

Metro High School Athletic Association

Metro / Regional Curling Championships

Dates: February 22, 24, and 26, 2016 (February 29 - alternate weather date)

Mayflower Curling Club

Each high school may enter a team in the following three categories:

Boys
Girls
Mixed

Cost per team – TBA (depends on total number of teams entered)

Declaration Date: ***Thursday, January 14, 2016***

Canadian Curling Association Rules

<http://cdn.curling.ca/wp-content/uploads/2010/01/rules-of-curling-for-general-play-2012-14-english1.pdf?61f4ea>

Regional Coordinators

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NSSAF Curling Regulations

CURLING

REGULATION 22

22.1 Classification Open Boys Open Girls Mixed

22.2 Regional Representation

To Be Determined.

22.3 Awards

- Championship Banner to winning school.
- NSSAF Gold Medallions to (6) members of Championship Team and Coach.
- NSSAF Silver Medallions to (6) members of Runner-up Team and Coach.
- NSSAF Bronze Medallions to (6) members of 3rd place Team and Coach.

22.4 Type of Final

If six or fewer teams – Round Robin. If more than six – Double Knockout.

22.5 Rules of Play

- Canadian Curling Association.
- Modification: Boys - 8 ends Girls - 8 ends
- Maximum number of curlers for Provincial Final: Boys, Girls and Mixed - 4
- A spare may be used at any time and shall be permitted to play any position providing he/she enters at the beginning of the game. The spare must remain in competition until the game is completed.
- In Mixed Curling, each team shall consist of two male students and two female students who shall play alternating positions.
- A student may not compete in both Mixed Curling and Boys/Girls Competition.
- In Mixed Curling, the host school shall provide a pool of players from which spares must be selected (unless a school has its own spare in attendance) in the event of injury. A student may not be selected if he/she attends one of the schools competing in the game in question.

- A 10-minute warm-up period will be permitted before each game. At the discretion of the host committee, when time is at a premium, the warm-up may be reduced to 5 minutes. The warm-up shall take place on the sheet of ice to be used by both teams and shall include sliding, sweeping and delivering rocks.

- The Four Rock Free Guard Zone Rule shall be in force for all NSSAF competitions.

- Teams must start Regional and Provincial Competition with four curlers.

22.6 Wheelchair athletes are permitted to compete following NSCA regulations.