

O.R. 18 - OPERATING REGULATIONS FOR ACTIVITIES

(Please refer to O.R. 15.13 for activity deadlines.)

18.1	Badminton
18.2	Baseball
18.3	Basketball
18.4	Cheerleading
18.5	Cross Country
18.6	Field Hockey
18.7	Football
18.8	Golf
18.9	Hockey
18.10	Rugby
18.11	Soccer
18.12	Softball
18.13	Swimming
18.14	Track & Field
18.15	Volleyball
18.16	Wrestling
18.17	Ultimate

BADMINTON (18.1)

Badminton Canada Rules will be used unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules. (Note: The Rally Point Scoring System is now in effect.)

SSNB Modifications:

1. The white Mavis 300 is the Official Badminton shuttle of SSNB and will be used for all SSNB competitions.

Continuous Play (As per Badminton Canada Rules)

- 16.1 Play shall be continuous from the first service until the match is concluded, except as allowed in Laws 16.2 and 16.3.
- 16.2 Intervals:
 - 16.2.1 Not exceeding 60 seconds during each game when the leading score reaches 11 points; and
 - 16.2.2 Not exceeding 120 seconds between the first and second game, and between the second and third game shall be allowed in all matches.
- 16.3 Suspension of play
 - 16.3.1 When necessitated by circumstances not within the control of the players, the tournament manager may suspend play for such a period as the tournament manager may consider necessary.
 - 16.3.3 If play is suspended, the existing score shall stand and play shall be resumed from that point.
- 16.4 Delay in play
 - 16.4.1 Under no circumstances shall play be delayed to enable a player to recover strength or wind or to receive advice.
 - 16.4.2 The umpire shall be the sole judge of any delay in play.
- 16.5 Advice and leaving the court
 - 16.5.1 Only when the shuttle is not in play (Law 15), shall a player be permitted to receive advice during a match.

Use of protective glasses

Athletes are recommended to wear protective glasses at all times while participating.

Conference Play

Each school is allowed four (4) entries per category – girls' singles, boy's singles, girl's doubles, boy's doubles and mixed doubles. Top four (4) from each category advance to regional play. A player may participate in 3 different events. Schools must declare their team list and seedings, 1 week prior to the Conference Tournament.

Regional Play

Eight (8) entries (four (4) per conference) in each category.

Schedule - A Single Elimination - Consolation Format will be used.

Top four (4) from each category advance to the provincial tournament.

First round draw -	Top Bracket	1S	vs	4W
		3S	vs	2W
	Bottom Bracket	1W	vs	4S
		3W	vs	2S
	Same arrangement for the North East			

The 5th ranked player may be an alternate ranked fourth, if a seed is unable to attend the Regionals/Provincials.

If a region does not have 4 entries per category, no additional entries can be added from the other region.

All doubles play that earn a position in Regionals or Provincials may provide a substitute if a player gets injured (*is medically unavailable to play*) or has a personal tragedy. Substitutes must be registered as a team member with SSNB and must have competed at the Regionals to advance to the SSNB Provincials. The injured player will be eliminated from competition.

Provincial Tournament

Eight (8) entries (four (4) per region) in each category.

First round draw –	Top Bracket	1SW	vs	4NE
		3SW	vs	2NE
	Bottom Bracket	1NE	vs	4SW
		3NE	vs	2SW

Format

Single Elimination / Consolation. Championship side play: Best 2 of 3 games.

Games shall be 21 points.

Consolation play: one game of 21 points.

Scoring

1st - 7 points	3rd - 3 points	5th - 1 point
2nd - 5 points	4th - 1.5 points	6th - 0.5 point

Championships

The SSNB Championships will be held on the third Friday & Saturday of April (with exceptions made around the Easter holiday).

Team championships will be declared in both Junior and Senior divisions for all classifications. Individual medals will be awarded to the 1st and 2nd place in singles, doubles and mixed doubles.

Junior-aged players may play in the junior divisions or the senior divisions, but not in both.

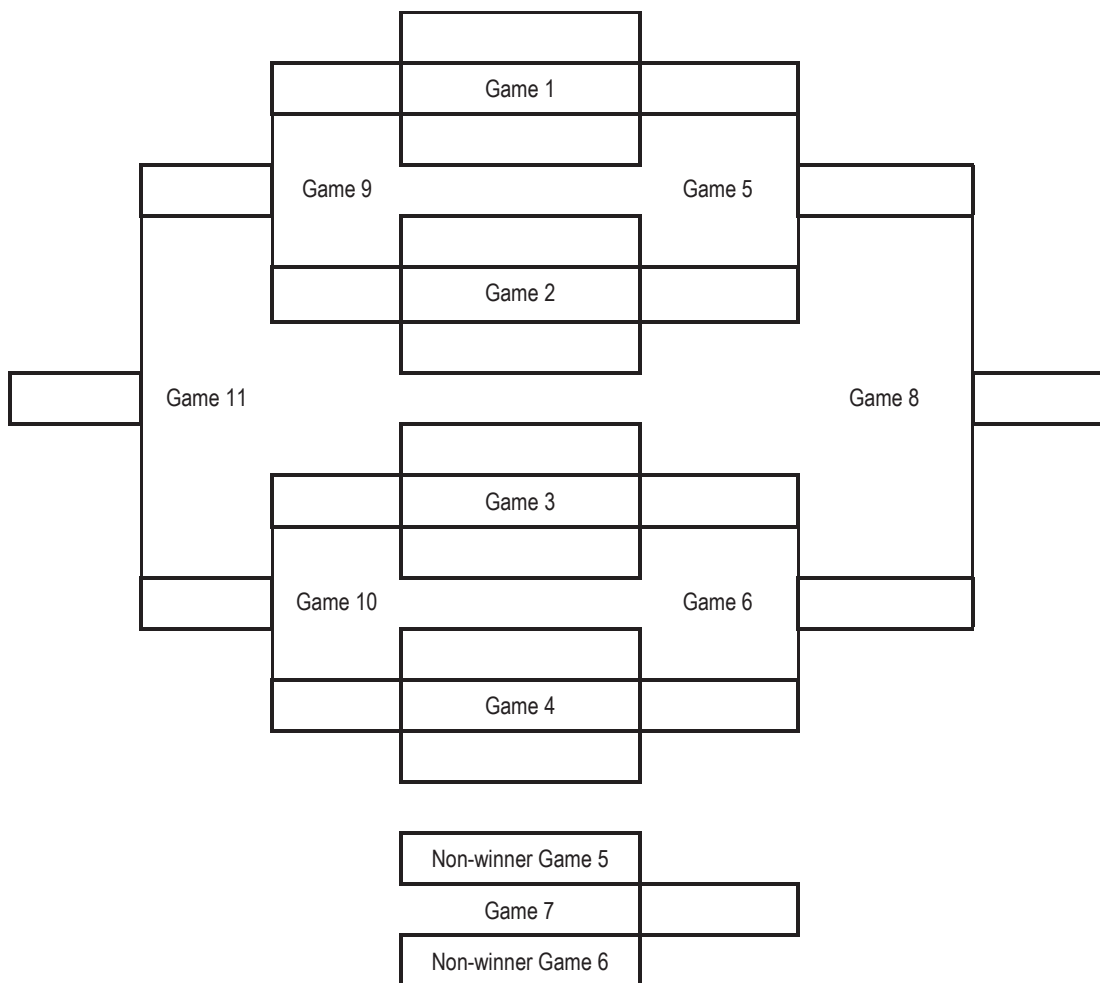
If there is a tie for first place in the Provincial Meet, the tie will be broken in the following manner:

- The team with the highest number of first place finishers will be declared the winner.
- If there is still a tie, the team with the highest number of second place finishers will be declared the winner.
- The process will continue in declining order until the tie is broken.

Schedule

Friday Evening	6:00 P.M. Singles
Saturday	9:30 A.M. Doubles and Mixed Doubles

Regional / Provincial Draw Format



Winner Game 8	1st	_____
Non-winner Game 8	2nd	_____
Winner Game 7	3rd	_____
Non-winner Game 7	4th	_____
Winner Game 11	5th	_____
Non-winner Game 11	6th	_____

BASEBALL (18.2)

Baseball Canada rules will be used unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

SSNB Modifications:

1. The SSNB game ball shall be the Rawlings ROML.
2. The game shall consist of seven (7) innings.
3. For conference league play only, there will be no extra innings.
4. Gamechanger will be the digital scoring platform for all SSNB league, exhibition and regional to provincial games.

Pitch Count: SSNB has adopted the rules governing pitch count in the 18U Division of Baseball Canada, which can be found under the SSNB Baseball Rules section.

Re-entry: Any starting player may be substituted for and returned to the game, one time only. He/she must return to his/her original place in the batting order. Any pitcher, if removed from the game, may return, but may not pitch. Any further substitutions do not jeopardize the right of re-entry for the original/starting player. Any starting player returned to the game may pitch if he/she has not previously assumed that position."

Rules Governing the Pitcher:

- a) Any player on the team is eligible to pitch, and there are no restrictions to the number of pitchers a manager may use in a game.
- b) Pitchers will not be permitted to exceed the maximum daily allowable number of pitches in any two day period. Pitchers cannot pitch in 3 games during a day. Ex: A pitcher throws 35 pitches on Day 1. Day 2, that pitcher is limited to 70 pitches.
- c) Pitcher cannot pitch 3 consecutive days unless a pitcher's first 2 days combined does not exceed 40. If pitcher's day 1 + day 2 exceeds 40, they require at least 1 days rest. Pitcher cannot pitch 4 consecutive days. One (1) days rest is needed. A Pitcher's combined 4 day pitch count cannot exceed 150.
- d) ALL pitchers and managers shall follow the following guidelines:

No. of pitches	Days Rest required	No. of pitches	Days Rest required
1-40	0	86-105	4 days
41-55	1 day	105	1 and 2 Day Maximum
56-70	2 days	150	4 day Maximum
71-85	3 days		

- e) When a pitcher reaches the maximum number of pitches allowed for a threshold, they can complete the at-bat without the penalty of days of rest, as long as they do not pitch to another batter. In this situation, the number of pitches corresponding to the threshold reached will be indicated on the pitching log. The coach/manager needs to acknowledge this to the umpire at this moment prior to the next pitch (the pitch that breaks the threshold). The umpire would then notify the scorekeeper.
- f) The Home Team will calculate the total pitches thrown for that calendar day and determine the required rest starting the next calendar day. Athletes must not exceed the maximum pitch count total for that day. After each game the Home Team scorekeeper will fill out the pdf charts and these will be sent to the Conference / League Chair. These charts MUST be sent by email within 24 hours.

Pitch count violations: Any violation of any part of the pitch count rule, the result is the Head Coach is ejected from the current game and receives an additional game suspension.

Number of Games Permitted

A team shall be limited to 18 games (including all exhibition, controlled scrimmage, tournament and league play.) All games in the regionals and provincials shall not be counted in the 18 game limit.

Special Provisions:

1. SSNB Championships to be held on the 3rd Saturday in October - Game Time: 10:00 A.M.
2. If only one field is available:

10:00 AM	Host Region #1	vs	Guest Region #2
1:00 PM	Host Region #2	vs	Guest Region #1

Championship Game: The time in between the final game for the provincials can up to a maximum of an hour.

If two fields are available, both games will be held at 10:00 AM with the championship game at 2 PM.
3. The higher seed team is the home team. If both #1 teams meet in the finals, the home team will be decided by a coin toss.
4. Baseball and softball are not to be categorized as parallel programs; therefore girls are eligible to participate.

Suspended Game during Conference, Regional and Provincial Play

- a) A suspended game shall be resumed as soon as possible at the exact point of suspension of the original game. The completion of a suspended game is a continuation of the original game.
- b) A game ending with the score tied will be treated as a suspended game providing it is a legal game (4 1/2 or 5 innings).

Runs Ahead Rule

A baseball game shall end any time after four, or after 3 and one half innings when a team is 15 or more runs behind; or after five innings, or after four and one-half innings when a team is 10 or more runs behind and has completed its turn at bat.

Schedules

Each Region will develop its own schedule as provided for in the SSNB By-laws. The schedule must be approved by the Executive Director.

Umpires

Only rated New Brunswick Amateur Baseball Umpires shall be used in all league games.

Protests

In the event of a question or a protest during a Regional or Provincial Tournament, the decision of the Tournament Director shall be final. The Tournament Director will base his decision on SSNB By-laws.

Regular season protests, if any, will be handled as indicated in SSNB By-Laws.

Ejections

All names of players and coaches ejected from a game must be reported to the school principal. A player or coach ejected from a game for disciplinary measures shall be suspended from the remainder of that game and the next scheduled game (exhibition, conference, regional or provincial). If the ejection takes place during a semi-final regional or provincial event, the player(s) or coach(es) is suspended from the next scheduled game, excluding exhibition games.

BASKETBALL (18.3)

F.I.B.A. rules will be used unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

SSNB Modifications:

1. Players – There is no limit to the number of players that may be dressed for a game.
2. The game shall have a ten (10) minute halftime.
3. SSNB game ball shall be the Wilson Evolution (Size 7 - Male, Size 6 - Female).
4. The “old” FIBA 3 point line will remain in effect: 6.25 meters or 20’ 6”.
5. SSNB rectangular key has been adopted as the standard key and will be used when available. The old trapezoidal key may be used if it is all that is available.
6. The no-charge semi-circle will not be enforced.
7. The shot clock will be reset to 24 seconds (not 14 seconds) on an offensive rebound.
8. Three experienced minor officials are required for all playoff games.
9. All regional to provincial games must be video recorded by the tournament host.

Season

The season begins on November 10th or the 2nd Friday in November, whichever comes first, until the conclusion of the Provincial Tournament.

Use of Mouth Guards

The use of mouth guards for all players is strongly recommended.

Number of Games Permitted

A senior team shall be limited to **32** games (including all exhibition, control scrimmage, tournament and league play). All games in the regionals, provincials and Final ‘12’ shall not be counted in the 32 game limit.

A junior team shall be limited to **28** games (including all exhibition, control scrimmage, tournament and league play). All games in the regionals and provincials shall not be counted in the 28 game limit.

Mercy Rule

Straight time will be run when there is a 40 point lead in the 4th quarter. When the mercy rule is in effect, there shall be no deliberate pressing or trapping anywhere on the court by either team. The mercy rule will not be in effect at the Regionals, Sectionals or Provincials.

Regional Tournaments

Where necessary, Regional Tournaments (for Regions that do not have interlocking schedules) will be played the weekend before the Junior Provincial Tournaments and the weekend before the Senior Provincial Sectionals. The Regional host will be the #1 ranked team in their conference. For Regional Championships, if a conference cannot fill teams, the regional tournament format will be determined by the SSNB Office in consultation with the conference presidents.

JUNIOR BASKETBALL REGIONAL TOURNAMENT FORMAT– 6 teams

Pool A: Host #1, Guest #2, Host #3 Pool B: Guest #1, Host #2, Guest #3

Game	Time	Home	Guest
1. Fri.	6:00 PM	Host Conference #2	Guest Conference #3
2. Fri.	8:00 PM	Guest Conference #2	Host Conference #3
3. Sat.	10:00 AM	Host Conference #1	Winner Game 2
4. Sat.	12:00 PM	Guest Conference #1	Winner Game 1
5. Sat.	4:00 PM	Non-winner Game 3	Non-winner Game 4
6. Sat.	6:00 PM	Winner Game 3	Winner Game 4

Note: Non-winners of first two (2) games are eliminated. The participants in game 6 of game 5 will be the four (4) teams that advance to the SSNB Provincial Championships

Junior Championships will be held on the fourth full weekend before March Break (March Break is Monday to Friday as defined as per the Department of EECD Calendar).

JUNIOR BASKETBALL FORMAT FOR PROVINCIAL CHAMPIONSHIPS - 8 Teams

Game	Time			
1. Fri.	1:00 PM	Host Region #1	vs	Guest Region #4
2. Fri.	3:00 PM	Guest Region #2	vs	Host Region #3
3. Fri.	5:00 PM	Guest Region #1	vs	Host Region #4
4. Fri.	7:00 PM	Host Region #2	vs	Guest Region #3
5. Sat.	9:00 AM	Winner 1	vs	Winner 2
6. Sat.	11:00 AM	Winner 3	vs	Winner 4
Championship: 4:00 PM		Winner of Game 5	vs	Winner of Game 6

*maximum 4 teams per region, if a region can't fulfill a spot, the quarterfinal will become a bye.

SENIOR BASKETBALL REGIONAL TOURNAMENT FORMAT

Game	Time	Home	Guest
1. Fri.	6:00 PM	Host Conference #2	Guest Conference #3
2. Fri.	8:00 PM	Guest Conference #2	Host Conference #3
3. Sat.	10:00 AM	Host Conference #1	Winner Game 2
4. Sat.	12:00 PM	Guest Conference #1	Winner Game 1
5. Sat.	4:00 PM	Non-winner Game 3	Non-winner Game 4
6. Sat.	6:00 PM	Winner Game 3	Winner Game 4

Note: Non-winners of first two (2) games are eliminated. The participants in game 5 and game 6 will be the four (4) teams that advance to the SSNB Sectional tournaments. Winner of Game 6 hosts a SSNB Sectional next weekend, with the non-winner of Game 5. The non-winner of game 6 and winner of game 5 goes to other sectional.

If a school ends up hosting a Jr. Championship, as well as a Senior Regional, the SSNB office will determine the schedule.

Senior Provincial Sectionals will be held the third full weekend before March Break (March Break is Monday to Friday as defined as per the Department of EECD Calendar).

Schedule

- Eight (8) teams, four (4) from each region.
- Two sectional tournaments, composed of 1 & 4 from one region and the 2 & 3 seed from the other, shall be played to determine the two finalists. The tournaments will be hosted by the two regional winners.
- Championship game will be played as part of the Final '12' on the following weekend.

Format for Hosting Single Provincial Sectional:

Game	Time			
1.	Fri.	6:00 PM	<u>Guest Region #2</u>	vs <u>Guest Region #3</u>
2.	Fri.	8:00 PM	<u>Sectional Host</u>	vs <u>Host Region #4</u>
3.	Sat.	12:00 PM	Sectional Final Game (Win. Game 1 vs Win. Game 2)	

Format for Hosting a Double Provincial Sectional:

Game	Time			
1. Fri	2:00 PM (Girls)	<u>Guest Region #2</u>	vs	<u>Guest Region #3</u>
2. Fri.	4:00 PM (Boys)	<u>Guest Region #2</u>	vs	<u>Guest Region #3</u>
3. Fri	6:00 PM (Girls)	<u>Sectional Host</u>	vs	<u>Host Region #4</u>
4. Fri.	8:00 PM (Boys)	<u>Sectional Host</u>	vs	<u>Host Region #4</u>
5. Sat.	12:00 PM	Girls Sectional Final Game		
6. Sat.	3:00 PM	Boys Sectional Final Game		

Final 12

Schools participating must have a school staff representative present at the game.

Finances

1. Final '12' – An amount of up to \$500 per team will be given to participating schools and the remainder of the profits going to the SSNB.
2. No entry fee will be charged for the Final '12'.
3. Senior and Junior Regionals, Junior Championships & Senior Provincial Sectionals:
 - a) Refer to O.R. 5.1 for the entry fees for participating teams.
 - b) Profits will be divided among participating teams.
 - c) Admission fees must be charged.
4. SSNB will not cover any deficits.
5. SSNB will set the admission price per session. Please refer to O.R. 5.3.

Coaching Certification

SSNB recommends that all coaches take the NCCP Basketball Learn to Train course before the start of the season. Completion of 'A Coach's Guide to the NBIAA' revised in 2024 & CAC Making Headway courses are mandatory for all registered members on the coaching staff prior to the beginning of the season, see OR 13.

Ejections

All names of players and coaches ejected must be reported to the school principal. Players and coaches ejected from a game shall be suspended from the remainder of the game and the next scheduled game (exhibition, conference, regional or provincial). If the ejection takes place during a semi-final regional or provincial event, the player(s) or coach(es) is suspended from the next scheduled game, excluding exhibition games.

Technical & Unsportsmanlike Fouls

Each conference shall keep track of technical fouls and unsportsmanlike fouls relating to unsportsmanlike conduct. Any Clear path fouls noted by the officials, will not be counted towards suspension tracking. Team personnel receiving their 4th technical or unsportsmanlike foul will receive a 1 game suspension; 5th technical or unsportsmanlike foul will receive a 2 game suspension, a 6th technical or unsportsmanlike foul will be suspended for the balance of the season.

All home team coaches **MUST** send game sheets (legible and signed by officials) to the Conference President/League Coordinator within 24 hrs or no later than the next school day. Failure to submit will result in the levying of an administrative fee of \$25 per game sheet, which stays within each conference.

CHEERLEADING (18.4)

The NBCA/SCNB Information Guide will be used unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

Rules and Guidelines

A majority of SSNB registered cheerleading coaches MUST be International Cheer Union (ICU) credentialed to a minimum of level 2 in all disciplines (stunts, tosses and tumbling) and MUST be present with the team during all cheerleading related activities (i.e.: practices, games, competitions etc.).

A majority of coaches must be Level 2 ICU/credentialed coach from each school must attend the Safety Clinic. It is required that credentialed coaches be present to help ensure athlete safety.

Cheerleading teams will be limited to the rules and stunt guidelines as set forth by the NBCA and SSNB. These rules and guidelines will be reviewed at the Coaches Safety Clinic and will be available to all coaches in the NBCRRG.

- Pyramids do not exceed 2 levels.
- No inversions from off the ground (cannot flip from someone's shoulders or hands).
- Legal suspended rolls will be allowed (forward suspended rolls off multi-base stunts, shoulder height or below, where the top person maintains continuous hand to hand/arm contact with the original two bases).
- Inverted dismounts are not permitted (except legal suspended rolls).
- Reversed vaults are not permitted.
- The insurance will not cover activities such as inversions and stunts higher than two people.

Team Personnel Form

Schools may register as many students as they desire. Individuals wearing the school mascot costume must be included on the cheerleading team personnel form.

COMPETITIVE TEAM

Teams must decide if they wish to operate as an exhibition team or a competitive team. The purpose of an exhibition team is to support your school's sport teams until one week prior to the Provincials. The purpose of a competitive team is to compete at the Provincial Championship and they may also support other sport teams at their school.

Start Date - Tryouts and practices can begin three weeks prior to the beginning of the fall season. Please refer to O.R. 15.13.

Stunt Limitations - Stunts may not exceed two people high. Further rules are covered in NBCRRG.

Team Composition for Competition

A team may consist of twenty-five (25) or fewer members. Gender designation not applicable.

Invitational Competitions

Competitive Teams have the option of competing at any Invitational Competition which follow the SSNB guidelines.

Provincial Championship

1. Competitive Teams must compete at the SSNB Provincial Championship, which will be held on the second Saturday of February.
2. The host team will be determined at the NBCA/SCNB AGM.
3. The facility shall be centrally located with adequate space and be accessible to hotels, motels, eating establishments and must be able to hold as many spectators that wish to attend.

4. Entry Fees will be charged to schools to cover the cost of the facility rental (where applicable) and judges.
5. Admission fees will be charged, please refer to O.R. 5.3.
6. Five (5) neutral judges will be engaged to officiate at the Provincial Championship, consisting of one (1) for each of the following categories:
 - a) Building Skills
 - b) Jumps and Tumbling
 - c) Tosses and Overall
 - d) Two (2) LegalitiesJudges must have taken the NBCA prescribed training for the current competition year and must have satisfactorily completed training in the categories that they are assigned to judge.
7. There will be a call back of the top 4 teams to perform their routine a second time and that the two scores be added together for a total to arrive at the actual winner.

Participation in other Activities

Teams, with permission from their principals, may participate in other school activities, but they do so without SSNB accident and liability insurance.

CROSS COUNTRY (18.5)

Athletics Canada Rules will be used unless special rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

Registration:

There are **four** categories (Sr. Boys, Jr. Boys, Sr. Girls & Jr. Girls) of competition and four Provincial Championship banners are presented. Medals will be awarded to each championship team and for 1st, 2nd and 3rd place in each category.

Special Provisions:

1. Team - A cross country team shall consist of **4 and a maximum of 7 runners**. The top 4 to count in the team's scoring. Individual runners are eligible to compete - 3 or less. SSNB Junior registered athletes must compete as Juniors and cannot compete in the Senior category, unless they register with SSNB as a Senior.
Paralympic athletes may compete according to their category and distance as set out below in number 3, separate results will be provided.
2. Scoring – Scoring shall be as shown in the following table:

1 st Place	2 nd Place	3 rd Place	4 th Place	5 th Place	6 th Place	
Points 1	2	3	4	5	6	Etc.

All competitors who finish the race shall be ranked and tallied in accordance with the above table. The team score shall then be determined by totalling the points scored by the First Four finishers of each team. The team which scores the smallest number of points is the winner.

In the event of a tie, it shall be resolved in favour of the team whose last scoring member finished nearer the first place.

While the fifth, sixth and seventh finishers of a team do not score points toward their team's total, their place if better than those of any of the first four of an opposing team, result in an increased score for that team.

3. Categories and Distances:

Boys	Girls
<i>Para/SO.....1,000m</i>	<i>Para/SO.....1,000m</i>
Senior 5,000 m.	Senior5,000 m.
Junior4,000 m.	Junior4,000 m.

4. Athletes will be required to participate in two (2) SSNB meets prior to Regionals.

5. **Regional/Provincials Regulations:**

The top five (5) runners from the top four (4) teams, plus individual runners up to 32 total runners from each category (Sr. Boys, Jr. Boys, Sr. Girls & Jr. Girls) per region will qualify for the Provincial Championships. A total of 32 runners (teams plus individuals) in each category per region will advance. All athletes must compete in the Regionals to advance to the SSNB Provincial Championships.

N-E Teams:	Sr. Boys	Jr. Boys	Sr. Girls	Jr. Girls
	1	1	1	1
	2	2	2	2
	3	3	3	3
	4	4	4	4
N-E Individuals:	Sr. Boys	Jr. Boys	Sr. Girls	Jr. Girls
	1	1	1	1
	2	2	2	2
	3	3	3	3
	4	4	4	4
S-W Teams:	Sr. Boys	Jr. Boys	Sr. Girls	Jr. Girls
	1	1	1	1
	2	2	2	2
	3	3	3	3
	4	4	4	4
S-W Individuals:	Sr. Boys	Jr. Boys	Sr. Girls	Jr. Girls
	1	1	1	1
	2	2	2	2
	3	3	3	3
	4	4	4	4

7. SSNB Championships will be held on the second Friday after Thanksgiving.
8. A school identified uniform/jersey is required when competing.
9. No iPods or other electronic devices may be worn by competitors during the race. Hats are prohibited during competition except for the wearing of winter caps due to cold weather.
Competitors shall not wear jewelry during competition. The following are exceptions: medical-alert medals, religious medals and a watch.
10. A course walk must be held at the Regional and Provincial events. The course walk will be at 10:30 A.M., followed by the coaches meeting and the first Race at 12:00 P.M. (recommended - 90 minutes between the course walk and first race).
11. The SSNB online registration list as of the Saturday before the SSNB Regionals is the official school entry. **NO CHANGES CAN BE MADE AFTER THIS DAY.**

FIELD HOCKEY (18.6)

Field Hockey Canada Rules will be used unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

Special Provisions:

1. A team shall be limited to 20 games (including all exhibition, controlled scrimmage, tournament and league play). All games in the regionals and provincials shall not be counted in the 20 game limit.
2. All games shall consist of four (4) fifteen (15) minute quarters.
3. Time during quarters is running except in the case of injury or goalkeeper substitution, including in the event a penalty corner or penalty stroke is awarded.
4. Each team is allowed one (1) time one-minute time out per game.
5. Teams may dress and unlimited number of players and must identify a field captain.
6. The wearing of mouth guards is compulsory for all players and the wearing of shin guards is compulsory for all field players. Any player found in the game without the required equipment shall be suspended from the game (without substitution) until a mouth guard and/or shin guards are secured.
7. In addition to the minimum goalkeeper equipment requirements from the applicable RULES OF HOCKEY, goalkeepers must also wear body, upper arm, elbow, hand, thigh protection and a mouthguard.
8. For safety reasons, SSNB strongly recommends following the Rules of Hockey: Field players are required to wear a smooth preferably transparent or single coloured face mask or metal grill face mask, which follows the contours of the face, when defending a penalty corner or penalty stroke. Players should remove their penalty corner equipment as soon as they are able to do so after the penalty corner is completed. If no suitable opportunity to remove equipment arises, they can continue to wear it whilst they are within the 23m area without penalty. All players must remove all protective equipment before they leave the 23m area or when instructed to by the umpire; the primary objective of wearing a face mask to defend a penalty corner is safety; wearing of face masks which are consistent with the underlying spirit of this guidance should be allowed
9. All names of players and coaches ejected from a game must be reported to the school principal. Players and coaches ejected from a game shall be suspended from the remainder of the game and the next scheduled game (exhibition, conference, regional or provincial). If the ejection takes place during a semi-final regional or provincial event, the player(s) or coach(es) is suspended from the final of that event.
10. All league standings will follow the SSNB operating regulation: 3 pts. for a win, 1 pt. for a tie and 0 pts. for a loss.
11. In Regional league play (interlocking), the top two teams based on league standings would advance to the Provincials.
12. The SSNB Championships will be held on the last Saturday in October. It is required that turf fields be used for the championship event. Entry Fees and admission fees must be charged, please refer to O.R. 5. Regional and Provincial games which result in a tie will move to a 10-minute overtime sudden death period. If overtime ends in a tie, there will be a shootout following FIH rules.

Saturday's recommended schedule: (to be approved by SSNB)

Game One: 10 A.M. Host Region #1 vs Guest Region #2

Game Two: 12:00 P.M. Guest Region #1 vs Host Region #2

Championship Game: 3:00 P.M.

If two fields are used:

Game One and Game Two at 10 A.M.

Championship Game: 2:00 P.M.

FOOTBALL (18.7)

Football Canada Rules will be used unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

Rules Modifications

1. The official game ball is the Wilson F2000.
2. Weather regulations: If a game is stopped due to weather, the following procedures will be in effect: If it occurs in the first half than no team is declared the winner. Both teams will receive one (1) point. If it occurs in the second half, then the team that is ahead will be declared the winner.
3. Video tapes and Communication Equipment - No team shall gain an unfair advantage through the use of videos or communication equipment.
 - a) The home team is responsible for videotaping the game and providing it to the other team and the rest of the league.
4. Minor Officials - Timers and Stick Crews - All teams will provide qualified minor officials to attend a mini seminar.
5. Coaches Technical Time Out - A CTTO is for the sole purpose to inquire in an application of the referees' interpretation of a call. The CTTO must be called before the ball has been whistled in for the next play. One per half. No carry over from half to half. One CTTO per over-time. Teams must huddle and no communication can be made to any player.

Upon a CTTO both coaches, one from each team, will come to a neutral area with the head official and line umpire. Neither coach may argue the point. Penalty for improper use of the CTTO: Loss of further CTTO and objectionable conduct foul with a loss of 10 yards, where it is the second half and there can be no further loss of CTTO the team shall be penalized an objectionable conduct foul and 15 yard.
6. Officials will send all ejections and UR penalties called from each game, within 24 hours to the league president and SSNB for school and athlete tracking purposes. The UR card will also be indicated on the game sheet at the end of the game for both the home and visiting teams to take their copy.
7. An athlete receives a UR (which violates FC article 7, 8 or 16) during the game and it's recorded by the official, the athlete is sent off the field for 3 plays and we recommend the coach speak to the player about the incident. The athlete gets their 2nd UR in the same game and they are removed for the remainder of the game, but not necessarily the next game – unless determined by officials that it was a flagrant foul with the intent to injure.
8. A player receiving their 4th UR in the season for the violation of rules involving article 7 (spearing), article 8 (head leading block or tackle) and article 16 (player in defenseless posture) will receive a 1 game suspension; 5th UR and they will receive a 2 game suspension, 6th UR and they will be suspended for the balance of the season.
9. When a team states that they are taking a knee to the officials, the defence cannot come across the line and there is no play.

Special Provisions

1. Date of first practice: No earlier than three weeks before the first day of school.
2. No games against other teams can be held before the first day of school.
3. Schools will be allowed to play football exhibition controlled scrimmage the weekend prior to the first day of school.

Guidelines:

 - a) No team will scrimmage for more than the time allowed for regular game.
 - b) Involvement of special teams will be modified to include kick off, kick-off return, punt, punt return, and extra point and field goal and the play will end where the ball lands.
 - c) Certified officials must officiate the game.
 - d) Coaches may be on the field.
4. Season – The season, inclusive of all play-off games, shall end no later than the **second**

- Saturday** in November. Spring team practices are not allowed.
- Number of Games – A team shall be limited to **10** games (including all exhibition, controlled scrimmage, tournament and league play). All games in the regionals and provincials shall not be counted in the 10 game limit.
 - Mercy Rule** - Straight time will be run when there is a 35 point lead after half time.
 - All home team coaches **MUST** send the game sheet (legible and signed by officials) to the NBHSFL President & Conference President within 24 hrs or no later than the next school day. Failure to submit will result in the levying of an administrative fee of \$25 per game sheet, which stays within the conference.
 - Coaches must submit to the NBHSFL President and SSNB Executive Director a weekly checklist for team injuries, indicating the type, when and how it occurred and their opponent.

Registration Information

- All teams must register with SSNB by June 1.
- Team players' list are to be submitted online by September 20th and the fees will be invoiced by SSNB. 9 A-side teams may only dress a maximum of 36 players per game.
- A copy of a school's team roster is to be sent to NBHSFL no later than 24 hours prior to the first regular season game.
- NBHSFL fees are due 3 weeks after the first regular season game. The NBHSFL dues are based on an even division of the calculated total official costs during the regular season. The official costs after the regular season will be divided only among the participating teams. NBHSFL fees are only to cover the officials costs during the season and do not include the banquet or AGM expenses. The NBHSFL fees are to be sent directly to the NBHSFL President.
- Additions to team rosters can be made up to two weeks before the league playoffs. Late fees will be charged in accordance with the SSNB by-laws.

Coaching Certification

All coaches will be required to take the NCCP Safe Contact course before the start of the season. It is also required that the head coach complete the NCCP Competition - Introduction Part A. Position coaches are recommended to complete the NCCP position course they are coaching and that coordinators and head coaches take the NCCP coordinator courses. Completion of the courses 'A Coach's Guide to the NBIAA' revised in 2024 & CAC concussion 'Making Headway' are mandatory for all registered members on the coaching staff prior to the beginning of the football season, see OR 13.

Sanctioning Procedures: Please note Article 3 of SSNB's By-Laws.

League Structure

Football will be structured into two different categories - 12 A-Side Football and 9 A-Side Football.

Playoff Format

The quarter finals to stay within the pools. The top 4 teams will advance to playoffs.
Semi-final - cross over - highest seeded winners from each pool will host the semi-final games.

Provincial Semi-finals

12 & 9 A-Side Leagues - lowest pool A @ highest pool B
- lowest pool B @ highest pool A

Admission Prices to SSNB Quarter-Finals, Semi-Finals and Finals

SSNB will set the admission prices (where there are secure facilities) in the quarter-finals, semi-finals and the finals. Admission fees must be charged, please refer to O.R. 5.3.

Championship Games

The Championship Finals will be held on the second Saturday in November. If it falls on November 11th, the game time(s) will be delayed in consultation with the host and the NBHSFL President.

Saturday game times: 2:00 PM & 6:00 PM

Ejections

All names of players and coaches ejected must be reported to the school principal. Players and coaches ejected from a game shall be suspended from the remainder of the game and the next scheduled game (exhibition, conference, regional or provincial). If the ejection takes place during a semi-final regional or provincial event, the player(s) or coach(es) is suspended from the next scheduled game, excluding exhibition games.

Pre-Season Practice Recommendation

The first six (6) days of practice should be used for physical conditioning according to the following provisions. During the first three (3) days, headgear, T-shirts, shorts, and football shoes constitute an acceptable dress and no other football attire should be worn. On days four, five, and six, complete football uniforms may be worn, but **ABSOLUTELY** no body to body contact should be permitted. Practice during this six-day period should be limited to two hours a day, excluding flex time (stretching) and breaks. This conditioning week should include callisthenics, kicking, throwing, running, and similar exercises. Arm shields, tackling or blocking dummies, charging sleds or similar devices could be used during these six days. If a student is late coming out for the team, he should still undergo six days of physical conditioning as outlined prior to beginning regular practice and workouts.

For educational purposes for athletes and coaches, it is strongly recommended that coaches invite an official from the NBFOA to one of your training practices to explain and provide examples of targeting, defenseless player and the head leading block or tackle rules.

Contact Practice

Teams should begin "contact" drills the day following the six days used for physical conditioning. Only one-a-day contact sessions should be conducted. A player should participate in at least eleven (11) separate days of practice, five of which should be in pads, before participating in a football contest or scrimmage with outside competition.

Schools must be sure to follow the New Brunswick Physical Education and Safety Guidelines which state that 'there must be a minimum of 72 hours between athlete participation in any regulation football games (e.g., between competition and interschool competition or between interschool competitions).'

* FNB "Head Out Of The Game" Unnecessary Roughness Penalty

1. Any **SIGNIFICANT** contact delivered **TO THE HEAD OR NECK AREA** of an opponent with the helmet, facemask, forearm, shoulder or hands shall be ruled as unnecessary roughness.
2. Any **SIGNIFICANT** contact by a player with their **HELMET** to an opponent either in attempting a tackle or a block shall be ruled as unnecessary roughness.

For the purpose of this rule, **INTENT** is **NOT** a factor when considering if it is a foul or not. **The responsibility lies solely with the player initiating the hit or tackle to avoid the contact to the head and neck area.**

Exceptions:

1. Straight arm by ball carrier - A ball carrier is permitted to make contact to the helmet, facemask, or neck area of an opponent attempting to make a tackle with their hand provided that there is **no thrusting motion** of the arm involved in making the contact to the head or neck area. After the hand is in contact with the potential tackler a pushing action is permitted to ward off the tackler. The hand may be on the facemask but must not grasp the facemask.

2. Short yardage plunge - A ball carrier may plunge head first toward a gap when attempting to gain a first down or a play at the goal line, either attempting to score or get out of the end zone. An opponent attempting to stop the runner may make unavoidable contact to the head or neck area of the runner due to the position the runner has assumed to gain the required distance, this contact shall not be considered a foul unless it involves SIGNIFICANT helmet to helmet contact. A short yardage play of this nature does not permit the ball carrier to lower their helmet and target a potential tackler with their helmet.

GOLF (18.8)

Golf Canada Rules will be used unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

Special Provisions:

1. A team shall consist of **four** players (minimum) and up to **six** players (maximum) for Regional and Provincial play. Individual golfers are eligible to compete with 3 or less players, when they are unable to form a full team. The top 4 individual golfers advance to Regional play.
2. For purposes of calculating team standings, the lowest **four** gross scores shall be used.
3. In conference competition, at the discretion of the Tournament Manager a school may enter more than six players, but the six players comprising the team **must** be named before play begins.
4. A player found to be taking liberties of the rules shall be disqualified.
5. Female golfers will tee off from the forward tee.
6. A standard 10 stroke maximum score per hole is in place for conference, regional and provincial play. Once a player has incurred 10 strokes, they will pick up their ball and wait for other players in the group to finish the hole.
7. Regional and Provincial hosts must book the course by June 1st.
8. Attending coaches would be responsible to act as course marshals, as directed by the host – minimum of one adult per group.
9. Coaching/communication with the players will not be permitted on the course. (Communication includes, but is not limited to coaches, parents, and spectators. Cell phone use of any kind is not permitted). Spectators are only permitted in designated spectator areas (if applicable), as assigned by the host in consultation with the golf course staff.
10. Entire course is a lateral hazard where a lost ball is dropped at point of entry and a 1-stroke penalty.

Conduct

Conduct considered detrimental to the best interest of the game, or be coming of a contestant, either on or off the golf course, and coming to the attention of the Tournament Manager, will be dealt with and can result in disqualification of the offending person(s).

Acceptable Dress Code

Shirts with collars and sleeves, golf shirts, slacks, golf shorts or walking shorts are considered appropriate attire.

Appropriate non-metal spike golf shoes, tennis shoes or sneakers are required on the golf course. Other types of shoes are prohibited.

Any item of clothing that advertises an alcohol product or a product, which is not in 'good taste' is not permitted.

Recording scores

The marker (player) should verbally check the score with the competitor and record it. After completion of the round, the competitor should check their score for each hole and settle any doubtful point with their playing partner (marker). They must ensure that both players have signed the score card and return it to the organizing committee as soon as possible.

Team Tie-Breaker Procedure

If a tie for the team title exists after 18 holes at the provincial tournament, or fourth place at the conference or regional level, the winner will be determined by using the scores of the 5th player on the tied teams.

If one team or both teams don't have a 5th player, each team shall select their top player for a sudden death playoff.

Regional Play

Four (4) teams from each conference + any individual (s) in the top four in conference play. Shot gun starts are permitted in all conference, regional and provincial play. If a shot gun start is not being used, the order of play will begin with the highest handicaps until the lowest handicaps.

Provincial Play

Four (4) teams from each region + any individual (s) in the top four in regional play. All athletes must compete in the Regional to advance to the SSNB Provincial Championships. The SSNB awards ceremony will begin once all participants have completed the course. The SSNB banners will be presented to the first place school in each category (A, AA & AAA). Medals will be awarded to each championship team and to the 1st, 2nd and 3rd place for individual golfers per category.

The SSNB Championships will be held on the Friday or Saturday in October of the Thanksgiving weekend.

Season

Fall - Regional and Provincial tournaments are to be scheduled on Saturdays whenever possible.

Note:

The Rules of Golf were amended to permit the use of mechanical and electronic range-finding devices on the course as long as distance is the only metric being displayed. Technology which provides other information (such as inclination or wind data) remain illegal.

HOCKEY (18.9)

The Canadian Hockey Association (CHA) Rules will be used unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

Special Provisions:

While the rules governing the conduct of hockey shall be provided by Hockey Canada (HC); a number of modifications outlined below shall take precedence over HC rules.

SSNB - MODIFICATIONS

1. All coaching staff of hockey teams must be certified by SSNB and must wear CSA approved helmets during on-ice practices for insurance purposes.

2. High school hockey shall be administered with the following dates:

September 20: tryouts begin (all players must sign the Waiver & Release Liability cards before they tryout)

October 15: Date to register or withdraw from hockey with SSNB.

October 20: Teams can start exhibition games/tournaments, which count towards the game limit.

November 1: Deadline for all bench/team personnel to take the HNB certification for *Shift Forward* (or *Respect in Sport* or *Speak Out*) & the head coach to take the University Safety Course (expires after 5 years). If team personnel is not certified by December 15th, they will not be able to coach until they have taken and passed the course(s).

November 10 or the second Friday in November, whichever comes first : league play begins (No team involved in a fall sport provincial championship is forced to play on this date.)

November 15: Team personnel forms are to be submitted online through the Hockey Canada Registry (HCR). All bench staff and schools advisor's name(s) must be submitted using the SSNB online system.

January 15: Deadline to add an affiliate player with HNB.

February 1st: Deadline for late additions to team personnel form.

Schools will be allowed to play in a piloted jamboree with the following guidelines:

- a) Maximum of three (3) 20 minute games prior to October 20th and counts as one exhibition game.
- b) Ensure the NB Safety Guidelines are adhered to.

Number of Games Permitted – A team shall be limited to 40 games (including exhibition, jamboree, tournament and league play). All games in the regional and provincial playoffs shall not be counted in the 40 game limit. * The minimum guaranteed games per team at a tournament will count towards the season limit.

If you have playoffs that are best 2 out of 3, 2 games count and if they are best 3 out of 5, 3 games count.

The league playoffs for girls and boys must be completed by the Sunday prior to the Regionals. The provincial championships will be held one week later.

3. High school teams shall be permitted to dress 20 players for a game, if 20 players are dressed two (2) must be goaltenders.

4. Affiliation between SSNB and HNB will be as follows:

- Female – SSNB can affiliate to the following HNB teams – Female (U15 AA, U15 AAA,, U18 AA, U18 AAA) and U15 B, U15 A, U15 AA, U18 A, U18 AA.
- Female – HNB registered female (U13 A, U13 AA, U15 A, U15 AA, U15 AAA, U18 A, U18 AA) and U13 C, U13 B, U13 A, U13 AA, U15 C, U15 B, U15 A, U15 AA and U18C players can affiliate to SSNB.
- Male – SSNB can affiliate to Junior C, Junior B, Junior A. Players in their 2nd and 3rd year of HNB U18 eligibility can affiliate to U18AAA. Players in their 1st year HNB Eligibility of U18 will not be able to affiliate to U18AAA unless there is no U16AAA team in their HNB District.
- Male – U15 AAA, U15 AAA Major, U15 AA, U15 A, U15 B, U15 C, U16 AAA, U18 AA, U18 A, U18 B and U18 C can affiliate with SSNB.

Shared athletes through Policy 3.1 can not be designated as an affiliate player on the SSNB

roster

Players will be able to affiliate for a maximum of 10 games and would exclude exhibition games and/or exhibition tournaments games. All affiliation rules would follow Hockey Canada (Regulation E) and HNB Guidelines.

Affiliated players used by a team in a game, shall be designated on the official game report by the use of the symbol "AP" after their name on the players line-up or team roster.

Emergency Goaltender: *A replacement for a goalkeeper who may be seriously ill or injured, so as to prevent their playing may be permitted at the discretion of the SSNB Executive Director in consultation with League Coordinator and HNB Executive Director when applicable*

If a player is registered in any Hockey Canada/USA Seniors, Juniors, U18 Major AAA on December 1st or later, they are ineligible for SSNB hockey for the remainder of the season.

5. The registration procedure is as follows: Each high school team must register using the SSNB Online System and submit the team roster using the HCR prior to their first league game, but no later than midnight of November 15. Before they tryout, all players must sign the Waiver & Release Liability cards, which can be found online. No WAIVER and RELEASE LIABILITY cards of a player who is under 18 at the time of registration will be deemed valid unless countersigned by their parent or guardian. The WAIVER and RELEASE cards MUST be kept by the School Principal.
SSNB will invoice each school to pay the participation fees. The school will issue a cheque payable to the SSNB.
6. Every team MUST have a staff advisor, designated staff personnel or security at all home games and are encouraged for playoffs, regionals and championships. The staff advisor's name(s) must be submitted using the SSNB online system by November 15th.
7. SSNB will only use NBHOA officials to officiate SSNB games. For all SSNB games, 4 officials must be used for boys and 3 officials must be used for girls. If the proper number of officials cannot be obtained for exhibition games, approval must be granted by the SSNB after consultation with the NBHOA. Goal judges will not be used for any SSNB playoffs, Regional or Provincial. If leagues agree to use goal judges, they must be a certified official.
8. Time out rule: One 30-second time-out per period will be permitted (including OT). A request for a time-out can only be made by the Captain, Alternate captains or coaches to the referee. This request cannot be refused by the referee.
9. Protective Equipment: In all games, warm-ups and practices a CSA approved helmet and facemask and a BNQ throat protector must be worn by all players and goalkeepers. All goalkeepers must wear a throat protector that is attached to the facemask. A 10 minute misconduct penalty will be issued to those not following this rule.
10. Icing - A team that is in violation of icing shall not be permitted to make any player substitutions prior to the ensuing face-off. Should the offending team elect to utilize their team time-out at this stoppage of play, they are still not permitted to make any player substitutions. However, a team shall be permitted to make a player substitution to replace a goalkeeper who had been substituted for an extra attacker, to replace an injured player, or when a penalty has been assessed which affects the on-ice strength of either team.
11. The playing time for all boys games will be three (3) 20 minute stop time periods and the playing time for all girls games shall be three (3) 15 minute* stop time periods. *In leagues where possible and may play up to 18 minutes (which must be determined at the start of the season). A suspended game shall be resumed as soon as possible at the exact point of suspension of the original game, unless both coaches agree to which the original score stands. The completion of a suspended game is a continuation of the original game.
12. Overtime: If a league chooses to play overtime and for all Regional and Provincial Playoffs (with the exception of the Provincial Championship final game), it will be as follows: 1 five (5) minute overtime period consisting of three on three players, followed by a three player shootout. No player can shoot twice until all players (except goalies) on the roster have par-

anticipated in the shootout. The winner will receive 2 points and the non-winner receives one (1) point. The Provincial Championship final game's overtime will be 3 vs 3 format, with 1st overtime will be 10 minutes, followed by: resurfacing, then 20 minutes, repeating until sudden death.

13. The recommended minimum number of players dressed for a game be eleven (11) players including one goaltender.
14. Mercy Rule - Straight time will be run in the last 10 minutes of the game when there is a 6 goal lead, but if both coaches agree, they may play the remainder of the game to which the final score counts.
15. Video requirements for all hockey and video review policy:
 - a) Both male & female teams will be responsible to record the game at two different angles, where possible cameras should be at 45° angle from each other. The Home team will set their location and the Guest team will adjust accordingly. Video is still required even if the game is being streamed by another group.
 - b) All games must be kept for a minimum of 7 days.
 - c) Upon request from SSNB, clips of major incidents (timestamped) must be submitted by both teams to offer two angles of play within 24 hours. Teams unable to provide the requested video will be issued a fine of \$250 for the 1st offence and \$500 for each additional.
 - d) Clips submitted must only include the captured infractions for which the major incident occurred.
 - e) SSNB will determine if further review is required by the NBHOA.
 - f) Decisions made in the video review process will have no impact on the game played, but further suspensions may occur.
 - g) All video review decisions will be final and will not be subject to appeal.
 - h) Video may be shared with the NBHOA and could be used as an education / development tool.
 - i) Please read further on Video Review policy in Appendix 7.

16. Fair Play Point system

For all SSNB games, including exhibition, regular season, tournaments, playoffs and regional play, both teams are eligible to earn 1-point in their respective league/tournament standings if they have 16 minutes in penalties or less during the game.

Regional & Provincial

Regional Format - To be determined by each league coordinator and approved by SSNB. For regions playing a best of 3 format, we recommend that game 1 of the series be played by the Tuesday prior to the Regional weekend.

Provincial Format - SSNB Championships will be declared by a Round Robin Tournament

	Away		Home	
Friday	Host region 2	vs	Guest region 1	
	Host region 1	vs	Guest region 2	
Saturday	Guest region 2	vs	Guest region 1	
	Host region 2	vs	Host region 1	
	Guest region 2	vs	Host region 2	
	Guest region 1	vs	Host region 1	
Sunday	Championship Game			

Format with the top two teams advancing from each region. For the Round robin of the Provincial Championship, teams will be ranked by win/loss record.

The higher seed team is the home team. If both #1 teams or both #2 teams meet, then the host region is the home team.

Play in March Break - Each league will decide if they will play over March break and the decision will be determined prior to the schedule being sent out.

Conference Leagues' Responsibilities

Leagues **MUST** declare their two top seeded teams by the Sunday prior to the Regionals. Failing to do this, the Executive Director will declare the two top teams in League Play as the conference representatives that will advance to provincial play.

Financial Obligations to SSNB

Admission must be charged to all spectators attending the Regionals and Provincial Hockey Championships. Regional tournaments and Provincial ticket prices per session - \$10/adults, \$5/students (13 and over), \$25/adult tournament pass, \$10 student tournament pass. A session consists of two games (Friday, Saturday morning, Saturday evening and Sunday final). School season passes are not honored at SSNB Regionals or Championships.

The SSNB Financial Report Form must be submitted by **April 15** of each year. **Failure to do so will result in a \$1000 fine.**

Coaching Certification

All head coaches must obtain a minimum certification of Development 1 by December 15th. All coaches are required to complete the Hockey Canada Coach 2 course **before** the start of the season and will not be permitted to be on the bench until they are certified. One bench staff from each team **must** also be certified at the Hockey University online Safety Course by December 15th, if not, the team will be ineligible for all games, practices and sanctioned activities. All volunteers will be required to take the online Respect in Sport course, as well as a Criminal Record Check. Completion of 2024 version of 'A Coach's Guide to the NBIAA' & CAC Making Headway courses are mandatory for all registered members on the coaching staff prior to the beginning of the season, see O.R. 13. Coach certifications will be reviewed after December 15th and if courses are missing, the coach(es) will be removed from the bench until they can complete the course and the team will be issued a \$100 fine. Coaches receiving unsportsmanlike suspensions may also be asked to update a course

Sanctioning Procedures

All schools must receive sanction by SSNB to play non-member teams. Alumni and fundraiser* games are not permitted by Hockey Canada. All schools must send their schedules and out-of-province scoresheets to the SSNB office. The sanctioning procedures of SSNB are clearly stated in **Article 3 of the SSNB By-Laws**.

*Fundraiser games against SSNB hockey teams registered through Hockey Canada may be approved

Schools competing in international tournaments against non-member schools must pay a sanction fee of \$50 and they must submit all their tournament game sheets to the SSNB office immediately following the tournament.

Schools are reminded not to plan exhibition games or tournaments until they have received proper sanction.

SSNB Member Tournaments

All SSNB exhibition tournaments must be registered with SSNB three (3) weeks before the tournament. Tournament managers are required to enter their tournament games through the Gamesheet App under the SSNB league. Schools in violation of this rule may be fined and the Executive Committee may levy additional penalties as it deemed warranted. SSNB will not sanction tournaments that are not registered on time.

Participation Fees (Invoiced by SSNB)

\$90 per player and \$65 per coach/bench staff

Any additions to the team roster after the deadline will be assessed a late fee of \$100 plus the participation fee per player. All additions must be made by February 1st by contacting the SSNB office.

* Extenuating circumstances (i.e. goaltender injury) will be given special consideration.

SSNB Hockey – Guidelines for Suspensions

Hockey Canada rules are to be enforced for all games with the following modifications:

1. Copies of all notices of suspension must be sent to SSNB Executive Director, Hockey Commissioner, school Athletic Director & Principal, SSNB Conference President and HNB.
2. Team personnel ejected from a game for disciplinary measures shall be suspended from the remainder of that contest and the next played scheduled game (exhibition, conference, regional or provincial). If the suspension /ejection takes place during a semi-final regional or provincial event, they will be suspended from the next scheduled game, excluding exhibition games. Any further disciplinary action should come from the Hockey Coordinator, Conference Disciplinary Committee or SSNB. Any team personnel who incurs a suspension cannot participate in any played games (league, playoff, exhibition or tournament) in any capacity (i.e. coaching, officiating, playing, etc.) until such suspension has been served in hockey. If all suspensions are not fully served in hockey*, the remaining suspensions will carry over to the next SSNB sport. *Hockey suspensions remaining at the end of the hockey season will be reviewed by the SSNB Executive Director, President & Hockey Commissioner to determine how they will be served. In order to serve their remaining suspensions in the next SSNB sport, athletes must have been part of the SSNB sport in the previous year. Athletes and coaches can remain practicing until that suspension has been served. No additional competitions may be added to a team's schedule until after the suspension has been served. Team personnel may not participate /communicate with his/her team before a game / match, between periods, at half-time or after a game while serving a suspension. Such action will result in a minimum 5 game suspension. If a coach is ejected from a contest and an assistant coach or an assigned school representative is not available to continue as coach, the event is terminated and forfeited to the opponent.
3. **Warm Ups** – the following actions will result in a 10-minute misconduct being issued to the offending player. If 3 misconducts are issued to a team, that coach will receive a game misconduct.
 - a) Not wearing a neck guard.
 - b) Wearing a helmet without the chin strap or facemask straps properly fastened.
 - c) Intentionally shooting a puck over the center line.
 - d) If a player/goalie touches the centerline.
 - e) If a player remains on the ice following the expiration of the 15-minute warm-up. 2 players per team will be permitted to pick up pucks without receiving a 10-minute misconduct.
4. Hockey Canada playing rule 28 f. (stick infraction rule) applies in SSNB High School hockey. Three (3) stick infractions in a game calls for a game ejection. For the purpose of applying this rule, the 5 stick penalties are: High Stick, Cross Check, Slashing, Butt-ending and Sparring.
5. Any player accumulating 4 minor penalties in the same game will receive a game ejection.
6. Any 10 minute misconduct issued following the completion of the game shall warrant a one game suspension.
7. **Coach Accountability**
 - If a team receives 2 game misconducts (GM) (excluding 2 min. CFB + GM) in a game, the coach is advised that any additional GMs to their team will result in an automatic GM to the head coach.

Fights – Players participating in a fight will receive a suspension.

- If there is a fight, coaches will be given a verbal warning by the game official that if there

- are any additional fights, the head coach will be assessed a GM.
 - If another fight occurs in a subsequent stoppage of play in the same game, the head coach will be assessed a GM. However, if an instigator is identified in such subsequent fight, only the head coach of the instigating player will receive the GM.
 - If a player is identified as the instigator of a fight, the instigating player(s) will receive the minimum suspension, plus a 2 game suspension.
 - If a fight should occur in the last ten minutes of the game, those involved will receive an additional 2 game suspension.
8. All digital game sheets signed by officials can be viewed by the League Coordinator within 24 hrs or no later than the next school day. Failure to finalize the digital game sheet will result in the levying of an administrative fee of \$25 per game sheet, which stays within each conference.
 9. Suspensions will be handed down by the league coordinator for any games involving teams in their conference.
 10. All suspensions begin immediately and include the next played "scheduled" SSNB sanctioned exhibition, league, tournament and/or play-off games.
 11. Suspended players / team officials must be noted on the game sheet during the games comprising the suspension.
 12. SSNB will honour all suspensions levied under the jurisdiction of Hockey New Brunswick.
 13. The following strike system will be in place at the start of every hockey season and will be reviewed on a case by case basis:

Only the major penalties listed within the Minimum Guidelines for Suspensions per 5 years of Eligibility, excluding administrative coach suspensions will be included in the total number of game suspensions

⇒ Strike 1 – A team has a total of 20 game suspensions:

- School staff representative must attend all games;
- A Coach's Guide to the NBIAA refresher course for all bench staff must be taken within 72 hours of Strike 1 notice;
- Fair Play Codes for Athletes & Coaches must be reviewed and signed by all within 72 hours of Strike 1 notice.

⇒ Strike 2 – A team has a total of 30 game suspensions:

- School staff representative must always be near the bench;
- HNB Shift Forward refresher course for all bench staff must be taken within 72 hours of Strike 2 notice;
- The team is put on probation;
- Performance bond of \$750 must be received at the SSNB office within 7 days of Strike 2 notice;
- Additional suspensions may be issued to players and coaches based on team history.

⇒ Strike 3 – A team has a total of 40 game suspensions:

- Forfeiture of the performance bond;
- The team is no longer eligible;
- Coaches and/or players may be suspended next season.

In preparation for next season, all teams in Strike 2 or Strike 3 in the current season must submit to SSNB their plan of action indicating how they will change the culture of their hockey program.

Minimum Guidelines for Suspensions per Season		Accumulative Major Suspensions		
HC Rule No.	Infraction	1st Offence	2nd Offence	3rd Offence
4.7	3rd 10 Minute Misconduct - season	1 game	Doubles with each subsequent; 4th=2 games, 5th=4 games, 6th=8 games, etc.	
4.7 C	Second misconduct in the same game	1 game		
4.8 C	Game Misconduct - Last 10 minutes	1 game		
7.2 B	* Boarding	2 games	4 games	Indefinite
7.3 B	* Body Checking	2 games	4 games	Indefinite
7.4 B	* Charging	2 games	4 games	Indefinite
7.4 B	* Charging Goaltender	2 games	4 games	Indefinite
7.5 B	* Checking from Behind (5m + GM)	2 games	4 games	Indefinite
7.5 B	* Checking from Behind (non-checking game)	4 games	8 games	Indefinite
7.6 B	* Head Contact	2 games	4 games	Indefinite
7.8 B	* Kneeing	2 games	4 games	Indefinite
7.9 B	* Roughing	2 games	4 games	Indefinite
8.1 B	Holding	1 game		
8.2 B	Hooking	1 game		
8.3/8.4/ 8.5 B	* Interference / Protection of Goaltender	2 games	4 games	Indefinite
8.6 B	* Tripping	1 game		
8.7 B	* Clipping	2 games	4 games	Indefinite
9.2 B	* Cross-Checking	2 games	4 games	Indefinite
9.3 B	* Slashing	2 games	4 games	Indefinite
	<i>In addition to the minimum suspension, any player receiving 2 <u>major</u> penalties in the same season, for any of the infractions* = 1st offence; 3 penalties = 2nd offence.</i>	3 games	Indefinite	
	Any team that receives 2 or more penalties in the same game, for any of the infractions*, the coach receives the 1st offence; the 2nd violation, the coach will receive the 2nd offence and the 3rd violation, the coach will receive the 3rd offence. Coordinators must consult with the <u>SSNB</u> Hockey Commissioner prior to awarding coach suspensions. Additional coach education may be requested.	2 games	4 games	Indefinite
10.5 B	* Throwing / Shooting a Stick/Object	2 games	4 games	Indefinite
Minimum Guidelines for Suspensions per 5 years of Eligibility		Accumulative Major Suspensions		
HC Rule No.	Infraction	1st Offence	2nd Offence	3rd Offence
4.9 B	* Gross Misconduct - Last 10 minutes	1 additional game		
7.1 B	* Pulling hair or grabbing face mask / helmet/ chin strap	3 games	6 games	Indefinite
7.1 C	* Attempts to Injure or Deliberate Injury (Match)	<u>Minimum 6 games</u>		
	In addition to the minimum suspension, a player accumulating 2 match penalties in the same season for any infractions*.	6 games		
	Any player receiving 3 match penalties for any of the infractions*.	Indefinite until further review		
7.2 C	* Boarding (Match)	<u>Minimum 6 games</u>		
7.3 C	* Body Checking (Match)	<u>Minimum 6 games</u>		
7.4 C	* Charging (Match)	<u>Minimum 6 games</u>		
7.5 C	* Checking from Behind (Match)	<u>Minimum 6 games</u>		
7.6 C	* Head Contact (Match)	<u>Minimum 6 games</u>		

Minimum Guidelines for Suspensions per 5 years of Eligibility		Accumulative Major Suspensions		
HC Rule No.	Infraction	1st Offence	2nd Offence	3rd Offence
7.8 C	* Kneeing (Match)	<u>Minimum 6 games</u>		
7.9 C	* Roughing (Match)	<u>Minimum 6 games</u>		
7.10	* Fighting	<u>Minimum 6 games</u>		
7.10 E	* Player(s) 2nd, 3rd, 4th man into fight	<u>Minimum 6 games</u>		
7.10 E	* Second Fight- Same Stoppage of Play	<u>Minimum 6 games</u>		
7.10 F	* Fighting with team official (Gross Misconduct)	<u>Minimum 6 games</u>		
	Any coach whose team engages in two or more fights in a game	1 game (2 games in last 10 min)	3 games (4 games in last 10 mins)	Indefinite
7.11	Instigator or Aggressor of a fight	<u>Minimum 3 games</u>		
	The coach of a team whose player is penalized for a 3rd offence of Instigator or Aggressor	3 games		
8.3 C / 8.4 C / 8.5 C	* Interference (Match)	<u>Minimum 5 games</u>		
8.8 C	* Slew Footing (Match)	<u>Minimum 6 games</u>		
9.1 C	* Butt-Ending (Match)	<u>Minimum 6 games</u>		
9.2 C	* Cross-Checking (Match)	<u>Minimum 6 games</u>		
9.3 C	* Slashing (Match)	<u>Minimum 6 games</u>		
9.4 C	* Spearing (Match)	<u>Minimum 6 games</u>		
10.4 E	* Leaving bench/penalty bench for (or during) a fight	5 games	Indefinite	
	The coach of the team whose player is penalized for being the first to leave the players bench or penalty bench during a fight or start a fight.	4 games		
	* Any player who leaves the players' bench or penalty box during a fight and is assessed a Major or Misconduct penalty for his actions shall also incur an automatic Game Misconduct penalty.	4 games	Indefinite	
	The coach whose player left the players or penalty bench during a fight and is assessed a Major or Misconduct penalty	3 games		
	The coach whose player left the players or penalty bench, but is not identified as the first to leave the bench during an ice altercation.	2 games		
	Team Official getting on the ice - Game Misconduct	3 games		
	Game Misconduct - Coach fails to hold bench at end of game when penalties are being called	1 game	2 games	Indefinite
10.5 C	* Throwing / Shooting Stick/Object	<u>Minimum 6 games</u>		
MALTREATMENT				
11.1 E	* Unsportsmanlike Conduct - Player/Coach/Personnel (Game misconduct only)	1 game	2 games	Indefinite
	Receives 2 Game Misconducts under Rule 11.1 in a season	4 games	3rd = Indefinite	
11.2 E	* Disrespectful & Abuse Behavior - Players (Game misconduct only)	4 games	6 games	Indefinite
11.2 E	* Disrespectful & Abuse Behavior - Coach/Team Official (Game misconduct only)	6 games	10 games	Indefinite
	Receives 2 Game Misconducts under Rule 11.2 in a season	6 games	3rd = Indefinite	
11.2 F	* Disrespectful & Abuse Behavior - (Gross misconduct)	<u>Minimum 5 games</u>		
11.3 C	* Spitting - Match Penalty	<u>Minimum 6 games</u>		
11.4	* Gross Misconduct - Discriminatory Grounds	<u>Minimum 6 games</u>		
11.5	* Physical Harassment of Officials - Match Penalty	<u>Minimum 6 games</u>		

RUGBY (18.10)

Rugby Canada Rules will be used under the guidelines set down for the Under Nineteen Division unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

Special Provisions:

1. The required minimum number of players dressed to start a game must be fifteen (15) .
2. For 15s , teams must have a minimum of twenty (20) players registered for competition, but SSNB strongly recommends registering twenty-five (25) or more players.

Length of Game: Rugby 15s games consist of two 35-minute halves (70-minute games) with at least a five (5) minute break between halves. Players are only permitted to play a maximum of 80 minutes per day and 48 hours between full regulation games.

No overtime is played in regular season matches. (See below for playoff format)

The completion of ½ of a rugby match constitutes full time if the referee decides to halt the match for safety. The team with the most points at the completion of the ½ will be considered the winner. This does not include a team forfeiting the remainder of a game. Sanctions are set down by SSNB for any team failing to complete a match.

Number of Games Permitted: A rugby 15s team shall be limited to **12** games (including exhibition, control scrimmage, tournament and league play). Each team can participate one pre-season jamboree to maximum of 70 minutes of play and be considered 1 game. All games in the regionals and provincials shall not be counted in the 12 game limit.

Tie-Breaking Procedure (at the Conclusion of a Playoff Game)

There is no overtime in regular season play.

In the event of a tie after regulation in a play-off match, prior to penalty kicks, each team will get a line-out from the 22-yard mark until a non-penalty stoppage or a try, before proceeding to the U-19 tie-breaking procedure.

- The team scoring the higher number of tries shall be deemed the winner.
- The team scoring the higher of goals (converted ties) shall be deemed the winner.
- If a tie still exists, the team scoring the higher number of drop goals shall be deemed the winner.
- If a tie still exists, the team scoring the higher number of penalty goals shall be deemed the winner.
- If there is still a tie, each team shall nominate five kickers to kick at goal from the 22 metre line. The kickers from each team will alternate. All kickers will kick. The team that scores the higher(est) number of successful kicks out of five, will be designated a higher(est) place.
- If there is still a tie, kicks will be taken from a position, a further ten metres from the posts. The competition shall continue until one kicker in the series succeeds where the opposition misses. The team whose kicker has recorded the successful kick out of this pair shall be designated the higher(est) place.
- The kicking competition shall be repeated until a winner is declared.

League points system: Points will be awarded for play on the following basis: Win - 3 points; Tie - 1 point; Loss - 0 points

Substitutions: Unlimited substitutions are permitted. Substitutions shall be made only when the ball is dead and with the permission of the referee.

Equipment:

- a) All players must wear full fit interior mouth guards.

b) All other players' clothing will be as stated in the World Rugby's Law 4 (Players' Clothing).

Disqualifications: Any player ordered off the field shall be suspended from the team's next scheduled match. Names of all players suspended must be reported to the school principal.

Coaching Certification

All coaches will be required to take the Community Initiation - World Rugby Level 1 course before the start of the season. Completion of 'A Coach's Guide to the NBIAA' course is mandatory for all registered members on the coaching staff prior to the beginning of the season, see OR 13.

Officials

All rugby games played under SSNB guidelines must be refereed by a minimum level 1 certified referee.

Pre-Season : Due to the nature of the sport of rugby and the length of the season training sessions should begin in February. Players must be physically ready to participate in contact drills and have participated in at least 8 separate 60 minute minimum full contact progressive physical training sessions.

Schedule: The league is composed of two Regions : North/East and South/West. The scheduling will depend on number of teams registered.

Regional Play: In Regional league play (interlocking), the top two teams based on league standings would advance to the Provincials.

Semi-Finals: to be played the Sunday prior to provincials.

Provincial Championship Game: The site will be alternated between the North-East and South-West winner. The Championship Match will be played on the first Friday of June with a start time of 5:00 PM or 5:30 PM if possible. The schedule must be sent to SSNB for approval.

Financial - The Semi-Finals and Provincial Championships must charge admission fees, please refer to O.R. 5.3.

Ejections: All names of players and coaches ejected must be reported to school principal. Players and coaches ejected from a game shall be suspended from the remainder of the game and the next scheduled game (exhibition, conference, regional or provincial). If the ejection takes place during a semi-final regional or provincial event, the player(s) or coach(es) is suspended from the next scheduled game, excluding exhibition games.

SOCCER (18.11)

The F.I.F.A. rules will be used unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

SSNB Regulations:

1. Number of Games Permitted – A senior team shall be limited to **20** games (including exhibition, control scrimmage, tournaments and league play.) All games in the regionals and provincials shall not be counted in the 20 game limit. A junior team shall be limited to **18** games (including exhibition, control scrimmage, tournaments and league play.) All games in the regionals and provincials shall not be counted in the 18 game limit.
2. Length of Game - Two (2) thirty-five minute halves with a 10-minute rest between halves.
3. The Adidas MLS Competition NFHS is the official soccer ball of SSNB and will be used for all SSNB competitions.
4. Tie-Breaking – Where required (league playoffs, regionals, provincials), if the score is tied at the end of regulation time, two (2) ten-minute periods of overtime play shall be played in its entirety. If the score is still tied at the end of overtime, the winner shall be decided by taking of kicks from the penalty mark in accordance with the FIFA Laws of the Game.
5. Substitutions - Unlimited
6. Number of Players Dressed for a Game - Unlimited. The required minimum number of players dressed to start a game must be seven (7).
7. A player receiving a **Red Card** in the semi-final of a Provincial Tournament, shall be suspended from the final game of that tournament.
8. A soccer match will be declared official if a minimum of **fifty-five (55)** minutes have been played.
9. Mercy rule will take effect when there is a 6 goal lead and the score at the 55 minute mark will be the final score.
10. All league standings will follow: 3 pts. for a win, 1 pt. for a tie and 0 pts. for a loss.
11. Officials - Every attempt shall be made to have three (3) qualified officials for all Conference, Regional and Provincial Playoffs.
12. **Regional Play:** The final game cannot be played sooner than 90 minutes after the completion of the semi-final game, unless mutually agreed upon by both coaches.

The format for Regional soccer games using one field is as follows:

Game 1: 10:00 A.M.	Host Conference #1 vs. Guest Conference #2
Game 2: 12:00 P.M.	Guest Conference #1 vs. Host Conference #2
Game 3: 3:30 P.M.	Winner of game 1 vs. winner of game 2

If two fields are used:

Game 1 and Game 2 at 10:00 A.M.
Game 3 at 2:00 P.M.

13. **SSNB Junior Soccer Championships** will be held the last Saturday in October.

14. **SSNB Senior Soccer Championships** will be held on the first Saturday & Sunday in November.

15. **Junior Championship Schedule:**

Two fields must be available on Saturday with the Championship schedule as follows:

Start time for semi-finals: 10:00 A.M.

Host Region #1 vs Guest Region #2

Guest Region #1 vs Host Region #2

Championship Game: 3:00 P.M.

If both #1 teams meet in the finals, the home team will be decided by a coin toss.

Coaching Certification

SSNB recommends that all coaches take the Canada Soccer 'C Licence' course before the start of the season. Completion of 'A Coach's Guide to the NBIAA' & CAC Making Headway courses are mandatory for all registered members on the coaching staff prior to the beginning of the season, see OR 13.

Ejections

Each conference shall keep track of red and yellow cards. A participant that receives 2 yellow cards in one game equals 1 red card and will be suspended the rest of that game and the next game. A participant who receives 3 red cards will be suspended for an additional game (i.e. two game suspension). A participant receiving a 4th red card will be suspended for the balance of the season. A participant receiving 4 yellow cards will receive a 1 game suspension; 5th yellow card a 2 game suspension, a 6th yellow card suspended for the balance of the season. SSNB has agreed to adopt these changes.

All coaches are to report names of participants who receive "red cards" and or a series of "yellow" cards to their school's principal and SSNB Conference President. Players and coaches ejected from a game shall be suspended from the remainder of the game and the next scheduled game (exhibition, conference, regional or provincial). If the ejection takes place during a semi-final regional or provincial event, the player(s) or coach(es) is suspended from the next scheduled game, excluding exhibition games.

SOFTBALL (18.12)

Softball Canada Rules will be used unless special playing rules are put forth by SSNB (U19*). In this case the SSNB rules will take precedence over any other rules.

Special Provision:

1. The distance from home base to the pitcher's plate shall be forty (43) feet.
2. The distance between bases shall be sixty (60) feet.
3. The required minimum number of players dressed to start and continue a game must be nine (9). No more than eighteen (18) players shall be in uniform for any one game.
4. Number of Games Permitted - A team shall be limited to 18 games (including exhibition, control scrimmage, tournaments and league play.) All games in the regionals and provincials shall not be counted in the 18 game limit.
5. All on deck batters, batters and base runners must have a batting helmet with an attached face mask.
6. All pitchers are required to wear an approved face mask/guard and it is recommended for all infielders.
7. For conference league play only, there will be no extra innings.
8. The higher seed team is the home team. If both #1 teams meet in the finals, the home team will be decided by a coin toss.
9. A request for an intentional walk can be made prior to or during the at-bat by the defensive coach or catcher to the umpire.
10. Scoring runs: The first 4 innings are capped at 5 runs per half inning of play, the last 3 innings are open.
11. Gamechanger will be the digital scoring platform for all SSNB League, exhibition and regional to provincial games.
12. The SSNB game ball shall be the yellow 12 inches in circumference Rawlings Red Dot Hot Seam Fastpitch Softball.
 - U19 - Ball - 30.48 cm (12") Pitching - 13.1064 m (43') Baselines - 18.3 m (60')
Fences – Min – Max. – 61.0 m – 64.0 m (200' – 210')

Runs ahead Rule

A softball game shall end any time after four, or after 3 and one half innings when a team is 15 or more runs behind; or after five innings, or after four and one-half innings when a team is 10 or more runs behind and has completed its turn at bat.

Regional Play

No Regional Tournament is necessary when an interlocking schedule is used. Competition must decide the number one and two seed. In Regional league play (interlocking), the top two teams based on league standings would advance to the Provincials.

Regional/Provincial Format using one field :

Game 1: 10:00 A.M.	Host Conference #1	vs.	Guest Conference #2
Game 2: 12:00 P.M.	Guest Conference #1	vs.	Host Conference #2
Game 3: 2:30 P.M.	Winner of game 1 vs. winner of game 2		

If two fields are used:

Game 1 and Game 2 at 10:00 A.M.

Game 3 at 2:00 P.M.

SSNB Championships will be held on the third Saturday in October.

These are recommended times, which may be adjusted for fields with lights.

The higher seed team will be the home team. Regional Tournaments or Regional play will be used to decide provincial participants. The **rain date** will be Sunday.

SWIMMING (18.13)

The Swimming/Natation Canada Rules will be used unless special rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules. Schools must be sure to follow the New Brunswick Safety Guidelines for Secondary Interschool Athletics regarding all athletes & coaches.

SSNB Regulations:

1. SSNB Championships will be held on the second weekend in December, starting at 10:00 A.M.
2. Regional Swim Meets will be held at least two (2) weeks before SSNB Championships.
3. Regional and Provincial hosts must be determined by June 15th.
4. Registration of Teams:
There are **four** categories (Sr. Boys, Jr. Boys, Sr. Girls & Jr. Girls) of competition and two Provincial Championship banners are presented (Senior & Junior). Medals will be awarded for 1st, 2nd and 3rd place in each event.
5. Regional Regulations
 - a) Each school may enter **two (2)** athletes per individual event and one team per relay event in each category.
 - b) A swimmer may enter a maximum of **four (4)** events including relays.
 - c) The top **six (6)** swimmers from each level and event will qualify for the Provincial Championships and they can only swim in what they qualify for.
 - d) Swimmers **must** compete in the Regionals to advance to the SSNB Championships.
 - e) Relays: Schools do not have to qualify their relay teams for the Provincials, but all members of the relay teams must be made up of swimmers who have participated in an event in the regionals. A Senior relay team can allow a Junior athlete to move up to complete the relay team, as long as they are not replacing an eligible Senior athlete. The Junior athlete cannot compete in the same event at the Junior level.
 - f) All events are "Timed Finals".
 - g) No deck entries will be accepted.
6. Provincials and Regionals Order of Events:
 - All Para & Special Olympic events will be grouped together (Jr./Sr.-Boys/Girls) unless number of participants warrants division.

Event Order

200 Medley Relay
 200 Free
 100 Breast
 50 Fly
 100 Free
 100 Free Para & S. O.
 50 Back
 50 Back Para & S. O.
 100 IM
 4x50 Mixed Free Relay
 100 Back
 50 Free
 50 Free Para & S. O.
 100 Fly
 50 Breast
 50 Breast Para & S. O.
 200 Free Relay

7. SSNB Championship Regulations: There will be two heats (Timed Finals). The top 6 regional swimmers will be placed in one heat and the next 6 regional swimmers will be placed in the other heat. All relays will be Timed Finals.

8. Entry forms, with swimmers' times, must be received by the Regional Meet Manager seven (7) days before the Regionals. The provincial entries, including relays and Meet Fees, must be in the hands of the SSNB Meet Manager at least seven (7) days before the SSNB Championships.
9. Relay Injury Factor: Coaches who have a relay athlete injured may apply to SSNB for permission to substitute another athlete. The substitute must have participated in the Regional Meet. The application must be signed by the school principal.
10. Scoring: Points shall be awarded for the first six places, as outlined below. For Para & S.O. events, points will be awarded as long as there are two athletes competing in the same event.

Individual Events		Relays	
Place	Points	Place	Points
1	7	1	14
2	5	2	10
3	4	3	8
4	3	4	6
5	2	5	4
6	1	6	2

11. If there is a tie for first place in the Provincial Meet, the tie will be broken in the following manner:
 - The team with the highest number of first place finishers will be declared the winner
 - If there is still a tie, the team with the highest number of second place finishers will be declared the winner.
 - The process will continue in declining order until the tie is broken.
12. Minor Officials: It shall be the responsibility of each school entered to provide to the Regional and Provincial meets one person to act as a minor official under the direction of the Chief Official.

TRACK & FIELD (18.14)

Athletics Canada Rules will be used unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

The SSNB Track & Field Championships will be held the first Saturday in June. The Regional Track & Field Meets will be held one week before the Championships.

Special Provisions:

The following modifications of rules shall apply at the Provincial and Regional Meets:

1. Competitors: No competitor shall compete in more than three (3) individual events. Relays shall be considered separate from the individual events. A school identified uniform/jersey is required when competing.
2. Entries: Each school shall be allowed to enter up to three (3) athletes per event (Jr. Girls / Jr. Boys / Sr. Girls / Sr. Boys) in the regionals. Each school shall be permitted one (1) team entry per relay at the Provincial Championships. Students will compete in the senior division or the junior division.

Registration of entries for Regional meets will be online through Athletics New Brunswick linked to the SSNB web site. Schools with 10 or more athletes must provide a minimum of one volunteer for Regionals & Provincials.

3. Ineligible Competitors: An ineligible athlete competing in a Regional or Provincial Meet shall be disqualified and any points earned by that athlete shall be eliminated.
4. Regional Meets: The top eight (8) athletes in the track events at the Regional Meet shall qualify to advance to the Provincial Meet. The top eight (8) athletes in the field events must qualify by meeting the minimum distances to advance to the Provincial Meet.
5. Scoring: Eight (8) places shall count in the scoring of all events* on the following basis and shall be on a school basis only:

1st Place - 9 points	5th Place - 4 points
2nd Place - 7 points	6th Place - 3 points
3rd Place - 6 points	7th Place - 2 points
4th Place - 5 points	8th Place - 1 point

*For Para & S.O. events, points will be awarded as long as there are two athletes competing in the same event.

6. Awards: Banners shall be awarded to the first place school in each category of school (AAA, AA & A). Medals will be awarded for 1st, 2nd and 3rd place in each event. If there is a tie for first place in the Provincial Meet, the tie will be broken in the following manner:
 - The team with the highest number of first place finishers will be declared the winner
 - If there is still a tie, the team with the highest number of second place finishers will be declared the winner.
 - The process will continue in declining order until the tie is broken.
7. Coaches: Coaches must not be on the track, behind or in front of the starting line when a race is started. In the case of field events, coaches must remain outside the competition area and on the outside of the track. Such infraction may lead to the disqualification of the athlete involved and/or the expulsion of the coach from the meet site.
8. Athletes: Athletes who are not ready for an event when the official in charge is prepared to start shall be disqualified. No iPods or other electronic devices may be worn by athletes during a race.
9. Number of Attempts in the Field Events: For all Throws and Jumps, the following rules shall apply:
 - a) Regional Qualification Meets: All competitors shall be given the required three (3) attempts with the top eight (8) qualifying athletes advancing to the Provincial Meet. No additional attempts are required. Should a tie exist at the end of the qualification round, all athletes tied for the last position shall advance.

- b) Provincial Meet: For all Throws and Jumps all athletes shall have three (3) qualifying rounds with the top eight (8) qualifying athletes advancing to the final rounds. All athletes tying for the eighth spot advance.
- 10. Track Events:
 - a) Regional Meets: All track events are timed finals. The top eight (8) athletes qualify for the Provincial Meet.
 - b) Provincial Meet:
 - i) In the 100m events, semi-finals shall be run with a minimum of six (6) athletes qualifying to the final as per World Athletics rules.
 - ii) In track events from 200m to 3000 meters inclusive, as well as sprint hurdle events, races shall be run as timed final.
 - iii) The results from the track events at the Regional Qualifiers will be used to seed the events at the Provincial Championships. The 100m finals will be seeded according to the semi-final heat results.
- 11. Relays: Exhibition relays may be run at the Regional meets. Athletes competing in any event at Regionals may participate on relay teams at the SSNB Championships. Juniors may only compete in junior relays, and seniors may only compete in senior relays. Only athletes competing in Regionals may participate on relay teams at the SSNB Championships. Juniors run in junior relays and seniors run in senior relays.
- 12. False Starts: Any competitor making a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) making the false start. Any athlete(s) making further false starts in the race shall be disqualified from the race.
- 13. The use of starting blocks is not mandatory for SSNB races.
- 14. The Meet Director shall prepare for distribution a program for the Provincial Meet which will include a seeding list of competitors, a final schedule with approximate start times, a current list of records, and any other information which may be helpful.
- 15. Supervision: Each school shall name a responsible person to act as coordinator (Manager) for athletes representing the school at the Regional and Provincial Meets. Each coach will accompany his/her own athletes.
- 16. Records: Only a record achieved at the Provincial Meet shall count as a provincial interscholastic record if all requirements for records as stated in the official rules have been met.

REGISTRATION PROCEDURES

1. Schools must submit online their SSNB Track & Field Team Personnel List by May 15th.
2. No athlete may compete in the Regionals if their name is not on the SSNB players' list. All athletes must compete in the Regionals to advance to the SSNB Provincial Championships.
3. Schools must submit online their team's event entries for Regionals through the ANB link found on the SSNB website before the deadline. All athletes must be registered with SSNB. There will be NO CHANGES made after the event entries registration deadline.
4. Schools registering relay teams for the SSNB Championship must submit participants names to the Meet Manager the morning of the meet.
5. Schools must bring a cheque to the meet, made out to the host school to cover their fees for the Regional and Provincial events.

PLEASE NOTE: Athletes not competing in the SSNB Championships may be suspended from participating in Track & Field in the next school year and the school may be fined \$20 per athlete to a maximum of \$200.

SCHEDULE (TRACK)

Scratch/Information Meeting with coaches:

- All events will proceed in the following order unless changes are noted (Jr. Girls / Jr. Boys / Sr. Girls / Sr. Boys).
- Para Events –Any physically challenged athletes requiring a wheelchair or modifications to competition are eligible for this category.
- IPC RULES AND REGULATIONS are being used for Para events.
- All Para events will compete together (Jr./Sr. – Boys/Girls) unless number of participants warrants division.

9:00 AM - Start of Competition

300 m Hurdles (JG)	Timed Finals
400m Hurdles (SG)	Timed Finals
300 m Hurdles (JB)	Timed Finals
400m Hurdles (SB)	Timed Finals
100m	Timed Finals at Regionals
	Heats (semi-finals) at Provincials
3000m	Finals
400m	Timed Finals
100m	Timed Finals at Provincials
100m Wheelchair	Timed Finals at Regional Meet
100m Wheelchair	Timed Finals at Provincial Meet
50 m Special Olympic	
100m Visually Impaired with Guide	Timed Finals at Regional Meet
100m Visually Impaired with Guide	Timed Finals at Provincial Meet
LUNCH	
800m	Timed Finals
110m Hurdles (SB)	Timed Finals
100m Hurdles (JB)	Timed Finals
100m Hurdles (SG)	Timed Finals
80m Hurdles (JG)	Timed Finals
200m	Timed Finals
200m Wheelchair	Timed Finals
1500m	Timed Finals
BREAK	
4 x 100m Relay	Timed Finals at Provincials
4 x 400m Relay	Timed Finals at Provincials

Regional and Provincial Field Schedule of Events

Top eight competitors MUST qualify for the Provincial Meet by meeting the following minimum measured qualifying distances for Field Events (Regional Meet):

Jr. & Sr. Girls:	Shot Put – 6 meters	Javelin – 18 meters
	Discus – 15 meters	Long Jump – 3.5 meters
	Triple Jump – 7 meters	High Jump - 1.30 meters (Jr.) and 1.35 meters (Sr.)
Jr. & Sr. Boys:	Shot Put – 10 meters	Javelin – 25 meters
	Discus – 21 meters	Long Jump – 4.5 meters
	Triple Jump – 8 meters	High Jump - 1.50 meters (Jr.) and 1.55 meters (Sr.)

SCHEDULE (FIELD)

9:00 AM - Start of Competition

Session	High Jump	Long Jump	Triple Jump	Shot Put	Discus	Javelin
9:00 AM	Jr. Girls	Jr. Boys	Sr. Girls	Sr. Boys	Para	
10:30 AM	Sr. Boys	Special Olympic		Jr. Girls	Jr. Boys	Sr. Girls
12:00 PM	Sr. Girls	Jr. Girls	Jr. Boys	Special Olympic	Sr. Boys	
1:30 PM		Sr. Boys		Sr. Girls	Jr. Girls	Jr. Boys
3:00 PM	Jr. Boys	Sr. Girls	Jr. Girls	Para		Sr. Boys
4:30 PM			Sr. Boys	Jr. Boys	Sr. Girls	Jr. Girls

Appendix "A" Events Technical Reference Chart

Event	Junior Girls	Junior Boys	Senior Girls	Senior Boys
80m Hurdles	8 hurdles; Ht.: 0.762m: 12m to 1 st , 8m			
100m Hurdles		10 Hurdles; Ht.: 0.914m 13m to 1 st , 8.5m	10 Hurdles; Ht.: 0.838m 13m to 1 st , 8.5m	
110m Hurdles				10 Hurdles Ht.: 0.914m 13.72m to 1 st , 9.14m
300m Hurdles	7 Hurdles: Ht.: 0.76m 50m to 1 st , 35m	7 Hurdles: Ht.: 0.84m 50m to 1 st , 35m		
400m Hurdles			10 Hurdles: Ht.: 0.762m 45m to 1 st , 35m	10 Hurdles: Ht.: 0.838m 45m to 1 st , 35m
High Jump (Start Ht.)	1.30m	1.50m	1.35m	1.55m
Shot Put	3.0 Kg.	4.0 Kg.	4.0 Kg.	5 Kg.
Discus	1.0 Kg.	1.0 Kg.	1.0 Kg.	1.5 Kg.
Javelin	500 g.	700 g.	600 g.	800 g.

VOLLEYBALL (18.15)

Volleyball Canada Rules will be used unless special playing rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

SSNB Modifications:

1. The Libero Player and the SSNB 12 Man Substitution Rule* will be used.
2. Unlimited number of players may be recorded on the score sheet and there shall be no limit on the number of players dressed.
3. The Mikasa V200W is the Official Volleyball of SSNB and will be used for all SSNB competitions.

***SSNB 12 Man Substitution rule:** For SSNB competitions, each team shall be allowed a maximum of 12 substitutions in any one set.

- a) There is no limit to the number of times a player may leave or re-enter the set as long as the maximum number of 12 substitutions is adhered to and as long as they leave or re-enter for the same player.
- b) Once you have a designated partner, that is the only player that you may leave or re-enter that set for. This may change between sets.
- c) These substitutions may occur at any point in the set as long as the play is stopped.
- d) All other substitution rules must be followed according to Volleyball Canada rules. These rules concern exceptional substitutions, substitutions for expulsion or disqualification, illegal substitutions, injury substitutions for the libero and non libero players and incomplete teams.

Special Provisions:

1. Number of Games Permitted - A senior team shall be limited to **36** matches (including all exhibition, controlled scrimmage, tournament and league play). All matches in the regionals and provincials shall not be counted in the 36 match limit. A junior team shall be limited to **30** matches (including all exhibition, controlled scrimmage, tournament and league play). All games in the regionals and provincials shall not be counted in the 30 match limit.
2. The net height for volleyball shall be as follows:

a) Junior Girls -	2.24 M
b) Senior Girls -	2.24 M
c) Junior Boys -	2.35 M
d) Senior Boys -	2.43 M
3. League play **MUST** take place at the conference or regional level in order to advance to Provincial Playoffs.
4. Volleyball Canada rules will be used for all tie-breaker procedures
5. In Regional and junior provincial tournaments the teams will be numbered based on the following:

Junior/Senior Regionals and Junior Provincials	
Pool A	Pool B
1. #1 Host Region/Conference	5. #1 Guest Region/Conference
2. #2 Guest Region/Conference	6. #2 Host Region/Conference
3. #3 Host Region/Conference	7. #3 Guest Region/Conference
4. #4 Guest Region/Conference	8. #4 Host Region/Conference

6. In Regional Tournaments, team standings will be determined by the following schedule:

<i>Junior/Senior Volleyball Regional - Format with 8 teams</i>		
Saturday	COURT 1	COURT 2
Game 1 - 9:00 AM	1 vs 3	6 vs 8
Game 2 - 10:15 AM	2 vs 4	5 vs 7
Game 3 - 11:30 AM	1 vs 4	6 vs 7
Game 4 - 12:45 PM	2 vs 3	5 vs 8
Game 5 - 2:00 PM	1 vs 2	5 vs 6
Game 6 - 3:15 PM	3 vs 4	7 vs 8
Game 7 - 4:45 PM	<i>#1A vs #2B (Playoff 1)</i>	<i>#1B vs #2A (Playoff 2)</i>
Game 8 - 6:15 PM	<i>Winner Playoff 1 vs. Winner Playoff 2 for 1st and 2nd seed</i>	<i>non-winner Playoff 1 vs. non-winner Playoff 2 for 3rd (and 4th seed for junior)</i>

*Recommend playoffs to be played on two main courts, where possible.

6. Junior Volleyball Provincial Championships will be held on the first Saturday & Sunday of May. All Junior Provincial Volleyball Tournaments will consist of **8** teams. Pools are determined based on regional standings. Semi-Final play begins at 11:00 A.M. Championship match begins at approximately 2:00 P.M.

Junior Volleyball Provincials Format with 8 teams over two days		
Saturday & Sunday	COURT 1	COURT 2
<u>3:00 PM</u>	1 vs 4	2 vs 3
<u>4:15 PM</u>	5 vs 8	6 vs 7
<u>5:30 PM</u>	1 vs 3	2 vs 4
<u>6:45 PM</u>	5 vs 7	6 vs 8
<u>Sunday 9:00 AM</u>	1 vs 2	3 vs 4
<u>Sunday 10:15 AM</u>	5 vs 6	7 vs 8
<u>Sunday 12:00 PM</u>	<u>1A vs 2B</u>	<u>1B vs 2A</u>
Sunday 2:00 PM	Championship Game	

7. Senior Volleyball Provincial Showcase will be held in Fredericton on the fourth weekend of May. Pools are determined based on regional standings, with the top 3 teams per region advancing per classification.
8. **All Matches are Best of Three for Junior & Senior Regionals & Provincials.**
9. Any changes to the tournament formats must be approved by the Executive Director.
10. All Regionals and Provincial Championships must charge admission fees, please refer to O.R. 5.3.
11. Teams must have a minimum of six (6) players to compete in competition, but SSNB strongly recommends competing with eight (8) or more players.
12. **Ejections:** Each conference shall keep track of red and yellow cards. A participant that receives an expulsion (yellow and red together) in the same match will be suspended for the rest of that match and the next match. A participant who receives 3 red cards in the season will be suspended for the next match. A participant receiving a 4th red card in the season will be suspended for the balance of the season. A participant receiving 4 yellow cards in the season will receive a 1 match suspension; 5th yellow card will be a 2 match suspension, a 6th yellow card will be suspended for the balance of the season. The referee

will record the sanctions on the scoresheet and will contact their zone assignor. The zone assignor will inform the principle of the sanctions. All coaches are to report names of players who receive “red cards” or a series of “yellow” cards to their school’s principal and SSNB Conference President. Players and coaches ejected from a match shall be suspended from the remainder of the match and the next scheduled match (exhibition, conference, regional or provincial). If the ejection takes place during a semi-final regional or provincial event, the player(s) or coach(es) is suspended from the next scheduled game, excluding exhibition games.

WRESTLING (18.16)

The UWW (United World Wrestling) rules with WCL (Wrestling Canada Lutte) modifications will be used unless special playing rules are put forth by SSNB, in this case the SSNB rules will take precedence over any other rules.

Special Provisions:

1. Headgear is permissible and recommended provided the surface is not abrasive and it is not used deliberately against an opponent's head.
2. No grand amplitude back-bending throws will be awarded and a caution will be given with +1 awarded to the opposite wrestler.
3. Double disqualification is possible for misconduct.

Rules and Regulations:

1. Competition will be in two categories – Boys and Girls and all games will be of the same duration.
2. The following weight categories will be used for the Provincial Championship Meet:
Girls: 44kg., 47, 51, 55, 60, 66, 72, 78, 84, 90, 97, HWT
Boys: 44kg., 47, 50, 54, 57, 61, 65, 70, 75, 82, 90, 105, 125, HWT
3. A school is allowed unlimited entries in each weight category.
4. When only two wrestlers are in a weight class, a best two out of three will determine the winner.
5. The 'one second pin' rule will be used.
6. Each athlete must participate in two (2) Open SSNB Tournaments and must be registered with SSNB one month prior to Provincials in order to qualify for the SSNB Provincial Championship.
7. A minimum of five (5) tournaments must be scheduled throughout the season.
8. There will be an official team weigh-in for each wrestler at their first competition of the season. There will be no weight allowance given at this time. If the wrestler decides to move down a weight class, they must reweigh in at that competition, with no weight allowance.
9. Competitions throughout the season will have a weight allowance in KG's of the SSNB weights and will follow the red dot rule. The Head Official of each competition will use a random generator to select 5 random athletes will be chosen to be red dotted. Girls Kg allowance will be 1kg for weight classes below 72kg and 2kg for 72kg to 97kg classes. Boys Kg allowance will be 1kg for weight classes below 70kg and 2kg for 70kg to 125kg. All athletes will weigh in at the first tournament of the year and a list will be created with each wrestler and an assigned number. Any athlete weighing-in over the weight allowance when red dotted, the whole team will be weighed at that competition. The athlete still has the opportunity to be weighed in again at the next tournament to try and make the lower weight class.
10. Medical: Coaches who had athletes participate in only one (1) tournament because of injury, may apply to SSNB two weeks prior to the Provincials for permission to have the athlete (now healthy) declared eligible to participate. It is recommended that medical personnel be available on site for all SSNB sanctioned events. If an athlete/team chooses to not participate in two open SSNB tournaments during the season, then they cannot use the injury provision.
Athletes who wish to use the medical provision must be registered before the initial deadline of Dec 15th/ Sports deadline registration.
11. Weather / transportation provision: Schools may apply to SSNB two weeks prior to the Provincials for special consideration if the weather prevents athletes from participating in two (2) Open SSNB Tournaments. If an athlete/team chooses to not participate in two open SSNB tournaments during the season, then they cannot use the weather provision.

Athletes who wish to use the Weather/Transportation provision must be registered before the

initial deadline of Dec 15th/ Sports deadline registration

12. The SSNB Championships will be held on Saturday, the third full weekend before March Break. The start time of the Provincial Championships is 12:00 P.M.

13. Tournament Structure and Procedure:

- a) The SSNB Championships will be run in a bracket style format in weight classes that have 6 or more competitors. Five or less competitors will be run in a round robin format.
- b) Team registrations are to be sent in on Friday night by 7:00pm, the day before Provincials. Weigh-ins shall be conducted at 10:00 A.M. Flexible weigh-in time, based on location will be allowed. Weigh-ins are one hour of duration. A minimum of 2 digital scales (3 preferred) must be provided for the weigh-ins. Head coaches will be present for weigh-in's and will hand-in the Team registration prior to weigh-in's. Satelite weigh-in's for each team will take place on the Friday before the first competition. Each wrestler's actual weight will be recorded and sent to the chair and host of the venue by 7:00pm, Friday. Teams can travel to other schools to make weigh-in's more efficient given the location within the province. The weigh-in's will be ran with a referee and an athletic director/administrator present. Athletes who miss their respective weight class, can re-weigh-in at the next competition. There is no weight allowance for the first weigh-in of the season.
- c) The number of mat surfaces to be used at the SSNB Championships will reflect the number of participants.
- d) The start order for team's weigh in will be conducted through a random draw by the head official and the order will proceed alphabetically based on the schools present. (When each athlete weigh's-in they will select a card/token that has a number which will randomize the placement of athletes within the draw/brackets. The numbers identified for each athlete will be recorded and sent with all other documents proceeding the competition.)
- e) Weigh in sheets are to be forwarded to the SSNB Wrestling Coaches' Chair at the conclusion of the draw.
- f) Tournament hosts must send an accompanying no show roster report with the weigh-in sheets to the SSNB Wrestling Chair at the conclusion of the tournament.
- g) All SSNB event results must be forwarded to the SSNB Chair within 48 hours and they will be released to media outlets via the chair within 24 hours. (via the SSNB within 24 hours)

14. Officials

- a) The officials for the tournament shall be secured by the convener in consultation with the Head Official for New Brunswick.
- b) The standard number of officials for an SSNB Tournament should be equal to the number of mats used plus one extra official. Under exceptional circumstances, a tournament (excluding Provincials) may be run with the number of officials equaling the number of mats.
- c) There shall always be a head official of the rating Provincial A or higher in the building when an SSNB tournament is being run.
- d) Officials of the rating Provincial A & B officials may run a mat by themselves at any time. Officials of the rating C must be accompanied by a Provincial A official or higher at all times.

15. Scoring

Team scoring shall be as follows: Place Points 10-7-5-3-2-1 for the first six places. There will be a correction factor. (as set out by the WCL)

ARTICLE 34 of the WCL rule correction factor;

5 = 9-6-4-2-1

4 = 7-5-3-1

3 = 5-3-2

2 = 4-2

1 = 3

16. Seeding

Boys and Girls should be seeded in the following order:

- a) Champion – if two or more returning champions – winner from the heaviest weight class is seeded above lighter champions in order.
- b) Champion – if two or more returning champions – winner from the heaviest weight class is seeded above lighter champions in order.
- c) Returning silver medalists – if two or more returning medalists – the medalist from the heaviest weight class is seeded above lighter medalists in order.
- d) Returning bronze medalists – if two or more returning medalists – the medalist from the heaviest weight class is seeded above lighter medalists in order.

17. Clothing - Wrestlers dress shall consist of two options – a UWN style wrestling singlet or shorts and a t-shirt, with the t-shirt tucked in. Athletes must change in designated changing room. Apparel/equipment can include tights/spandex, jogging/sweatpants (no pockets), jewelry out, braces must be safe to use in performance setting. All other loose/extra apparel must not be used/worn during performance/competitions. Athletes/teams can be subject to fines if instances are re-occurring.

18. The Entry Fee, set by SSNB (see O.R. 5.1) shall be charged to cover the cost of the officials and equipment if needed, for the SSNB Championships.

19. All other SSNB rules and regulations pertaining to Provincial Championships will be followed.

20. Digital scales and visible score clocks must be used for Provincial Championships.

21. Weight Loss Policy:

SSNB opposes excessive weight loss. Excessive weight loss places athletics at risk both physically and from the standpoint of enjoyment of participation. For the purposes of weight loss, the coach is deemed to be responsible for the weight loss practices of his/her athletes. Coaches are asked to monitor their athletes' weight and overall physical condition on a regular basis.

Extreme measures of weight loss include:

- i. The use of diuretics and other medications.
- ii. The use of saunas.
- iii. The use of rubber suits or other vapour impermeable clothing, as well as the use of excessive clothing.

Enforcement is the responsibility of the event convenor. Violation will result in disqualification from the event.

Ejections

All names of players and coaches ejected must be reported to school principal. Players and coaches ejected from a game shall be suspended from the remainder of the game and the next scheduled game (exhibition, conference, regional or provincial). If the ejection takes place during a semi-final regional or provincial event, the player(s) or coach(es) is suspended from the next scheduled game, excluding exhibition games.

ULTIMATE (18.17)

The USAU rules with Ultimate Canada modifications will be used unless special playing rules are put forth by SSNB, in this case the SSNB rules will take precedence over any other rules.

SSNB Modifications:

1. Ultimate Frisbee is played during rain. If lightning, thunder or other major weather event occurs, Operating Regulation 8 – Weather Policy will be in effect
2. Games will last precisely 65 minutes with the organizer starting the timer on the first whistle and will stop play 65 minutes later. Half-time will occur after a team scores after the 25-minute mark, and the half-time will be 5 minutes. The chronometer will not stop during halftime. A 5-minute warning (at 60 min.) and another 'final whistle' to signal the end of the match (at 65 min.) will be sounded. When the final whistle blows the game is over (even if the disc is in the air). If teams are tied at the final whistle, the play will continue to determine a winner.
3. Play will consist of 5 on 5, with a minimum recommended game roster of 8 players (4 female, 4 male) and a maximum of 20 players dressed (10 female, 10 male), and certified coach(es). During play, the ratio will be 3-2 or 2-3, which means 2 male – 3 female or 3 male – 2 female.
4. At the start of the game after the first disc flip, an additional disc flip happens with the winner selecting gender ratio for the first point. For the second and third points, the ratio must be the reverse of the first point. For the fourth and fifth points, the ratio will be the same as the first point. The pattern of alternating the ratio every two points repeats itself until the end of the game (half-time has no impact on the pattern).
5. The official disc will be the 175g in weight and shall be Discraft or Daredevil. The disc must be white in colour.
6. Each team is permitted 1 timeout per half for 1 minute, but no timeouts can be called in the final 5 minutes.
7. Players can defend with their foot.
8. Regulation size field is 25m wide and 45m long with 15m deep end zones in each end.
9. Cleats that could endanger participants (metal spikes – baseball or track) are not permitted. Soccer cleats are permitted.
10. Ultimate Frisbee is a sport that relies on self-officiating in the spirit of the game. An observer will be assigned to assist with rule clarifications.
11. When a player is bleeding, they must remove themselves from the field of play to attend to their injury.
12. Scoresheets must have the complete roster filled out by each Head Coach and signed. Scores must be entered on the SSNB website at the completion of the event.
13. Teams must have matching jerseys/shirts in colour and design. Numbered jerseys are permitted but not required. Numbered jerseys would be worn on the back and no two players shall share the same number. Matching shorts are recommended, but not required.
14. Officials/Observers: If available, trained observers will be used as officials in Finals.

Regional/Provincials: Ultimate Frisbee has been added as an exhibition sport for the 2025-2026 season as a spring sport. Ultimate Frisbee will be eligible for inclusion as a championship league in 2028-2029.

Season of Play: League play can commence on March 28th and must be complete by the first Saturday of June.

Coaching Certification: All coaches/bench staff must complete the SSNB required coaching courses, “A Coaches Guide to the NBIAA (revised 2024)” and “Making Headway” offered Free from Coach Canada.

Number of games permitted: Ultimate Frisbee teams are permitted a total of 24 games for the season, not including any tournament playoff games that aren’t guaranteed. Violations of this rule will be applicable by operating regulation 15.3.