

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 for 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 sure you and the Officials review these in the tech standards that follow. They **MUST** be followed.
2. No player will be permitted to play wearing a cast made of plaster, fibreglass or any other material considered dangerous by the official.
3. All schools **MUST** register their school online for all tournaments and in the case of the Provincials, their entire roster as well. Teams participating in Qualification, Junior Varsity, and Foundation tournaments can register their roster directly with the convenor. All players must be registered in the format above prior to their **FIRST GAME STARTING** in order to be eligible to play in an SSNL Tournament. Failure to comply will result in the defaulting of the games in question and awarding of points to the opposing teams.
4. 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).
5. 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.
6. Players and fans are not permitted to engage in behaviour where they are intentionally trying to distract players or impeding on the playing surface. Failure to comply could result in in-game penalties, expulsion from the playing venue, and further discipline from SSNL.
7. Teacher-sponsors must be on the bench at all times. Games do not start without the teacher-sponsor present. If the teacher-sponsor is not on the bench 10 minutes after the scheduled start time, the team without the essential personnel will lose the game by default.
8. 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.
9. 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.

10. 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.
11. 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. 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 of this Convenor Manual for more details.
12. 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 infracting teams, potential school fines and sanctions, and/or the entire tournament being voided.
13. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.
14. No cell phones or any person who is not a minor official are permitted at scorer's tables.
15. Game officials **MUST** provide written reports to the convenor for all major rule infractions.
16. At least one member of the coaching staff for each team **MUST** complete the free coach.ca "Making Headway" concussion course in order for their school's team to be eligible for SSNL tournaments.
17. 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-Start Team) to be awarded at our tournaments. Failure to comply with this will result in a \$100 fine and possible further sanctions.
18. 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. 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. Schools may also be banned from Provincial competition in that gender and sport for 1 year.

2019-20 SSNL CROSS-COUNTRY RUNNING TECH STANDARDS

EVENTS

Provincial 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. No runner will be permitted to race in both the Senior & Junior races at the same event.
2. Junior Boys & Girls ("Junior" is an athlete that is at minimum in grade 6 and 11 years of age or under 15 years of age by December 31st of the current year).
3. Special Olympic Boys and Girls (individual event only)

WHEN LABRADOR HOSTS THE PROVINCIALS

1. Newfoundland Regional Qualification Tournaments are held to determine team and individual winners who will move on to compete in the Full Island Qualification Tournament that then leads to the Provincial Tournament in Labrador.
2. The winning team and the 1st, 2nd, and 3rd place finishers not on the winning team at the Full Island Qualification Tournament will have their airfare subsidized under the Labrador Travel Subsidy Program.
3. Any other team or individual runner that competed at the Full Island Qualification Tournament is permitted to register and attend the Provincial tournament (barring they meet the entries to provincial requirements below) in Labrador, but does not receive any subsidies.
4. At the Provincial Tournament in Labrador, the times ran by Labrador runners will also count towards awarding Qualification medals and banners for Labrador Regions.

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. Winning teams from the Qualification tournaments.
4. 1st, 2nd and 3rd place finishers not on Qualification tournament winning teams.

5. 🌟 **[NEW]** 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.
6. 🌟 **[NEW]** If the 1st, 2nd, or 3rd place winners from the individual competition of a Qualification tournament declines to attend to 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 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. There will be no team or individual wildcards accepted in X-Country Running.

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.

DISTANCES

Senior girls	4km (4000m)
Senior boys	6km (6000m)
Junior girls	3km (3000m)
Junior boys	4km (4000m)
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.

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. 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.
4. 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.
5. Individual competitors compete only for individual awards, and they must be identified as individual runners (armband, coloured tape, colour on bib, etc.).
6. 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.  **[NEW]** 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 2 in. 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.

Participation fee of \$3 for provincial and \$2 per athlete for qualification tournament.