



SSNL GENERAL TECH STANDARD RULES AND REGULATIONS

The following regulations will apply to ALL qualification and provincial tournaments under the jurisdiction of School Sports Newfoundland and Labrador (SSNL). Please consult the technical standards, which follow the specific sport rules.

1. All SSNL sports have some sport specific rules that differ from Provincial Sport Organization or National Governing body playing rules so make
2. sure you and the Officials review these in the tech standards that follow. They **MUST** be followed.
3. No player will be permitted to play wearing a cast made of plaster, fibreglass or any other material considered dangerous by the official.
4. All school teams **MUST DECLARE AND REGISTER** through the [SSNL HUB](#) by the designated dates. Any school teams not declared and registered through the HUB by the designated dates will not be permitted to participate in SSNL Events (Foundation, Qualifier, or Provincial).
5. SSNL has instituted a maximum point spread to be used in tie breaking situations and to promote SSNL ideals of sportsmanship. All games should be recorded on the SSNL tournament page website and at the playing venue(s) and reported to media using only the maximum point spread as set out in the technical standards of each sport. In the tie-breaking procedure, the goal/point spread must credit all the points for the losing team only (eg. If sport has a max 7-point reporting spread and score was 12-2 then report/post as 9-2, not 7-0).
6. There is a no fighting policy in all SSNL events. Any violation will result in an immediate expulsion from the tournament and a possible multi-year suspension from all SSNL activities.
7. Players and fans are not permitted to engage in behaviour where they are intentionally trying to distract players or are impeding on the playing surface. Failure to comply could result in in-game penalties, expulsion from the playing venue, and further discipline from SSNL.
8. SSNL has banned the use of **electronic and mechanical noise makers** (Air horns, mega phones) during SSNL events. SSNL will provide signage to all schools.
9. SSNL will follow the Schools/District policy regarding the requirements for a Teacher Sponsor.



10. Members of the coaching staff must complete the CAC Safe Sport Training.
 - “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
11. Players who are not dressing for a game are permitted to still sit in the bench area, but are still subject to all rules governing appropriate team behaviour.
12. Team composition is at the discretion of the coach and can change from the Qualifier to the Provincial Tournament. SSNL does encourage, however, that coaches consider rewarding those players that helped win a Provincial berth with a place on the team for that tournament as well.
13. SSNL game referees are to be instructed to remain on the floor after the game to sign the score sheet and participate/oversee the shaking of hands by teams.
14. In-Game Protests: It is expected that all tournament game related protests 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. The Tournament Protest Committee shall review and rule on the issue within a reasonable time before the game will re-commence. For Provincials, the SSNL Rep may be used to help with the ruling. You CANNOT protest discretionary calls by the referee. **Protests must still be accompanied in game by a \$50 protest fee or they will not be considered.** See “Protest, Disciplinary Infractions, and Appeals” section in the SSNL Varsity Manual for more details.
15. Coaches are not permitted to change any SSNL rules at the coaches meeting or at any other time by consensus vote. Any change in rules in this situation could result in a loss of points by infringing teams, potential school fines and sanctions, and/or the entire tournament being voided.
16. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.
17. No cell phones or any person who is not a minor official are permitted at scorer’s tables.
18. Game officials **MUST** provide written reports to the convenor for all major rule infractions.
19. SSNL philosophy values team accomplishments and sportsmanship. Aside from SSNL sports with an individual component, the Sportsmanship and MVP medals will be the only individual awards presented at SSNL tournaments. There are to be no other individual awards (i.e. Player of the Game or All-Star Team) to be awarded at our tournaments. Failure to comply with this will result in a \$100 fine and possible further sanctions.



20. Fines:

- a. 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.
- b. 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.
- c. 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.
- d. Aside from the fines, teams will still be responsible for any expenses they incurred regarding the Provincial tournament (e.g. t-shirts, meals).
- e. 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.

2026-27 SSNL VARSITY CROSS-COUNTRY RUNNING TECH STANDARDS

EVENTS

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

Team and individual champions will be declared in:

1. Senior Boys and Girls - A maximum of 2 junior runners (per gender) will be permitted to move up to senior to complete a senior team (This only applies after the NL Schools policy of no Grade 7-9 junior athlete can displace a Grade 10-12 senior athlete on a team, is followed). Grade 6 Runners are not permitted to run as a Junior Member for a Varsity team. No runner will be permitted to race in both the Senior & Junior races at the same event.
2. **[NEW 2026-27]** Junior Boys and Junior Girls Cross Country will no longer be a part of the Varsity Provincial Championships to align with the SSNL Junior Varsity Program Policies, NL Schools Policy and SSNL Cross Country Technical Standards.
3. Special Olympic Boys and Girls (individual event only)

ENTRIES TO PROVINCIALS

1. Host team: will be allowed a maximum of 10 runners per division. The runners making up the team entry in each division (5 runners per) must be designated prior to the race and only those 5 listed, count towards the team points.
2. All schools from the HOST region that participated in a Qualification tournament are permitted to participate in the Provincials regardless of Qualification results.
 - a. Only those host region schools that participated in the team competition of their Qualifier (i.e. had 4 or 5 runners) are permitted to do the same at the Provincials.



- b. Only those host region schools that participated in the individual competition in their Qualification tournament (i.e. had 1, 2, or 3 runners) are permitted to do the same at the Provincials.
 - c. If a host region school participated in their Qualification tournament in the team competition and can then only field 1-3 runners for the Provincials those individuals are still eligible to register for the Provincials.
3. Any winning teams from the Qualification Race. Note: any regions that run a combined Cross Country Running Qualifier Tournament will have Team and Individual winners declared from each Region and those winners are eligible to move on to Provincials. SSNL will provide the usual medals and banners for Qualifier winners.
4. 1st, 2nd and 3rd place finishers **not** on Qualification tournament winning teams.
5. If a school team wins at a Qualification tournament and declines to attend the Provincials then the 2nd place team at that Qualifier is eligible to take their place. If the 2nd place team declines then no other team from that Qualifier is permitted to take their place except in Labrador due to funding in place. **PLEASE NOTE:** When a Qualifying team attends Provincials and the team has a member who has also qualified as an individual, the team(s) **WILL NOT** be permitted to register that runner as an individual and register a team that includes a runner from that school who did not qualify as a member of that team.
6. If the 1st, 2nd, or 3rd place winners from the individual competition of a Qualification tournament declines to attend the Provincials then the 4th place individual runner from that Qualification tournament is permitted to take their place. There will be a 48-hour window after the registration deadline given to the 4th place runner in order to register.
7. No team shall be permitted entry into an event at the Provincial tournament if they have not competed in the same event at a Qualification tournament and met the entry requirements to a Provincial.
8. No individual shall be permitted entry into an event at the Provincial tournament if they have not competed in the same event at a Qualification tournament unless there has been a change in their school's team composition. The composition of a school team is at the discretion of the coach and the school.
9. If there is no Qualifier tournament for a school or individual runner to participate in, then Team and Individual runner byes to the Provincials can be permitted upon approval of the SSNL office
10. Team wildcards can be accepted in X-Country Running. The SSNL office will determine how many can be accepted in consultation with the Provincial host school. Individual runners are not eligible for a wildcard entry.

QUALIFICATION COMPETITIONS

1. After the X-Country Running Declaration Date Deadline passes participating schools will be put into Qualification Tournaments by SSNL Regional Directors.
2. Qualification meets can have an unlimited number of runners per school per division, however, in the case where billeting may occur (see billeting policy in SSNL Handbook) convenors will only be responsible for billeting a maximum of 5 per team.



3. Where 4 or more runners from 1 school are competing in a Qualifier, the runners that make up the “team” and who will score points do not have to be identified prior to the start of the race. In this case, the first 4 runners to finish will score points for that team. A Qualifier can only be run if convenors and host schools are in place for both the Sr. and Jr. races. This can be races in 2 separate regions or a joint-region race.
4. If a region Qualifier does not go ahead, runners from that region can compete in another region Qualifier if the convenor of this Qualifier can accommodate the number of runners. If they can accommodate, these new runners will run the same race as the other athletes, but are eligible for their own medals and banners and the winners can move on to Provincials.

DISTANCES

Senior girls	3km (3000m)
Senior boys	5km (5000m)
Junior girls	2km (2000m)
Junior boys	3km (3000m)
Special Olympics	A race course and distance designed by the convenor suitable to the Special Olympic athletes entered.

DRESS CODE

1. All teams and individuals should dress in the colors of the schools they are representing.
2. The minimum requirement of this code shall be either a cross-country singlet or a top belonging to a school uniform or in the case of no set uniform, teams shall be dressed in tops of similar colour.
3. Bib numbers should be worn on the front of the running singlet or runner’s top. Athletes **MUST** make sure that their bib number is clearly visible during the race and especially prior to crossing the finish line. Convenors and coaches are responsible to make sure athletes are told this on-site/prior to the race and any athlete not having a clearly visible bib number may be subject to disqualification.

RULES

1. Teams shall consist of 5 members, however, 4 runners count towards a team score so 4 runners is still considered a team.
2. Scoring shall be as follows:

1st place – 1 point
2nd place – 2 points
3rd place – 3 points
Etc.
3. In the event of a runner(s) starting prior to the starting command, all runners are recalled for a 2nd shot. The offending runner(s) is warned, and the starting procedure repeated. If a runner, after being warned, repeats the offence, he/she shall be disqualified.
4. All competitors who finish the race shall be given a numbered disk representing their finish in the race. These disks will be handed to the official scorer who will record the disk



number, runners name, and school. The competitors will then be placed into a results standings in accordance with the above scoring.

5. The initial placing in the results standings will be the individual results. A second placing in the results standings will be done eliminating all individual competitors who are not members of a school team. This second results standings will be the team results.
6. Individual competitors compete only for individual awards, and they must be identified as individual runners (armband, coloured tape, colour on bib, etc.).
7. The team score shall be determined by totalling points scored by the first 4 finishers of each school team. The team that scores the lowest number of points is the winner. **Ties will be broken by the placing of the 4th finisher on the tied teams.**

COURSE

1. Signs and flags at least 6 ft. above the ground should be visible for 100 ft. Turns and guidelines should be marked on the ground with a material which is not injurious to the eyes or skin. The course should be at least 3 ft. wide at its narrowest point.
2. No ground obstructions that might cause tripping or turning of ankles. No overhead objects such as trees lower than 8 ft. above the ground.
3. It is recommended that organizers put clearly visible ribbons on trees every few feet, tall cones for gateways, and use clearly visible spray paint for identifying elevation changes.
4. A 2in start line should be marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams (i.e. the width of twice the number of teams x 3 ft.)
5. At the end of the course, there should be a straightaway of at least 150 yards ending in a rope funnel with a mouth of 30 ft. wide. The finish line should be at the mouth of the funnel. This funnel should narrow to a rope chute about 15 ft. wide and at least 50 ft. long. The stakes supporting the poles should be solid enough to permit taut ropes.
6. The finish of all races will be videotaped and used for verification of placing upon written request of a team.

OFFICIAL DUTIES

The following officials should be appointed several days prior to the competition and if possible, a briefing should be arranged the day prior to the competition.

Starter (1): When all teams are ready and at the starting line, the starter starts the race with the commands "RUNNERS ON YOUR MARK" followed by a 2 second pause, and then fires the gun, blows a horn or whistle. In the event of a runner(s) starting prior to the starting command, all runners are recalled for a 2nd shot. The offending runner(s) is warned, and the starting procedure repeated. If a runner, after being warned, repeats the offence, he/she shall be disqualified.

UMPIRES/POINTSMEN (20): Umpires/pointsmen are stationed on the course at various intervals, particularly at turns in the course, and are responsible for ensuring that all runners run in the correct direction, by pointing towards the direction of running with a RED flag. Umpires/pointsmen will report to the referee, any runner running off the course or cutting corners.



TIMEKEEPERS (5): Two watches will be stopped on the winner of each race. The remaining times will be recorded by 1 timekeeper calling the time as each runner reaches the finish line, and 1 or 2 others recording the information as it is called. Roles can be rotated from race to race.

FINISH JUDGES (3): Finish judges record the order of finish by one judge calling the number worn by the participant, and the other recording the numbers as they are called. The chief judge gives a decision in the event of a close call for any place.

STARTER'S ASSISTANT (1): The starter's assistant will line the teams at the starting line. A popular way to do this is to give 5 blasts on a whistle 5 minutes prior to the time the race is scheduled to being held, 3 blasts of the whistle 3 minutes before the race, and 1 blast 1 minute before the race. When the starter is ready, the assistant calls "sweats off" and then puts them under the jurisdiction of the starter. Coaches should have instructed their runners on the course, and all should be in attendance, however, a check to ensure all runners are wearing their number is recommended. Numbers should be worn on the front of the running singlet or jersey.

FUNNEL CONTROLLER (2): The funnel controllers ensure that as soon as a runner has finished the race, they are asked to move along the funnel, so that succeeding runners may finish unimpeded. Runners should be moved along the end of the funnel so they may pick up their disks from the Disc Distributor.

DISC DISTRIBUTOR (1): The disc distributor hands out a numbered disc or popsicle stick in the order that the runners have been ushered into the funnel once crossing the finish the line.

RESULT RECORDERS (5): Upon receipt of their disks, runners should present their disk to the result recorders, stating their number, name, and school. The recorders record the position of the runner, and then place the disk in a box provided. When all runners have surrendered their disks, results are tabulated so that all positions are listed by placing, name of school, school team and time achieved (obtained from chief timekeeper). Total points are tabulated for the individual runners standings based on the scoring rules of 1 point for 1st, 2 points for 2nd, etc. until all runners have been allocated points. Individual runners are removed to then determine the total points for the team competition. In the event of a tie for any team placing, the placement is given to the team whose 4th runner was closer to 1st place.

In the event of inclement weather conditions, or to save time or personnel, runners may give their disks to their coach, who shall record the positions on a form provided, and return the form and disks to the chief recorder, who shall assign duties to other recorders.

The information taken by the finish judge shall also be taken into consideration in establishing final result and positions.

SAFETY STANDARDS

Safety should be of paramount concern in the organization of any Provincial or Qualification meet. The 2 areas of greatest concern are the start and finish. Convenors should pay particular attention to the regulations and suggestions pertaining to these aspects of the race. Particular attention to safety must also be employed where runners cross public roads or highways. The entire course should be established and medical attention should be readily available in the case of any issues.



AWARDS

For each division, the following awards are provided:

Qualifier

1. Gold and Silver Medals (Team Competition)
2. Gold, Silver, and Bronze Medals (Individual Competitions)
3. Sportsmanship Award (Upon Request)
4. Qualification Championship Banner (Team Competition - Individual event winners will not count towards determining the overall winner of the Qualification banner).

Provincials

1. Gold and Silver Medals (Team Competition)
2. Gold, Silver, and Bronze Medals (Individual Competitions)
3. Sportsmanship Award (Upon Request)
4. MVP Award (1 per team)
5. Provincial Championship Banner. (Team Competition - Individual event winners will not count towards determining the overall winner of the Provincial banner).

REGISTRATION FEE

- A maximum of \$2 per person for the Event
- A SSNL Participation fee of \$7 per athlete for the qualification tournament and \$10 for provincials. Schools will be invoiced based upon registration forms tournament convenors received from Athletic Directors/Coach's