

SSNL GENERAL TECH STANDARD RULES AND REGULATIONS

The following regulations will apply to ALL 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 school coach as long as it complies with all other rules SSNL rules for that sport on team composition.
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 (if applicable to the sport). 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.
18. Schools who pull out of a Foundation Sport Tournament after registering may be subject to discipline if the reason is not deemed valid by the Varsity Council.

CROSS-COUNTRY SKIING

EVENTS

Team Champions will be declared in Boys and Girls.

Individual Champions will be declared in

- Senior Girls
- Senior Boys
- Junior Girls
- Junior Boys
- Special Olympics Boys and Girls

DISTANCES

1. Individual
 - a. Senior girls 5 km
 - b. Senior boys 7.5 km
 - c. Junior girls 2.5 km
 - d. Junior boys 5 km
2. Relay
 - a. Senior girls 1km
 - b. Senior boys 1km
 - c. Junior girls 0.5 km
 - d. Junior boys 1 km

The racing techniques will alternate from year to year. In odd years, the classic style will be used for individual races and the freestyle for relay races. In even years, the freestyle style will be used for individual races and the classic style will be used for relay races.

The start for individual races will be individual racers at 30 second intervals for a staggered start.

Start for relay races will be a mass start, with a tagging zone for successive skiers no less than 30 ft.

Teams need not be named prior to the competition. The top 3 finishers from each school will automatically be included as the school team.

RANKINGS

The following system will be used to accumulate team points

- No minimum number of racers are required to accumulate points for their school.
- A maximum of 4 racers, per division can accumulate points for any one school. (The top 3 accumulate points, the 4th will be used as a tie break) The racers do not have to be designated prior to the race. Whichever racers finish first from the school will count in placing for their school.
- Points are awarded based on the number of skiers who start the race.
- 1st place is awarded points equal to the total number of skiers eligible for points, who start, with points decreasing by one with each placing. A maximum of 4 per school can accumulate points, therefore if there are 25 racers but one school has ten, only 4 of them are points eligible so the 1st place point would start at 19.
- A bonus of 8, 6 and 4 points will be awarded for the top three teams (consisting of a minimum of 3 skiers) in each race.
- Points for both races will be combined to reach a total team score.
- The team with the highest score will be awarded the Championship Banner.

Individual competitors compete only for individual awards and they must be numbered so that they are identifiable as individual skiers (different colored numbers or coding system). The team score shall be determined by totalling the points scored by the first 3 finishers of each team. **Ties will be broken by the 3rd finisher on tied teams.**

LENGTH OF TOURNAMENT

It is suggested that the races take place over 2 days, with individual races on the first day and relay races on the second day.

The alternative would be to have individual races in the morning, and relay races in the afternoon. Although the individual races will decide the team banner, it is very important that the relay races be held.

MAXIMUM PARTICIPATION

During relay races, to maximize participation, have the following:

1. Mixed teams
2. Teams comprised of teams from different schools and regions
3. Teams comprised of different age groups

SAFETY GUIDELINES

1. Ski patrol on trail at all times. A skier if injured will become susceptible to hypothermia very quickly.
2. Markers (human if possible) at any points on the trail where the skier may take a wrong turn.
3. Sweep trail at the end of each race before the next race begins.
4. For freestyle race – set classic track to one side of the main track to allow for skiers who cannot skate.
5. Trail should be conducive for novice skiers, but yet challenging for advanced skiers.

AWARDS

The following awards are provided:

1. Team Championship Banner (for each division)
2. Gold and Silver Team medals (for each division)
3. Gold, Silver, and Bronze Individual medals (for each division)
4. Gold Relay medals

REGISTRATION FEES

A maximum of \$5 per person (\$2 of this returned to SSNL with remittance form).