



NEWFOUNDLAND AND LABRADOR CURLING ASSOCIATION
2025 – 2026 RULES OF COMPETITION



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ELIGIBILITY RULES

To compete in playdowns sanctioned by the NLCA:

1. All players, to constitute a team, must be bona fide members of a club that is affiliated with the Newfoundland and Labrador Curling Association (NLCA).
2. With the exception of the Curling Club Championships, teams may be comprised of players from any affiliated club in the province and need not come from the same club. Curling Club Championship teams' players must come from the same affiliated club.
3. A player who is a bona fide member of more than one affiliated club may only compete out of one club at any level for any one event.
4. With the exception of the Men's and Women's, all players must be a resident of Newfoundland and Labrador on or before September 1st of the year prior to the championship. If you are a member of a provincial championship team you must be a member of an NLCA affiliated club in the year of the National Championship. Please see section under [Residency Rule](#) for further information.
5. All teams are to have four registered members of their team at the start of each event. All team members are expected to participate at each level of competition. A team arriving at the start of a competition with only three players must provide a written statement explaining the absence or delay of the fourth player. If the NLCA determines the team is acting in bad faith with respect to the rules, the team may be disqualified for the event and/or suspended from play in any and all NLCA events the following year.
6. A player who registers with a team is not eligible to join another team competing for the same event until that player's initial team has been eliminated from play and competition has moved on to the next level.
7. Each team is ultimately responsible to ensure that all team members meet eligibility requirements as set out by the NLCA, Curling Canada, or other governing body in relation to the event being played. Players may be asked to provide official documents to prove eligibility for items such as residency or age as an example.
8. Teams and players must register in good faith with respect for the Rules and Regulations of the NLCA and/or Curling Canada or other governing body sanctioned to run curling competitions.

GENERAL INFORMATION

Team entry applications and competition fees must be submitted online prior to the official provincial registration deadline as indicated by the NLCA for the event in question.

Note that some clubs may start play to determine club representatives prior to this deadline and teams will be required to have their registration completed and paid prior to the club's deadline. Teams must be registered and have paid in full prior to any game leading to a provincial championship no matter what level.



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If the host zone does not have a team registered for a provincial tournament by the provincial deadline, the NLCA reserves the right, in its sole discretion, to move the location of a tournament.

A Rules Committee will preside at all levels of play leading to a provincial championship. The Chief Umpire and/or designate will have final authority with respect to any ruling at any NLCA event unless an appeal is filed in which case the Appeals Committee will preside. All appeals shall follow the [Appeals Policy](#) that can be found on the NLCA's Official Documents website.

AGE ELIGIBILITY

For clarification purposes, where it states "of the year prior" this refers to the calendar year. Where it states "current curling year" this refers to the curling calendar which will span from approximately October of one calendar year to April the immediate following calendar year.

Under 20 and Under 18

Must be 19 and 17 years of age or younger, respectively, as of June 30th of the year prior to the Canadian Championship.

Under 16

Must be 15 years of age or younger as of December 31st of the current curling year.

Seniors

Must be 50 years of age or older as of June 30th in the year of the Canadian Championship.

Masters

Must be 60 years of age or older as of December 31st of the year prior to the Canadian Championship.

Curling Club Championships

Refer to the Curling Club Championship Eligibility section.

Men's, Women's, Mixed, Wheelchair, and Mixed Doubles

There are no age eligibility requirements for these events.

Players under the age of 19 must be accompanied by a legal guardian or a chaperone identified by a legal guardian who is 21 years of age or older and must abide by the same rules as the underage player regarding alcohol, smoking, or use of restricted drugs throughout the duration of the competition. Chaperones of such players must obtain a letter signed by the player's legal guardian and provide this to the NLCA prior to the start of the event or at the pre-tournament team meeting or the player will be ineligible to play in the event.



RESIDENCY REQUIREMENT POLICY

Curling Canada adopted [Residency Eligibility Rules](#) that apply to all Member Associations. This policy has been included here for convenience, but in the case of any discrepancies between the following italicized text and the policy as published by Curling Canada, the policy as published by Curling Canada will govern.

As applicable to Newfoundland and Labrador, teams that wish to participate in the men's and women's provincial championships leading to the Brier and Tournament of Hearts, respectively, may have a maximum of two non-residents (as defined by [Curling Canada's Birthright and Free Agent criteria](#)) with residents being defined in accordance with [Curling Canada's Proof of Residency and Whereabouts Program](#).

RESIDENCY RULES – ALL CANADIAN NATIONAL CHAMPIONSHIPS UNLESS OTHERWISE NOTED

COMPETITORS:

9. *Must be Canadian citizens.*
10. **Exception:** *Competitors at the Under-18 Boys and Girls, the Curling Club Championships and the Wheelchair Championship do not have to be Canadian citizens, but they do have to be residents of Canada unless granted an exception by their Member Association.*
11. *Must be residents of Canada.*
12. **Exception:** *Member Associations may allow Canadian citizens who are residents of the United States and are active members in good standing of affiliated Canadian curling clubs to participate.*
13. *All four (4) members and any alternates must be bona fide residents within the geographic area of the Member Association they are intending to represent*
14. **Exception:** *Tournament of Hearts and Brier playdown entrants are allowed one free agent who does not meet residency requirements per five-player team*
15. **Exception:** *Tournament of Hearts and Brier athletes are able to compete in the province / territory in which they were born. This birthright status equates to being a bona fide resident*
16. **Exception:** *Tournament of Hearts and Brier Team Canada (prior year Champions) and Wild Card or pre-qualified teams, must only meet rule #1 and #2. Rule #3 will not apply, as long as they still meet the requirement of the three of four (if registered as four-player team) or four of five (if registered as a five-player team) rule of team members that qualified for the Championship.*



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17. **Exception:** *Tournament of Hearts and Brier Athletes who have taken a accepted leave of absence from competing for their team after qualifying for the National Championships for parenting, pregnancy or childbirth are able to find a replacement player(s) that do not meet rule #3.*
18. *A player may not have competed for any other country in any WCF competition, in any discipline, the previous two curling seasons (curling is marked as September 1 to May 31). A WCF competition is defined as a direct qualification event or Championship of any World, Olympic, Paralympic or Universiade Championship.*
19. **Exception:** *Competitors at **the Under-18 Boys and Girls, the Curling Club Championships and the Wheelchair Championship** may have competed in the previous two years for another international Member Association, at any level, without waiting to compete in the Canadian National Championship.*
20. *An athlete may not attempt to compete for Canada in any playdown, at any level, if they have attempted to compete for another WCF Member Association in any discipline within the same curling season, whether they successfully won the right to represent the other WCF Member Association or not.*
21. *Canadians born in border towns such as Lloydminster (which has geographical boundaries in both Saskatchewan and Alberta) will be assigned a 'home' Member Association based on the province / territory indicated on their government documentation.*
22. *The current Ontario and Northern Ontario border for curling will determine if a player was born in Northern Ontario or Ontario (any disputes will be resolved by Curling Canada). If the town/city of the athlete's birth has a curling club, then they will be considered as born in the affiliation of that club. If the town/city of birth does not have a curling club, they will be assigned to the Member Association with the closest affiliated club to their birth town/city.*
23. *Full-time students in good standing attending a recognized post-secondary educational institute, may curl in one (1) of these four (4) jurisdictions:*
24. *For the province/territory where they are attending school; or*
25. *for the province/territory where they maintain their residence of record; or*
26. *for the province or territory where they were born; or*
27. *for any province or territory as a Free Agent (for Tournament of Hearts/Brier only)*
28. *Note: students **will be required** to provide proof of registration and academic standing.*



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29. *An individual may only participate in the playdown process for the Tournament of Hearts or the Brier in **one** (1) province or territory in any championship season.*
30. *When eligible, Canadians can play for different Member Associations year to year. For example, in 2022-2023 they play in Territory 'A' where they were born. Then in 2023-2024, they choose to play in the province/territory where they reside.*
31. *Free Agents, athletes using the birthright option, and student-athletes are allowed to participate in any other event they are eligible for in the province or territory where **they reside**. For example, a player residing in province/territory 'A' chooses to be a free agent in province/territory 'B' for the Tournament of Hearts. In the same season, this player can participate in the four-person Mixed competition for province/territory 'A'.*

PROOF OF RESIDENCY

To ensure that all individuals are treated equally, an individual must be able to provide proof to be considered a resident for playdown purposes.

*An individual claiming to be a **bona fide resident** of a curling province or territory whose playdown structure he or she wishes to enter, must be able to provide a minimum of three (3) of the following four (4) items to the Member Association (if requested):*

- Current driver's licence (or valid travel picture ID) from that province/territory;
- Current health care card from that province/territory;
- Letter from employer confirming employment within the province/territory;
- Statement from landlord (if renting) or bank (if owned) confirming residency within the province/territory – a copy of a property tax invoice for non-mortgaged property is also adequate. Recommend a statutory declaration be obtained.
- In addition to providing the above documentation, an individual must spend the majority of their non-compete time in the province/territory in which they are claiming to be a bona fide resident.

*To participate in any Curling Canada Championship, **individuals MUST be bona fide residents** of the province or territory in which they wish to enter play prior to September 1 of the year preceding the championship season. This time frame may be shortened in the following circumstances:*

- Transfer due to employment
- School attendance
- Military service and transfer

Exemptions may be made in exceptional circumstances if granted by the two (2) Member Associations affected:



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- Individuals live within a short distance of a provincial/territorial boundary;
- Individuals that reside in province/territory “A” and conduct the majority of their work outside of province/territory “A”, may represent province/territory “A” on the assumption that they can validate that the majority of their non-work and non-train/compete time is spent in province/territory “A”.
- Individuals that have a primary residence in province/territory “A”, a temporary/secondary residence in province/territory “B”, and who conduct the majority of their work in province territory “B”, may represent province/territory “B” on the assumption that they can validate that the majority of their work related time is spent in province/territory “B”. The individual must be able to provide positive proof that their predominant employment from September 1 to May 31 of the curling season the exemption is being requested, will be located with the geographical area of the Member Association they wish to represent.

PROOF OF BIRTH

The athlete will produce a valid birth certificate or valid passport.

PROOF OF ACADEMIC STANDING

A student will be requested to provide proof of registration and academic standing.

PROCESS FOR EXEMPTION REQUESTS FOR RESIDENCY OPTION

- Exemption requests must be received by Curling Canada and the respective Member Associations, a minimum of thirty (30) days prior to the Member Association’s deadline for entry to the first stage of the championship in question.
- Detailed information noted in Proof of Residency will be required with the exemption request.
- The respective Member Associations will review all information and approve or deny the application.
- If Member Associations cannot agree on a decision, a committee that includes the following three individuals will make the decision and their ruling will be considered final:
 - Chief Executive Officer, Curling Canada
 - Director, High Performance, Curling Canada
 - Vice-Chair of the Operations Advisory Council (must be an Executive Director of one of the fourteen (14) Member Associations.
- Individuals who have employment in two (2) curling jurisdictions may be required to participate in a formal interview that will include the identified employer, a representative of the Member Associations and the Director, High Performance, Curling Canada.



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- Individuals that meet exemption criteria will be considered bona fide residents of the province/territory granting the exemption. They are not considered free agents.

*In the case when a team enters the provincial/territorial Canadian championship playdown process and is found **not** to be in compliance with the residency rules, the entire team risks being suspended for one (1) year from Curling Canada and Member Association sanctioned events. Suspension shall only be implemented subsequent to due process and it is determined that residency and/or exemption related information has been provided in a fraudulent manner.*

PROCESS FOR RESIDENCY CHALLENGES

It is understood that the residency rules will be national in scope and, in the event the rules are challenged, Curling Canada will assist in the defense of any challenge at the Member Association level and/or protect Curling Canada's interest and its costs, as the Associations mutually deem appropriate. Note: there is not a process to challenge birthright or student enrollment.

WHEREABOUTS PROGRAM

Curling Canada's Whereabouts Program will be implemented as required to provide confirmation that a team member is in compliance with established residency and/or exemption criteria and to ensure all related documentation/statements that the individual has provided are valid.

The protocol for the Whereabouts Program is as follows:

- It is brought to the attention of a Member Association that a team member(s) may not be compliant with the residency/exemption criteria.
- If the Member Association is in agreement, they shall work together with Curling Canada in an effort to establish confirmation that the individual is compliant.
- The individual(s) shall be contacted and asked to confirm that the documentation/statements provided are accurate/valid and to establish that they are aware of the potential consequence of having provided fraudulent documents and/or statements.
- The Member Association and Curling Canada shall then determine if further confirmation is warranted and if so, the Director, High Performance will implement Curling Canada's Whereabouts Program.
- The individual will be contacted and requested to participate in Curling Canada's Whereabouts Program and their team will be advised. Failure to grant approval will result in the individual being deemed not to be in compliance.
- The Whereabouts Program is intended to establish the exact location of the individual on a 24/7 basis and therefore the individual must be a willing participant in providing proof positive as to the credibility of their claim to be in compliance with the residency rules.



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- The Whereabouts Program will make use of any reasonable means possible and available to establish that the individual in question is in fact in compliance with the residency rules. This will be done with the approval of the individual in question. Failure to grant approval will result in the individual being deemed not to be in compliance.
- If it is established that the individual is deemed not to be in compliance, they will be provided the opportunity to participate in Curling Canada's appeal process, which will be implemented in a timely manner by the Director, High Performance.

Curling Canada's policy, in full, can be found at: www.curling.ca/residency-eligibility-rules. For all events, the residency requirements are: www.curling.ca/residency-eligibility-requirements.

CURLING CLUB CHAMPIONSHIP ELIGIBILITY

The NLCA wishes to respect the intent and integrity of the event by adhering to the Curling Canada's [Curling Club Eligibility Requirements for 2025 National Championships](#).

If, for extraordinary circumstance, an exception is requested, the request must be addressed to the NLCA. If necessary, the NLCA will contact Curling Canada on behalf of the club, team, or player.

As applicable to Newfoundland and Labrador, the following points provide clarification to several rules in the above referenced document:

The NLCA will be retaining the following for Club Championships:

- Teams must have three (3) or more players who have played together in a sanctioned club league during the current curling season.
- Clubs that only have mixed or open leagues (i.e., no men's only leagues and / or no women's only leagues) may be granted an exemption to allowing players to form teams for this special event. They must receive permission from the NLCA in this case.
- For the competitive athlete exemption. The rule applies to players who have won a provincial championship, not 3rd or better as stated in the above referenced document.
- The provincial Curling Club Championship event will follow a format as indicated in the Provincial Formats section based on the number of qualifying teams out of all affiliated clubs. Affiliated clubs, however, may choose any of the qualification processes listed in Rule 10 for their club playdowns.



COACHING REQUIREMENTS

JUNIOR COMPETITIONS (U20, U18, U16)

All Under 20 Junior teams must be accompanied to, during, and from the Provincial championships by a coach that is, at a minimum, Competition Coach Certified (Competition Introduction) and is at least twenty-one (21) years of age.

- All Under 18 Junior teams must be accompanied to, during, and from the Provincial championships by a coach that is, at a minimum, Competition Coach “Trained” (Competition Introduction) and is at least twenty-one (21) years of age.
- All Under 16 Junior teams must be accompanied to, during, and from the Provincial championships by a coach that is, at a minimum, Club Coach Trained and is at least twenty-one (21) years of age.
- To be Competition Coach “Trained,” the individual must complete the Competition Introduction course as well as the Make Ethical Decisions (Competition Introduction) course and evaluation.

To be Competition Coach Certified, the individual must fulfill the same requirements as Competition Coach “Trained” as well as complete the Competition Introduction practice evaluation. Completion of the Competition-Introduction course alone does not constitute a full certification.

To be Club Coach “Trained,” the individual needs only to complete the Club Coach course. There is no evaluation required for Club Coach.

- Further information on how to obtain coaching training and certifications can be found under “Evaluation Requirements” on Curling Canada’s website.

Coaches must provide BOTH a criminal records screening certificate AND a vulnerable sector check as provided by the RNC or RCMP. These certificates are valid for a period of two (2) years with the NLCA. It is advisable for any coach of a junior team to secure these documents early as the process may take over four weeks if fingerprints need to be sent to the mainland for verification. If these documents are not supplied the Coach will not be able to Coach the team at the provincial level or National event. If the screening process shows a criminal record, the NLCA reserves the right to refuse a person from Coaching.

- Coaches are not permitted to smoke, consume alcohol, or use restricted drugs in the curling club during the competition.
- Coaches are responsible for their team’s conduct at all times.
- Coaches must provide a good example for their teams.
- Failure to abide by these rules could result in the immediate suspension of the coach and the team defaulting games with no coach.



ALL OTHER COMPETITIONS

- Any person that wishes to coach at a non-junior event must be, at a minimum, Competition Coach Certified (Competition Introduction) and at least twenty-one (21) years of age.

To be Competition Coach Certified, the individual must complete the Competition Introduction course, the associated practice evaluation, as well as the Competition Introduction Make Ethical Decisions course and evaluation. Completion of the Competition Introduction course alone does not constitute a full certification.

- Further information on how to obtain coaching and training and certifications can be found under “Evaluation Requirements” on Curling Canada’s website.
- A criminal record screening certificate and a vulnerable sector check are not required to coach at a non-junior event.

Note that additional requirements for Competition Development certification and training are required at the national level for the Brier and Scotties events. Refer to Curling Canada’s website for more detail.

COACHES BENCH

For the 2025-2026 Season the NLCA will allow coaches to have on-ice access during provincial 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



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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.



PROVINCIAL FORMATS

With the exception of the Curling Club Championships, the format for provincial championships will be based on the number of teams signed up for the event. The format for the Curling Club Championships will be based on the number of teams that qualify through Club playdowns. The provincial championship formats are as outlined below.

FORMAT FOR ALL EVENTS EXCEPT THE CURLING CLUB CHAMPIONSHIPS

2 teams:

- A best 3 out of 5 series
- No playoff

3-4 teams:

- Double Round-robin
- Any undefeated team will be declared the winner outright without playoffs
- If all teams have at least one loss, top 2 into a one game final

5-6 teams:

- Single Round-robin
- Top 2 teams into playoff
- There is no double life awarded to an undefeated team

7-8 teams:

- Single Round-robin
- Top 3 teams into playoff
- First-place team advances directly to final
- There is no double life awarded to an undefeated team

9 or more teams:

- Triple knockout – seeded based on CTRS points.
- If a team wins A, B and C sections they will be declared the winner
- If a team wins two sections, they must be beaten twice by the winner of the other section.
- If there are three different section winners, A side will advance to the final, and B will play C in the semi-final.

Seeding Formula:

- ◆ Teams will first be seeded based on their CTRS points as of December 23 of the year prior to the provincial event. All remaining teams that have not accumulated any CTRS points will be seeded based on a random draw. ***The NLCA reserves the right to amend this procedure for unforeseen circumstances.***



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Playoffs – Tripple Knockout

1. If one (1) team goes undefeated, winning all three qualifiers, they are declared the winner. No Playoff Games are required.
2. If one team wins two qualifiers and a second team wins one qualifier.
 - a. The team that won two (2) qualifiers is ranked #1 for all playoff games. They will have the last stone advantage in the first end, the choice of stone handle colour, and the first practice in all games.
 - b. The other team is ranked #2.
3. If a different team wins each qualifier.
 - a. The team that qualified in Section A is ranked #1.
 - b. The team that qualified in Section B is ranked #2.
 - c. The team that qualified in Section C is ranked #3.
 - i. In each of a, b, or c above, the team with the higher ranking will have a choice of last stone advantage in the first end OR choice of stone handle colour. The team with the last stone advantage in the first end will practice first.

The Under 16 championship format will follow the above outline wherever possible but will be modified if necessary to fit within a Thursday to Sunday date range.

FORMAT FOR THE CURLING CLUB CHAMPIONSHIPS

Refer to the Curling Club Championship Eligibility section for determining the number of qualified and eligible teams competing in the Curling Club Championship event.

2 teams:

- A best 3 out of 5 series
- No playoff

3-4 teams:

- Double Round-robin
- Any undefeated team will be declared the winner outright without playoffs.
- If all teams have at least one loss, top 2 into a one-game final

5-6 teams:

- Single Round-robin
- Top 2 teams into playoff
- There is no double life awarded to an undefeated team.

7-9 teams:

- Single Round-robin
- Top 3 teams into playoff



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- First-place team advances directly to final
- There is no double life awarded to an undefeated team.

10 or more teams:

- Split sections into a modified page playoff.

Random draw for section/numbers.

Note: For a page playoff format involving two divisions, the team with the best Team Ranking (see below) of the two division winners will be awarded the choice of last stone advantage in the first end of play OR the colour of the stone handle.

Team Ranking will be determined by the following:

Equally Split Divisions:

- Round Robin standings and then Shoot-out (LSD)

Un-equally Split Divisions:

- Shoot-out (LSD)



PROVINCIAL HOST REQUIREMENT

All host clubs are required to have a minimum of one certified Level 1 Ice Technician present during provincial events held at their club.

Host clubs must provide a spare list prior to the team meeting which will include at least three spares for each event. For Mixed a minimum of two male and two female spares must be listed. Host clubs must provide a proper biter measure and a proper measuring stick.

Curling other than event play will only be permitted during a provincial championship with the prior written approval of the NLCA Tournament Coordinator or NLCA designate. No non-event curling will be allowed during playoffs in any event.



SPECIAL RULES

POTENTIAL DATE CONFLICT

If a team has a date conflict between a Provincial Championship in one category, and a National or International competition in a different category, that team must withdraw from the provincial playdown competition.

If a team member has a date conflict between a Provincial Championship in one category, and a National or International competition in a different category, that member can be replaced in the provincial playdown competition. If a Provincial Championship team cannot maintain a minimum of three of four of its original players, the team will become ineligible for advancement beyond the provincial level and the runner-up will advance in their place.

If a mixed doubles team member has a date conflict because they are representing Newfoundland and Labrador or Canada at a national or international level in another category, he/she may be replaced on the mixed doubles team in advance of any provincial playdown competition. A mixed doubles team cannot replace more than one player.

A team or player, required to withdraw from a provincial competition shall not be penalized if there is a conflict with the timing of the national event and ensuing provincial competitions for which they have registered.

JUNIOR COMPETITIONS (U20, U18, U16)

Teams are permitted to use a fifth player who must sign and pay the appropriate entry fee. The fifth player will not be recognized after the provincial competition. The fifth player has no standing with the team and has no right to go to any competition associated with the event beyond the provincial level unless signed as a permanent replacement.

- All teams must have a coach that meets and abides by the rules outlined in the Coaching Requirements section above.

Players are not permitted to smoke, consume alcohol or use restricted drugs at any time during the competition. Violation can result in immediate suspension from the current event and possible suspension from any and all NLCA events the following year.

MIXED DOUBLES

In provincial play, the teams are responsible for the placement of the two placed stones at the start of each end. Once the first thrown rock of each end reaches the nearer tee-line, it is assumed that both teams have agreed that the location of the placed stones is correct. If the location of a placed stone is later determined to be incorrect, play will continue as if it is correct without moving the placed stones, regardless of whether it has been contacted by other stones during that end.



BRUSH HEAD REGULATIONS

Unless noted otherwise in advance of a tournament, the NLCA will follow the rules as set forth by Curling Canada regarding [brush head regulations](#) for all provincial championships. A link to this document can be found on the [NLCA's Official Documents](#) webpage.

CONCUSSION PROTOCOL

The NLCA will follow the [Curling Canada Concussion Guidelines and Return to Play Policy](#) for all provincial championships. A link to this document can be found on the [NLCA's Official Documents](#) webpage.



RULES OF COMPETITION

GENERAL RULES

32. Except where noted, all events of the NLCA will follow the [Curling Canada Rules of Curling for Officiated Play](#), latest edition.
33. Teams competing in an NLCA qualifying or provincial event do so with the knowledge that they must continue to play at all levels, up to and including nationals, until they are eliminated.
See Special Rules section for [Potential Date Conflict](#)
34. All participants including players and coaches or other team members participate at their own risk. The NLCA or the host club or committee are not responsible for any personal injury, loss, or damage to personal property.
35. All portable electronic communication devices are strictly prohibited within the playing area with the exception that a coach may use such devices provided they are in silent mode and all communication functions have been turned off. Any player caught with such devices during a game will be given a warning on their first infraction and will be removed from the remainder of the tournament for any subsequent infraction. If a player is removed from the tournament for this reason, the team may continue to play, provided they still meet the minimum player requirements. Examples of portable electronic devices include cell phones, tablets, Fitbits, and smart watches.
36. No competitive advertising with our major sponsors will be allowed on players' on-ice uniforms.
37. Each game shall start at the time of the designated draw. If a team is unable to start play at the designated time, rule 16(4) of [Rules of Curling for Officiated Play](#) will apply.
38. With the exception of tiebreaker games, all playoff games will be played on the same sheet of ice, which will be determined by the Tournament Coordinator prior to the selection of team numbers, however the Chief Umpire shall have the final authority on which sheet is selected should exceptional circumstances arise during the tournament.

PRE-TOURNAMENT PRACTICE

Prior to the tournament, each team will be given an opportunity to practice. The format and time allotted to any or all the ice surfaces will be at the discretion of the Chief Umpire. Teams may not get to practice on every sheet or the pre-determined schedule may not give an opportunity for all teams to play on every sheet.

If, at the end of the tournament, a team has qualified to play in playoffs or a tie-breaker the Chief Umpire may allow any team disadvantaged by not playing on a sheet that may be used for the playoffs to practice for up to one half hour. This will only be considered if it is possible and time allows. This extra practice won't be allowed within 3 hours of a game start and will only be considered for teams that did not play a pre-playoff game on the sheet.



STONE SELECTION, PRACTICE, AND LAST STONE ADVANTAGE

In this section, the term "hammer" refers to the last stone advantage in the first end and "colour" refers to the stone handle colour.

During Round-robin

Hammer will be decided by the [Last Stone Draw procedures](#) outlined in a subsequent section. Teams will be given one (1) minute following the pre-game practice to perform their Last Stone Draw.

Umpires will assume that every team that wins the Last Stone Draw will want the hammer. If a team does not want the hammer if they win the Last Stone Draw, they must inform the Umpire before the start of their practice.

A team is only permitted to throw or use its own stones during pre-game practice and not those of the opposition. Opposing teams must remain inside the non-playing portion of the club during their opponent's pre-game practice so as not to distract or intimidate the other team.

The draw to the button shall be played towards the home end.

Triple Knockout

Prior to the scheduled start of the first pre-game practice, teams will flip a coin, the winner will have choice of practice time (first or second) OR colour of Stone.

Hammer will be decided by the [Last Stone Draw procedures](#) outlined in a subsequent section. Teams will be given one (1) minute following the pre-game practice to perform their Last Stone Draw.

There is no minimum number of LSD stones for triple knockout format.

Umpires will assume that every team that wins the Last Stone Draw will want the hammer. If a team does not want the hammer if they win the Last Stone Draw, they must inform the Umpire before the start of their practice.

A team is only permitted to throw or use its own stones during pre-game practice and not those of the opposition. Opposing teams must remain inside the non-playing portion of the club during their opponent's pre-game practice so as not to distract or intimidate the other team.

The draw to the button shall be played towards the home end.

During Tiebreakers and Playoffs

Once playoff positions have been determined following the round-robin, and prior to each playoff/tiebreaker game, each team involved shall be asked by the Chief Umpire to select



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their choice of colour. 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/tiebreaker game, the same process shall be implemented again.

During tiebreaker and playoff games, teams will be allowed to choose stones from any sheet used during the round-robin. However, further restrictions may apply under certain circumstances such as if one team has not played with their stone handle colour on all sheets during the round-robin or if two provincial tournaments are being run simultaneously. All restrictions will be at the discretion of the Chief Umpire.

If a team goes undefeated in round-robin play, they will be given hammer **AND** choice of colour throughout the playoffs. In a playoff game where each team had at least one loss during round-robin play, the team with the best win/loss record during the round-robin will have the choice of hammer **OR** colour. If the win/loss records are identical, the team with the best head-to-head record during the round-robin between the two teams involved will have the choice of hammer **OR** colour. If the win/loss and head-to-head records during the round-robin are identical, the team that has the higher Team Ranking as defined below will have the choice of hammer **OR** colour.

The team delivering the last stone in the first end will practice first. A team is only permitted to throw or use its own stones during pre-game practice and not those of the opposition. Opposing teams must remain inside the non-playing portion of the club during their opponent's pre-game practice so as not to distract or intimidate the other team.

The first-place team's access to practice ice will be at the discretion of the Chief Umpire. All practice sessions shall be supervised and the length of the practice will be at the discretion of the Chief Umpire.

LAST STONE DRAW AND TEAM RANKING

Unless noted otherwise in advance of a tournament, the NLCA will follow Curling Canada's procedures for performing the [Last Stone Draw](#) and for Team Ranking. Currently, all NLCA provincial events follow the procedures with tiebreakers. An excerpt of the relevant sections from these procedures is outlined below.

Common Regulations

Following each team's pre-game practice, the two different previously named players from the team will each deliver a stone. There will be an announcement to deliver each Last Stone Draw. For 4-person, the first player will deliver the clockwise rotation while the second player will deliver the counterclockwise rotation. *For mixed doubles, both players will throw the same turn. Teams practicing first will throw the clockwise rotation and teams practicing last will throw the counterclockwise rotation.*



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A stone delivered after the practice time has elapsed and prior to the announcement or not delivered within the time allotted by the umpire (the stone must reach the near tee-line before the time expires) will be assigned a distance of 199.6 cm.

A player or alternate that delivers, sweeps, or holds the target broom for an LSD stone does not have to play in that game. Any of the five players can deliver and/or sweep and/or hold the target broom for any LSD stone(s) as long as there is a minimum of three players and a maximum of 4 players on the ice during the LSDs

Full sweeping is allowed; however, one of the four players must hold the target broom. This is not required in Mixed Doubles. Both players can sweep once the stone has been released.

A stone not delivered within the time allotted by the Chief Umpire will be assigned a distance of 199.6 cm (the stone must reach the near tee-line before the time expires).

Stones moved by the delivery team before being measured will be assigned the distance of the next defined circle away from the button.

- On or touching the button = 24.9 cm (when a one (1) foot button)
Note: Subject to change if the actual button diameter is more than one (1) foot
- In or touching the four foot = 76.1 cm
- In or touching the eight foot = 136.1 cm
- In or touching the twelve foot = 197.1 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 its original position by the delivering team.

Only the first two stones delivered will be registered for the accumulated distance.

Accumulated Distances (Team Ranking)

Round robins – At the conclusion of round-robin play, the two highest individual recorded distances will be discarded to establish the final accumulated distance for Team Ranking.

Minimum Number of Deliveries

Unless otherwise stated in tournament rules, the number of LSD stones and the number of clockwise and counterclockwise deliveries for each player will be determined at each competition depending upon the number of games in the round-robin. Based on the Original Team Lineup form, the four players must fulfil the minimum number of LSD deliveries ([the number of clockwise and counterclockwise deliveries is not applicable to Mixed Doubles](#)).



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Round-Robins

# of Round-Robin Games	Minimum for Each Player
3	1 Stone
4 - 6	2 stones, minimum 1 clockwise + minimum 1 counterclockwise
7 – 8	3 stones, minimum one clockwise + minimum 1 counterclockwise
9 – 11	4 stones, minimum 2 clockwise + minimum 2 counterclockwise
12	5 stones, minimum 2 clockwise + minimum 2 counterclockwise
13	6 stoned, minimum 3 clockwise + minimum 3 counterclockwise

Triple Knockouts

No minimum requirement.

Mixed Doubles

After each team's pre-game practice, both players will throw the same turn. Teams practicing first will throw the clockwise rotation and teams practicing last will throw the counterclockwise rotation. Both will be measured to determine the team's distance to determine choice in the first end.

- Full sweeping is allowed.

The number of clockwise and counterclockwise deliveries not applicable to Mixed Doubles.

Miscellaneous

In Mixed team competition, the team's playing order must be followed for sweeping and holding the target broom.

GAME TIME, GAME DURATION, AND TIME OUTS

The NLCA will follow the rules as set out in the [Curling Canada Rules of Curling for Officiated Play](#) for time clock operation, timeouts, and other time-related rules such as delay of start of games.

Game Duration

Game duration for provincial championships shall be as follows:



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- 10 ends for Men's, and Women's
- 8 ends for Seniors, Masters, Mixed, Curling Club Championships, Under 18, Under 20, Wheelchair, and Mixed Doubles
- 6 ends for Under 16

Game Scheduling

For events with eight ends or more, the NLCA will thrive on limiting team schedules to two games a day. However, in some events, three games a day may be required. The NLCA reserves the right to schedule three game days in all events pending special circumstances, tiebreakers, playoffs, or other circumstances that may arise to allow for the completion of the event.

Extra Ends

Extra ends are to continue in the line of play until a winner is determined.

Timeouts

Each team may request one (1) time-out per game and one (1) time-out during any extra end. The time-out will be a maximum of sixty (60) seconds. Only the coach or alternate player (not both) may access the field of play during the timeout.

Fair play Timeouts

Coach's Fair Play Timeouts will be available for all Junior events (U16, U18, U20). The purpose of the Coach's Fair Play Timeout is to provide the coach with the opportunity to diffuse a potentially negative situation regarding a player's on-ice demeanor before the situation escalates or to counsel an athlete relative to adhering to the rules of the game.

- Each coach shall be provided the opportunity to request one 1-minute fair play timeout per game.
- A coach's fair play timeout shall only be implemented with the approval of the Chief or Deputy Chief Umpire.
- Only the coach who requested the fair play timeout may access the playing area accompanied by a Game Umpire.
- A coach's fair play timeout may be recommended by a Game Umpire.

FIFTH PLAYER AND SUBSTITUTION

In all events except for Mixed and Mixed Doubles, teams can play with three players. All teams still have to abide by the rule that requires the team to show up at the event with four players unless approval of exceptional circumstances has been granted by the NLCA. Teams must ice at least two original signed players at all times.



Fifth Players

Teams in all events EXCEPT Mixed and Mixed Doubles can sign a fifth player. Fifth players may not be recognized at events past the provincial level. It is the team's responsibility to ensure that all team members are aware of the rules for events that continue past the provincial level.

- A fifth player can be signed at any time provided they are a member of an affiliated club in the province, sign the appropriate form, and pay the required fees.
- Fifth players are considered full members of the team for the provincial events and can play in any position.
- Fifth players cannot be a member of another team in the event, regardless of whether the fifth player came from a team eliminated from play in the event.

Temporary Substitution

- All spares must meet eligibility requirements for the event.

The spare's position in the team's delivery rotation shall be per the Curling Canada [Rules of Curling for Officiated Play](#).

- Spares can play up to two games in any event with the same team.

Spares at provincials must have been on the list prior to the team meeting. Spares not listed on the official spares list prior to the team meeting will not be allowed to spare unless the spare pool has been depleted. Some reasons for the list becoming depleted include, but are not limited to, a spare becoming injured or sick and unable to play for the rest of the event, or a spare signing on as a fifth with another team.

Spares signing up for the event should be available for the whole event. If not available for the whole event another spare should be secured to be placed on the spare list prior to the competition starting.

- All teams must declare any spares to the Chief Umpire prior to pre-game practice.

The intent of the spare pool is that it is only to be used in the event of injury, illness, or other exceptional circumstances that could not be foreseen prior to the start of the tournament. If the NLCA determines that a team is acting in bad faith with respect to the intent of the spares pool, the team may be disqualified for the event and/or suspended from play in any and all NLCA events the following year.

- Curling Club Championship rules may vary from those listed above.

Special Mixed Substitution Rule

At the provincial level, the Tournament Director or designate may postpone play for up to one hour if a spare player is not available because the spare pool has been depleted. Mixed teams are required to play at all times with four players. The team requiring a spare player



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has up to one hour to secure a player who must be willing to join the spare pool. If after an hour no player can be found the team needing the player will lose by default.

ASSOCIATION AUTHORITY

The NLCA Championship Committee, consisting of the president, vice-president, tournament coordinator and other designates as necessary, excluding those participating in the event, has the power to make decisions in accordance with equity as it considers necessary to handle any situation not covered by these rules or the [Curling Canada Rules of Curling for Officiated Play](#).

The NLCA Championship Committee and the host committee are empowered to recommend to the Executive the disqualification, suspension, or expulsion for just cause any player, players, or full team for such a period of time that the committee feels appropriate. A full written report must be obtained from the player or players in question. The final decision will be made by the NLCA executive. If sanctions are applied, the player or players affected will have the right to send in a written appeal within 30 days and have the matter considered at the next AGM or Special General Meeting. All appeals shall follow the Appeals Policy that can be found on the NLCA's Official Documents website.

The NLCA Executive reserves the right to amend or repeal any of the foregoing rules and regulations provided that the competitors are given due notice of such actions.

TIEBREAKERS

In the event of tiebreakers and playoffs, the starting times will be at the discretion of the NLCA, the Host Committee and/or the NLCA designate.

In all tiebreaker games, the choice of last stone advantage in the first end or choice of stone handle colour will be awarded to the team with the best head-to-head record during the round-robin between the two teams involved unless otherwise specified. If the head-to-head record is the same, this choice will be awarded to the team with the higher team ranking.

The format for tiebreakers shall follow the scenarios below. If a scenario presents itself that is not listed below, the format used will be at the discretion of the NLCA. The same principles will be used to determine a tiebreaker format. **For the 2025-2025 season the NLCA will allow for a maximum of one tiebreaker game if necessary.**

One Position Available

Two-Way Tie

The two teams will play a one game tiebreaker and the winner will be awarded the available playoff spot.

Three-Way Tie

- Ranking will be determined by head-to-head and then shoot-out (LSD) results.



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- If one team defeated the two other tiebreaker teams in the round-robin, they will be granted the available playoff position.
- If no team defeats the two other tiebreaker teams in the round-robin, positioning will be determined by LSD results. The first and second-ranked teams will play a tiebreaker. The winner of this game will be awarded the available playoff spot.

Four-Way Tie

- Ranking will be determined by head-to-head and then shoot-out (LSD) results.
 - If one team defeated the three other tiebreaker teams in the round-robin, they will be granted the available playoff position.
 - If no team defeats the three other tiebreaker teams in the round-robin, positioning will be determined by LSD results. The first and second-ranked teams will play a tiebreaker. The winner of this game will be awarded the available playoff spot.

Five-Way Tie

Ranking will be determined by head-to-head and shoot-out (LSD) results.

- If one team defeated the four other tiebreaker teams in the round-robin, they will be granted the available playoff position.
- If no team defeats the four other tiebreaker teams in the round-robin, positioning will be determined by LSD results. The first and second-ranked teams will play a tiebreaker. The winner of this game will be awarded the available playoff spot.

Two Positions Available

In all tiebreaker procedures outlined in this section, of the two teams awarded playoff spots, the team that won the head-to-head game in the round-robin will be awarded the highest available playoff seed, and the other team will be awarded the second available playoff seed.

Three-Way Tie

Ranking will be determined by head-to-head and then shoot-out (LSD) results.

- If one team defeated the two other tiebreaker teams in the round-robin, they will be awarded a playoff spot. The remaining two teams will play a tiebreaker game and the winner will be awarded the available playoff spot.
- If no team defeated the two other tiebreaker teams in the round-robin, shoot-out (LSD) will be used to rank the teams.
 - The first-ranked team will be awarded a playoff spot. The remaining two teams will play a tiebreaker game, and the winner will be awarded the available playoff spot.



Four-Way Tie

Ranking will be determined by head-to-head and then shoot-out (LSD) results.

- The four teams are ranked head-to-head. If one team defeated the three other tiebreaker teams in the round-robin, they will be awarded a playoff spot. The three-way tie procedure above is used for final placings.

If ranking cannot be determined by head-to-head, shoot-out (LSD) will be used.

- The first-ranked team will play the fourth-ranked team.
- The second-ranked team will play the third-ranked team.
- The winners of the two games above will be awarded the available playoff spots.

Five-Way Tie

Ranking will be determined by head-to-head and then shoot-out (LSD) results.

- The five teams are ranked head-to-head. If one team defeated the four other tiebreaker teams in the round-robin, they will be awarded a playoff spot. The four-way tie for one position procedure above is used for final placements.

If ranking cannot be determined by head-to-head, shoot-out (LSD) will be used.

- The first-ranked team will be granted a playoff spot. The four-way tie for one position procedure above is used for the final placements.

Six-Way Tie

Ranking will be determined by head-to-head and then shoot-out (LSD) results.

- The six teams are ranked head-to-head. If one team defeated the five other tiebreaker teams in the round-robin, they will be awarded a playoff spot. The five-way tie for one position procedure above is used for the final placements.

If ranking cannot be determined by head-to-head, shoot-out (LSD) will be used.

- The first-ranked team will be granted a playoff spot. The five-way tie for one position procedure above is used for the final placements.

Three Positions Available

In all tiebreaker procedures outlined in this section, of the three teams awarded playoff spots, a team will be awarded the highest available seed in playoffs only if they defeated the other two teams in the round-robin. The second and third available playoff seeds will then be determined based on the head-to-head record of the two remaining teams.

If no team defeats both of the other teams in the round-robin, the three teams will be seeded based on their Team Ranking.



Four-Way Tie

Ranking will be determined by head-to-head and then shoot-out (LSD) results.

- If one team defeated the three other tiebreaker teams in the round-robin, they will be awarded a playoff spot. The remaining two spots will be determined based on the procedure for a three-way tie with two positions available.
- If no team defeated the three other tiebreaker teams in the round-robin, the following will take place:
 - ◆ The first and second-ranked teams will be awarded playoff spots.
 - ◆ The third-ranked team will play the fourth-ranked team, and the winner will be awarded a playoff spot.

Five-Way Tie

Ranking will be determined by head-to-head and then shoot-out (LSD) results.

- If one team defeated the four other tiebreaker teams in the round-robin, they will be awarded a playoff spot. The remaining two spots will be determined based on the procedure for a four-way tie with two positions available.
- If no team defeated the four other tiebreaker teams in the round-robin, the following will take place:
 - ◆ The first-ranked team will be awarded a playoff spot.
 - ◆ The second-ranked team will play the fifth-ranked team, and the winner will be awarded a playoff spot.
 - ◆ The third-ranked team will play the fourth-ranked team, and the winner will be awarded a playoff spot.

Six-Way Tie

Ranking will be determined by head-to-head and then shoot-out (LSD) results.

- If one team defeated the five other tiebreaker teams in the round-robin, they will be awarded a playoff spot. The remaining two spots will be determined based on the procedure for a five-way tie with two positions available.