

COMPETITOR'S GUIDE

2019

MIXED DOUBLES

NOCA

CHAMPIONSHIP



February 12, 2019

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2019 NOCA MIXED DOUBLES CHAMPIONSHIP

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MIXED DOUBLES NOCA PROVINCIAL CHAMPIONSHIP:

Your team has decided to participate in the Mixed Doubles NOCA Championship being held February 28 - March 3, 2019 at the Tarentorus Curling club in Sault Ste. Marie. This Championship will declare one Northern Ontario Champion to advance to the 2018 Canadian Mixed Doubles Championship to be held March 19 – 24, 2019 in Fredericton, New Brunswick.

This event is open to all male and female competitors, regardless of age, who are members of a NOCA club. (Please note that players under the legal age of majority MUST be accompanied by a parent/chaperone at all times during the event.)

The total entry fee is \$250.00 per team. (no competitor fee required)

Teams at the Mixed Doubles Championship are not funded by Curling Canada for travel or accommodation at the championship.

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COMPETITION FORMAT:

The 2016 Northern Ontario Mixed Doubles Provincial format will be:

- Two teams - Triple Round Robin (i.e. best THREE out of Five) – winner advances
- Three or Four teams – Double Round Robin with a Final
- Five or Six - Single Round Robin with a Final
- Seven or Eight teams – Single Round Robin, Semi-final and Final
- Nine or more teams – Triple knockout, 3 qualifiers, Semi-final and Final

In all triple knockout draws, teams will be required to peer rank each team involved in the draw except their own. Final rankings will be prepared by the Executive Director and/or Competitions Chair.

GAME LOGISTICS

A team is composed of two players, one (1) male, and one (1) female. Alternate or spare players are not allowed. A team must forfeit any game(s) in which it fails to have both athletes playing for the entire game. One coach will be allowed for each team.

The scoring shall be the same as in a regular game of curling. The “positioned” stones that are placed before the beginning of each end are eligible to be counted in the scoring.

Each game will be scheduled for eight (8) ends.

Each team shall receive twenty-four (24) minutes of thinking time, and two 90 second timeouts. There will be a four (4) minute break after the completion of the fourth end.

When extra ends are required, the clocks will be reset, and each team shall receive three (3) minutes of thinking time for each extra end.

Each team shall deliver five (5) stones per end. The player delivering the team’s first stone of the end must also deliver the team’s last stone of that end. The other team member shall deliver the team’s second, third and fourth stones for that end. The player delivering the first stone can change from end to end. After the pre-game practice, using all eight (8) stones, teams will choose the six (6) stones they want to play with (including the positioned stone) and shall keep those six (6) stones for the entire game. The positioned stone may be changed from end to end.

Modified FGZ - No stone in play, including the “positioned” stones and those in the house, can be moved to an out-of-play position prior to the delivery of the fourth stone of an end (the fourth delivered stone is the first stone that can remove any stone from play). If there is a violation and without exception, the delivered stone shall be removed from play, and any displaced stone(s) shall be replaced to their original position by the non-offending team.

Before the start of every end, one team shall instruct the game umpire to place their team’s “positioned” stone at the playing end of the sheet in one of two positions, designated A and B. The opponent’s

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“positioned” stone shall then be placed by the game umpire in whichever position (A or B) remains vacant. Based on the ice conditions, the Chief Umpire shall determine the specific placement for Position A to be used before the start of the pre-game practice and that same placement must be used for the entire game. The location of these positions shall be as follows:

- 1) **Position A:** Placement so that the stone is bisected by the centre line and is either immediately in front of or immediately behind one of 3 points in the ice. Teams must mutually agree on the location. The points are placed on the centre line:
 - i) at the mid-point between the hog line and the outermost edge of the top of the house 2.286 m (7 feet 6 inches), or
 - ii) 0.915 m (3 feet) from the mid-point closer to the house, or
 - iii) 0.915 m (3 feet) from the mid-point closer to the hog line.

- 2) **Position B:** The Position B stone is placed so that the stone is bisected by the centre line and is in the back of the 4-foot circle. The back edge of the stone is aligned with the back edge of the 4-foot circle.

See Page 11 for Figure No. 1 – Centre Guard

Power Play Option

Once per game, each team, when they have the decision on placement of the “positioned” stones, can use the “Power Play” option to position the stones.

- a) The in-house stone, which belongs to the team with the last stone in the end, is placed with the back edge of the stone abutting the front edge of the tee line, with half the stone in the 8-foot and half in the 12-foot circle.
- b) The guard stone is positioned to the side of the sheet, so it would be bisected by a direct line between the middle of the in-house stone to the middle of the hack where the hack intersects the middle line. The distance of this corner guard from the house will be the same distance that was determined for the centre guards and is either immediately in front of or immediately behind one of three (3) points in the ice. The team with the stone positioned in the house (stone B), shall position the guard (Stone A).
 - I. At the mid-point between the hog line and the outermost edge of the house 2.286 m (7 feet 6 inches); then 1.07 m (3 feet 6 inches) to the left of the right side of the centre line and the same side of the house as the in-house stone; or
 - II. 0.915 m (3 feet) from the mid-point (i) closer to the house; then 1.09 m (3 feet 7 inches) to the left or right of the centre line and the same side as the in-house stone, or
 - III. 0.915 m (3 feet) from the mid-point (i) closer to the hog line, then 1.04 (3 feet 5 inches) to the left or right of the centre line and the same side as the in-house stone, or
 - IV. The corner guard can be placed on either side of the ‘spot’ (closer to the house or closer to the hog line) determined prior to the game.
- c) The “Power Play” option cannot be used in extra ends.

See Page 11 for Figure No. 2 - POWER PLAY OPTION

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STONE SELECTION, PRACTICE & PLACEMENT of POSITIONED STONES - Round Robin & Triple Knockout

Round Robin Draws:

In each draw the team listed first shall have top of the scoreboard color and practice first for six (6) minutes, beginning twenty (20) minutes prior to the posted draw time. The team listed second, shall have bottom of the scoreboard color and practice immediately following the first team's draw to the button for decision on placement of positioned stone.

A team is allowed to throw its own stones during practice and not those of the opposition.

Triple Knockout Draws:

In each draw the teams shall flip a coin, for choice of rock color or first/second practice, a minimum of thirty (30) minutes prior to the scheduled draw time.

Decision on Placement of Positioned Stones:

Decision on placement of positioned stones at the start of the game will be decided by a draw to the button following each team's six (6) minute pre-game practice. Both players from each team will deliver a stone, one clockwise and one counter clockwise (full sweeping allowed). The team with first practice will deliver one (1) stone to the away end using the clockwise turn, then one (1) stone to the home end using the counterclockwise turn. The team with second practice will deliver the first stone to the away end using the counterclockwise turn, then one (1) stone to the home end using the clockwise turn. The team with the better total distance of the two draws will make the decision on placement of positioned stones in the first end.

Each player has a maximum of one minute to throw the draw after the pre-game practice and the Umpire's announcement. The clock will stop for all measuring. Stones not delivered within the time allotted by the Umpire or thrown with the correct turn will be assigned a distance of 185.4 cm (the stone must reach the nearer tee line before time expires). Teams must notify the Umpire prior to the first practice as to which player is throwing which turn. Failure to do so will result in a distance of 185.4 being assigned.

Once the first team has thrown its two stones, the team shall leave the ice and the second team will practice. If the second team registers the same two-stone distance as the team with first practice, the teams will alternate players delivering one (1) stone with any rotation until the tie is broken. Any player on the team can deliver the third and any subsequent stone, using the same turn they previously threw, until the option in the first end has been decided.

Each player must throw an equal number of clockwise and counter clockwise times during round robin events (unless there is an odd number of games, where one player will throw one more of either the clockwise or counter clockwise turn). In a triple knockout event, players will alternate turns from game to game.

NOTE: Total Draw Distance is the cumulative total of all draw distances for decision on placement of positioned stone, in each game, for each team (excluding tie-breakers and playoff games). The highest single draw will NOT be counted in the Total Draw Distance.

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Opposing teams must remain behind the glass during their opponent's pre-game practice. If that is not feasible, then the opposition must stand as far behind the sheet as possible, so as not to distract or intimidate the other team.

A draw to the button for last stone advantage that is moved by a team member prior to the measure will be assigned the distance to the next defined circle away from the button.

- In or touching the button = 15.24 cm (subject to change if the bottom diameter is more than one (1) foot)
- In or touching the four foot = 60.96 cm
- In or touching the eight foot = 121.91 cm
- In or touching the twelve foot = 182.88 cm

If a member of the non-delivering team or an external force moves a stationary stone or causes it to be moved before the Umpire completes the measurement, the stone is replaced to as close to its original position by the delivering team.

Following the first end, the team that did not score shall have the decision on the placement.

If neither team scores in an end, the team that delivered the first stone in that end shall have the decision on placement in the next end.

The team whose "positioned" stone is placed in Position A (in front of the house) shall deliver the first stone in that end, and the team whose "positioned" stone is placed in Position B (in the house) shall deliver the second stone in that end.

While the team is in the process of delivery, the non-delivering player must be positioned inside the hogline, with at least one foot/wheel on the ice surface at the playing end of the sheet, or in a position to sweep at the delivery end of the team's sheet. After delivery, either or both players may sweep their delivered stone and any stones set in motion that belong to their team anywhere in front of the tee line at the playing end. This applies during all of the team's delivered stones, including the draw to the button for choice of positioned stones.

If a player delivers a stone out of proper rotation, the delivered stone is removed from play and any displaced stones are returned to their original positions by the non-offending team. Should the infraction not be discovered until after the delivery of a subsequent stone, play continues as if the infraction had not occurred.

STONE SELECTION, PRACTICE & PLACEMENT of POSITIONED STONES – ROUND ROBIN PLAYOFF

THREE or FOUR teams – Following the conclusion of the double round robin competition the top two (2) teams will play in a FINAL championship game.

FIVE or SIX teams – Following the conclusion of the single round robin competition the top two (2) teams will play in a FINAL championship game.

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SEVEN or EIGHT teams – Following the conclusion of the single round robin competition the top three (3) teams will advance to the playoff round. The teams that finished second and third will participate in a SEMI-FINAL with the winner of the semi-final then playing the first place team in the FINAL championship game.

Teams that complete the round robin with identical win/loss records are considered to be tied. Teams tied for a qualifying position shall only be eliminated by playing a tie-breaker game(s).

The Chief Umpire will make all decisions with regard to the administration of tie-breakers. Additional information relative to tie-breakers and sheet assignments will be discussed by the Chief Umpire with the teams involved after the last game of the round robin. (see NOCA Tie Breaker Review Document)

Immediately after the two or three playoff positions have been determined and prior to each playoff game, each team involved in the next scheduled playoff game shall be asked by the Chief Umpire to select their choice of stone handle color. Each team shall be allowed a maximum of 15 minutes to make its selection. Failure to comply shall result in a set of stones being assigned. Upon the conclusion of each playoff draw, the same process shall be implemented again. In all playoff games a complete set of rocks from any sheet must be chosen.

In all playoff games, a team finishing ahead of another team (according to win/loss record) will gain decision on placement of positioned stone **AND** choice of stone colour.

When the round robin win/loss record of the two teams involved in a playoff or tiebreaker game(s) is the same, the team that won the game between the two during the round robin shall have choice of either decision on placement of positioned stone **OR** stone colour **UNLESS** their ranking has been determined by the Total Draw Distance, then those results shall provide **choice of color OR second practice**, and the teams will draw to the button for decision on placement of positioned stone.

When choice of placement of positioned stones has not been determined by a draw to the button, the team with the choice of placement of positioned stone will practice first.

When a semi-final and final are scheduled, the first place team's access to practice ice will be at the discretion of the Chief Umpire. All practice sessions will be supervised and the length of the practice will be at the discretion of the Chief Umpire.

Tie-Breaking Process

When teams are tied for a qualifying position, the win/loss record of those teams against each other shall be used to determine their ranking and therefore how the teams are positioned in any tie-breaker game(s).

If a complete ranking of the tied teams cannot be established by a single comparison of the win/loss record of all tied teams, and ties still remain, a second comparison for ranking shall be made utilizing the win/loss records of only the remaining tied teams.

When ranking of tied teams eligible for tie-breaker(s) cannot be established by successive comparisons of win/loss records, i.e. unsolvable ties, only those teams that remain tied after such comparisons shall be ranked by implementing the ranking based on the Total Draw Distance of pre-game draw shots to the button for decision on placement of positioned stone (the highest draw shot will NOT be counted). The

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least accumulated distance shall receive the highest ranking until the ranking has been completed (this will also apply to any teams that split their round robin games, after a double round robin).

All tiebreakers shall be played with the stones from the sheet assigned. Stone handles shall not be changed from one set of stones to another.

STONE SELECTION, PRACTICE & PLACEMENT of POSITIONED STONES – TRIPLE KNOCKOUT PLAYOFF

In the triple knockout draw, three (3) qualifiers will be declared with one (1) 'A', one (1) 'B', and one (1) 'C' qualifiers.

Following the conclusion of the triple knockout qualifier competition, the 'B' and 'C' qualifiers will play in a semi-final game with the winner then playing the 'A' qualifier in the final game.

Immediately after the final three playoff positions have been determined and prior to the semi-final game, the teams involved in the next scheduled playoff game shall be asked by the Chief Umpire to select their choice of stone handle color. Each team shall be allowed a maximum of 15 minutes to make its selection. Failure to comply shall result in a set of stones being assigned. Immediately after the semi-final, the same process shall be implemented again.

In the semi-final game, the 'B' qualifier will have choice of decision on placement of positioned stone OR choice of color. In the final game, the 'A' qualifier will have decision on placement of positioned stone AND choice of stones from all stones used in the event. A full set of stones must be chosen.

The 'A' qualifier's access to practice ice will be at the discretion of the Chief Umpire. All practice sessions will be supervised and the length of the practice will be at the discretion of the Chief Umpire.

SCHEDULE & LOCATION FOR EVENT:

The schedule and location of this event will be posted on the NOCA website.

NOTE: If NOCA determines that due to circumstances that have developed that it is in the best interest of the competition to change the hosting venue, then the venue may be changed.

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Figure No. 1 - Centre Guard

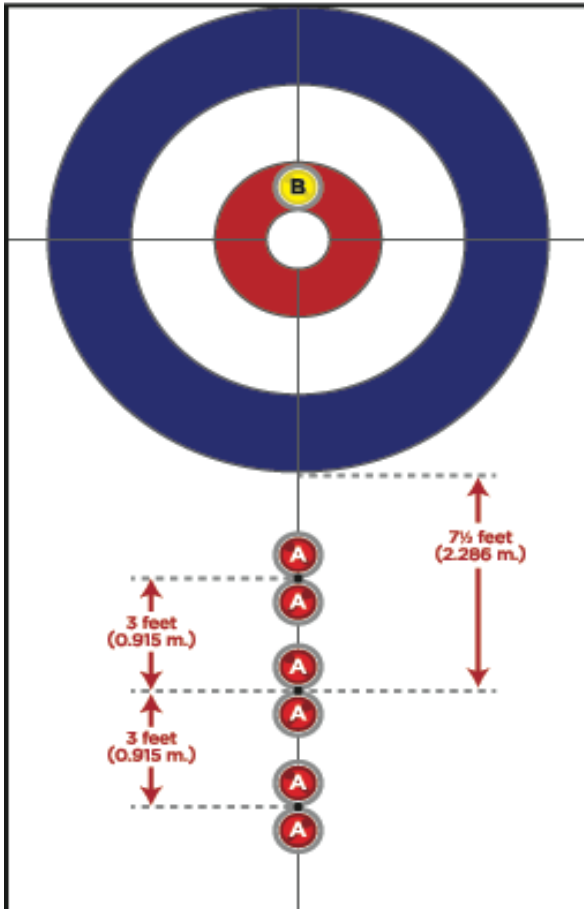
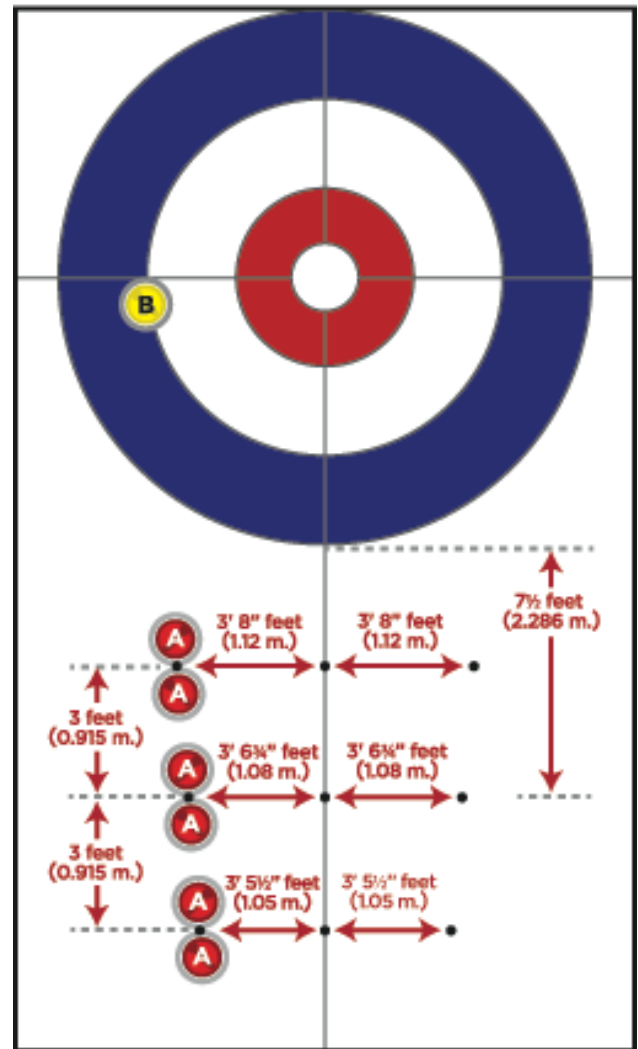


Figure No. 2 - Power Play Option



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GENERAL INFORMATION: (this section is common to all Competitor Guides)

ACCOMMODATIONS:

It is your team's responsibility to reserve your own rooms at one of the host venues.

DRESS STANDARDS:

Teams are required to wear appropriate curling apparel. Any clothing that is inappropriate as deemed by the Umpire will need to be replaced.

As a reminder please ensure all footwear is clean and free of any loose debris. The ice-team has spent countless hours preparing the surface and it is unfortunate to lose rocks to something that is totally under your control.

CRESTING/SPONSOR IDENTIFICATION

1. A team participating in a NOCA competition shall be allowed to wear non-competing sponsors' crests. If NOCA sponsor provided clothing is supplied, players are asked to wear such clothing either during games or off-ice.
2. The NOCA cresting rules allow for all teams to wear non-competing sponsors' crests. Any competing sponsors' crest will be deemed non-conforming and you will be asked to remove or cover it for the duration of the event.

OFFICIAL OBLIGATIONS:

A member of each team may be called upon to offer special thanks to the Committee, the sponsor and the NOCA at different functions during this event. At a provincial event there will be a banquet/luncheon/social event at which sponsors may be present. Sponsor relations are integral to running a successful event so team attendance at this function(s) is required.

MEDIA RELATIONS:

The media may be represented at this event. They will be located in the building but will not be allowed access to the dressing rooms. They will have access to you through the host committee who will approach you with any request for interviews. We ask that you co-operate with the media by granting interviews and answering questions when requested. However, a word of caution is offered – make certain that you do not make reference to anything that you do not want quoted. Also, if you have any problems or complaints, express them to the appropriate umpire and not the news media. There is no such thing as an "off the record" comment.

The landscape has changed in terms of the way players, fans, and the media interact, and it's recognized that the various forms of social media represent a valuable opportunity for communication.

Competitors are encouraged to embrace these social media as they present avenues to promote the game of curling as well as their own teams; however, there are certain responsibilities attached to the use of these social media outlets.

NOCA has a Social Media Policy that all competitors and coaches are encouraged to read. It is located here: [Policy Directory](#)

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ATTENDANCE AT THE CHAMPIONSHIP:

All competitions are considered to have started one hour prior to the scheduled pre-competition practice or team meeting. All players must arrive at the Championship at the designated time, attend all functions and remain at the event until they are eliminated. Any player leaving the competition without prior authorization may be suspended from NOCA competitions for the following year.

CONDUCT:

Curling is based on a code of ethics, good sportsmanship and personal integrity. Inappropriate behaviour including inappropriate language will not be tolerated at any time. Display of emotion, broom banging, etc., which results in damage to any areas or part of the playing surface, players' dressing rooms or any other area of the curling club or hotel will result in suspension for one game. Subsequent infractions will result in suspension for the remainder of the championship. You are expected to follow the rules of the game throughout the competition.

The consumption or use of alcoholic beverages by any player or coach at any time during a U21 or U18 competition is strictly prohibited. This rule shall extend from the start of the first day of play to the end of the final day of play.

PENALTIES AND RULE ENFORCEMENT:

The Curling Canada Rulebook has a number of different sections. You should be familiar with the section titled Rules of Curling for Officiated Play (Sept. 2018 – Sept. 2022).

The Chief Umpire is responsible for rule enforcement and interpretation in all areas covered by the Rules of Curling for Officiated Play, Board policy or precedent. The Chief Umpire's decision will be final except in matters involving disciplinary action.

The NOCA Board shall be responsible for all matters involving disciplinary action and such matters should be referred to the NOCA Executive Director and Competitions Committee Chair. In emergency situations the Chief Umpire may have to act immediately in areas outside of rules, policy or precedent. In these situations, the Chief Umpire is the final authority.

Every rule has an enforcement procedure that will be followed at this Northern Ontario Playdown or Championship. **It should be noted that there are no warnings for any infraction unless it is stated in the rulebook or brought to your attention by the Umpire prior to the start of the competition.**

Players and coaches should be familiar with the NOCA SPECIAL RULES.

ATHLETE DOPING:

The Canadian Centre for Ethics in Sport may conduct unannounced doping tests. If you have any medical issues and/or are on any medications that may cause you to fail a drug test it is your responsibility to notify the organization prior to the start of competition. **"I did not know" is not a viable answer. It is your responsibility to know what you are taking.**

The Canadian Centre for Ethics in Sport manages the Anti-Doping Program (CADP) in Canada in partnership with the World Anti-Doping Agency. Please review both sites and the list of prohibited substances. <https://cces.ca/canadian-anti-doping-program> and [2018 Prohibited List](#). Please note that the prohibited list will change January 2019. [2019 Prohibited List](#).

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NOCA – SPECIAL RULES

ELIGIBILITY AND REGISTRATION

1. A player shall be eligible to play in an NOCA competition whether or not it leads to a Canadian Championship provided he/she has paid the approved NOCA per capita fee, is a member of a NOCA member facility immediately prior to and at all times during the competition (exception Men's & Women's Curling Championships), and meets the criteria in [Curling Canada's Eligibility for National Championships Policy](#).
2. Exemption Request Applications must be received by the NOCA office a minimum of 30 days prior to the entry deadline of the competition(s) the applicant wishes to compete in. Please review the following documents prior to requesting a residency exemption:
[Curling Canada Residency Policy](#) [Curling Canada Free Agent Policy](#)
[Curling Canada Application for Residency / Free Agent Exemption](#)
3. Teams may be formed of any players from across the entire NOCA regions/jurisdiction. One member of the team must belong to the member facility in which the team is registered and actually have a domicile in that Region (exemption Men's and Women's Curling Championships). All teams are responsible to have the member facility sign the Member Facility Verification form accepting the affiliation of their team. The definition of a team for this purpose is:
"A team consists of four players and does not include the fifth or coach".
4. For competitive play, it is the responsibility of each team member on the team to complete and submit player profiles and agree to the participant waiver. The person registering the team will receive an email confirming the registration with a link to provide to the team to create profiles and agree to the waivers. If a player already has a profile, they will simply have to agree to the 2018-19 waiver.

It is also the responsibility of the team to submit the following form to the NOCA office, one (1) week prior to the start of the event:

[Member Facility Verification Form](#)

NOTE: If player profiles/waiver agreement and the Member Facility Verification Form are not completed prior to one week before the start of the event the team registration will not be considered valid and complete and may result in the team being removed from the competition.

5. A team advancing to the next level of competition **must** retain three (3) of the original team members as shown on their team and member facility certification form.
 - a) Teams may only add one (1) player who has played in a previous level of the competition, including fifth players. (see notwithstanding below)
 - b) Teams may declare a fifth player prior to the start of any level of competition.

Exception for Mixed Doubles – A team advancing to the next level of competition must retain both original team members.

***** Notwithstanding** rule 5 (a), the Competitions committee may allow a second substitution under extenuating circumstances only. Teams may apply for special consideration to the Competitions committee and the decision of the committee is final.

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COMPETITION ENTRY

1. For all levels of competitions, each NOCA member facility is allowed unlimited entries at the first level of competition.
 - a) **Entry deadline is 12:00 pm (NOON) on the stated closing date as per the competition schedule with the exception of the Men's West Qualifier second registration which is 11:59 pm. (This is for teams who have played in the East Qualifier and not secured a berth to provincials).**
 - b) Please read the instructions on the event page prior to starting your team registration.
[How to Register your team this year](#)
 - c) Entries to all competitions shall be submitted by the respective teams via the online registration system (NOCA website) prior to the entry deadline. Team personnel need to be declared on the team entry registration.
 - d) Credit Card payment is the only accepted payment method for registration. Online entries will be paid for at the time of entry and it is the team's responsibility to verify that their entry fee has been received.
 - e) No entries will be accepted after the stated deadline (no exceptions).
 - f) Request for refund of entry fees will be reviewed on an individual basis, but as a standard policy, no refunds will be issued after the entry deadline.
 - g) An administrative fee will be assessed on any approved refunds.
2. An annual Curling Canada Competitor Fee must be paid to be eligible for participation in U21, Men's, Women's, Mixed, Wheelchair, and Senior competitions. This fee is part of the registration fee process for the first level of competition. If a player participates in more than one type of event (ie. Men and Mixed) he/she will pay the Curling Canada Competitor Fee for each event.
3. At all levels of competition, prior to the start of the first game, the Chief Umpire may ask for proof of age.

LATE TEAM ARRIVALS:

If a team fails to arrive on time to play its first game or any subsequent games in this competition, the team will forfeit the game(s). Illness, accident or extenuating circumstances will not be considered unless the number of teams involved makes it impossible for the competition to continue. If a team arrives too late to participate in the scheduled pre-event practice they will forfeit that right. All issues of late arrival shall be reviewed by the Chief Umpire in consultation with the Competitions Chair or delegate prior to final determination. The only exception to the above rules will be severe weather that was not predicted. (i.e. Freezing rain or severe snowstorm)

DEFAULTS:

Games in an Event:

1. Teams must play all games unless both teams have been eliminated from qualifying for playoffs or the next level, and there is no impact on the standing which affects the ranking of teams for qualifying positions when advancing to the next level. Failure to play a game which affects a qualifying team's ranking may result in the offending team's elimination from further competition for the balance of the current season and the next.

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After qualifying for next level of competition:

1. Where a qualifying team in a Region or Qualifier is unable or unwilling to continue in a competition, the team representative shall notify the NOCA Executive Director to this effect, within twenty-four (24) hours after qualifying for the next level of competition. That team will not be entitled to the position, rights, privileges and awards as it has defaulted and may be suspended. A runner-up team from that competition shall be entitled to the position, rights, privileges and awards of the team that has defaulted.
2. Each member of a team that defaults during any level of competition, subject to paragraphs 3 and 4 below, may be suspended. The length of the suspension will be determined by the NOCA Competitions Committee on a case-by-case basis.
3. The NOCA Executive Director shall notify each member of a defaulting team in writing of such suspension and the method of appealing the suspension. A suspension may be appealed in writing and/or in person to the Board of Directors within a period of two (2) weeks from notification of suspension and in such event the suspension shall be lifted until the appeal is heard.
4. The suspension shall not apply to the level of competition in which the default occurred if, in the opinion of the Chief Umpire of the NOCA, the team in question has a reasonable explanation for a default.

TEAM MEETING:

Prior to the start of the first draw, a team meeting will be scheduled. At least one member of your team must attend the team meeting with the Chief Umpire, other NOCA Umpires, and the host committee as scheduled and before play commences. At this time any questions your team may have on the draw, officiating or rule interpretation will be discussed.

At least one player or coach from your team must attend the team meeting, otherwise your team will forfeit last rock advantage (or choice of positioned stones in Mixed Doubles) for subsequent non-playoff games.

PRACTICE:

1. All events will have a pre-competition practice session of ten (10) minutes per team per competition sheet as scheduled.
2. Each game shall also have a pre-game practice session of nine (9) minutes per team which starts thirty (30) minutes prior to the scheduled draw time.

Exceptions:

Mixed doubles pre-game practice is six (6) minutes, which starts twenty (20) minutes prior to the scheduled draw time.

Wheelchair pre-game practice is ten (10) minutes, which starts thirty (30) minutes prior to the scheduled draw time.

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3. A team receiving a bye due to default will be permitted to practice on the sheet of ice that they would have played on for the length of time that the game would have taken.
4. Practice before the pre-competition practice shall not be allowed for 24 hours prior to the start of the competition unless player(s) are members of the host club and are scheduled to play in a regularly scheduled league game. **Any infraction of this rule by any players will result in his/her team losing hammer for the duration of the event.**
5. No practice other than pre-game or pre-competition practice will be allowed including practice on a sheet by either team just having conceded a game early. The only exception is possible practice given to a first place team when a semi-final and final are scheduled. This is at the discretion of the Chief Umpire.

COACHING:

1. All U18 and U21 teams must be accompanied by a coach. Any team with a coach who is under the age of 18 must be accompanied by a chaperone who is over the age of 21. If the team advances to the Canadian Championship, they must have a coach who is at least twenty-one (21) years of age.
2. All coaches coaching youth under the age of 18 must have a Criminal Records Check which is to be renewed every three years. A coach may obtain a Criminal Records check through Sterling Backcheck, a company that NOCA has partnered with to assist coaches with securing a Criminal Records check in a timely and affordable manner. Should a coach choose not to use this service, the NOCA office will provide a letter to any coach indicating that they require a CRC to provide to their municipality or OPP detachment.
3. At all levels of competition, coach training will be required. All coaches must have paid the NOCA per capita fee and be trained as per the table below. Only qualified coaches will be granted access to the ice surface, team meetings and any other integrated events at any point during the competition. Coaches must provide their NCCP number on the team entry form.
 - a) A coach accompanying a team to a Canadian Championship must have a minimum of Competition Coach Certified or equivalent for curling and shall be at least twenty-one (21) years of age.
 - b) A coach is permitted to coach only one (1) team during any competition. This restriction includes any competitions that are run simultaneously at the same place, such as U21 Men and Women. A coach will not be permitted to coach a team in both competitions until such time as one team is eliminated.
4. A team may only have one Official Coach who has access to the team during pre-competition and pre-game practices, timeouts, and 4th (or 5th) end breaks. An alternate coach may be registered for all U18 and U21 events leading up to and including the provincial championship. The alternate coach must meet all of the coaching requirements. The alternate coach will be allowed access to the team ONLY when the coach is absent for an entire game. The coach and alternate coach are NOT interchangeable during any one game.

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NOCA / Curling Canada Coaching requirements:

Level	Regionals	Provincial	National	Canada Winter Games
U18 2018-19	Competition Coach Trained**	Competition Coach Trained	Competition Coach Trained Minimum age 21	Certified Competition Development Coach OR Certified Competition (Competition Introduction) Coach with specialized Canada Winter Games Professional Development Module. Minimum age 21
Level	Regional	Provincial	National	
U21 2018-19	Competition Coach Trained	Competition Coach Trained	Competition Coach Certified Minimum age 21	
Men's /Women's 2018-19	Competition Coach Trained	Competition Coach Trained	Certified Competition Development or; Certified Competition Coach and Competition Development "In-Training**" or; Mental Performance Consultant with one of the following qualifications; - Licenced member of the Canadian Psychological Association. - Graduate degree in sport and performance psychology or related field, - Member of the Canadian Sport Psychology Association, - Member of the Applied Association for Sport Psychology, Note**: A coach may use this status for a maximum of one Curling Trials and a maximum of two Canadian Men's /Women's Championships. Curling Canada's position is that an individual coaching at this level should be working towards achieving a Certified Competition Development status.	
Mixed Doubles, Seniors, Mixed, Wheelchair	Competition Coach Trained	Competition Coach Trained	Minimum Standard: Competition Coach (Competition Introduction) Certified.	

** **Competition Coach Trained** = Coach has taken the Competition Coach Course plus the MED Training

Competition Coach Certified = Coach has successfully passed the Competition Coach Evaluation and the MED Evaluation

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5. All current coaching certification (Level I or II) have been converted to the new NCCP certification. Coaches may confirm their status on the Curling Canada website at the following link: [The Locker](#) and/or check with Andrea Ronnebeck, Education Manager North.
Andrea Ronnebeck (807) 466-8351 andrea.ronnebeck@curlnoc.ca
6. Exemptions: A coach must be in-training and must apply to the NOCA Technical Coordinator for a one (1) time only exemption which will be for one season only. This exemption will allow in-training coaches access to their teams and functions as required. All coaches must have taken the minimum training to be either completely trained or certified as required. For confirmation of your status please contact the NOCA Technical Coordinator:
Andrea Ronnebeck (807) 466-8351 andrea.ronnebeck@curlnoc.ca

ALTERNATES/SUBSTITUTES

1. NOCA strongly endorses the utilization of four (4) player teams. In extenuating circumstances, a team shall be permitted to begin play with three (3) players as ruled by the Chief Umpire.
2. The Chief Umpire must be advised of any changes to the original team registration. These changes must have been approved by the Executive Director. It is the coach's responsibility to ensure that the appropriate paperwork for any changes has been submitted to the NOCA office before the competition begins.
3. NOCA permits the use of fifth players at all levels of play except for Mixed and Mixed Doubles., Each team must declare their fifth player prior to each level of competition. A team who does not declare a fifth player before the start of the competition must use players from the players' pool only.

For Mixed Provincials, if there is a spare pool available, you must take a player from the Spare Pool. (ie. you cannot play with fewer than 4 players)
4. Fifth players, if allowed by Curling Canada, may travel with a team to a national event **at the expense of the team.**
5. Eliminated players may not be used during the same level of competition. *Interpretation:* At any level of competition a player may not become an alternate or spare until that level of competition is completed.
6. Eliminated players may enter the provincial players' pool as required by the host organizing committee. The pool is only open to non-participating and eliminated players from the host region, with the exception of the NOCA Women's provincial where the players' pool is province-wide. A player in the players' pool does not have to pay a competitor fee and may not advance to the next level unless said fee is paid. The players' pool shall be posted and closed prior to the start of the Provincial Championship.

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DRAW AND GAMES

1. The NOCA Executive Director and/or Competitions Chair shall be responsible for all draws for the Regions, Qualifiers, or Provincials. All draws will be provided to each team in a timely manner and within five (5) days of the entry deadline.
2. Three (3) games per day may be scheduled for all competitions with the following exceptions:
 - a) Seniors -- three (3) games cannot be scheduled for two (2) consecutive days.
 - b) Masters -- maximum of two (2) games per day may be scheduled.
3. Men, Women, and U21 will play ten (10) end games. Seniors, Masters, U18, Wheelchair, Curling Club Championship, Mixed and Mixed Doubles will play eight (8) end games. In Round Robin Events a minimum of five (5) ends in a ten (10) end game, or four (4) ends in an eight (8) end game must be played **if the round robin game will impact the standing/position of any team in the competition. Consequences for not complying with this rule will be discussed at the team meeting.**
4. The compulsory fourth/fifth end break shall be a maximum of five (5) minutes (except for Mixed Doubles - 4 minutes, Wheelchair - 7 minutes). Beverages and small quantities of prepared fruit and vegetables shall be permitted provided they are in a non-breakable container.
5. In all games extra ends shall be continuous play.
6. Time clocks are mandatory at all Provincials and are strongly recommended for all other levels of competition.

GAME TIME OPERATION: (timing is based on Thinking time, not Playing time)

- a) U18, Masters, Seniors, Mixed, Travelers Club - 8 ends, 30 minutes thinking time
- b) Wheelchair – 8 ends, 36 minutes thinking time
- c) U21, Men, Women – 10 ends, 38 minutes thinking time
- d) Mixed Doubles – 8 ends, 24 minutes thinking time

TIME OUTS:

- a) Each team will be ALLOWED to call two (2) time-outs per game and one (1) time-out for each extra end.
- b) Each time-out will last 90 seconds which includes travel time.
- c) Coaches running or jogging during the time-out will not be tolerated. The game clock will start if this occurs.
- d) Additional time can be added at club-based events at the discretion of the Chief Umpire.
- e) Coach or 5th (but not both) can meet with the team anytime during the 90-second time-out.
- f) The Coach or 5th of the team NOT calling the timeout will be allowed to meet their team on the backboard at the home end only.

DELIVERY STICK:

The use of a curling aid commonly referred to as a “delivery stick” is allowed only in Masters and Curling Club Championship competitions. For more information about rules regarding the delivery stick, please refer to The Rules of Curling for General Play (2018-2022 edition), Rule 19.

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OFFICIATING:

Chief Umpires for all NOCA provincials and Qualifiers shall be assigned by the Head Official (East and West) of NOCA. Chief Umpires for all Region events may be obtained by host clubs but **must** be approved by the Head Officials of NOCA.

BRUSHES & EQUIPMENT

Any team equipment which may possibly come into contact with the playing surface is subject to inspection by an umpire prior to or during competitions. If the umpire determines that the equipment/clothing is unacceptable and in conflict with the integrity of fair play, the player or team will be directed to remove the equipment from the playing surface.

NOCA will implement the sweeping moratorium on brush head technology, in compliance with the recent WCF & Curling Canada brush moratorium statements. NOCA will require that all teams competing in events operated directly by NOCA i.e. Region events, Qualifiers, and Provincial Championships, to comply with the moratorium.

- The penalties and infractions for players and teams that do not obey the sweeping regulations will be implemented. Please have a look at the moratorium for penalty details.
- Ensure to read the moratorium carefully as it is the duty of the player to be aware of the changes and new rulings within the document.

[NOCA Statement on Brushing](#)

[Curling Canada Sweeping Moratorium](#)

COMPETITION FORMS:

For competitive play, it is the responsibility of each team member on the team to complete and submit player profiles and agree to the participant waiver. The person registering the team will receive an email confirming the registration with a link to provide to the team to create profiles and agree to the waivers. If a player already has a profile, they will simply have to agree to the 2018-19 waiver.

It is also the responsibility of the team to submit the following form to the NOCA office, one (1) week prior to the start of the event:

[Member Facility Verification Form](#)

NOTE: If player profiles/waiver agreement and the Member Facility Verification Form are not completed prior to one week before the start of the event the team registration will not be considered valid and complete and may result in the team being removed from the competition.