NSSSAA Curling Playing Regulations ~ June 2026

1. All participating schools must be members of NSSSAA and subsequently NWOSSAA. All participants must meet the eligibility rules for their league.

2. The Canadian Curling Association rulebook shall govern play. The convener or assistant shall rule on any disputes upon request by the skips involved.

3. It is recommended that coaches not be allowed to participate, even if it is an exhibition game.

4. A school can enter up to two teams if the total number of teams for the tournament is less than or equal to 6 teams per division – boys and girls (Motion 19, 2026). NOTE: Mixed teams can be entered to play, with the understanding that they will compete as a boys team and must have at least one boy on the ice at each level of championship (Motion 15, 2026). At NSSSAA finals, in the case of a team with only one boy, if the boy gets injured, the team may continue to compete (Motion 15b, 2026).

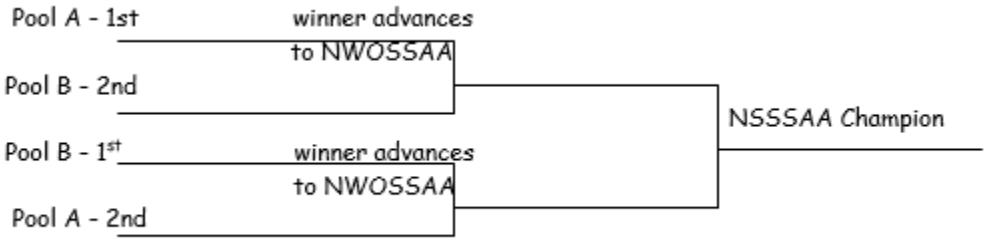
5. The school convening the NSSSAA curling championship may have to set up a maximum of 3 draws on Sunday and the ice must be available for games on the Monday evening, therefore leaving 1 round-robin draw and playoffs on Tuesday. If this is a problem, the convening school must give up its rotation.

6. Competition will be:

   a) ROUND ROBIN if there are 6 or fewer teams in a division. If there are three or fewer teams in a division, the teams will play a double round robin. Games will be 8 ends in length with ties to be decided by extra end(s).

   b) POOL PLAY if there are more than 6 teams entered in a division, with the top 2 teams advancing to the playoff round. Teams will be seeded based on the previous year's standings, with the top two seeds being placed in different pools. Pool winners in the round robin earn the hammer in the playoffs.

PLAYOFF ROUND



The pool play NSSSAA curling championship winner will be determined by an 8-end game between the top 2 teams and not by shootout. Hammer will be determined by a draw to the button. Teams will flip for choice of color OR first/second practice. (2017)

7. Measurements will be taken by vice-skips (thirds).

8. One alternate may be listed for each team. If an alternate has been listed, then the team must use that alternate in the event that their team requires a player. The host school may provide a pool of substitutes. Substitutions will follow CCA rules.

9. At the NSSSAA Curling competition, the Curling Canada Coach Interaction Rules for U18 (see below), will be in effect in order to facilitate the development of our athletes' skills and understanding of the game (Motion 7, 2025)

10. Teams will be allowed nine (9) (2017) minutes practice time on the sheet of ice they will be playing on before the start of the game. The team listed first shall have top of the scoreboard color and practice first beginning thirty (30) minutes prior to the posted draw time. A team that is late gets the remainder of their practice time only or forfeits the practice entirely. Note: In making the schedule, teams will be given an equal number of first and second practice times as near as possible.

9. Convenor/umpire must measure and record all draw to the button distances inside the rings for the last stone advantages. (Motion 8, 2025).

LAST STONE ADVANTAGE in the first end (hammer), will be decided by a draw to the button following each team's nine (9) (2017) minute pre-game practice. Within one (1) minute following the pre-game practice and the Umpire's announcement (2017), a player from the team will deliver a stone (full sweeping allowed) and the closest draw to the button between the two teams will receive last stone advantage in the first end. The team practicing first will deliver the clockwise turn. The team practicing second will deliver the counter clockwise turn. Failure to throw the correct turn will result in a distance of 185.4 cm being assigned. Teams must notify the Umpire prior to the first practice of the names of the players delivering stones. Failure to do so will result in a distance of 185.40 cm being assigned to the team(s). (2017)

If the first team records a distance of 0.00 cm or 185.40 cm with their first stone, a second player from that team will deliver a second stone with the same clockwise turn. If that player records a distance of 0.00 cm or 185.4 cm, the first team shall leave the ice and the second team will practice. If the second team records the same first throw distance as the first team, then another player from the second team will deliver a second stone with the same counter clockwise turn. If the teams are still tied, the teams will alternate players delivering one (1) stone until the tie is broken (using the same assigned turn). Any player on the team can deliver the third and any subsequent stone if necessary. (2017)

Only the four 'game' players are allowed on the ice surface during the determination of hammer. (2017)

Each lead, second, third and skip on each team will deliver a minimum of one (1) draw shot for last stone advantage during the event. The draw to the button shall be played towards the home end. A team utilizing a fifth player must have a minimum of four (4) team members throw the draw for hammer during the event. (2017)

Umpires will assume that every team that wins the last stone draw will want the last stone in the first end. If there is any time that a team does not want the last stone if they win the last stone draw, then they must inform the Umpire before the start of their practice. (2017)

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 distractor intimidate the other team. 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. (2017)

Stones not delivered within the time allotted by the umpire will be assigned a distance of 185.40 cm (the stone must reach the nearer tee line before time expires). 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 as per the table below:

- In or touching the button = 15.24 cm (subject to change if the button 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

NOTE: Total Draw Distance (TDD) is the cumulative total of all draw distances for last stone advantage (hammer), in each game, for each team (excluding tie-breakers and playoff games). Only the first draw attempt for last stone advantage will be recorded for the **Total Draw Distance** required at the end of round robins to break unsolvable ties. (2017)

10. The top two teams from each of the Boys and Girls Divisions are eligible to compete at the NWOSSAA Championship.

11. The school with the most total wins in the round robin portion of the tournament shall win the COSTA trophy. Playoff games do not count in the total. Ties shall be left as ties, with all tied schools' names put on the trophy, which is the responsibility of the winning coach (es). (updated 2020)

12. **A. RESOLUTION OF TIES after ROUND ROBIN** (6 or fewer teams in a division)

The process to break ties/rank teams is as follows:

1. Total team record vs. field (Final Standing after round robin)
2. Head-to-Head record among teams tied (HH)
3. Ranking using Total Draw Distance (TDD) among remaining teams still tied (2017)

If teams can be ranked based on the outcome of round robin games between the teams involved, then in any tiebreaker games, the team that won the round robin game shall have choice of hammer **OR c**olor **but not both**. If the situation is unsolvable, the ranking will be based on the least Total Draw Distance (TDD) of pre-game shots with the higher ranked team getting **choice of color AND second practice** and the draw to the button for hammer shall be used. In tiebreaker games when last stone has not been determined by a draw to the button, the team delivering the last stone in the first end will practice first. (2017)

FIRST PLACE TIES (round robin)

a) **2 Way Tie**-The NSSSAA curling championship winner will be determined by an 8-end game between the top 2 teams. Both teams advance to NWOSSAA.

b) **3 Way Tie**–
Situation One: If one team defeated the other two, they shall be ranked first and advance to NWOSSAA. The other two tied teams shall play an8 end game to determine the second team to advance. (2017)

Situation Two: If the situation is unsolvable, the teams shall be ranked using TDD. Top ranked team will advance to NWOSSAA. The other two tied teams shall play an 8end game to decide the second team to advance. (2017)

Once the two qualifiers to NWOSSAA have been decided, the NSSSAA championship winner will be determined by an 8-end game between the two teams, and not by a shootout.

c) **4 Way Tie** – 1st will be assigned to team with best HH record among the four teams. If all teams are tied after HH record then first is assigned to team with best TDD. Once 1st is decided then2nd is team with best HH among the three remaining teams and so on using HH and TDD until all teams are ranked. In any game, if teams are ranked based on HH record, the higher ranked team shall receive hammer OR choice of color but not both. In any game, if teams are ranked based on TDD, the higher ranked team shall receive choice of color AND second practice and draw for hammer shall be used. Games will be 8 ends in length. (2017)
The NSSSAA curling championship winner will be determined by an 8-end game between the top 2 teams.

SECOND PLACE TIES (round robin)

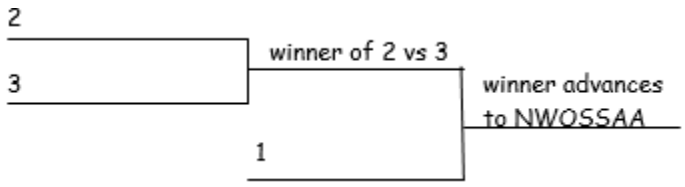
a) **2 Way Tie**–Tied teams shall play an 8-end game to decide who advances (2017).

b) **3 Way Tie**–

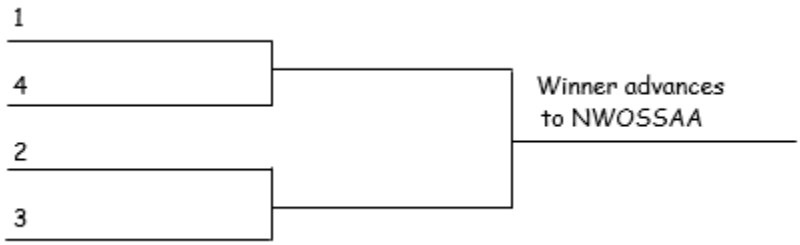
Situation One: If one team has defeated the other two, they shall be awarded the bye.

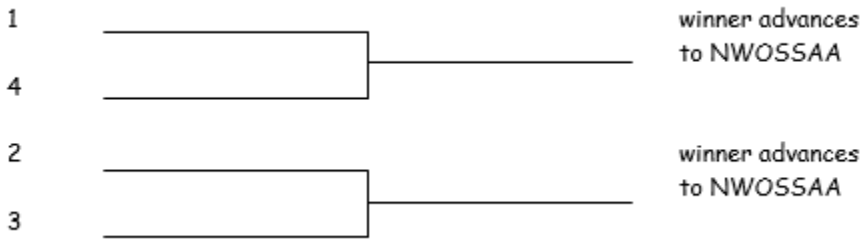
Situation Two: If the situation is unsolvable then the teams shall be ranked using TDD.

Games will be 4 ends in length. (2017)



c) **4 Way Tie**- 1st place will be assigned to team with best HH record among the four teams. If all teams are tied after HH record, then first is assigned to team with best TDD. Once 1st is decided then 2nd is team with best HH among the three remaining teams and so on using HH and TDD until all teams are ranked. In any game, if teams are ranked based on HH record, the higher ranked team shall receive hammer OR choice of color but not both. In any game, if teams are ranked based on TDD, the higher ranked team shall get choice of color AND second practice and draw for hammer shall be used. Games will be 4 ends in length. (2017)





B. ***RESOLUTION OF TIES in POOL PLAY (no tiebreaker games used)***

FIRST PLACE TIE (pool play)

a) **2 Way Tie**-Winner of pool play game between the two teams is placed in the first slot and the loser is placed in the second slot. Both teams advance to the playoff round. If a double round robin was played and the two teams split games, the teams shall be ranked based on best TDD. (2017)

b) **3 Way Tie**-If one team defeated the other two, they shall advance to the pool play playoff round and be placed in the first slot. The winner of the round robin game between the other two teams will be placed in the second slot and advance to the playoff round. If there is an unsolvable tie amongst the three teams, the teams will be ranked using TDD, and top 2 teams will advance to the playoff round. (2017)

SECOND PLACE TIE (pool play)

a) **2 Way Tie** - Winner of the round robin game between the two teams shall advance to the playoff round. If a double round robin was played and two teams split games, the teams shall be ranked based on best TDD with the higher ranked team advancing to the playoff round. (2017)

b) **b. 3 Way Tie**–If one team defeated the other two, they shall advance to the playoff round. If there is an unsolvable tie amongst the three teams, the team with the best TDD will advance to the playoff round. (2017)

13. Any breaches of play (violations) shall immediately be directed to the convener or his/her designate and, on-ice officials shall be provided if requested.

14. **Code of Behavior**

The convener or his/her designate has full authority to eject a participant for the contravention of Code of Behavior for participants.

NEW Curling Canada's Coach Interaction Rules
2026 Under-18 and Under-20 Men's & Women's National Championships

Curling Canada, along with all our Member Associations, support opportunities for coaches and young athletes to have more communication with each other throughout a game which is an advantage in other sports. This season we will pilot new Coach Interaction rules adjusting to World Curling's new rules of allowing more communication between players and their coach when a team is the **"non-delivering team"**. After this season is over, the Podium Pathway Council, consisting of High-Performance Directors across Canada, will review feedback from athletes and coaches and will make future recommendations to these rules based on our pilots this season.

Having coaches on ice level allows coaches to better support their teams' performance and development. Coaches are provided with more convenient and frequent access to their team while the game is being played and are positioned in a better physical position where they are better able to view the game, listen to their team's conversations, and interact when permitted. Over the past few years of implementing Coach Interactions, we have seen improvements in our athletes' performance and empowered our coaches to be more involved in the game.

All provinces and territories will see these new Coach Interactions implemented this season at our Under-18 and Under-20 National Championships. Member Associations may use these rules or alter for your own competitions.

- **While a game is in progress, the coach (and alternate player) may communicate with their team from their position in the Coach Bench area. This only applies when a team is the "NON-DELIVERING TEAM".** Yelling is not allowed. The non-delivering team must not distract the delivering team and must be aware of their player positions.
    - The position of the members of the non-delivering team:
    - (a) Only the skip or vice-skip, and one other player may be positioned inside the hog line at the playing end. They shall position themselves behind the back line when the delivering team is in the process of delivery. Both players shall be motionless with their brooms positioned in a manner not to interfere with or distract the attention of the player who is in the process of delivery.
    - (b) The player who is next to deliver may take a stationary position to the side of the sheet behind the hacks at the delivery end. The player shall remain silent and motionless when the delivering team player is in the process of delivery.
    - (c) The players not taking positions (a) or (b) shall position themselves between the hog lines and to the extreme sides of the sheet when the delivering team's time clock is running. The players positioned in this area shall remain in single file when the delivering team player is in the process of delivery.
    - (d) The non-delivering team members shall not take any position or cause such motion that would obstruct, interfere with, or distract any member of the delivering team.
    - If a violation occurs, the umpire shall allow all stones to come to rest and provide the nonoffending team with the option of: allowing the play to stand; or recommencing the delivery of the stone; or replacing all affected stones as close as possible to their original position and redelivering the stone.
    - For any violation by the coach or alternate, the offending person will be removed from the Coach Bench for that game. Any further violation will result in the team no longer having anyone on the Coach Bench for the remainder of the event.
    - An additional rule is that players must stop talking with their coach before the opposition rock crosses the first hog line to prevent over coaching.
- **COACH INTERACTIONS** can occur when your team is the **"DELIVERING TEAM"**.
    - **Under-18 coaches** will be allowed a maximum of two (2) Coach Interactions in the first half of the game and a maximum of two (2) Coach Interactions in the second half of the game.
    - **Under-20 coaches** will be allowed a maximum of one (1) Coach Interaction in the first half of the game and a maximum of one (1) Coach Interaction in the second half of the game.
    - Teams will be given one (1) Coach Interaction per extra end.
- Unused Coach Interactions cannot be carried over.
- Coach Interactions may last between 5-60 seconds, but not longer.
- During a Coach Interaction, coaches may meet with their team either on the backboard or behind the backline.

- Coach Interactions can be called by anyone on the team in control of the house or their coach. If the coach or a player wants an interaction, they must signal a T with their hands when their team is in control of the house. If anyone signals for an interaction, the team must use an interaction.

- Coaches are responsible for keeping track and policing the number of Coach Interactions used. Disagreements will be brought forth to the Chief Umpire.

- A single Coach Interaction will officially end after the coach and players stop talking and the coach returns and is sitting on their designated seat behind the sheet.

- Time clocks will run during Coach Interactions as normal thinking time.

- Time clocks for Under-18 and Under-20 four-person games will add an additional two (2) minutes to their time clock for a total of thirty-two (32) minutes of thinking time. Games will be eight (8) ends.

- When extra ends are required, the game clocks will be reset, and each team will be given five (5) minutes.

- Time between ends will be sixty (60) seconds. Coaches will be allowed up to forty-five (45) seconds of talking time with their team between ends and coaches may meet with their team either on the backboard or on the sideline between the hog lines. Coaches will then have 15 seconds of travel time to be seated before the first stone of the end is delivered. Note: Timers can implement the after clock of 10 seconds. This is done at World events and is available in Curl time.

- Coaches will also have five (5) minutes to meet with their teams at the halfway point of the game. This will occur at the 4th end break for four-person games.

- Coaches may sit or stand in their assigned position/seat on the same side as their team's rocks.
    - Coaches may not move from their position/seat during the end unless their team has called a Coach Interaction. For example, coaches cannot move to see the house or shot better.
    - Between ends, coaches can travel to either end respectful of games on adjacent sheets. Coaches must only travel along the sidelines, and they must wear suitable footwear to be on the ice.
    - Note: Member Associations may adjust the coach's position if venues cannot accommodate seating for coaches in the ice shed.

- If there is an alternate player, they can sit with the coach at both ends at the curling centre and the arena (if space permits). The alternate player can take part in the team talking time but cannot take part during their team's Coach Interaction. The alternate player may not move from their seat during an end.
  Note: Member Associations may adjust the alternate's position if venues cannot accommodate seating for alternates in the ice shed.

- There will be no talking or body language by the coach to their team when you are the delivering team and have control of the house unless during a Coach Interaction, or between ends. Body language includes hand, body gestures, signaling or any other form of communication. Penalties to coaches include: First Offense - verbal and written warning. Second Offense - coach will sit inside with no Coach Interactions or communication for the remainder of the current game (if before mid-game break) or the entire next game (if after mid-game break). If the coach repeats the infraction again, they will be removed from play and will sit in the spectator seating for the remainder of the event. These infractions will be reported to their Member Association.

- Coaches are allowed to use their phone, tablet or computer to record game statistics, write down notes or take photos of game scenarios, but they are not permitted to use those devices or smart watches for communication purposes. First Offense - verbal and written warning. Second Offense - coach will sit inside with no Coach Interactions or communication for the remainder of the current game (if before mid-game break) or the entire next game (if after mid-game break). If the coach repeats the infraction again, they will be removed from play and will sit in the spectator seating for the remainder of the event. These infractions will be reported to their Member Association.