

**NOCA**  
**RULES SUPPLEMENT**  
**2024-25**

**ALL COMPETITIONS**



**December 16, 2024**

# Rules Supplement 2024-25 | All Competitions

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<b>NOCA Championship Committee</b>	<b>3</b>
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## **General Information:**

Accommodations	4
Dress Standards	4
Cresting/Sponsor Identification	4
Official Obligations	4
Media Relations	4
Attendance at event	5
Conduct	5
Penalties and Rule Enforcement	5
Athlete Doping	6

## **NOCA Special Rules:**

Eligibility and Registration	6
Competition Entry	7
Late Team Arrivals	8
Defaults	8
Team Meeting	9
Practice	9
Coach Requirements	10
Alternates/Substitutes	13
Draws and Games	14
Game Time Operation	14
Time Outs	15
Coach Interaction Rules	15
No-Tick Zone	15
Delivery Stick	15
Officiating	16
Brushes and Equipment	15
Rowan's Law	16

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## **GENERAL INFORMATION: (Common to all Competitions)**

### **ACCOMMODATIONS:**

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

### **DRESS STANDARDS:**

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

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

### **CRESTING/SPONSOR IDENTIFICATION**

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

### **OFFICIAL OBLIGATIONS:**

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

### **MEDIA RELATIONS:**

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

The landscape has changed in terms of the way players, fans, and the media interact, and it's recognized that the various forms of social media represent a valuable opportunity for communication. Competitors are encouraged to embrace these social media as they present avenues to promote the game of curling as well as their own teams; however, there are certain responsibilities attached to the use of these social media outlets.

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

## **ATTENDANCE AT THE CHAMPIONSHIP:**

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

## **CONDUCT:**

Curling is based on a code of ethics, good sportsmanship, and personal integrity. Inappropriate behavior including inappropriate language will not be tolerated at any time. **First offence will result in a warning, subsequent offence – removal from game. Display of emotion, broom banging, etc., which results in intentional damage to any areas or part of the playing surface, will result in a suspension for one game. If there is damage to areas or part of the playing surface (after the games have concluded), to players' dressing rooms, or any other area of the curling club or hotel, disciplinary action will be determined by the NOCA ED, in consultation with the Competition's Chair, after consultation with the Chief Umpire, and other persons involved.** Abuse of officials in the form of inappropriate language, or inappropriate behavior WILL NOT be tolerated. **Depending on the severity of the situation (as determined by the Chief Umpire after consultation with those involved) this type of action will result in a warning, possible removal from the game, suspension from further games or removal from the event.** You are expected to follow the rules of the game throughout the competition.

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

## **PENALTIES AND RULE ENFORCEMENT:**

The Curling Canada Rulebook has a number of different sections. You should be familiar with the section titled Rules of Curling for Officiated Play (Sept. 2022 – Aug. 2026).

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

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

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

Players and coaches should be familiar with NOCA SPECIAL RULES (below, page 6).

## **ATHLETE DOPING:**

The Canadian Centre for Ethics in Sport may conduct unannounced doping tests. If you have any medical issues and/or are on any medications that may cause you to fail a drug test it is your

# Rules Supplement 2024-25 | All Competitions

responsibility to notify the organization prior to the start of competition. **“I did not know” is not a viable answer. It is your responsibility to know what you are taking.**

The Canadian Centre for Ethics in Sport manages the Anti-Doping Program (CADP) in Canada in partnership with the World Anti-Doping Agency. Please review both sites and the list of prohibited substances. [cces.ca/canadian-anti-doping-program](https://cces.ca/canadian-anti-doping-program) and [2024 Prohibited List](#).

## **NOCA – SPECIAL RULES**

### **ELIGIBILITY AND REGISTRATION**

1. A player shall be eligible to play in an NOCA competition whether or not it leads to a Canadian Championship provided he/she has paid the approved NOCA per capita fee, is a member of a NOCA member facility immediately prior to and at all times during the competition (exception Men’s & Women’s Curling Championships), and meets the criteria outlined in [Curling Canada’s Residency Rules](#).
2. Exemption Request Applications (Men’s and Women’s Championships) must be received by the NOCA office a minimum of 30 days prior to the entry deadline of the competition(s) the applicant wishes to compete in. Please review the following documents prior to requesting a residency exemption: [Exemption Application Form](#)
  - a. Wheelchair Exemption Policy 2025:  
A Provincial/Territorial Member Association, unable to field a team of a minimum of four (4) athletes representing both genders at the Canadian Wheelchair Championship, may request a **residency exemption**.  
See [2025 Eligibility and Residency Guidelines](#)
3. Teams may be formed of any players from across the entire NOCA regions/jurisdiction. One member of the team must belong to the member facility in which the team is registered and have a domicile in that Region (exception Men’s and Women’s Curling Club Championships). All teams are responsible to have the member facility sign the Member Facility Verification form accepting the affiliation of their team. The definition of a team for this purpose is:  
A team consists of four players and does not include the fifth or coach, two players in the case of Mixed Doubles and Two-Person Stick Curling”.
4. For competitive play, it is the responsibility of each team member on the team to complete and submit player profiles. The person registering the team will receive an email confirming the registration with a link to provide to the team to create profiles. Participant waivers are not included in the Mandatory Education requirements that must be completed prior to competition (See #6 in this section).

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

[Member Facility Verification Form](#)

**NOTE: If player profiles/Mandatory Education Requirements for Curling in Ontario and the Member Facility Verification Form are not completed prior to one week before the start of the**

## Rules Supplement 2024-25 | All Competitions

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**event the team registration will not be considered valid and complete and may result in the team being removed from the competition.**

5. A team advancing to the next level of competition **must** retain three (3) of the original team members as shown on their team and member facility certification form.
  - a) Teams may only add one (1) player who has played in a previous level of the competition, including fifth players. (See notwithstanding below)
  - b) Teams may declare a fifth player prior to the start of any level of competition.  
**\*\*\* Notwithstanding** rule 5 (a), the Competitions committee may allow a second substitution under extenuating circumstances only. Teams may apply for special consideration to the Competitions committee and the decision of the committee is final.

**Exception for Mixed Doubles and Two-Person Stick** – A team advancing to the next level of competition must retain both original team members.

### 6. **Mandatory Education Requirements for Curling in Ontario**

**All athletes and Team Coaches competing in events that lead to a National Championship** will be required to complete the Safe Sport for Competition Program – this may include – Code of Conduct acknowledgement, Rowan’s Law Requirements, and Safe Sport Education for athletes, and a few additional checks and balances regarding screening and coach qualifications for Coaches. Many of these activities are already being done, we are simply putting them all in one place. The entire program should only take 60-90 minutes. These same activities will be mandatory for teams advancing to all national championships.

An online system – Sideline Learning – is being used to help administer this Program. This is a roles-based system, and you may be assigned different training activities based on the “role” you play in the sport – ex. Coaches and Officials may have more to do than athletes. You may have more than one role in the system.

[Click HERE](#) to create a Sideline Learning account, choose your role, and complete the requirements.

[Click HERE](#) for further instructions/information.

**These requirements MUST be completed prior to the start of competition.**

### COMPETITION ENTRY

1. For all levels of competitions, each NOCA member facility is allowed unlimited entries at the first level of competition.
  - a) **Entry deadline is 12:00pm (NOON) eastern time on the stated closing date as per the competition schedule.**
  - b) Please read the instructions on the event page prior to starting your team registration.  
[How to Register for an Event](#)
  - c) Entries to all competitions shall be submitted by the respective teams via the online registration system (NOCA website) prior to the entry deadline. Team personnel need to be declared on the team entry registration.

## Rules Supplement 2024-25 | All Competitions

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- d) Credit Card payment is the only accepted payment method for registration. Online entries will be paid for at the time of entry and it is the team's responsibility to verify that their entry fee has been received.
- e) No entries will be accepted after the stated deadline (no exceptions).
- f) Request for refund of NOCA entry fees will be reviewed on an individual basis, but as a standard policy, no refunds will be issued after the entry deadline.
- g) Refunds will be granted prior to the registration deadline but will be subject to 1 (i).
- h) Under special circumstances, written application for refund can be made to the NOCA Finance Committee for consideration.
- i) An administrative fee of \$50 will be assessed on any approved refunds.

**2.** A Curling Canada Competitor Fee must be paid to be eligible for participation in U18, U21, Men's, Women's, Club Championships, Mixed, Wheelchair, and Senior competitions. This fee is part of the registration fee process for the first level of competition. **If a player participates in more than one type of event (ie. Men and Mixed) he/she will pay the Curling Canada Competitor Fee for each event.**

- 3. At all levels of competition, prior to the start of the first game, the Chief Umpire may ask for proof of age.

### **LATE TEAM ARRIVALS:**

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

### **DEFAULTS:**

#### **Games in an Event:**

- 1. All games **MUST** be played unless both teams have been eliminated from qualifying for playoffs or the next level, and there is no impact on the standing which affects the ranking of teams for qualifying positions when advancing to the next level. **Failure to play a game, including games in the middle of an event, which affects, or could possibly affect another team's possible ranking, will result in the players of the offending teams(s) being eliminated from further competition for the balance of the current season and the next.**

#### **After qualifying for next level of competition:**

- 1. Where a qualifying team in a Region or Qualifier is unable or unwilling to continue in a competition, the team representative shall notify the NOCA Executive Director to this effect, within twenty-four (24) hours after qualifying for the next level of competition. That team will not be entitled to the position, rights, privileges, and awards as it has defaulted and may be suspended. A runner-up team from that competition shall be entitled to the position, rights, privileges, and awards of the team that has defaulted.



## Rules Supplement 2024-25 | All Competitions

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2. Each member of a team that defaults during any level of competition, subject to paragraphs 3 and 4 below, may be suspended. The length of the suspension will be determined by the NOCA Competitions Committee on a case-by-case basis.
3. The NOCA Executive Director shall notify each member of a defaulting team in writing of such suspension and the method of appealing the suspension. A suspension may be appealed in writing and/or in person to the Board of Directors within a period of two (2) weeks from notification of suspension and in such event the suspension shall be lifted until the appeal is heard.
4. The suspension shall not apply to the level of competition in which the default occurred if, in the opinion of the Chief Umpire of the NOCA, the team in question has a reasonable explanation for a default.

### TEAM MEETING:

A team meeting document will be sent out by the Chief Umpire to all teams at least 3 days in advance of each event. It is expected that teams will be familiar with the information in the document regarding their event. A brief team meeting with the Chief Umpire and Host Committee will be held prior to the first draw to answer any last minute questions. **At least one player or coach from your team must attend the team meeting, otherwise your team will forfeit last rock advantage (or choice of positioned stone in Mixed Doubles) for subsequent non-playoff games.**

### PRACTICE:

1. All events will have a pre-competition practice session of ten (10) minutes per team per competition sheet as scheduled.
2. Each game shall also have a pre-game practice session of nine (9) minutes per team which starts thirty (30) minutes prior to the scheduled draw time.  
**Exceptions:**  
Mixed doubles pre-game practice is seven (7) minutes, which starts twenty-five (25) minutes prior to the scheduled draw time.  
Wheelchair pre-game practice is ten (10) minutes, which starts thirty (30) minutes prior to the scheduled draw time.  
Two-Person Stick pre-game practice will begin at the posted draw time.
3. A team receiving a bye due to default will be permitted to practice on the sheet of ice that they would have played on for the length of time that the game would have taken.
4. Practice before the pre-competition practice shall not be allowed for 24 hours prior to the start of the competition unless player(s) are members of the host club and are scheduled to play in a regularly scheduled league game. **Any infraction of this rule by any players will result in his/her team losing hammer for the duration of the event.**
5. No practice other than pre-game or pre-competition practice will be allowed including practice on a sheet by either team just having conceded a game early. The only exception is possible practice given to a first-place team when a semi-final and final are scheduled. This is at the discretion of the Chief Umpire.

## Rules Supplement 2024-25 | All Competitions

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### COACHING:

1. All U18 and U21 teams must be accompanied by a coach. Any team with a coach who is under the age of 18 must be accompanied by a chaperone who is over the age of 21. If the team advances to the Canadian Championship, they must have a coach who is at least twenty-one (21) years of age.
2. If an adult team (men, women, mixed, mixed doubles, club championships, wheelchair) has a player under the age of 18, that team must have a chaperone over the age of 21 who will be responsible for the underage player.
3. All coaches coaching at youth events (U18, U21) must have a Criminal Records Check which is to be renewed every three years, as per NOCA's screening policy. A coach may obtain a Criminal Record Check through [MyBackcheck](#), a company that NOCA has partnered with to assist coaches with securing a Criminal Record Check in a timely and affordable manner (\$25.00 + Tax). Should a coach choose not to use this service, the Ontario Curling Council (on behalf of NOCA) will provide a letter to any coach indicating that they require a CRC to provide to their municipality or OPP detachment. Requests for such a letter must be sent to [safesport@ontcurl.com](mailto:safesport@ontcurl.com).
4. At all levels of competition, coach training will be required. All coaches must have paid the NOCA per capita fee and be trained as per the table below. Only qualified coaches will be granted access to the ice surface, team meetings and any other integrated events at any point during the competition. Coaches must provide their NCCP number on the team entry form.
  - a) A coach accompanying a team to a Canadian Championship must meet Curling Canada's On-Ice Credentials for National Championships for their respective event and shall be at least twenty-one (21) years of age.
  - b) A coach is permitted to coach only one (1) team during any youth competition. This restriction includes any competitions that are run simultaneously at the same place, such as U21 Men and Women. A coach may coach two adult teams at an event where two competitions are being run at the same time. However the coach will have to declare which team they are coaching if both teams have a game scheduled at the same time.
5. A team may only have one Official Coach who has access to the team during pre-competition and pre-game practices, coach interactions, timeouts, and 4th (or 5th) end breaks. An alternate coach may be registered for all U18 and U21 events leading up to and including the provincial championship. The alternate coach must meet all the coaching requirements. The alternate coach will be allowed access to the team ONLY when the coach is absent for an entire game. The coach and alternate coach are NOT interchangeable during any one game.

**\*\*There will be no coaches at Two-Person Stick\*\***

## Rules Supplement 2024-25 | All Competitions

<b>NOCA / Curling Canada / Ontario Curling Council Coaching Requirements:</b>				
Level	Regionals	Provincial	National	OWG Qualifiers and Provincial
U18	Competition Coach Trained*  See exemption section if not trained	Competition Coach Trained  See exemption section if not trained	Competition Coach Trained  Minimum age 21	Competition Coach Trained**
U21 Mixed Doubles				Competition Coach Certified RENEWED STATUS
Wheelchair	Competition Coach Certified RENEWED STATUS	Competition Coach Certified RENEWED STATUS	Competition Coach Certified RENEWED STATUS	Competition Coach Certified RENEWED STATUS
Level	Regional	Provincial	National	
U21	Competition Coach Certified RENEWED STATUS	Competition Coach Certified RENEWED STATUS	Competition Coach Certified Minimum age 21 RENEWED STATUS	
Men's /Women's/Mixed Doubles	<p>Certified Competition Development or;</p> <hr/> <p>Certified Competition Coach and Competition Development "In-Training**" or; Approved Curling Canada "High Performance consultant" or;</p> <p>Mental Performance Consultant with one of the following qualifications; - Licenced member of the Canadian Psychological Association. - Graduate degree in sport and performance psychology or</p>	<p>Certified Competition Development or;</p> <hr/> <p>Certified Competition Coach and Competition Development "In-Training**" or; Approved Curling Canada "High Performance consultant" or;</p> <p>Mental Performance Consultant with one of the following qualifications; - Licenced member of the Canadian Psychological Association. - Graduate degree in sport and performance psychology or related field, - Member of the Canadian Sport</p>	<p>Certified Competition Development or;</p> <hr/> <p>Certified Competition Coach and Competition Development "In-Training**" or; Approved Curling Canada "High Performance consultant" or;</p> <p>Mental Performance Consultant with one of the following qualifications; - Licenced member of the Canadian Psychological Association. - Graduate degree in sport and performance psychology or related field, - Member of the Canadian Sport Psychology Association, - Member of the Applied Association for Sport Psychology,</p> <p>Note**: A coach may use this status for a maximum of one Curling Trials and a maximum of two Canadian Men's /Women's Championships. Curling Canada's position is that an individual coaching at this level should be working towards achieving a Certified Competition Development status.</p>	

## Rules Supplement 2024-25 | All Competitions

	related field, - Member of the Canadian Sport Psychology Association, - Member of the Applied Association for Sport Psychology	Psychology Association, - Member of the Applied Association for Sport Psychology	
Seniors, Mixed, Club	Minimum Standard: Competition Coach (Competition Introduction) Certified RENEWED STATUS or; Approved Curling Canada “High Performance Consultant”	Minimum Standard: Competition Coach (Competition Introduction) Certified RENEWED STATUS or; Approved Curling Canada “High Performance Consultant”	Minimum Standard: Competition Coach (Competition Introduction) Certified RENEWED STATUS or; Approved Curling Canada “High Performance Consultant”

### DEFINITIONS:

**Competition Coach Trained** = Competition Coach Workshop + Make Ethical Decisions Workshop

**Competition Coach Certified** = Successful completion of Competition Coach Practice Evaluation (+/- Competition Coach Workshop) + Making Ethical Decisions Workshop.

**Renewed** = Coach has maintained certification by earning the appropriate number of professional development credits within a specific 5 year cycle. Coaches transferred from the old “levels” system must complete the Make Ethical Decisions Online Evaluation as part of their Professional Development Credits before January 1, 2022.

**Competition Development - In-Training** = Has begun the Competition Development Training Program and has taken at least one Sport Specific Competition Development Course.

**Competition Development - Certified** = Has completed all training and evaluation components of the Curling Canada lead Competition Development Program.

**HP Consultant** = A designation awarded by Curling Canada to past competitive players who have met specific criteria.

6. Exemption Request for Coaches who are Not Trained (U18 only) or Do Not have a Certified Renewed Status

\* Coaches coaching in NOCA/OCC competitions can apply for a one season exemption status for one of two reasons:

- They would like to coach a U18 team in playdowns but do not have a “Competition Coach Trained” Status
- They would like to coach in any event requiring a “Certified - Renewed” status - but have not Maintained their Certification by acquiring sufficient professional development

# Rules Supplement 2024-25 | All Competitions

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credits. NOTE: must have Make Ethical Decisions online evaluation regardless of exemption request

Exemption requests must be made for each event the coach intends to coach in and must be received before the registration deadline of the event.

[Exemption Request Form](#)

## 7. Mandatory Education Requirements for Curling in Ontario

Coaches must complete the Mandatory Education Requirements for Curling in Ontario through the Sideline Learning platform. See #6 on Page 7.

## ALTERNATES/SUBSTITUTES

1. NOCA strongly endorses the utilization of four (4) player teams. In extenuating circumstances, a team shall be permitted to begin play with three (3) players as ruled by the Chief Umpire **except** for Mixed Provincials where teams cannot play with fewer than four (4) players. (See 7 for further information).
2. The Chief Umpire must be advised of any changes to the original team registration. These changes must have been approved by the Executive Director. It is the coach's responsibility to ensure that the appropriate paperwork for any changes has been submitted to NOCA before the competition begins.
3. NOCA permits the use of alternate players at all levels of play except Mixed, Mixed Doubles and Two-Person Stick. Each team must declare their alternate player prior to each level of competition. A team who does not declare an alternate player before the start of the competition must use players from the players' pool only (if one is available at the event).
4. Alternate players, if allowed by Curling Canada, may travel with a team to a national event **at the expense of the team**.
5. Eliminated players may not be used during the same level of competition. *Interpretation:* At any level of competition a player may not become an alternate or spare until that level of competition is completed.
6. Eliminated players may enter the provincial players' pool as required by the host organizing committee. The pool is only open to non-participating and eliminated players from the host region. A player in the players' pool does not have to pay a competitor fee and may not advance to the next level unless said fee is paid. The players' pool shall be posted and closed prior to the start of the Provincial Championship.
7. Four-person mixed curling must always have four players on the ice with the two men and two women alternating the delivery of stones. The skip must deliver fourth stones and the player acting as vice-skip must deliver third stones and be the opposite gender. The following are the two accepted position/deliver rotations (no exceptions):

## Rules Supplement 2024-25 | All Competitions

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- Male lead (delivers stones 1&2, sweeps stones 3-8), female second (delivers stones 3&4, sweeps stones 1&2, 5-8), male third (delivers stones 5&6, sweeps 1-4 and acts as vice skip), and female skip (delivers 7&8, and calls the game)
  - Female lead (delivers stones 1&2, sweeps stones 3-8), male second (delivers stones 3&4, sweeps stones 1&2, 5-8), female third (delivers stones 5&6, sweeps 1-4 and acts as vice skip), and male skip (delivers 7&8, and calls the game)
- \*\*These positions must be followed for Last Stone Draw as well.

### DRAW AND GAMES

1. The NOCA Executive Director and/or Competitions Chair shall be responsible for all draws for the Regions, Qualifiers, or Provincials. All draws will be provided to each team in a timely manner and within five (5) days of the entry deadline.
2. Three (3) games per day may be scheduled for all competitions with the following exceptions:
  - a) Seniors -- three (3) games cannot be scheduled for two (2) consecutive days.
  - b) Masters -- maximum of two (2) games per day may be scheduled.
3. Men, Women, and U21 will play ten (10) end games. Seniors, Masters, U18, Wheelchair, Curling Club Championship, Mixed and Mixed Doubles will play eight (8) end games. Two-Person Stick will play six (6) end games. (only 6 rocks/team/end). In Round Robin Events a minimum of five (5) ends in a ten (10) end game, or four (4) ends in a six (6) or eight (8) end game must be played **if the round robin game will impact the standing/position of any team in the competition. Consequences for not complying with this rule will be discussed at the team meeting.**
4. The compulsory fourth/fifth end break shall be a maximum of five (5) minutes (except for U18/U21 - 4 minutes, Wheelchair - 7 minutes). Beverages and small quantities of prepared fruit and vegetables shall be permitted provided they are in a non-breakable container. Break between ends will be turn and go, to a maximum of one minute (U21, U18 get a 45 second coach interaction).
5. In all games extra ends shall be continuous play.
6. Time clocks are mandatory at all Provincials.
7. Should there be an uneven number of teams in the Round Robin, peer seeding will be used to determine byes.

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

- a) Masters, Seniors, Mixed, Curling Club Championship - 8 ends, 30 minutes thinking time
  - i. U18 – 8 ends, 34 minutes thinking time (Coach interactions)
- b) Wheelchair – 8 ends, 36 minutes thinking time
- c) Men, Women – 10 ends, 38 minutes thinking time
  - i. U21 – 10 ends, 40 minutes thinking time (Coach interactions)
- d) Mixed Doubles – 8 ends, 22 minutes thinking time
- e) Two-Person Stick – not timed

# Rules Supplement 2024-25 | All Competitions

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## **TIME OUTS: (except for U18 and U21 events)**

- a) Each team will be ALLOWED to call one (1) sixty second timeout per game and one (1) time-out for each extra end.
- b) Travel time and coach access to ice will be determined by the Chief Umpire at each event.
- c) Coaches running or jogging during the time-out will not be tolerated. The game clock will start if this occurs.
- d) Additional time can be added at club-based events at the discretion of the Chief Umpire.
- e) Coach or 5<sup>th</sup> (but not both) can meet with the team anytime during the 90-second time-out.
- f) The Coach or 5th of the team NOT calling the timeout will be allowed to meet their team on the backboard at the home end only.

## **COACH INTERACTION RULES: U18 and U20 Events ONLY**

The Coach Interaction Rules have seen some minor changes.

- [U18 Rules](#)
- [U20 Rules](#)

## **\*\*NEW\*\* NO-TICK ZONE RULE – for ALL competitions (except Mixed Doubles, Wheelchair & Two-Person Stick)**

If prior to the delivery of the sixth stone of an end, a delivered stone causes, either directly or indirectly, an opposition stone in the Free Guard Zone (FGZ) which is touching the centre line to be moved to an off-centre line position, or to a position outside the FGZ, the non-offending team has the option to:

- i. remove the delivered stone from play, and replace all stones that were displaced to their positions prior to the violation taking place; or
- ii. leave all stones where they came to rest.

If a stone is touching at least part of the centre line marking, it is considered on the centre line.

Further Clarification: If the stone is moved from the centre line to an out-of-play position, then the Free Guard Zone (FGZ) rule R6(b) applies (all stones must be replaced).

## **DELIVERY STICK:**

The use of a curling aid commonly referred to as a “delivery stick” is allowed only in Masters, Wheelchair, Curling Club Championship and Two-Person Stick competitions. For more information about rules regarding the delivery stick, please refer to The Rules of Curling for General Play (2022-2026 edition), Rule 17.

## **OFFICIATING:**

Chief Umpires for all NOCA events shall be assigned by the Head Official (East and West) of NOCA.

## **BRUSHES & EQUIPMENT**

The current World Curling Federation brush moratorium remains in effect. NOCA requires that all teams competing in NOCA events comply with the moratorium.

Umpires will not mark brushes. Teams are responsible for ensuring that their brooms are marked in such a way as to be able to identify which broom belongs to each player.

## Rules Supplement 2024-25 | All Competitions

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If a player sweeps with another person's sweeping device, the stone shall be removed from play, or the if the Last Stone Draw, it will be recorded as the maximum (199.6cm).

Read the moratorium carefully as it is the duty of the player to be aware of the changes and rulings within the document.

[NOCA Statement on Brushing](#)

[Curling Canada Brush Head Moratorium](#)

Please note that all athletes under the age of 26 (and his/her parent if under the age of 18) , must agree to the terms in the waiver and must review the [Concussion Awareness Resources](#) and the NOCA [Concussion Code of Conduct](#). as part of the Mandatory Education Requirements for U26 Athletes.

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