP Locker coach education program for coaches. Courses specific to school sports from the schoolcoach.ca platform are now housed on this site. 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.

IMPORTANT: In order for a team to be eligible to participate in SSNL tournaments, the following are mandatory certifications for each team:

- i. At least one member of the coaching staff must have completed the free online NCCP ["Making Headway"](#) concussion course.
- ii. All Teacher Sponsors and Coaches are required to complete ["Safe Sport"](#) training module and ["Understanding the Rule of Two"](#) found at www.thelocker.coach.ca

Teacher Sponsor/Coach Names and NCCP Numbers will be required on registration forms in order to confirm completion of these courses. All information can also be found at the SSNL Website <https://www.schoolsportsnl.ca/coaching>

2. STUDENT ELIGIBILITY

NOTE: District/School 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 **[NEW 25-26]** 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 (PROG-324), 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 student who completes their graduation requirements and is no longer attending classes (in a semesterized system) is not eligible. A regular full-time student shall be interpreted as one who:
 - i. At the senior or 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. Be at least 12 years of age and in Grade 7 by December 31st of the current school year.
- 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. All Junior Varsity eligibility

requirements can be found in the Junior Varsity Program Manual.

- J. Any student returning to senior high school in September for more than their 3rd total year is ineligible to participate in SSNL tournaments. Students who participate in Katimavik or other international exchange programs shall not lose a year of eligibility (with regard to 4th year student eligibility), but must still abide by the age and course load restrictions.
- K. Schools participating in SSNL events can only use students that are registered at their school. Student eligibility extends to Grade 7 provided those students are housed in the same building (K-12, 7-12 systems).
- L. 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.
- M. 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.
- N. 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.

3. GENDER DIVERSITY & 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.
- C. Athletes cannot play on both male and female teams in the same sport, in the same year. However, an athlete is permitted to play in a different gender category from one sport to another.
- D. In order to ensure a safe environment, students have the right to compete on the team of the gender with which they identify, or the team with which they are most comfortable. Only 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.
- E. 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.
- F. 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.
- G. 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.

4. 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 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 Varsity Council 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).

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 Qualification and/or Provincial 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.

5. MEDICAL ELIGIBILITY EXEMPTION

When a student's absence from school due to medical reasons causes the student to return to school for a fourth year to complete graduation requirements, application can be made for eligibility exemption. This medical exemption does not apply in cases where a student was injured and unable to compete in a particular year, but still attending school and advancing through school. The following criteria must be met:

- A. The student was absent from school for a significant period of time due to injury, sickness or family breakdown and as a result did not achieve academic progress in the year in question.
- B. A form for medical exemption, signed by the principal of the school must be submitted to the SSNL office within one month of the students return to school following the medical absence. This form can be found on the SSNL website under "Resources & Forms."
- C. After they return from their medical exemption, the student is not eligible to participate in any SSNL sport tournament that they also participated in during the medical year in question. They are eligible to play in any other SSNL sport tournament.

- D. Coach/teacher-sponsor must provide convenors with letter of approval from SSNL for any medical eligibility exemptions.

6. TEAM ELIGIBILITY

To be eligible for Varsity competition, a team must:

- A. Be eligible under all rules and regulations of SSNL and the respective regions.
- B. All SSNL member schools will only be permitted to enter one team in any Senior Varsity sanctioned Qualifier or Provincial tournament in a particular sport.

The number of teams eligible to be entered in Foundation Tournaments are dependent on the sport's technical standards.

Only one team per school will be permitted to enter any SSNL Junior Varsity regional tournament; unless otherwise approved by the Junior Varsity Coordinator.

To be eligible for Varsity Provincial competition, a team must also:

- A. Compete in their regional Qualifier (even if they are the Provincial host). If a team chooses not to participate but plays in the Provincial because they are hosting, they will not be permitted to participate in the gender and sport in question in the following year.
- B. Be designated as host/co-host.
- C. Win the Qualification tournament.
- D. Be designated as a Wildcard. (See Appendix A for Wildcard Policy).
- E. Receive a bye.
- F. For any instance where there is a 4A qualifier involving only those schools from the St. John's region, the first and second place teams will qualify from that tournament to attend the Provincials. If one of these two teams declines, the spot is vacated to a successful Wildcard bid.

- G. No individual shall be permitted entry into individual events at the Provincial competition if they have not competed in a Qualification tournament in that sport unless the sport in question has exceptions in the current tech standards for individual competition byes. If an individual competition athlete is not eligible due to the aforementioned rule, then they can still compete for their school team events if the team is eligible.
- H. School Sports Uniforms: Schools must be wearing a uniform for the school they are representing. The uniform should have the school name and numbering that is legible and follows the respective sport expectations and standard. Please review the technical standards of each SSNL Sport.

7. JOINT SCHOOL TEAMS

Schools with 30 or less students in Level I, II, and III, 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 by registration deadline of the tournament in question. The Regional Director shall determine if the schools are eligible to combine. The joint school will play in the classification based on the combined population number. 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.

8. RECRUITMENT POLICY

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.



SECTION 3

Varsity Program Regulations

This section gets into the nitty-gritty of the Varsity program, covering everything from the competitive structure and classifications, to tournament structure, tournament awards and protests.

1. COMPETITIVE STRUCTURE

- A. Unless there is a competition between at least two teams/ individuals in any SSNL tournament, there will be no medals or banners awarded.
- B. Qualification tournaments will be held in Official Sports only. Any team wishing to compete can enter a Qualification tournament in an attempt to advance to the Provincials unless a region has an approved and agreed upon format for which schools advance from a Zone league/tournament to the Qualification tournament. Qualification tournaments are pre-set tournaments encompassing teams from one or more regions. Teams who do not win their Qualification tournaments may apply for a berth in the Provincials as a wildcard entry (see Wildcard Policy, Appendix A).

For the Northern Region only, the 2nd place team in a Qualifier is permitted to automatically replace the 1st place team if that team cannot attend the Provincials. This applies to team sports only.

- C. Zone tournaments are not permitted to be used to eliminate schools or individuals from participating in a Qualification tournament unless it is deemed necessary after the Regional Director has consulted with the SSNL office and requested the use of Zone tournaments as a way to reduce the number of teams at a Qualification tournament. If a Zone tournament is approved by SSNL then it must be run according to all the established SSNL Technical Standards and regulations that govern that sport.
- D. In Table Tennis and Badminton, the first place finishers in the individual events and the school winning the team event will advance to the Provincials. **[NEW 25-26]** In Table Tennis if the Qualifier winner cannot attend the Provincial Championships, the second place team can attend the Provincial in the place of the winner but will forfeit the seeding for the event. In Cross-Country Running, the 1st, 2nd and 3rd place individual winners in each division and the school winning the team event will advance to the Provincials.

For the Northern Region, the ability to do the above in "C" is dependent on the current year's funding.

- E. Qualification tournaments are not constrained to regional boundaries for all Official Sports in any classification level. The Regional Directors will receive the list of schools that have declared in each particular sport by the Declaration deadline and establish qualification tournaments for each sport based on our tournament structure criteria. Criteria to be considered will be: elimination of tournament byes, creation of Qualifiers with 3 or more teams, geography, and any other relevant criteria as determined by the Regional Director.
- F. Hosting Provincial tournaments will be determined annually by application (found in "Resources & Forms" on our website) and by following the Provincial Tournament Bid Process (see Appendix B).

2. CLASSIFICATIONS

The current year's classification of sports within SSNL member schools will be based on Grade 9, Level I and II enrollment numbers of each school's populations from previous year's Department of Education statistics.

Fourth year students are not included in the population for classification purposes. SSNL has a 4-division (4A, 3A, 2A, A) classification for Volleyball, Basketball and Ball Hockey, 3-division (4A, 3A, 2A) for Slo-Pitch and Outdoor Soccer, 3-division (4A, 3A & 2A) for Indoor Soccer, and an open division for the remaining Official sports. All Junior Varsity and Foundation sports do not have classification divisions, however, Foundation and JV sports may go into classification divisions if interest at the regional level warrants. For a full listing of a school's classification in each sport, consult the classification file, found in the "Resources and Forms" section of our website.

Classification population breakdown for the multi-divisional Official sports are as follows:

Class.	OUTDOOR SOCCER	SLO-PITCH	VOLLEY-BALL	BASKETBALL	BALL HOCKEY	INDOOR SOCCER
A			≤ 30	≤ 50	≤ 40	
2A	≤ 75	≤ 75	31-75	51-200	41-90	[NEW 25-26] ≤ 40
3A	76-325	76-149	76-249	201-499	91-250	[NEW 25-26] 41-324
4A	≥ 326	≥ 150	≥ 250	≥ 500	≥ 251	≥ 325

Schools Classified as 4A from the Northern Region will no longer be Classified as 4A automatically. Schools from the Northern Region with a 4A population can apply to move up or down from the 3A classification.

Classification changes automatically when a school population moves above or below a classification cut-off point. A school can request to change to move up or down in classification.

[NEW 25-26] Schools Applying to move up will automatically be approved by the Varsity Coordinator, the Varsity Coordinator will notify both the Regional Director and Athletic Director.

[NEW 25-26] Applications to move downward in classification will be shared with the Regional Director by the Varsity Coordinator. The Regional Director will approve or decline the application and forward their decision to the VP Varsity. VP Varsity will share the application and Regional Director's decision with the Varsity Council who will make the final decision on the application.

A school can move up/down based on the following provisions:

- Classification Change Request Form must be filled out on our website (found under "Resources & Forms").
- A classification change will be for a 1-year period unless noted on the form.
- Classification change requests can be for developmental, competitive, and/or geographic reasons.
- Once a school moves in classification, they may not host Qualification or Provincial tournaments in their first year (unless a tournament is un-hosted by the established deadline and then it's first come first serve).

- The deadline to apply for classification changes are as follows:
 - Slo-pitch and outdoor soccer: 2 weeks prior to the Qualifier tournament.
 - All other sports with classifications: By the Declaration Deadline.
- SSNL and Varsity Council will consider a "Win Forward" concept to Classification in which:
 - When a school wins a provincial they will move up in classification for the next year.
 - Once a school has moved up, they will remain in the new Classification if they make the Semi-Finals of the provincials. All schools will be permitted to apply to move down in classification following the process outlined above in point A.
 - SSNL will seek feedback from members before implementing the "Win Forward" program throughout the 2024-25 school year.

3. TOURNAMENT REGISTRATION

A. IMPORTANT: Registration forms for any SSNL Varsity tournament must be submitted to the convenor of the tournament. SSNL will provide links to the Google Doc tournament registration form directly to Athletic Directors to share with their coaches/teams and it will also be available on each sports' page on the SSNL website. Principals must be made aware of all school rosters being submitted and this will act as approval of eligibility of all participating students.

- The registration deadline for SSNL tournaments (Qualification and Provincial) is usually no later than 5:00pm on the Monday the week prior to the start of tournament, however, in some cases you may be required to register earlier. The registration deadlines for all SSNL tournaments are forwarded to all Athletic Directors, and on our athletic calendars provided to schools. For Slo-Pitch and Soccer qualification tournaments, registration deadline will be the Monday the week of the tournament due to how close these sports start after school

begins for the year. Registration deadlines for Foundation & Jr. Varsity tournaments will follow the same timeline, however, 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 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 Varsity Coordinator for extenuating circumstances.
 - E. If for any reason an **Individual** Qualification tournament champion in Badminton or Table Tennis cannot participate in a Provincial tournament, they must inform their Regional Director prior to the Qualifier (or if discovering this after the tournament by the Provincial Registration Deadline), so that opportunity to attend the Provincial can be provided to the 2nd place individual from that Qualifier.
- [NEW 25-26]** In the team competition, if a Qualifier winning team does not register for the Provincial, the 2nd place team can register for the Provincial in place of the winning team.
- F. All Qualification tournaments **MUST** be played on the dates listed on the athletic calendar unless approved by the SSNL office.
 - G. Provincial Tournament Fines:
 - i. Schools who have qualified (through winning their Qualifier or receiving a bye) for a Provincial tournament and who (AFTER REGISTERING their team) do not attend the tournament, will be fined \$300 if the reason for pulling out is not deemed valid by the Varsity Council.
 - ii. If said team pulls out of the Provincials after Wednesday 5pm of the registration week, they will also be required to pay the full Provincial Tournament registration.
 - iii. Any school that withdraws from a Provincial tournament after the schedule has been approved/released will receive a two-year ban on hosting in that sport and gender.
 - iv. Aside from the fines, teams will still be responsible for any expenses they incurred regarding the Provincial tournament (e.g. t-shirts, meals).

- v. 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.

- H. All participants in Qualification tournaments will be levied a \$7 participation fee. All participants in Provincial tournaments will be levied a \$10 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.
- I. The cost of running any SSNL 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.
- J. At Provincial tournaments, Convenors are expected to host a social gathering that includes healthy food and drink options for participants. A maximum fee of \$10 per person can be charged unless pre-approved by the SSNL office.

4. TOURNAMENT RESPONSIBILITY

- A. Qualification and Provincial tournaments shall be under the direct supervision of SSNL. Qualification, Junior Varsity, and Foundation tournament venues and convenors shall be arranged under the supervision of SSNL Regional Directors in the respective SSNL regions.
- B. Provincial tournaments shall be awarded and convenors appointed through the Provincial Tournament Bid Process. A school can apply to host an SSNL Provincial tournament by using the form under the "Resources and Forms" page on the SSNL website.
- C. Any school who, after investigation, has been found to have not followed the SSNL rules and/or Technical Standards while hosting may be banned from hosting that sport and gender at the Qualification and Provincial levels for a 3-year period.

- D. A school that withdraws as a Provincial Tournament host up to 2 months (1 month for Slo-Pitch, Outdoor Soccer, and XC Running) prior to the tournament start date is subject to review by the SSNL Tournament Committee and could receive a 3 year ban from hosting Qualification and/or Provincial tournaments in the sport and gender in question.
- E. Remittance forms must be submitted immediately following any Junior Varsity, Foundation, Qualifier or Provincial tournaments to ensure schools can be invoiced for the SSNL fees associated with tournaments.
- F. Co-hosts for Provincial Tournaments **MUST** be named at the time of accepting bids. A primary host must be identified at the time of accepting bids as the host schools overseeing the majority of the work and hosting 51% or more of the games as only one host will receive the automatic bye to the Provincials.
- G. Schools awarded Provincial tournaments should be required to have at least one of the opening ceremonies or banquet, accomodating all participating teams if possible - both are recommended and encouraged.
- H. When 2 schools co-host or when 2 venues are used, there cannot be more than 30 minutes of travel between venues.
- I. The host school must have an adequate number of facilities as specified in the tournament schedule section of each sport's technical standards.

5. DEADLINES & SCHEDULING

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

- A. The current year's Athletic Calendar can be found in this manual under it's own tab with all the deadlines for Official Sports. This is also shared directly with schools and can be found on our website under "Resources and Forms".
- B. In the case of Labrador hosting a Provincial, the Newfoundland Island Qualifier tournament will be held two weeks prior to the Provincial tournament in Labrador.

This requires the Newfoundland Regional Qualification tournaments to be held 2 weeks prior to the Newfoundland Island Qualifier tournament.

- C. Qualification tournaments will be played on the AGM approved dates listed on the athletic calendar. Any request to change these dates **MUST** be approved by the Varsity Coordinator.
- D. SSNL Varsity Council will not schedule tournaments on province wide long weekends whenever possible.
- E. SSNL **Provincial Tournaments** are permitted to start no earlier than Thursday 5pm and should end on Saturday where possible. Any exception to this time frame must be approved by the SSNL office and in the case where instructional time is affected, approved by the school administration of any affected teams. All individual school travel must be pre-approved by the school principal with a view to minimize the loss of instructional time.

SSNL **Qualifier Tournaments** should start no earlier than Friday 4pm and should end on Saturday where possible. Any exception to this time frame must be approved by the SSNL office and in the case where instructional time is affected, approved by the school administration of any affected teams. All individual school travel must be pre-approved by the school principal with a view to minimize the loss of instructional time.

SSNL **Foundation and 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 NL Schools/SSNL regulations on start times, affected instructional time, and travel. The deadlines and schedules for the Junior Varsity Pilot Program are different from the Varsity Program.

- F. Tournament schedules should be approved prior to cirrculation. The following individuals are responsible for approvals:
 - i. Provincial Tournaments - Varsity Coordinator
 - ii. Qualification Tournaments - Regional Director or Junior Varsity Coordinator

- iii. Junior Varsity Tournaments - Junior Varsity Coordinator
- iv. Foundation Sports Tournaments - Regional Director or Varsity Coordinator

E. 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 delay and changes made to tournament schedules. The 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. TOURNAMENT AWARDS

SSNL provides a comprehensive awards package for tournaments at the Junior Varsity, Foundation, Qualification, and Provincial levels. See the tables below:

- A. Banners will be provided upon request to schools that are part of a joint school team who win Qualification and/or Provincial tournament titles.
- B. When a Provincial tournament is held in Labrador, the full Provincial awards package will be presented. At the corresponding Island qualifier, a full awards package will also be presented.

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.

PROVINCIALS

Sport	Champion-ship Banner	Team Gold & Silver Medals	Individual Gold, Silver, & Bronze	Team Sports-manship Banner	MVP Mini Banners	Sports-manship Mini Banners
Slo-Pitch	Yes	Yes	No	Yes	1 per tourney	1 per team
Outdoor Soccer	Yes	Yes	No	Yes	1 per tourney	1 per team
X-Country Running	SG, SB, JG, JB	Yes	Yes	No	N/A	Upon Request
Volleyball	Yes	Yes	No	Yes	1 per tourney	1 per team
Indoor Soccer	Yes	Yes	No	Yes	1 per tourney	1 per team
Table Tennis	Yes	Yes	Yes	Yes	N/A	1 per team
Basketball	Yes	Yes	No	Yes	1 per tourney	1 per team
Ball Hockey	Yes	Yes	No	Yes	1 per tourney	1 per team
Badminton	Yes	Yes	Yes	Yes	N/A	1 per team

QUALIFIERS

Sport	Championship Banner	Team Gold & Silver Medals	Individual Gold, Silver, & Bronze	MVP Medal	Sports-manship Medal
Slo-Pitch	Yes	Yes	No	1 per tourney	1 per tourney
Outdoor Soccer	Yes	Yes	No	1 per tourney	1 per tourney
X-Country Running	SG, SB, JG, JB	Yes	Yes	No	Upon Request
Volleyball	Yes	Yes	No	1 per tourney	1 per tourney
Indoor Soccer	Yes	Yes	No	1 per tourney	1 per tourney

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

FOUNDATION SPORTS

Sport	Championship Banner	Team Gold & Silver Medals	Individual Gold, Silver, & Bronze	MVP Medal	Sportsmanship Banner	Sportsmanship Medal
Ultimate (Indoor)	Yes	Yes	No	1M/1F	Yes	1M/1F
Ultimate (Outdoor)	Yes	Yes	No	1M/1F	Yes	1M/1F
Co-ed Volleyball	Yes	Yes	No	1M/1F	No	1M/1F
Co-ed Slo-Pitch	Yes	Yes	No	1M/1F	No	1M/1F
Track & Field	Yes	Yes	Yes	No	Yes	No

JUNIOR VARSITY SPORTS

*Please refer to the Junior Varsity section in this manual for additional information.

Sport	Championship Banner	Team Gold & Silver Medals	Individual Gold, Silver, & Bronze	MVP Medal	Sportsmanship Banner	Sportsmanship Medal
JV Slo-Pitch	Yes	Yes	No	1 per tourney	No	1 per tourney
JV Outdoor Soccer	Yes	Yes	No	1 per tourney	No	1 per tourney
JV Volleyball	Yes	Yes	No	1 per tourney	No	1 per tourney

JV Indoor Soccer	Yes	Yes	No	1 per tourney	No	1 per tourney
JV Table Tennis	Yes	Yes	Yes	1 per tourney	No	1 per tourney
JV Basketball	Yes	Yes	No	1 per tourney	No	1 per tourney
JV Ball Hockey	Yes	Yes	No	1 per tourney	No	1 per tourney
JV Badminton	Yes	Yes	Yes	1 per tourney	No	1 per tourney

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 Senior Varsity Qualification, Junior Varsity and some Foundation tournaments voted on by a designated committee from the coach choices from each team.
- One sportsmanship medal per team awarded at each Provincial tournament and selected by each team's coach.
- One Team Sportsmanship Banner at Provincial tournaments, where applicable, voted on by all competing teams.
- Some Foundation Sport tournaments will receive one sportsmanship medal and/or banner per tournament depending on the sport's tech standards.
- Two School Sportsmanship Awards per member school at year-end to be awarded to 2 student-athletes that displayed exemplary sportsmanship qualities in SSNL sports throughout the year.

MOST VALUABLE PLAYER

Tournament MVP awards will be provided at all SSNL Qualifiers and Provincials and at some Foundation tournaments, but for the

team competition only in those tournaments. The following MVP awards will be handed out:

- i. 1 MVP medal per tournament will be awarded at each Senior Varsity Qualification tournament and each Junior Varsity Tournament voted on by a designated committee from the coach choices from each team.
- ii. No team MVP awards will be awarded at Provincial tournaments there will be one Tournament MVP awarded as selected by the assigned Tournament committee.
- iii. Some Foundation Sport tournaments will receive one MVP medal per tournament depending on the sport's tech standards.

7. WEATHER & 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. A minimum of 4 teams are required to contest a provincial tournament unless approved by the SSNL office.
- C. School Sports NL will not be responsible for any expenses incurred related to cancelled tournaments. Host schools and travelling 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. Modification options will be explored in consultation with the Varsity Coordinator, Convenor, and participating teams before a weather cancellation.

8. DEPARTMENT (CONDUCT)

- A. Teams, coaches and student-athletes are under the jurisdiction of SSNL when a school representative makes first contact at the tournament venue. Alternatively, in cases where billeting is being provided, student-athletes are under the jurisdiction of SSNL when contact is made in the community to coordinate billeting, whichever comes first. 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 qualifying for provincial tournaments in individual events may be permitted to travel with a qualifying team from another school and under that school's 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.
- D. Any graduating student committing an expulsion or suspension-worthy tournament infraction while playing in their last sport of the year will result in the deduction of Sports Stars points for their school and the student in question will not be eligible for any Scholar Athlete Awards, SSNL or Sponsor Scholarships, Brother G.I. Moore Athlete of

the Year Award, or any other year end SSNL awards/contests/ benefits, etc.

Upon review, the school of the offending player may also be banned from hosting any SSNL tournament in the sport and gender in question for 1 school year.

9. 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.

10. NUTRITION

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

11. PROTESTS, DISCIPLINARY INFRACTIONS & APPEALS

The following table gives a brief overview of the process for protests, disciplinary action, and appeals, as well as, 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 Committee	Tournament Disciplinary Committee	Not Permitted
Post-Game	Tournament Protest Committee	Tournament Disciplinary Committee	Not Permitted
In-Tournament	N/A	Tournament Disciplinary Committee	Tournament Protest Comm.
Post-Tournament	N/A	Disciplinary Review Committee	SSNL Appeals Committee
General	SSNL Office	N/A	SSNL Appeals Committee

11.1 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 CAN NOT 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 offences.
- 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).

11.2 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 or from a billet incident report during an SSNL tournament/game.

- A. An official written complaint will be filed with the tournament convenor during the tournament.
- B. The 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 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.

11.3 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 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 his/her 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:
 - 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.
- 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. A 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 his/her 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 the protest 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. 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:
 - i. Uphold the appeal.
 - ii. Support the original decision.

- iii. Alter the decision.
 - iv. 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.

12. PHOTO, VIDEO & 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 4

Sport-Specific Regulations

This section breaks down the difference between our Varsity sports, for example, what is an Official Sport vs. a Foundation sport? It also highlights the sports that fit into the individual categories for the current school year.

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

1. OFFICIAL SPORTS

An official SSNL Varsity sport is:

- A. Included in the core program of SSNL and scheduled annually on the SSNL athletic calendar.
- B. One which meets the minimum requirement of representation from at least 6 different Varsity regions.
- C. Recognized as an official sport with tournaments being held at the Qualifier and Provincial levels (where applicable).
- D. Provided a full awards package for any tournament within that sport approved at the AGM.
- E. Any sport that has been promoted from the Foundation Level.

2025-26 SSNL OFFICIAL SPORTS

The team composition column below indicates the maximum number of what is considered a team that will be provided medals and other tournament benefits by convenors and SSNL. Tournament convenors are responsible for considering, at most, the number of athletes listed below in their organization of a tournament.

SPORT	DIVISIONS	TEAM COMPOSITION
Slo-Pitch	4A, 3A, 2A Male and Female	15 athletes + coach + manager
Outdoor Soccer	[New 25-26] 4A, 3A, 2A Male and Female (7-a-side)	25 athletes + coach + manager/14 for 7 a side
Indoor Soccer	4A, 3A, 2A Male and Female	14 athletes + coach + manager
Cross-Country Running	Junior and Senior Male and Female	5 athletes (per div. host gets 10 per) + coach.

Volleyball	4A, 3A, 2A, A, Male and Female	15 athletes + coach + manager
Table Tennis	Male and Female combined	12 athletes + coach + manager
Basketball	4A, 3A, 2A, A Male and Female	15 athletes + coach + manager
Badminton	Male and Female combined	12 athletes + coach + manager
Ball Hockey	4A, 3A, 2A, A Male and Female	15 athletes + coach + manager

ASSESSMENT OF OFFICIAL SPORTS

The Varsity Council will assess all sports annually, making the appropriate recommendations to the AGM. The AGM determines which tournaments within the Official SSNL sports will be sanctioned annually.

The Varsity Council has the jurisdiction to cancel any tournament throughout the school year. If, by the registration deadline, there are less than 4 teams or schools registered for a provincial school championship (unless hosted in Labrador), that tournament may be cancelled. Special circumstances, which cause teams to withdraw in the last week of the tournament, will be looked at on a case-by-case basis.

PROMOTION OF A FOUNDATION SPORT

SSNL can designate promotion of a Foundation Sport to Official Status during the year-end review based on the following criteria:

- The number of schools interested in participating in the following year comes from 6 different regions and at least 4 of those regions are able to be part of a 3-team qualifier once up.
- Schools involved in the particular Foundation Sport will be polled to ensure enough are interested to move up to

Official Sports status. Polling will also determine if enough schools are interested in playing in the same month in order to keep the participation level high and to get a qualifier and provincial on the athletic calendar.

- If not enough schools are interested/committed to playing up, once polled, then the sport will remain at the Foundation Level for that following year.

RELEGATION OF AN OFFICIAL SPORT

Foundation level is also designated for any Official sport no longer meeting the current Official Sport criteria. Before the end of the school year, a review of all Official Sports will be completed to ensure the standards have been met. The criteria for relegation is:

- An SSNL Official Sport must maintain the minimum standard (determined by the SAC in that sport) at the Official Level for 2 consecutive years i.e. if the Official sport does not end up meeting the minimum requirements in the 1st year they are put on warning. The current year will count as a failed status minimum, but they are permitted to go into the next school year as an Official Sport. If it happens again in the 2nd year then the following school year they are automatically dropped back to Foundation Level.
- A relegated Official Sport is tied to the specific gender that did not meet the criteria and not the entire sport unless the sport is co-ed or both genders participate at the same tournament in different divisions e.g. Track & Field and X-Country Running.
- Foundation Sports that have not been played in 3 years (no teams, no declared events) will be removed from Foundation status.

SPORT DECLARATION

- A. Schools must 'declare' whether they will be participating in any Official sport that has a Qualifier and by an established "Declaration Date" (The SSNL Athletic Calendar with Declaration and Registration Deadlines for all Qualifiers and Provincials can be found on our website and will be shared with all schools). Contact smenecola@schoolsportsnl.ca

to declare and be placed on the Qualification Tournament Eligibility List in each sport. Reminders are sent out to schools prior to each sport's Declaration Deadline.

- B. Declaration Dates are different from registering for a Qualifier 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 hosts, schools as well as participating teams. ONLY those schools that declare by the deadline are placed in a Qualification Tournament grouping.

WILDCARD TEAMS

The wildcard policy is designed to allow a second chance to competitive teams who have not qualified for the Provincial tournament through the Qualification tournament process. The number of successful Wildcard bids is determined by the number of teams that the host school's facilities can accommodate, the competitive validity of the applicants, and SSNL's target ideal numbers for Provincial Tournaments. This may result in no applicants being accepted as well. Teams will be selected by following the wildcard policy as outlined in Appendix A. You can apply for a Wildcard on our website under "Resources and Forms."

When a Provincial tournament is held in Labrador, and there is no corresponding Newfoundland tournament to determine the island representative, the wildcard policy will be used to determine the island representative to that Provincial tournament.

There are no wildcard positions available for individual athletes (individual athletes are provided other opportunities depending on the sport). The wildcard process is for teams only, however, the Wildcard Policy does not apply to Junior Varsity or Foundation sports.

SCHOOL RESPONSIBILITY FOR ATTENDING PROVINCIALS

- A. Register for the respective Provincial tournament through the SSNL website and by the deadlines provided.
- B. Winning schools must contact their Regional Director and the Varsity Coordinator prior to the registration deadline if they plan not to attend the provincial tournament.

- C. When registering for a Provincial Tournament, coaches/teacher-sponsors must register their team providing all the information required on the form 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.
- D. 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.

FINES

The SSNL Athletic Calendar holds approximately 250+ tournaments a year involving 9 Official Sports, 120 schools, 7,000+ students athletes, and countless teacher and community volunteers. It is no easy task for volunteers to put these tournaments off successfully nor for the SSNL office to efficiently and effectively provide logistic support to everyone involved.

Provincial Tournament Fines:

- i. Schools who have qualified (through winning their Qualifier or a receiving a bye) for a Provincial tournament and who (AFTER REGISTERING their team) do not attend the tournament, will be fined \$300 if the reason for pulling out is not deemed valid by the Varsity Council.
- ii. If said team pulls out of the Provincials after Wednesday 5pm of the registration week they will also be required to pay the full Provincial Tournament registration.
- iii. Any school that withdraws from a Provincial tournament after the schedule has been approved/released will receive a two-year ban on hosting in that sport and gender.
- iv. Aside from the fines, teams will still be responsible for any expenses they incurred regarding the Provincial tournament (e.g. t-shirts, meals).
- v. 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.

PROVINCIALS TOURNAMENTS IN LABRADOR

In any given year, Labrador can be awarded provincial tournaments at SSNL's AGM. The winner (or winners in the case of individual competitions) of the Newfoundland Island Qualifier will travel to Labrador to compete against Northern Region and/or Southern Labrador teams for the Provincials.

When an Island Qualifier champion travels to a Provincial tournament, the Labrador Travel Subsidy will cover the cost of the airfare, on par with the subsidy provided to the Labrador teams travelling out to the island for a provincial tournament. All other expenses are the responsibility of the travelling team. All flight arrangements will be handled through the SSNL office.

Any Island team or individual sport competitor participating at an SSNL Island Qualifier can attend and participate in a Provincial tournament, but only the winners will receive airfare subsidy. Additional winners attending must do so at their own expense.

INTER-PROVINCIAL SANCTIONS

- A. In all inter-provincial contests, each participating school shall follow the contest rules of the hosting provincial association or rules, which have been approved by the provincial associations competing in the event.
- B. No school, which is a member of the Provincial School Athletic Association or Federation, shall compete in any inter-provincial competition unless such a contest has been sanctioned by the participating provincial associations.
- C. No sanction shall be granted for any meet, tournament or any athletic contest, which is organized for the purpose of determining a national school championship.
- D. No school which is a member of the Provincial School Athletic Association or Federation shall compete in any other province if the contest involved conditions such as participation by a school in the province in which the contest is held or promoted would violate the regulation or established policies of that provincial school athletic association.
- E. The following is the procedure for receiving sanction:
 - i. Host school initiates application for sanction to host Provincial Association no later than 60 days prior to the inter-provincial event. Inter-provincial sanction form

can be found on the SSNL website under “Resources & Forms.” The host Provincial Association must sanction the event **BEFORE** any schools can be invited or contacted.

- ii. The host Provincial Association will complete and forward the endorsement forms to each province named in the application **ONCE THE APPLICATION HAS BEEN APPROVED.**
- iii. Executive officers receiving endorsement forms will indicate their action (approval or disapproval), and sign or forward them to the host Provincial Association.
- iv. Invited schools must contact their respective provincial executive concerning approval or disapproval of the event prior to responding to the invitation.
- v. Application for sanction from the host school shall include the following information:
 - Type of competition, dates, etc.
 - Provisions made for visitors (accommodations, special events, etc.).
 - Modifications to generally accepted rules, if any.
 - Sponsorship of the event.
 - Any information that would assist in evaluating the event in terms of the educational objectives.

2. FOUNDATION SPORTS

Foundation Sport is the introductory phase of any sport wishing to become a part of the SSNL Varsity Program. Applications and criteria can be found on our website under “Resources & Forms” and **must be submitted no later than May 1st of the current year for acceptance into the following school year.**

SSNL reserves the right to decline an application if the sport does not fit with the SSNL philosophy and principles or is deemed unsafe to our student-athletes.

The object at this level is to literally lay down a foundation of interest in the sport on a regional basis. It is also meant to develop and foster that interest into more participation and

eventually reach consistent enough participation levels to move into becoming an SSNL Official Sport.

There will be no classification system for Foundation Sports as increasing participation is the main objective.

EVENTS

SSNL will support one Foundation tournament in each region per sport, per gender where applicable, and per year with the following items below. Additional tournaments may be supported upon request.

- Please notify your regional Director and the Varsity Coordinator when planning to host a Foundation event.
- Office support regarding rules, regulations, awards packages, and tournament setup.
- Gold and Silver Medals up to the maximum # of players listed in the tech standards for each sport.
- Banner and medals applicable to the specific tech standards of each sport. See each sports’ page on our website for their tech standards.
- Sports Stars points. See Sports Stars page on our website for breakdown.
- Foundation sports are eligible to count towards the Scholar Athlete Program.

OTHER

- Participating schools must go through their SSNL Regional Director to apply to host a Foundation Tournament.
- Schools must register using the SSNL tournament registration form which can be found on our website under “Resources & Forms”.
- Tournament Convenors must still fill out a remittance form and return the participation fee per athlete to SSNL.

2025-2026 FOUNDATION SPORTS

- Indoor & Outdoor Ultimate Frisbee, Co-ed Slo-Pitch, Co-ed Volleyball and Track & Field

- The Technical Standards for each sport can be found on our website on each particular sports' page.

3. JUNIOR VARSITY SPORTS

SSNL Junior Varsity is a regional competitive program for schools that includes students in Grades 7, 8 or 9, aimed at building a strong participation.

There will be a JV contact for each of the regions. All schools interested in playing in any of the JV pilot 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.

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. For larger regions, it is possible to have a contact person per sport if approved by the Junior Varsity Coordinator.

Region	JV Contact	Email
Northern	Scott Doody	scottdoody@nlschools.ca
Southern Labrador	Contact SSNL 709-729-3684	sfowler@schoolsportsnl.ca
Northern Peninsula 1	Tony Power	tonypower1@nlschools.ca
Northern Peninsula 2	Contact SSNL 709-729-3684	sfowler@schoolsportsnl.ca
Western - Port aux Basques area	Kayla Chinn	kaylachinn@nlschools.ca

Central West	David Edwards	davidedwards1@nlschools.ca
Central	Carli McDonald	carlimcdonald@nlschools.ca
Central East	Melissa Blackler	melissablackler@nlschools.ca
Burin	Jordan Baird	jordanbaird@nlschools.ca
Avalon West	Contact SSNL 709-729-3684	sfowler@schoolsportsnl.ca
Avalon	Neil Baker	neilbaker@nlschools.ca
St. John's	Contact SSNL 709-729-3684	sfowler@schoolsportsnl.ca

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.

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 cases basis.**
- Junior Varsity players may also play Senior Varsity. However, elementary students in grades 4, 5, or 6 and Senior High 10, 11, and 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. 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 that an expression of interest does not guarantee a tournament will take place. A host school, convenor and at least 2 other schools will still need to be secured.
- District/Schools and SSNL's 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 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 on the SSNL website under the Junior Varsity sport page under the 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 P.E. teacher's responsibility to advise the SSNL Junior Varsity Coordinator.

IMPORTANT: Registration forms for any SSNL Junior Varsity tournament must be submitted to the convenor of the tournament. SSNL will provide links to the Google doc tournament registration form directly under each sports' page on the SSNL website. The link will also be sent to all JV regional contacts for distribution to schools and/or coaches. Principals must be made aware of all school rosters being submitted and approve the eligibility of all participating students.

COACH REQUIREMENTS

All SSNL JV Coaches will be required to complete the online [Coaching Registration Form](#).

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

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

TEACHER SPONSOR

SSNL follows the Schools/District Policy regarding the requirements for a Teacher Sponsor.

4. UNIFIED SPORTS

School Sports NL believes in providing as many students as possible with the benefits of participating in school sports program. In an effort to be more inclusive, SSNL has partnered with Special Olympics NL to sponsor and assist in the

development of Unified Sports.

The goal of Unified Sports is to join people with and without intellectual disabilities (ID) on the same team to train and compete. Schools should keep in mind the following guidelines when establishing a Unified team at their school:

- A. Special Olympics Athletes (SOA) do not have to be a member of their local Special Olympics Club to participate.
- B. Schools must be members of SSNL.
- C. There is no fee to register for tournaments.
- D. Instructional Resource Teachers will determine if a student qualifies to be an athlete under this program.
- E. Parents/Guardians must consent to their son/daughter's participation.
- F. Any high school student can be the SO partner (without the disability) on the team.
- G. Schools must allow gym time during lunch once per week so the team can hold practices and the athletes' student assistant and partner athletes must be able to travel with the team on tournament days.
- H. Schools participating in Unified Sports will earn Sports Stars points. See Appendix for point breakdown.

Unified Sport regional tournaments may be offered for 3 on 3 Basketball (December), Bocce (March) and Cornhole (May). They would take place on Fridays during the school day.

For more information on Unified rules and how to establish a program at your school, contact the SSNL office at 709-729-3684 or the Youth Development Coordinator at Special Olympics NL - 709-738-1923 ext. 103 or brentf@sonl.ca.

APPENDIX A: WILDCARD POLICY

1. Provincial tournaments may have a set number of wildcard positions for teams. The Wildcard Policy applies to teams only. Individual competitors cannot apply for wildcards.
2. Teams who have not advanced through the Qualification tournament and wish to be considered for a wildcard position, must apply online through the SSNL website on the appropriate form under “Resources and Forms.”
3. The deadline to apply for a wildcard position is the Provincial tournament registration deadline. It is expected that teams applying will attend the Provincials if successful. Any Wildcard applications must include a Registration for SSNL Tournaments forms. Roster changes can be completed up to designated times in Tech Standards.
4. To be eligible for a wildcard position, teams must have competed in a Qualification tournament, however, all wildcard bids may not be accepted if they do not meet the criteria of tournament need or level of competition guidelines listed in #7.
5. Determination of the finishing placing of 3rd and 4th place teams in the qualification tournaments shall be made in the following manner:
 - The winner of the head to head competition between the 2 teams concerned during the Qualification tournament
 - If the 2 teams concerned have not met in the head to head competition, determination falls to the usual tie-breaking procedure in that sport.
6. When Qualifier champions choose not to attend the Provincials, the 2nd place team in that Qualifier must still apply for a Wildcard to attend the Provincials except in the Northern Region **[New 25-26]** and the Sport of Table Tennis where a 2nd place team can replace the 1st place team not attending.
7. The Varsity Coordinator will evaluate each application based on its potential competitiveness at the Provincial tournament. The following will be the main guidelines considered, but are not limited to just these:
 - When teams from the same qualification tournament apply for a wildcard position, the team finishing higher is given the advantage, however, the lower placed team **COULD** receive a wildcard berth over the higher placed team dependent on their total wildcard results.
 - If the records of teams in the wildcard pool indicate that they have played each other over the course of the school year, the results of these games will be considered in the evaluation.
 - If by the current year’s record, a team can demonstrate that they have performed better than the other teams in the wildcard pool, they **MAY** be given the wildcard berth.
 - The results against other schools in a qualifier, in other tournaments, and in the previous year’s Provincial tournament are considered.
 - The scores of the games played against other schools are considered.
 - The caliber of a team’s opponents are considered.
8. Every effort will be made to make wildcard decisions no later than the end of day, 2 days after the Provincial tournament registration deadline.
9. If a wildcard team cannot be determined using the above guidelines, a draw will be held for the wildcard position.
10. The wildcard draw will be conducted by an independent outside party, witnessed by the Executive Director.
11. If Wildcard applications contain no teams that are deemed competitive at the Provincial level, then a Wildcard bid **MAY NOT** be accepted.
12. Wildcard teams **MUST** apply for a wildcard by the deadline listed on the Athletic Calendar and **MUST** register their team as soon as possible if awarded a wildcard.
13. A team that was expelled from a sanctioned SSNL tournament is not eligible to apply for a Wildcard.

APPENDIX B: PROVINCIAL TOURNAMENTS BID PROCESS

Each year, prior to the AGM, the SSNL office will forward the Tournament Rotation and Bid Package to all member schools for the upcoming school year. Schools will submit bids online through the "Provincial Tournament Host Request Form" on our website under "Resources & Forms." If more than one school from a region applies for the same tournament, the applications will be sent back to the Regional Director for a decision on which school from that region will be considered. The region at the top of Tier 1 in the rotation for a particular sport will be given the first opportunity to host the provincial tournament.

The proposed athletic calendar will be circulated to all member schools and PSO's of SSNL sports, at least 1 month prior to the AGM. The calendar will be approved by the AGM Varsity Council. NO changes to the provincial athletic calendar will be entertained after this date unless deemed absolutely necessary by SSNL. Schools who accept a Provincial Tournament bid must be prepared to host the tournament on the approved date and accommodate the max number of typical attending teams.

GUIDELINES FOR TOURNAMENT ROTATION (a committee has been struck to re-evaluate the Host/bid process)

1. If a region passes on their opportunity to host, they drop to the bottom of Tier 1.
2. When a region accepts a tournament, they go to the bottom of Tier 1 for the following year.
3. Regions cannot alter or trade off positions in the rotational order.
4. Co-hosting schools must be from the same region, and both co-hosting schools must be specified at the time when the bid is made for the tournament.
5. Regions who do not compete for a 2-year period drop down to Tier 2. **Exceptions will be made for schools/regions that are new to a division as a result of a population change.**
6. Regions will move up from Tier 2 to the bottom of Tier 1 when they compete at the qualification or provincial level.

7. If a tournament is unhosted at the end of the bid process, the rotation remains unchanged for that year, regardless of who eventually takes on the tournament.
8. If a region accepts a tournament, then drops out of hosting, that region moves to the bottom of the Tier and the rotation continues as if that region did host.
9. If a school withdraws as host of a Provincial tournament, an attempt will be made to find an alternative host provided the Varsity Coordinator deems adequate time is available. If a second school was identified from the original host region by the tournament deadline, that school will be given the first opportunity to host. If there were no second bids from that region, or if the second bid declines, any other bids received during the bid process will be given the opportunity to host using the region's position in the tournament rotation to determine order. If no previously submitted bids are accepted, the tournament will be opened up on a first come first awarded basis. If a bid is not accepted by a date determined by the Varsity Coordinator, the tournament will be cancelled.
10. When the Northern Region hosts a Provincial tournament, that region drops to the bottom of Tier 1. Those that were ahead of the Northern Region who declined the Provincial bid will also move down. The host region of the Newfoundland Island Qualifier tournament will move down just ahead of the Northern Region, however, any regions listed after the Northern Region who decline the island tournament will not be dropped down.

Member Schools 2025-2026





2025-2026 SCHOOL MEMBERSHIP LIST

*Visit our website under "Resources & Forms" for our updated Athletic Director list for each school.

SCHOOL	TOWN/CITY	PHONE NUMBER
ST. JOHN'S REGION		
ST. MICHAEL'S REGIONAL HIGH	Bell Island	709-488-3800
HOLY SPIRIT HIGH	C.B.S	709-834-1031
QUEEN ELIZABETH REGIONAL HIGH	Foxtrap	709-834-9400
ST. KEVIN'S HIGH	Goulds	709-745-9731
MOBILE CENTRAL HIGH	Mobile	709-334-2525
MOUNT PEARL SENIOR HIGH	Mount Pearl	709-364-8456
O'DONEL HIGH	Mount Pearl	709-364-5305
GONZAGA REGIONAL HIGH	St. John's	709-753-7510
HOLY HEART OF MARY	St. John's	709-754-1600
LAKECREST INDEPENDENT SCHOOL	St. John's	709-739-1212
PRINCE OF WALES COLLEGIATE	St. John's	709-576-4061
ST. BON'S COLLEGE	St. John's	709-726-0024
WATERFORD VALLEY HIGH	St. John's	709-745-6264
HOLY TRINITY HIGH	Torbay	709-437-6006
AVALON REGION		
RONCALLI CENTRAL HIGH	Avondale	709-229-3381
ASCENSION COLLEGIATE	Bay Roberts	709-786-3400
CARBONEAR COLLEGIATE	Carbonear	709-596-3911
BALTIMORE SCHOOL	Ferryland	709-432-2090
ST. CATHERINE'S ACADEMY	Mount Carmel	709-521-2090
BACCALIEU COLLEGIATE	Old Perlican	709-587-3210
LAVAL HIGH	Placentia	709-227-2155
CRESCENT COLLEGIATE	South Dildo	709-759-3125
FATIMA ACADEMY	St. Bride's	709-337-2500

SCHOOL	TOWN/CITY	PHONE NUMBER
DUNNE MEMORIAL ACADEMY	St. Mary's	709-525-2330
STELLA MARIS ACADEMY	Trepassey	709-438-2361
AVALON WEST		
TRICENTIA ACADEMY	Arnold's Cove	709-463-2283
DISCOVERY COLLEGIATE	Bonavista	709-468-2323
CLARENVILLE HIGH	Clarenville	709-466-2713
RANDOM ISLAND ACADEMY	Hickman's Harbour	709-547-2379
ST. MARK'S SCHOOL	King's Cove	709-447-6211
HERITAGE COLLEGIATE	Lethbridge	709-467-2717
SOUTHWEST ARM ACADEMY	Little Heart's Ease	709-548-2363
BISHOP WHITE SCHOOL	Port Rexton	709-464-3501
BURIN PENINSULA		
JOHN BURKE HIGH	Grand Bank	709-832-2990
ST. JOSEPH'S ACADEMY	Lamaline	709-857-2790
HOLY NAME OF MARY ACADEMY	Lawn	709-873-2069
MARYSTOWN CENTRAL HIGH	Marystown	709-279-2313
CHRIST THE KING SCHOOL	Rushoon	709-443-2293
FORTUNE BAY ACADEMY	St. Bernard's	709-461-2225
ST. LAWRENCE ACADEMY	St. Lawrence	709-873-2660
ST. JOSEPHS ALL GRADE	Terrenceville	709-662-2201
CENTRAL EAST		
PHOENIX ACADEMY	Carmanville	709-534-2840
HOLY CROSS SCHOOL COMPLEX	Eastport	709-677-3121
FOGO ISLAND ACADEMY	Fogo Island	709-266-2560
SMALLWOOD ACADEMY	Gambo	709-674-5336
GANDER COLLEGIATE	Gander	709-256-2581
LAKEWOOD ACADEMY	Glenwood	709-679-2162
GLOVERTOWN ACADEMY	Glovertown	709-533-2542
JANE COLLINS ACADEMY	Hare Bay	709-537-2188
LEWISPORTE COLLEGIATE	Lewisporte	709-535-6929
GILL MEMORIAL ACADEMY	Musgrave Harbour	709-655-2022
NEW WORLD ISLAND ACADEMY	Summerford	709-629-3621

SCHOOL	TOWN/CITY	PHONE NUMBER
J.M. OLDS COLLEGIATE	Twillingate	709-884-5931
PEARSON ACADEMY	Wesleyville	709-536-2254
RIVERWOOD ACADEMY	Wing's Point	709-676-2009
CENTRAL		
LEO BURKE ACADEMY	Bishop Falls	709-258-6337
BOTWOOD COLLEGIATE	Botwood	709-257-2497
SE'T A'NEWWEY KINA'MATINO'KUOM (SAINT ANNE'S SCHOOL)	Conne River	709-882-2747
FITZGERALD ACADEMY	English Harbour West	709-888-3426
EXPLOITS VALLEY HIGH	Grand Falls-Windsor	709-489-4374
KING ACADEMY	Harbour Breton	709-885-2319
JOHN WATKINS ACADEMY	Hermitage	709-883-2480
POINT LEAMINGTON ACADEMY	Point Leamington	709-484-3432
BAY D'ESPOIR ACADEMY	St. Alban's	709-538-3108
CENTRAL WEST		
COPPER RIDGE ACADEMY	Baie Verte	709-532-4288
HAMPDEN ACADEMY	Hampden	709-455-2100
VALMONT ACADEMY	King's Point	709-268-2205
CAPE JOHN COLLEGIATE	LaScie	709-675-2510
MSB REGIONAL ACADEMY	Middle Arm	709-252-2905
PASADENA ACADEMY	Pasadena	709-686-5091
DORSET COLLEGIATE	Pilley's Island	709-652-3190
MAIN RIVER ACADEMY	Pollard's Point	709-482-2422
INDIAN RIVER HIGH	Springdale	709-673-3775
ST. PETER'S ACADEMY	Westport	709-224-5111
WESTERN		
GRANDYS RIVER COLLEGIATE	Burnt Islands	709-698-3582
BURGEO ACADEMY	Burgeo	709-886-2590
CORNER BROOK REGIONAL HIGH	Corner Brook	709-634-5258
TEMPLETON ACADEMY	Corner Brook	709-783-2780
ELWOOD REGIONAL HIGH	Deer Lake	709-635-2895

SCHOOL	TOWN/CITY	PHONE NUMBER
BELANGER MEMORIAL	Doyles	709-955-2940
ECOLE STE-ANNE	La Grande Terre	709-642-5771
ST. JAMES ALL GRADE	Lark Harbour	709-681-2620
E.A. BUTLER ALL GRADE	McKay's	709-645-2330
PICCADILLY CENTRAL HIGH	Piccadilly	709-642-5752
ST. JAMES REGIONAL HIGH	Port aux Basques	709-695-3551
STEPHENVILLE HIGH	Stephenville	709-643-9672
BAYVIEW ACADEMY	St. George's	709-647-3381
NORTHERN PENINSULA		
LONG RANGE ACADEMY	Cow Head	709-243-2252
CANON RICHARDS MEMORIAL	Flower's Cove	709-456-2461
MARYS SIMMS ALL GRADE	Main Brook	709-865-3151
VIKING TRAIL ACADEMY	Plum Point	709-247-2008
FRENCH SHORE ACADEMY	Port Saunders	709-861-2592
GROS MORNE ACADEMY	Rocky Harbour	709-458-2457
CLOUD RIVER ACADEMY	Roddickton	709-457-2430
WHITE HILLS ACADEMY	St. Anthony	709-454-2203
JAKEMAN ALL GRADE	Trout River	709-451-3381
BONNE BAY ACADEMY	Woody Point	709-453-2206
SOUTHERN LABRADOR		
HENRY GORDON ACADEMY	Cartwright	709-938-7291
WILLIAM GILLET ACADEMY	Charlottetown	709-949-0223
LABRADOR STRAITS ACADEMY	L'anse au Loup	709-927-5411
ST. MARY'S ALL GRADE	Mary's Harbour	709-921-6245
BAYSIDE ACADEMY	Port Hope Simpson	709-960-0252
ST. LEWIS ACADEMY	St. Lewis	709-939-2245
NORTHERN		
ERIC G. LAMBERT SCHOOL	Churchill Falls	709-925-3371
MEALY MOUNTAIN COLLEGIATE	Happy Valley-Goose Bay	709-896-3366
AMOS COMENIUS MEMORIAL	Hopedale	709-933-3815

SCHOOL	TOWN/CITY	PHONE NUMBER
AMOS COMENIUS MEMORIAL	Hopedale	709-933-3815
J.C. ERHARDT MEMORIAL	Makkovik	709-923-2275
JENS HAVEN MEMORIAL	Nain	709-922-2813
MUSHUAU INNU SCHOOL	Natuashish	709-478-8971
LAKE MELVILLE SCHOOL	North West River	709-497-8241
B.L. MORRISON ALL GRADE	Postville	709-479-9811
NORTHERN LIGHTS ACADEMY	Rigolet	709-947-3350
SHESHATSHIU INNU SCHOOL	Sheshatshiu	709-497-3533

Varsity Calendar 2025-2026





2025-2026 SSNL VARSITY ATHLETIC CALENDAR

SPORT	Declaration Deadline	Qual. Reg. Deadline	Qualifier	Prov. Reg. Deadline	Provincial
Girls Slo-Pitch	Sept. 8	Sept. 15	Sept. 18-21	Sept. 29	Oct. 2-5
Boys Slo-Pitch	Sept. 8	Sept. 15	Sept. 25-28	Oct. 6	Oct. 16-19
Girls Outdoor Soccer	Sept. 8	Sept. 15	Sept. 25-28	Oct. 6	Oct. 16-19
Boys Outdoor Soccer	Sept. 8	Sept. 15	Sept. 18-21	Sept. 29	Oct. 23-26
Cross Country Running	Sept. 8	Sept. 29	Oct. 9	Oct. 20	Nov 1
Girls Volleyball	Oct. 1	Nov. 3	Nov. 13-16	Nov. 17	Nov. 27-30
Boys Indoor Soccer	Oct. 1	Nov. 3	Nov. 13-16	Nov. 17	Nov. 27-30
Boys Volleyball	Oct. 1	Nov. 10	Nov. 20-23	Nov. 24	Dec. 4-7
Girls Indoor Soccer	Oct.1	Nov. 10	Nov. 20-23	Nov. 24	Dec. 4-7

SPORT	Declaration Deadline	Qual. Reg. Deadline	Qualifier	Prov. Reg. Deadline	Provincial
Boys Basketball	Dec. 8	Feb. 2	Feb. 5-8	Feb. 9	Mar. 5-8
Girls Basketball	Dec. 8	Feb. 9	Feb. 12-15	Feb. 16	Mar. 12-15
Table Tennis	Jan. 12	Jan. 19	Jan. 29 - Feb. 1	Feb. 9	Mar. 19-22
Boys Ball Hockey	Feb. 23	Apr. 7	Mar. 26-29	Apr. 20	April 20 - May 3
Girls Ball Hockey	Feb. 23	Mar. 23	Apr. 16-19	Apr. 20	May 7-10
Badminton	Feb. 23	Mar. 30	Apr. 23-26	Apr. 27	May 21-23



2025-2026 SSNL VARSITY PROVINCIAL TOURNAMENT DATES & HOSTS

SPORT	Provincial	Host School
Girls 2A Slo-pitch	Oct. 2-5	OPEN TO HOST
Girls 3A Slo-pitch	Oct. 2-5	Laval High
Girls 4A Slo-pitch	Oct. 2-5	Gander Collegiate
Boys 2A Slo-Pitch	Oct. 16-19	Cape John Collegiate
Boys 3A Slo-Pitch	Oct. 16-19	St. James Regional High
Boys 4A Slo-Pitch	Oct. 16-19	Lewisporte Collegiate
Girls 2A Outdoor Soccer	Oct. 16-19	OPEN TO HOST
Girls 3A Outdoor Soccer	Oct. 16-19	OPEN TO HOST
Girls 4A Outdoor Soccer	Oct. 16-19	O'Donel High
Boys 2A Outdoor Soccer	Oct. 23-26	Lakewood Academy
Boys 3A Outdoor Soccer	Oct. 23-26	Marystown Central High
Boys 4A Outdoor Soccer	Oct. 23-26	Corner Brook Regional High
Cross Country Running	Nov. 1	Gonzaga High
Girls A Volleyball	Nov. 27-30	Valmont Academy
Girls 2A Volleyball	Nov. 27-30	OPEN TO HOST
Girls 3A Volleyball	Nov. 27-30	Elwood Regional High

SPORT	Provincial	Host School
Girls 4A Volleyball	Nov. 27-30	Corner Brook Regional High
Boys 2A Indoor Soccer	Nov. 27-30	OPEN TO HOST
Boys 3A Indoor Soccer	Nov. 27-30	Mobile Central High
Boys 4A Indoor Soccer	Nov. 27-30	Exploits Valley High
Boys A Volleyball	Dec. 4-7	OPEN TO HOST
Boys 2A Volleyball	Dec. 4-7	Se't A'newey Kina'matino'kuom
Boys 3A Volleyball	Dec. 4-7	Botwood Collegiate
Boys 4A Volleyball	Dec. 4-7	OPEN TO HOST
Girls 2A Indoor Soccer	Dec. 4-7	Valmont Academy
Girls 3A Indoor Soccer	Dec. 4-7	OPEN TO HOST
Girls 4A Indoor Soccer	Dec. 4-7	OPEN TO HOST
Boys A Basketball	Mar. 5-8	Riverwood Academy
Boys 2A Basketball	Mar. 5-8	J.M. Olds Collegiate
Boys 3A Basketball	Mar. 5-8	Carbonear Collegiate
Boys 4A Basketball	Mar. 5-8	Gonzaga High
Girls A Basketball	Mar. 12-15	OPEN TO HOST
Girls 2A Basketball	Mar. 12-15	OPEN TO HOST
Girls 3A Basketball	Mar. 12-15	Laval High
Girls 4A Basketball	Mar. 12-15	Holy Heart High
Table Tennis	Mar. 19-22	Glovertown Academy

SPORT	Provincial	Host School
Boys A Ball Hockey	April 30-May 3	Valmont Academy
Boys 2A Ball Hockey	April 30-May 3	Leo Burke Academy
Boys 3A Ball Hockey	April 30-May 3	Templeton Academy
Boys 4A Ball Hockey	April 30-May 3	Marystown Central High
Girls A Ball Hockey	May 7-10	OPEN TO HOST
Girls 2A Ball Hockey	May 7-10	OPEN TO HOST
Girls 3A Ball Hockey	May 7-10	Templeton Academy
Girls 4A Ball Hockey	May 7-10	Stephenville High
Badminton	May 21-24	Botwood Collegiate