

ARTISTIC GYMNASTICS

Male and Female

1. TECHNICAL CHAIRPERSON

Carol White
Gymnastics Newfoundland and Labrador
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2. SANCTION

This competition is sanctioned by Gymnastics Newfoundland & Labrador whose rules will govern this competition.

3. PARTICIPANTS

Male Team: 3 - 6 males and 1 male coach
Female Team: 3 - 6 females and 1 female coach

Teams with less than three may compete at the NL Games, but their scores will not count towards team medals.

Coaches must be a fully certified NCCP Level 1 in Gymnastics and at least 19 years of age as of February 25th, 2006.

Girls Team: Regions may send Level 1 Optional gymnasts up to a total of six and must compete using rules as per Women's Technical Manual (2005-2006) & current FIG code of points. Routine to be judged based on Technical Components of the L1 CPP.

Boys Team: Team to be selected from Provincial and Interclub stream gymnasts. Team to consist of a maximum of four "Provincial" gymnasts with no minimum set requirements as per age classification under 2005-2006 GNL Men's Technical Manual.

Interclub stream to consist of a minimum of two gymnasts and a maximum of six. Requirements as per age classification under 2005-2006 GNL Men's Technical Manual.

4. CLASSIFICATION

Athletes must be between 11 and 18 years of age (inclusive) during the week designated for the Games.

5. ELIGIBILITY

Participants must be registered members of Gymnastics Newfoundland & Labrador.

6. COMPETITION FORMAT/SCHEDULE

Time	Girls	Boys
Day 1		
9:00 - 12:00	Vault	Vault
2:00 - 5:00	Beam	High Bar
Day 2		
9:00 - 12:00	Uneven Bars	Parallel Bars Rings
2:00 - 5:00	Floor	Floor
Medal Presentations to follow floor routines		

7. MEDALS:

To be considered for a team medal, a team must have at least three athletes (regardless of category) competing on all four apparatus for girls and at least three athletes competing on floor and two other apparatus for male athletes.

Girls: If an athlete competes on three apparatus or less, none of her scores will count for the overall team score. Top two scores on each apparatus will be used to calculate the overall team score.

Boys: If an athlete competes on less than three apparatus, none of his scores will count for the overall team score. Top two scores on floor plus the top two scores on any two other apparatus will be used to calculate the overall team score.

8. REGIONAL QUALIFIERS (TBA)

For information of regional qualifiers, please contact:

St. John's/N & Avalon:	Karen Newman (739-8197)
Mt. Pearl/S	Dana Malone(368-5867)
Eastern	Darlene Hunter (533-3161)
Central & Host	Joanne Power(256-3360)
Western	Cindy Parsons (639-7080)
Labrador	Evelyn Ryan (944-5528)

All athletes must be registered with the Provincial Department of Tourism, Culture and Recreation and the Host Committee for the 2006 NL and Labrador Winter Games as of February 5th , 2006

ALPINE SKIING

Male and Female

1. TECHNICAL CHAIRPERSON

Keith Bursey
91 Larkhall Street, Apt C 433
St. John's, NL

738-3098 k.bursey@nl.rogers.com

2. SANCTION

This competition is sanctioned by Alpine Newfoundland & Labrador whose rules will govern this competition.

3. PARTICIPANTS

3 males and 2 females, plus one coach and one manager of opposite genders

Coaches must be a fully certified and registered active Level 1 Alpine Skiing Coach (coaches with Level 1 Theory and Level 1 Technical completed and working on practical portion of Level 1 may request approval from the PSO). Coach and Manager must be at least 19 years of age as of February 25th, 2006. Regions without a certified coach must contact the Technical Chair to request same

4. AGE CLASSIFICATION

There will be two age group divisions for competition, Division A and Division B:

Division A: Competitors must be at least 15 years of age as of January 1st, 2006 and no more than 18 years of age as of December 31st, 2006.

Division B: Competitors must be at least 11 years of age as of January 1st, 2006 and no more than 14 years of age as of December 31st, 2006.

Full team sizes must have at least 2 competitors, one male and one female in Division B. Teams less than full size must have at least 1 competitor in Division B.

5. ELIGIBILITY

All athletes **must** be registered with Alpine Ski Newfoundland and Labrador. FIS Carded racer, National Card racer, ELP (Nancy Greene/Snow Stars, Division B age limit,) or Recreational Skier for Winter Games Competition and team selection trails. Note: For national points races, e.g., Marble Cup race, a FIS or National Card is required.

6. COMPETITION FORMAT

Sunday (Day 1) Practice
Monday (Day 2): Giant Slalom: 2 run format
Tuesday (Day 3) Slalom: 2 run format
Medal presentations to follow each race

All team members must compete in both events (Slalom and Giant Slalom). Females will race prior to males, Division B prior to Division A. Both shall race in the same course.

The Technical Delegate and Race Organizing Committee may change/cancel the scheduled races based on snow, weather or other unforeseen circumstances.

7. MEDALS:

Gold, silver and bronze medals will be awarded to the top three finishers in each division, in each race (slalom and giant slalom) per gender.

8. REGIONAL QUALIFIERS (Time Trials)

All regions must hold a timed trial in the competition events. It will be necessary to contact the race organizing committee/race team at the hill closest to you and participate in their organized races or programs. Skiers must pre-register for these events. Regions/skiers not associated with a Ski Hill Program must contact the hill closest to them to arrange to have skiers go their time trials or a regular club race. Teams are to be selected based on the time trials results. Full results to be submitted to the Alpine Technical Chairperson for team approval.

Racers who have not attended a recognized time trial or race used for time trial purposes will not be eligible for the Games unless previous year results (2005) indicate a definite ranking related to the other racers on the team. Teams/individuals unable to hold or attend a time trial must seek team approval from the Alpine Technical Chairperson, PSO and Recreation and Sport Division.

For information of regional qualifiers, please contact:

Avalon Peninsula:	Keith Bursey, Phone: 738-3098
Eastern:	White Hill Race Team, Merv Legge: Phone: 466-2172
Central	Keith Bursey: 738-3098
Western/Host	Marble Mountain Alpine Race Team, Shane Flemming – Ph: 632-3987
Labrador	Smokey Mountain Race Team, Tim Leriche- Phone: 944-7186

For general information contact:

Alpine Ski Newfoundland and Labrador	Web site: http://alpineskinl.ca
Chris Cohlmeier- President	639-8503
Keith Bursey - General Manager	639-8339

All athletes must be registered with the Provincial Department of Tourism, Culture and Recreation and the Host Committee for the 2006 Newfoundland and Labrador Winter Games as of February 5th, 2006

SCHEDULE

Saturday Evening	Coaches and Manager's meeting to follow Ceremonies and general "Games" meeting
Sunday, February 26th	Giant Slalom Competition, Bus departs 7:00am
7:30 - 9:00am	Athletes train on Cruiser slope, setting of race course
9:00 - 9:30am	Athletes course inspection
9:45 - 10:45am	First run GS
10:45 - 11:45am	Lunch, Setting of Course Race
12:00 - 12:30pm	Athlete's course inspection
12:45 - 1:45pm	Athlete's Second Run - GS
3:00 - 3:30pm	Athlete's Awards
4:00pm	Bus departs Marble
Monday, February 27th	Slalom Competition, Bus departs 7:00am
7:30 - 9:00am	Athletes train on Cruiser slope, setting of race course
9:00 - 9:30am	Athletes course inspection
9:45 - 10:45am	First run Slalom
10:45 - 11:45am	Lunch, Setting of Course Race
12:00 - 12:30pm	Athlete's course inspection
12:45 - 1:45pm	Athlete's Second Run - Slalom
3:00pm	Athletes and course crew - partial fence tear down for general public access
3:30pm	Awards
4:00pm	Bus departs
Tuesday, February 28th	Weather/non-competition skills race courses. Bus departs 7:45 for the course and departs for the AV at 12:30pm

BADMINTON

Male and Female

1. TECHNICAL CHAIRPERSON

Jim Butler
16 Kelliview Ave
CBS, NL
A1X 6X8

Phone: 834-9080 jamesbutler@esdnl.ca

2. SANCTION

This competition is sanctioned by Badminton Canada's Rules.

3. PARTICIPANTS

Competitors: 4 male and 4 female
Staff: 1 coach, 1 manager. Coach and manager must be of opposite gender.

4. CLASSIFICATION

Athletes must be between 11 - 18 years of age inclusive during the week designated for the Games. Coach must be a fully certified NCCP Level 1 in Badminton and at least 19 years of age as of February 25, 2006. Manager must meet the same age restrictions.

5. ELIGIBILITY

Open to all players within the age classification guidelines.

6. COMPETITION FORMAT

Regional qualifiers - single elimination. Events include boy's and girl's singles and boy's and girl's doubles. Team to consist of girl's and boy's singles winners and runners up and girl's and boy's doubles winners. In the event that one or more individuals are still required after this, the runner up in doubles will be selected next. If only one of these individuals is required, the individual with the best results in singles shall be chosen. One male and one female alternate will be named according to these criteria. Consolation and 3rd place playoffs will be held in all regional qualifiers.

NF and Labrador Games Competition:

Both an Individual and a Team competition will be held. The team competition will be played first and the individual competition will not begin until the team competition is over.

Individual Competition Format *(not counted towards overall points)*

1.0 This will be held after Team competition. Events will be boy's and girl's singles, boy's and girl's doubles, and mixed doubles.

- 1.1 All matches will be 2 out of 3 games. Games/scoring will be accordance with standard practice by Badminton Canada.
- 1.2 Each event will be in a straight draw format in which players can enter a maximum of two events. There will be no consolation and semi-finalists will play off for third place. *This will only place the top four teams/players.* Individual results will not affect a region's overall final team standings.
- 1.3 Badminton NL will present medals for 1st, 2nd, and 3rd, place team/players in the individuals competition.
- 1.4 Entries for the individual event must be submitted to the Technical Chairperson 7 days before the individual events begin. This information is confidential until all registrations have been received from all regions and the deadline for registration has expired. **Registration in an event is final and cannot be changed once the deadline for registration has expired.** Draws should be completed and made available to all regional coaches by the Technical Chairperson prior to the coaches meeting.
- 1.5 Medal presentations would be made on the same day of Individual Competition.

Team Competition - If Nine (9) Regions (to be played prior to the Individual Competition)

- 2.0 Team encounters would follow a straight draw format except that losing teams, in their first encounter, would play into a "backwards draw". This part of the draw would be played out to determine #5 to #9 team placing. Most teams who win their first encounter would advance to the semi-finals (one team would have to win 2 encounters to reach the semi-finals). The top 4 teams would compete for #1 to #4 placings.

A total of 14 team encounters will be required to determine all final team standings. The minimum encounters a team can have is 2 and the maximum any team can have is 4 (most teams will have 3 encounters in total).

- 2.1 Seeding of teams: The top 2-4 teams would be seeded and separated accordingly by the Technical Chairperson in consultation with the Provincial Coach or another appointed qualified individual by BNL. The remaining spots in the draw would be randomly drawn for (by each coach) **at the coaches meeting** and teams would be placed into the draw accordingly.

Eight (8) or less than an Eight (8) team format

- 3.1** Teams will be divided into two pools and compete in a round robin encounter.

Composition of the Two Divisions

1. Division "A" shall comprise a maximum of four of the eight regions competing.
2. Division "B" shall comprise a maximum of four of the remaining regions not competing in Division "A".

Final Competition

- 4.1** Following completion of the round robin matches in both divisions, the first placed two teams from each division shall meet the second placed team of the opposite division in semi-final play as follows:

1. First place team - Division "A" vs Second place team Division "B"
2. First place team - Division "B" vs Second place team Division "A"

5.1 Medal and Final Standings Round

Winner of semi-final 1 vs. winner of semi-final 2, for Gold and Silver Medals and positions 1 and 2 for the final standings.

Loser of semi-final 1 v.s. loser of semi-final 2, for Bronze Medal and positions 3 and 4 for the final standings.

The teams finishing 3rd and 4th of each Division shall meet in playoffs. Third place team in Division "A" vs third place team in Division "B" for positions 5th and 6th of the final standing. Fourth place team in Division "A" vs fourth place team in Division "B" for positions 7 and 8 of final standing.

6.1 Round Robin Tie Braking Procedure

In regard to round robin play, determination of final standings and the elimination of any existing tie(s), the following procedures will be used:

1. A team winning the encounter against another team with an equal number of encounters won shall be awarded the higher standing in their division
2. Should three teams finish with an equal number of encounters won, the teams with the best win-loss record of matches against the teams they have finished equal with shall be awarded the higher standing.

3. Should the equality still exist following the application of (2) above, the team with the best win-loss record of games against the teams they have finished equal with shall be awarded the higher standing.
4. Should the equality still exist following application of (2) and (3) above, then the team with the best score of points won minus points against them in encounters with the other teams of which they are tied, shall be given the higher standing.
5. Should the equality finally still exist, an additional encounter(s) will occur to eliminate the tie.

7.1 Sport Scoring

For each encounter won, the winning team shall be awarded one (1) point towards the preliminary competition standings.

The team having accumulated the most points in its division shall be ranked first and the others shall follow in decreasing order.

General Rules Regardless of Team Encounter Format Used

8.1 Encounter Format:

All team encounters will be determined by the most matches won per encounter (there is a total of 5 matches per encounter:

- 1 boys singles
- 1 girls singles
- 1 boys doubles
- 1 girls doubles
- 1 mixed doubles

8.2 All matches are best 2 out of 3 games. All games, except Girl's Singles, are played to 15 points. In singles, girls will play 11 point games. A 90 second break is permitted between each game, however, players must remain on the court. A coach is allowed on the court to speak to his/her players, during this 90 second break. Should the match go three games, a 5 minute break is permitted if either of the players wish it. During this break, players may leave the court.

8.3 Setting may be called (for 3 or more points) if players/teams tie at 14 all. In ladies singles, set can be called if players tie at 10 all. If a match is played out to the third game, players will change sides after one side reaches 8 points (6 points for girl's singles)

8.4 To win an encounter, the team must win a minimum of 3 out of 5 matches. A match won by default*or walk-over* is still considered a win.

8.5 Teams who have a player who becomes incapacitated during the team encounter due to sickness, injury, or disqualification will not be permitted to substitute another player from their team. If the player in question cannot play, their designated event would be forfeit.

*** A default occurs when a player/team is unable to continue play for any reason after the match has begun. A walk-over occurs when a player/team fails to show up.**

8.6 Nomination of Teams for each Encounter: The coach of each team must nominate the position of players in writing to the Technical Chairperson at least 30 minutes before the start of each encounter. Following the first encounter, any change in position must be submitted in writing to the Technical Chairperson at least 30 minutes before the start of each succeeding encounter, otherwise, the nominations made for the pervious encounter will be maintained.

A coach may nominate any male player to play boy's singles, boy's

doubles, or mixed doubles. Any female may be nominated by the coach to play girl's singles, girl's doubles, or mixed doubles. A mixed doubles team must be comprised of one male player and one female player. A player may only participate in one event in each encounter.

The rules of the Canadian Badminton Association shall be applied.

Regional Final Rankings:

Following the completion of the final competition, points will be awarded to a region according to the following:

1st Place - 8 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

6. SHUTTLES

Yonex Mavis 300 nylon shuttles

7. REGIONAL QUALIFIERS

Contact the Technical Director, Jim Butler

All teams must be registered with the Host Committee and the Recreation and Sport Division by February 5th, 2006 to be eligible to participate in the 2006 NL and Labrador Winter Games

8. SCHEDULE Xavier High

<u>Division A</u>	<u>Division B</u>	Order of Matches
1	5	1. Boys Singles
2	6	2. Girls Singles
3	7	3. Mixed Doubles
4	8	4. Girls Doubles
		5. Boys Doubles

Thursday

Time	Teams
8:00am	1 v 2
9:00am	5 v 6
10:00am	3 v 4
11:00am	7 v 8
12:00pm	1 v 4
1:00pm	5 v 8
2:00pm	2 v 3

3:00pm	6 v 7
4:00pm	Break
5:00pm	1 v 3
6:00pm	6 v 8
7:00pm	2 v 4
8:00pm	5 v 7

Friday

Time	Teams
9:00am	1 st place in Division A vs 2 nd place in Division B
10:00am	1 st place in Division B vs 2 nd place in Division A
11:00am	3 rd place in Division A vs 3 rd place in Division B (for 5 th and 6 th place)
12:00pm	4 th place in Division A vs 4 th place in Division B (for 7 th and 8 th place)
1:00pm	Loser of 9:00 game vs Loser of 10:00 game for Bronze/4th place
2:00pm	Winner of 9:00 game vs Winner of 10:00 game for Gold and Silver
Break	
3:00 - 8:00	Individual Competition

Saturday

Time	Teams
9:00 - 12:00 pm	Individual Competition and awards

9. REGIONAL CONTACTS

St. John's/North and Mt. Pearl/South:
Avalon
Eastern
Central
Host
Western
Labrador

Jim Butler (834-9080)
John Saunders (834-2082)
Craig Ralph (677-2826)
Jim Butler (834-9080)
Keith Pevie (451-3381)
Mike Alexander (643-9869)
Jim Butler (834-9080)

Basketball Male and Female

1. TECHNICAL CHAIRPERSON

Bill Murphy
Newfoundland and Labrador Basketball Association
P.O. Box 21029
St. John's, NF
A1A 5B2

Phone: 576-0247 Fax: 576-8787 nlba@sportnf.com

2. SANCTION

This competition is sanctioned by the Newfoundland & Labrador Basketball Association whose rules will govern this competition.

3. PARTICIPANTS

Male Team 12 males, 1 coach, 1 manager
At least one coach or manager must be male.
(all team members must come from the same school)

Female Team 12 females, 1 coach, 1 manager
At least one coach or manager must be female.
(all team members must come from the same school)

Coach must be fully certified Level 1 Basketball and be at least 19 years of age as of February 25, 2006 Managers must meet the same age requirements.

4. CLASSIFICATION

Under 15 years of age (as of December 31st, 2005) Born in 1991

5. ELIGIBILITY

Age and residence restrictions. Open to NLBA members only. Only school based teams will be accepted.

6. COMPETITION FORMAT

Two division round robin with cross overs to determine final placings. 1st division A plays 2nd division B. 2nd division A plays 1st division B. Winners play off for gold and silver and losers play for bronze and fourth place. Two 3rd place teams in the round robin play off for 5th and 6th with the two 4th place finishers competing for 7th and 8th.

Tie Breaking System: Two way ties

i. For first place team - the team that won the game when the two teams in question played each other will be awarded first place.

ii. For second place - the team that won the game when the two teams played each other will advance

Tie Breaking System: Three way ties

i. Shall be determined by "point spread;" that is, the points against subtracted from points scored.

ii. For first and second place - point spread between each of the three teams will determine which team is awarded first and second place.

Any ties that remain after these calculations have been carried out, using only those games involving the three teams tied, shall then be determined by point spread taking into account all games played within the series involving the teams still tied.

7. UNIFORMS

All teams participating shall have proper uniforms and numbers properly fixed (4-15), (20-25), (30-35), (40-45), (50-55). Proper uniforms are defined as a top of the same colour, properly numbered and shorts of the same colour. Failure to comply may result in the disqualification of individuals and/or teams.

8. MEDALS

Gold, silver and bronze medals will be presented to the first, second and third place teams respectively.

9. REGIONAL QUALIFIERS: CONTACTS:

St. John's/North	Kevin Fitzpatrick (754-6216)
Mount Pearl/South	Gary Sooley (364-4663)
Avalon	Mark Nash (227-3192)
Eastern	Jim Loder (873-2153)
Central	Terry Burton (651-4414)
Host	Tom Earles (639-8117)
Western	Tom Earles (639-8117)
Labrador	Brian Payne (282-5245)

Boys Regional Qualifier (dates)	January 13 th - 14 th , 2006
Girls Regional Qualifier (dates)	January 20 th - 21 st , 2006

All teams must be registered with the Host Committee and the Recreation and Sport Division by February 5th, 2006 to be eligible to participate in the 2006 Newfoundland and Labrador Winter Games.

MidgetRules

(Under 15 as of Jan 1 the year of the tournament, Born in 1991)

1.0 **Ball size:** Spalding 1000, Size 7 for Boys and Size 6 for Girls

2.0 **Participants:** Teams must have a minimum of ten (10) players dressed and ready to play at the start of the tournament. Teams not meeting this requirement will be permitted 15 minutes as outlined in the FIBA rule book. After 15 minutes the game will be defaulted.

- 2.1 Teams will default a game if they cannot floor a five person line-up at any point during the game, including overtime.
- 2.2 Teams defaulting games under 2.1 or 2.2 must play the game to ensure all teams compete in the scheduled games. The game will be automatically awarded to the team able to floor a complete team. No protest is required to enforce this rule.
- 3.1 **Game Time:** Each game will consist of five (5) periods. The first four (4) will be 6-minute stop time periods. The fifth will be an eight- (8) minute stop time period. There will be a one- minute break after the 1st and 2nd periods. Half time will consist of a five minute break between the 3rd and 4th period. There will be a one-minute break after the fourth period.
- 3.2 **Overtime:**
Overtime will be a 4 minute stop time period with a jump ball to start. All players are eligible to compete in overtime if they have not fouled out. Teams must be able to floor a complete team in all overtime periods. All other rules will be CIS men.
- 4.0 **Score sheets**
Coaches **MUST DESIGNATE**, on the score sheet, before the games starts, two (2) line-ups or teams which will play alternatively each of the first four periods (line one plays the 1st and 3rd periods). Any five (5) players may be used in the last quarter, providing they have not played or participated in 3 periods or fouled out. If a team has more than ten players (11 plus) the extra players are to be assigned to a specific line and substituted on that line at the discretion of the coach.
- 5.0 **Substitution situations:**
Once a player is designed to a specific line a coach may substitute at will during that period.
In the event of a player fouling out or being injured, the following rules apply:
- 5.1 Teams with more than Ten Players:
A coach must use any additional players on the same line as the player(s) that were fouled out or injured. In the event this option has already been exhausted than the substitute(s) from the second line must be utilized. No player is permitted to compete in more than three periods.
- 5.2 Teams with only Ten Players:
No player may under any circumstance participate in more than three (3) of the five periods. Ex. If a player from line 1 replaces a player from line 2 during the second period due to fouling out or injury then the player from line one (1) may only participate in one of the remaining three periods. In other words the maximum number of periods an athlete can participate in is 3 of the five periods.
- 6.0 **Period of Play**
A period of play constitutes any playing time within that period.
- 7.0 **3-Point & Jump Balls**
Three (3) point rule **is** in effect at the Midget age category. The regulation three-point line will be used for both male and female participants. There will be no jump balls, except at the start of the Game and overtime. The "Alternate Possession Arrow" will be

used and will be awarded to the team losing possession of the opening jump ball.

8.0 **Time Outs**

One time out for each of the first four periods and two for the fifth. One time out for each overtime period.

9.0 **Pressing**

Pressing is permitted at this age group. "Zone Presses" are permitted in the front court only. Teams must fall back into man to man defence when the ball crosses the half court line. Half court "zone presses" are not permitted. **Double Teaming** the basketball is permitted at this age group. There will be no pressing permitted (by the team leading) if there is more than a twenty-(20) point spread.

10.0 **Scoreboard**

Scoreboard not to show more than 20 point spread. The minor officials (scorekeeper) will register an accurate score.

11.0 **Defence**

Only man to man defence is permitted along the guidelines outlined in Appendix A of the **official rule book**.

12.0 In all other cases, **FIBA Rules** apply.

13.0 **Penalty situations:**

Teams will shoot free throws on the 10th team foul in the first half (1st three periods) and on the 8th team foul during the second half (periods 4 & 5). Teams in the penalty situation will remain in the bonus situation for the overtime.

Schedule

Elwood High

Division A (Teams 1, 2, 3, 4)

Division B (Teams 5, 6, 7, 8)

Day 1

Time	Teams	Venue
8:30am	1 v 2	Elwood High
10:00am	3 v 4	Elwood High
11:45am	5 v 7	Elwood High
1:15pm	6 v 8	Elwood High
3:00pm	3 v 1	Elwood High
4:30pm	4 v 2	Elwood High
6:15pm	5 v 6	Elwood High
7:45pm	8 v 7	Elwood High

Day 2

Time	Teams	Venue
8:30am	8 v 5	Elwood High
10:00am	7 v 6	Elwood High
11:45am	1 v 4	Elwood High
1:15pm	2 v 3	Elwood High
3:00pm	4 th Division A vs 4 th Division B (7 th and 8 th place)	Elwood High
4:30pm	3 rd Division A vs 3 rd Division B (5 th and 6 th place)	Elwood High
6:15pm	1 st Division A vs 2 nd Division B (Semi- Final)	Elwood High
7:45pm	1 st Division B vs 2 nd Division A (Semi-Final)	Elwood High

Day 3

Time	Teams	Venue
8:30am	Bronze medal game (non-winners of semi-finals)	Elwood High
10:15am	Gold medal game (winners of semi-finals)	Elwood High
12:00pm	Medal presentations	Elwood High

Bowling **Male and Female**

1 TECHNICAL CHAIRPERSON

Fred Hawco
5 Old Flat Rock Road
Flat Rock, NF
A1K 1C6

Phone: 437-5309 or 754-1124

E-mail: fhawco@nl.rogers.com

2. SANCTION

This competition is sanctioned by the Newfoundland and Labrador 5 Pin Bowling Association whose rules govern this competition

3. PARTICIPANTS

Competitors: 5 males and 5 females + one athlete with a physical disability and one athlete from Special Olympics. Staff: One coach and one manager. Coach and manager must be of opposite gender. An extra attendant may be carried if the team has a Special Olympian.

Coaches must be fully certified Level I one in Bowling and be at least 19 years of age as of February 25, 2006. Manager must meet the same age requirement

3. AGE CLASSIFICATION

13 - 18 years of age by December 31st, 2005

3. ELIGIBILITY

Age and residence restrictions only

3. COMPETITION FORMAT

Games competition will be a three division round robin (girls, boys and mixed) plus championship round. Top 4 teams in each division will advance into the playoffs. In the event of a tie, 4th place will play 3rd place (loser will finish fourth, winner will play 2nd place for a bronze medal). Loser of that match will get bronze and winner will play 1st place for the gold and silver.

3. MEDALS

Medals will be awarded to the first, second and third place teams respectively in the boys, girls and mixed competition.

3. REGIONAL QUALIFIERS

Each bowler in each regional qualifier will have a 5 game roll off with the top five boys and the top five girls teams to represent the region at the Winter Games. The male and female bowler with the 5th place finish will comprise the mixed team along with the challenging needs athletes.

Please contact the Technical Chairperson for information regarding the Newfoundland and Labrador Winter Games qualifying tournaments. Any athletes with a physical disability is expected to attend the regional qualifier and compete for a position on the team. For more information, please contact Margaret Tibbo at 772-4872 or e-mail her at hcc.tibma@hccsj.nf.ca. Special Olympians should contact the NL and Labrador Special Olympics, Executive Director, Johnny Byrne 738-1923 or e-mail: nflso@nfld.com

All regional qualifiers must be completed by the end of January, 2006. Teams must be registered with the Host Committee and the Recreation Division as of February 5th, 2006.

Schedule

Sunday February 26,2006

Time	Lane 1&2	Lane 3&4	Lane 5&6
9:00 - 10:00	1 vs 2	9 vs 10	17 vs 18
10:00-11:00	19 vs 20	3 vs 4	11 vs 12
11:00- 12:00	13 vs 14	21 vs 22	6 vs 5
12:00 - 1:00	21 vs 23	5 vs 7	13 vs 15
1:00 - 2:00	10 vs 12	18 vs 20	2 vs 4
2:00 - 3:00	9 vs 11	17 vs 19	1 vs 3
3:00 - 4:00	5 vs 4	12 vs 13	18 vs 19
4:00 - 5:00	22 vs 23	7 vs 3	15 vs 11
5:00 - 6:00	2 vs 6	10 vs 14	20 vs 17
6:00 - 7:00	11 vs 14	19 vs 22	3 vs 6
7:00 - 8:00	15 vs 10	7 vs 2	23 vs 18

Monday February 27,2006

Time	Lane 1&2	Lane 3&4	Lane 5&6
9:00 - 10:00	9 vs 13	17 vs 21	1 vs 5
10:00- 11:00	7 vs 1	15 vs 9	23 vs 17
11:00- 12:00	22 vs 20	4 vs 6	14 vs 12
12:00 - 1:00	5 vs 2	13 vs 10	21 vs 18
1:00 - 2:00	10 vs 11	19 vs 21	2 vs 3
2:00 - 3:00	4 vs 1	12 vs 9	22 vs 17
3:00 - 4:00	20 vs 23	14 vs 15	6 vs 7
4:00 - 5:00	12 vs 15	11 vs 13	14 vs 9
5:00 - 6:00	20 vs 21	23 vs 19	18 vs 22
6:00 - 7:00	4 vs 7	6 vs 1	3 vs 5

Tuesday, February 28,2006

Time	Lane 1&2	Lane 3&4	Lane 5&6
9:00 - 10:00	B4 vs B3	G4 vs G3	M4 vs M3
10:00- 11:00	GW vs G2	MWvs M2	BW vs B2
11:00- 12:00	MW vs M1	BW vs B1	GW vs G1

In the event of a tie, the winner will be based on the game against each other. Other ties will be based on highest pinfall.

Cross Country Skiing Male and Female

1. TECHNICAL CHAIRPERSON

Lloyd Button
327 Hamilton Ave
St. John's, NL
A1E 1K1

Phone: (709) 754-2847 lbutton@canship.com

2. SANCTION

This competition is sanctioned by the Newfoundland & Labrador Cross Country Ski Association. Cross Country Canada rules will govern this competition.

3. PARTICIPANTS

Competitors: 4 males and 4 females, plus one male or female skier with a physical disability and one male or female with a mental disability.

Staff: 1 coach and 1 manager of opposite genders plus one attendant for male athletes with a disability and one attendant for a team who has female athletes with disabilities.

Please contact the Recreation and Sport Division if extra attendants are required for the athletes with special needs.

Coach should be fully certified Level 1 in Cross Country Skiing but as a minimum have Level 1 Technical in Cross Country Skiing. Coach must be at least 19 years of age as of February 25th, 2006. Manager must meet the same age requirement.

4. CLASSIFICATION

Born between March 5th, 1987 and December 31, 1993 inclusive

5. ELIGIBILITY

Skiers selected to attend the Nationals in 2006 are not eligible for the 2006 NL and Labrador Winter Games.

6. COMPETITION FORMAT

5 km (male and female) classic technique race.

5 km (male and female) free technique race.

Male relay: 4 x 2.5 km (2 classic, 2 free)

Female relay: 4 x 2.5 km (2 classic, 2 free)

Athletes with Disabilities: Two 50 meter races

Each region's relay team shall have four different skiers of the same gender on its team to be eligible for the relay medals. A region which is unable to register a relay team that is eligible for medals, may register and ski an unofficial team. For example, if a region is represented by only three female skiers, one of the skiers may ski two of the relay legs.

Athletes with a physical disability will ski a 1 km race on day one and a 2 km race on day 2. Medals will be awarded based on the achievement of the standards predetermined by a committee for the Cross Country Challenging Needs athletes.

Special Olympians will ski a 50 meter race on day 1 and a 50 meter race on day 2.

A region may be represented by fewer than eight skiers.

Athletes with a physical disability are expected to attend the regional qualifier and compete for a position on the team. For more information, please contact Margaret Tibbo at 772-4872 or e-mail her at hcc.tibma@hccsj.nf.ca.

Special Olympians should contact the NL and Labrador Special Olympics, Executive Director, Johnny Byrne 738-1923 or e-mail: nflso@nflld.com

All regional qualifiers must be completed by January 30th, 2006. Teams must be registered with the Host Committee and the Recreation Division as of February 5th, 2006.

7. MEDALS

Will be presented to the winners of each race.

8. REGIONAL QUALIFYING RACES - CONTACTS

Avalon Peninsula:	Lloyd Button (754-2847)
Eastern:	Ray Penney (674-4917)
Central:	Judith Wheeler (629-3285)
Host	Ed Butt (686-5252)
Western	Greg Noonan/Judy May (639-7279)
Labrador	Gerry Rideout/Rhonda Lawrence (282-5557)

All regional qualifying races must be completed by January 31st, 2006. Selection races should consist of two events: a classic race and a free technique race. Distances should be similar to those specified for the Games. Selection of athletes should be based on the combined performances in the two selection races.

Teams must be registered with the Host Committee and the Recreation and Sport Division as of February 5th, 2006.

For information pertaining to the Regionals, please contact the Technical Chairperson.

Schedule

Pasadena Ski Nature Park

Thursday, March 1, 2006

9:00am	Depart Athlete Village
10:00 - 11:00 a.m.	Waxing and Warm-up
10:30 am	Athletes with a disability ski their first race - one lap
11:00 - 11:15 a.m.	Starts (staggered at 30 seconds) Male Classic
11:45 - 12:15 p.m.	Starts (staggered at 30 seconds) Female Classic
11:00 - 1:15 pm	Classic races ongoing
1:15 - 2:00 p.m.	Lunch (compilation of results)
2:00 pm	Medal presentations
2:45pm	Depart Venue for Athlete's Village

Friday, March 2, 2006

9:00am	Depart Athlete Village
10:00 - 11:00 a.m.	Waxing and Warm-up
10:15	Athletes with a disability ski their second race - two laps
11:00 - 11:15 a.m.	Starts (staggered at 30 seconds) Male Freestyle
11:45 - 12:15 p.m.	Starts (staggered at 30 seconds) Female Freestyle
11:00 - 1:00 pm	Freestyle races ongoing
1:00 - 1:30 p.m.	Lunch (compilation of results)
2:00 pm	Medal presentations
2:45pm	Depart Venue for Athlete's Village

Saturday, March 3, 2006

8:30 am	Depart Athlete's Village
9:00 - 10:00	Waxing and Warm-up
10:00 - 11:00	Races (Relays)
11:00 - 12:00	Lunch
11:00 - 12:00	Lunch (compilation of results)
12:30 pm	Medal presentations

Curling Male and Female

1. TECHNICAL CHAIRPERSON

Jean Blackie
12 Barker Place
Gander, NF
A1V 2A8

Phone: (709) 256-8482 e-mail: patblackie@nf.sympatico.ca

2. SANCTION

This competition is sanctioned by the Newfoundland & Labrador Curling Association. The Canadian Curling Association rules will govern this competition.

3. PARTICIPANTS

Male team....
Competitors: 4 males + one male coach

Female team....
Competitors: 4 females + one female coach

All coaches must be certified at NCCP Level 1 in Curling and must be at least 19 years of age as of February 25th, 2006

4. CLASSIFICATION

Must be between the age of 11 - 18 years during the week designated for the Games.

5. ELIGIBILITY

Age and residence restrictions. Open to NLCA members only.

6. COMPETITION FORMAT

Rules: Games will be ten ends with a five (5) minute, 5th end break
CCA and NL Rules for competition will apply

If a five or six team competition team competition, the top four teams will be in the playoffs. 1-2 for the Gold Medal, 3-4 for the Bronze Medal.

If a seven team competition, there will be two sections one of four, one of three, and the two top teams in each section play for Gold, the two second place teams for Bronze.

Ties will be broken with ranking, shootout results, and a game if cannot be resolved

Six Team Draw			
Day/Time/Gender	Sheet 1	Sheet 2	Sheet 3
Thurs 9:00am (Boys)	1 - 2(A)	1-2 (B)	3 Bye
Thurs 12:30pm (Girls)	1 - 2 (A)	1 - 2 (B)	3 Bye
Thurs 4:00 pm (Boys)	3 - 2 (A)	3 - 2 (B)	1 Bye
Thurs 7:00pm (Girls)	3 - 2 (A)	3 - 2 (B)	1 Bye
Fri 9:00am (Girls)	1 - 3 (B)	1 - 3 (A)	2 Bye
Fri 12:30pm (Girls)	1 - 3 (B)	1 - 3 (A)	2 Bye
Fri 4:00pm	Tie Breaker if necessary		
Fri 7:30pm	Semi Finals - boys and girls A1vs A2, B1 vs A2		
Sat 9:00am	Final Games: Winners of semi finals girls and boys play for gold and loser for bronze		

7 & 8 Team Draw - Two Divisions of 4 (or three)				
Day/Time/Gender	Sheet 1	Sheet 2	Sheet 3	Sheet 4
Thurs 9:00am (Boys)	1 - 2(A)	3 - 4 (A)	1 - 2 (B)	3 - 4 (B)
Thurs 12:30pm (Girls)	1 - 2(A)	3 - 4 (A)	1 - 2 (B)	3 - 4 (B)
Thurs 4:00 pm (Boys)	2 - 3 (B)	1 - 4 (B)	2 - 3 (A)	1 - 4 (A)
Thurs 7:00pm (Girls)	2 - 3 (B)	1 - 4 (B)	2 - 3 (A)	1 - 4 (A)
Fri 9:00am (Girls)	2 - 4 (A)	1 - 3 (A)	2 - 4 (B)	1 - 3 (B)
Fri 12:30pm (Girls)	2 - 4 (A)	1 - 3 (A)	2 - 4 (B)	1 - 3 (B)
Fri 4:00pm	Tie Breaker if necessary			
Fri 7:30pm	Semi Finals - boys and girls A1vs A2, B1 vs A2			
Sat 9:00am	Final Games: Winners of semi finals girls and boys play for gold and loser for bronze			

7. MEDALS

Medals will be awarded to the first, second and third place teams respectively.

8. REGIONAL QUALIFIERS:

Avalon	Leslie Ann Walsh (576-0617)
Eastern, Central	Joe Tremblett (489-2344)
Host, Western	Dennis Byrne (643-2075)
Labrador	Ketih Ryan (944-5568)

All regional qualifiers must be completed by January 30th, 2006. Teams must be registered with the Host Committee and the Recreation Division as of Feb 5th, 2006.

Figure Skating Male and Female

1. TECHNICAL CHAIRPERSON

Odelle Pike
Box 41,
Black Duck Siding, NL
A0N 2C0

Phone: 646-2976 o.pike@nf.sympatico.ca

2. SANCTION

This competition is sanctioned by Skate Canada, Newfoundland and Labrador. Skate Canada's rules will govern this competition.

3. PARTICIPANTS

Competitors:
3 males and 9 females

Staff: 1 coach, 1 manager. Where there are male skaters on the team, at least one of the support staff will be male.

4. AGE CLASSIFICATION

All skaters must be between the ages of 11 - 18 years inclusive for the entire week of the Games and must be registered members of Skate Canada (*NOTE: For Figure Skating, age is considered to be the age of the skater before July 1 2005*)

Coach must be at least 19 as of February 25th, 2006 and be fully certified at Level 1 NCCP in Figure Skating. Manager must meet the same age requirement.

5. COMPETITION

Ladies Events

Competitors entered in Competitive Skate Ladies events **may have** competed at the 2006 BMO Financial Group Sectional Championships in a singles event

- Preliminary Ladies C
- Junior Bronze Ladies A
- Junior Bronze Ladies B
- Junior Bronze Ladies C
- Senior Bronze Ladies Open
- STARSkate Bronze Ladies Biathlon
- Ladies Open

Mens' Events

Competitors in the Men's Open events **may have** competed at the 2006 BMO Financial Group Sectional Championships in a Singles event

- Junior Bronze Men's Open
- Senior Bronze Men's Open

Dance Event

Competitors in the Junior Bronze Dance Biathlon **may have** competed at the 2006 BMO Financial Group Sectional Championships in a Dance event

Junior Bronze Dance Biathlon

Zones shall be per Games regulations. A minimum of 3 zones must be represented in the Men's and Dance events for the event to be skated, for Ladies events the minimum number of zones will be 5.

Run offs

All events will be run off at the Regional Championships not later than January 31 of the Winter Games year. Where there is a crossover of zones, each zone will be run off individually. The winners of the run off events will be named to the zone team. If a winner is unable to attend Winter Games, the alternate for that event will be named based upon the highest order of placement in the run off protocol.

Run-offs are only required if skaters from more than one zone are represented in the equivalent regional event; otherwise the placings in the regional event shall be used.

If required, run-offs shall be held as follows:

Avalon regionals: St. John's, Mount Pearl, Avalon and St Pierre zones

Eastern regionals: Eastern zone

Central regionals: Central and Gander zones

Western regionals: Western and host zones

Labrador regionals: Labrador zone

Test Qualifying

Tests must be completed before the following dates:

December 15, 2005.

Skaters may not "skate up" at the Winter Games.

Byes:

Byes will be granted where there is a single entrant in a zone run off event.

Entry Fee:

Where there are individual zone run offs, the entry fee for these events will be the same as and in addition to the Regional Championship entry fee.

Event	Age Eligibility	Test Eligibility	Program Length
Preliminary C	11 and over (as of February 25 th , 2006)	Must have passed complete Preliminary Test but no higher complete test	2 minutes
Junior Bronze Ladies A	Under 12 years	Must have passed the complete Jr. Bronze Freeskate test but no higher complete test; may have competed Pre-juvenile at Sectionals	2.5 minutes
Junior Bronze Ladies B	12 and 13 years	Must have passed the complete Jr. Bronze Freeskate test but no higher complete test	2.5 minutes
Junior Bronze Ladies C	14 and over	Must have passed the complete Jr. Bronze Freeskate test but no higher complete test	2.5 minutes
Senior Bronze Ladies A	Under 13 years	Must have passed the complete Sr. Bronze Freeskate test or juvenile competitive test but no higher complete test (competitive or STARSSkate)	3 minutes
Senior Bronze Ladies Open	13 years and over	Must have passed the complete Sr. Bronze Freeskate test but no higher complete test, must not have competed at the 2006 Sectional Championships.	3 minutes
Open Ladies	Games age restriction	Must have passed the Pre Novice Competitive singles test, or Novice Competitive singles test, or complete Senior Silver test or Gold test.	Freeskate of 3.0 minutes
Bronze Ladies Biathlon	No age restriction	Must have passed the Junior Silver Freeskate test and no higher freeskate test and must have passed the Senior Bronze Skating Skills test or higher	One Creative Skating Skills exercise (technical requirements as attached) and a Free Skate of 3.5 Minutes
Junior Bronze Men's Open	No age restriction	Must have passed the complete Jr. Bronze Freeskate test but no higher complete freeskate test	2.5 minutes
Senior Bronze Men's Open	No age restriction	Must have passed the complete Sr. Bronze Free Skate and/or Juvenile Singles Test but no higher than the complete Jr. Silver and/or Pre Novice Singles Test	3 minutes

Junior Bronze Dance No age
Biathlon restriction
(mixed couples only)

Each partner must have passed
a minimum of one Junior Bronze
Dance test but no higher than
the complete Jr. Bronze Dance
test

One Junior Bronze Compulsory
Dance to be skated and a Creative
Dance of 2.0 minutes

Creative Skating Skills Requirements

MARKING SKATING SKILLS:

Skating Skills exercises will be given two marks that will be added together to determine a total mark for each exercise from each judge. The marking criteria are technique and pacing/performance. The mark for technique will break the tie. Components of each mark are outlined below:

Technique: Edge quality, ice coverage, correctness of steps

Pacing/Performance: Ease of motion, musicality/pacing, posture

Judges will focus on the following when assessing "Technique":

- Changes of direction using a variety of turns
- Changes of level, hop, jumps, tucks, etc.
- Changes of step length, speed
- Power, edge quality (on one foot)

CREATIVE EXERCISE SPECIFICATIONS

Tempo: minimum 112 beats per minute

Duration: not to exceed 2 minutes

Music: Skater's choice, can be vocal, can be a selection from the Skating Skills Program music; music should have a rhythmic beat; 2 or 3 selections of music may be used.

Required Content:

- Three step sequences: Straight Line, Circular, and Serpentine shape. More than one example of each shape may be included provided that the music time does not exceed 2 minutes.
- May include one stop not exceeding 5 seconds.
- Inclusion of recognizable Skating Skills exercise components (rockers, counters, hip twists, loops, etc) will be rewarded.
- Changes of edge, rockers, Choctaws and other such steps and turns, and multi-directional skating, etc. will be rewarded.
- Speed should match the type of element or step. Difficulty of steps+ speed + control of execution is the most important combination of skills demonstrated.
- Small hops, toe steps and small jumps of no more than 1/2 rotation are permitted.
- Spins of more than 2 rotations are not permitted.
- Excessive skating on 2 feet considered inability to skate and should be penalized.
- Kneeling or sliding (2 knees) or supporting themselves on the ice with a hand(s) is not allowed.
- Spirals in the Field Moves Sequence (circular or serpentine) must be held and not kicked. A minimum of 3 different positions is required.
- Serpentine shape must have at least 2 bold curves of not less than one half the width of the ice surface and must go from end to end.
- Straight line shape must go from end to end in a direct manner (no bold curves along its path).
- Circular shape can be oval or circular but must cover the width of the ice.

Bronze Triathlon – Creative Skating Skills

- Straight line shape – must include a series of 3 or more loops.
- Circular or serpentine shape – must include a series of multiple three-turns and brackets. Other turns may be included. Clean edges and turns will be rewarded.
- Either the Circular or Serpentine shape must be a sequence of field moves.

BRONZE CREATIVE DANCE

MUSIC

- The dance can be skated to one selection of music from either the Senior Bronze Dance music (Skate Canada or ISU) or a free choice of music.
- If a free choice of music is chosen, it must be of the same character and correct time signature as an existing piece of music from the Senior Bronze Compulsory Dance music.
- Vocals are permitted. Free choice of music may include the following characters and time signatures for the Bronze Creative Dance:

Free Choice of Music

<u>Character</u>	<u>Time Signature</u>
Foxtrot	4 / 4
March	6 / 8, 2 / 4, or 4 / 4
Waltz	3 / 4

COMPOSITION

- Dance must move in a counter-clockwise direction.
- Reverse direction, stops and loops are not permitted.
- The pattern shall consist of a full circuit of the ice or a half pattern repeated.
- The dance pattern must not cross the long axis except when crossing the end of the arena.

REQUIRED STEPS/ELEMENTS

- Any new or known dance steps may be used. The skater is expected to incorporate steps, turns and movements that are included in other dances in the Senior Bronze Dance test.
- The dance must include forward and backward dance steps. The dance must include at least one three turn and one mohawk.

6. MEDALS

Medals will be awarded to skaters placing first, second and third in each event.

7. TEST QUALIFYING DATES:

Competitive Skate Ladies Events: October 1, 2005
STARSSkate Ladies Events, Men's Events, Biathlon Events: December 15th, 2005

8. REGIONAL COMPETITIONS CONTACTS

Avalon (St. John's/N, Mt. Pearl/S and Avalon)	Brenda Kennedy, 834-1763
Eastern	Gail Hopkins 437-7099
Central	Eleanor Scott, 489-7553
Western:	Diane White, 635-5114
Host	TBA
Labrador	Rick Matthews, 896-8380

All regional qualifiers must be completed by January 30th, 2006. Teams must be registered with the Host Committee and the Recreation Division as of February 5th, 2006.

SCHEDULE (*Tentative, Pending Entries*)

Day 1

PRACTICE

09:00-09:30 Junior Bronze Dance Biathlon Compulsory Dance
09:30-10:00 Bronze Biathlon Ladies Skills
10:00-10:30 Preliminary Ladies C
10:30-11:00 Junior Bronze Ladies A
11:00-11:15 Ice Resurfacing
11:15-11:45 Junior Bronze Ladies B
11:45-12:15 Junior Bronze Ladies C
12:15 -13:15 LUNCH
13:15-13:45 Senior Bronze Ladies A
13:45-14:15 Senior Bronze Ladies Open
14:15-14:45 Ladies Open
14:45-15:00 Ice Resurfacing
15:00-15:30 Junior Bronze Men
15:30-16:00 Senior Bronze Men
16:00-16:15 Ice Resurfacing

COMPETITION

16:15-16:45 Junior Bronze Compulsory Dance
16:45-17:15 Bronze Biathlon Ladies Skating Skills

DAY 2

PRACTICE

09:00-09:30 Junior Bronze Creative Dance
09:30-10:00 Bronze Biathlon Ladies Free Skate

COMPETITION

10:00-10:45 Preliminary Ladies C
10:45-11:30 Junior Bronze Ladies A
11:30-12:15 Junior Bronze Ladies B
12:15-12:30 Ice Resurfacing
12:30-13:15 Junior Bronze Ladies C
13:15-14:00 Senior Bronze Ladies Open
14:00-14:45 Senior Bronze Ladies A Free Skate
14:45-15:00 Ice Resurfacing
15:00-15:30 Junior Bronze Creative Dance
15:30-16:00 Junior Bronze Men's Open
16:00 - 16:45 Bronze Biathlon Ladies Free Skate
16:45-17:00 Ice Resurfacing
17:00-17:30 Senior Bronze Men's Open
17:30-18:15 Novice Ladies Open Free Skate
19:00-19:45 Novice Ladies Free Skate

HOCKEY

Male and Female

1. TECHNICAL CHAIRPERSONS

Female: Bonnie Evans
75 Michener Avenue
Mount Pearl, NL
A1N 4B7

Phone: 364-8533 E-mail: bonnieevans@nl.rogers.com

Male: Marilyn Dawe
16 Third Street
Mount Pearl, NL
A1N 2A5

Phone: 364-8884 E-mail: hockeynfmcc@nf.aibn.com

HNL Office:
Craig Tulk
Executive Director
Hockey Newfoundland and Labrador
P.O. Box 176 Grand Falls-Windsor, NL
A2A 2J4

ctulk@hockeynl.nf.net

2. SANCTION

This competition is sanctioned by Hockey Newfoundland and Labrador. Canadian Hockey Association's rules will govern this competition.

3. PARTICIPANTS

Male Team: Competitors - 17 males + 2 coaches and one manager. If the male team has a female team member, teams should contact the Recreation and Sport Division to see if accommodations can be arranged with another team for the female participant.

Female Team: Competitors - 17 females + 2 coaches and one manager, at least one of whom is female

Each coach is required to have Coach Level (the new Coach stream of CBET program) and be at least 19 years of age as of February 25th, 2006. Manager must meet the same age requirements. At least pm coach or manager must be qualified in the Hockey Canada Safety Program.

4. CLASSIFICATION

Male Team: Ages 11 - 12 years of age as of December 31st, 2005
Female Team: Ages 15 - 18 years of age as of December 31st, 2005

5. ELIGIBILITY

Players and coaches must be registered with HNL.

6. COMPETITION FORMAT

Two division round robin with cross overs to determine top four finishers. First in a division will play second in the other division with winners of these games to play for gold and teams not winning to play for 3rd and fourth place. Third place finishers in the round robin will play off for the 5th and 6th with the two 4th place finishers competing for 7th and 8th.

7. MINOR RULES AND REGULATIONS

Periods will be three 15-minute stop time for all games with the exception of the play-off games for 5th - 8th place which will be three 10 minute stop time games.

No overtime will be played in round robin tournament games. In the event of a tie, each team will be awarded one point. In the championship game, overtime shall be played if necessary.

Tie Breaking Procedures After the Round Robin Series

Two or more teams tied

If two or more teams are tied at the conclusion of a round robin series, then the following procedure will be used to determine the final ranking before the semi-final and final games are played.

In the event that teams are tied for a playoff position, the following procedure will apply:

If two teams are tied:

- 1.1 The winner of the round robin game between the two tied teams gains the higher position.
- 1.2 The team with the most wins in the round robin gains the higher position.
- 1.3 If the two teams are still tied after 1.1 and 1.2 have been applied, then the team with the best goal average gains the higher position. The goal average of a team is to be determined in the following manner:

Total number of goals for divided by the total number of goals for and against.

NOTE: All round robin games are included.

Example: For = 10 goals Against = 4 goals

$$\text{Percentage } \frac{10}{10+4} = .714$$

NOTE: The higher percentage gains the higher position

- 1.4 If the two teams are still tied after 1.1, 1.2, and 1.3 have been applied, the team with the least number of minutes in penalties throughout all of the round robin

games, gains the higher position.

- 1.5 If the two teams are still tied after 1.1, 1.2, 1.3, and 1.4 have been applied, then the team which scored the first goal in the game between the tied teams gains the higher position.
- 1.6 If the two teams are still tied after 1.1, 1.2, 1.3 1.4, and 1.5 have been applied, a single coin toss will determine which team gains the higher position.

Three or More Teams Tied

Note: The three-team tiebreaker is used to determine the seeding of the 1st, 2nd, 3rd seed. If any step in the tiebreaker only seeds one team, that team assumes that position. The three-team tiebreaker will continue to determine the seeding of the two remaining teams. At no time will teams using this formula go back to the two-team tiebreaker

If three teams or more are tied, the point record established in the games among the tied teams only will be used as the first tie breaking formula in deciding which team(s) shall advance.

- 2.1 The team with the most wins (among tied teams) would gain the highest position.
- 2.2 If teams are still tied after 2.1 has been applied, then the team with the best goal average gains the highest position. The goal average of a team is to be determined in the following manner: total number of goals for divided by total number of goals for and against.

NOTE: All round robin games are included

Example: For = 10 goals Against = 4 > goals

Percentage $\frac{10}{10+4} = .714$

NOTE: The highest percentage gains the highest position(s).

The exercise of 2.2 establishes the team or teams with the highest position(s) by percentage. These teams will advance. If there are still teams tied, they go to the next step. They do not go back to the "Two Team Tiebreaker".

Example; A. Team A - .714 = 1 seed - Advances
Team B - .500 = 3 seed – Does not advance
Team C - .650 = 2 seed – Advances

A. Team A - .714 = 1 seed – Advances
Team B - .500 = Still tied with team C – go to next step 2.3.
Team C- .500 = Still tied with team B – go to next step 2.3.

A. Team A – .650 = Still tied with team B – go to next step 2.3.
Team B - .650 = Still tied with team A – go to next step 2.3.
Team C - .500 = Does not advance

- 2.3 If teams are still tied after 2.1 and 2.2. The team with the fewest goals against (all round robin games played) will gain the highest position.
- 2.4 If teams are still tied after 2.1, 2.2 and 2.3. The team with the most goals for (all round robin games played) will gain the highest position
- 2.5 If teams are still tied after 2.1, 2.2, 2.3 and 2.4 have been applied, the team to qualify would be the team that received the least number of minutes in penalties throughout all the round robin games.
- 2.6 If teams are still tied after 2.1, 2.2, 2.3, 2.4 and 2.5 have been applied, a coin toss shall determine the winner. In a 3 team coin toss, the odd team gains the highest position.

Equipment

BAQ approved throat protectors, C.S.A. approved face masks and helmets must be worn by all participants in all games. Intra Oral mouth guard with strap (if not form fitting or custom made)

Penalties

Any combination of three major penalties during the tournament will result in said player being eliminated from the balance of the tournament. For females only, any player who, in the opinion of the referee, intentionally body checks, bumps, shoves, pushes any opposing player will be assessed a minor penalty.

Fair Play Concept

Coaches are requested to provide equal ice time for all players on the bench and there will be no shortening of the bench until the last two minutes of the third period

Time Outs

The one (1) time out of 30 seconds will be permitted in the game (including overtime).

8. REGIONAL CONTACTS/QUALIFIERS

Male Regional Contacts:

Eastern: Dec Lacour, P.O. Box 26, Harbour Main, NL A0A 2P0
Tel: 709-229-4966, Fax: 709-229-2385

Central: Ed Beaton, 127 Bennett Drive, Apt. 102, Gander, NL A1V 2G1
Tel: 709-256-3357, Fax: 709-256-7166

Western: Garfield Bickford, 47 Elizabeth Avenue, Deer Lake, NL A8A 1H6
Tel: 709-635-3925, Fax: 709-635-5401,
Email: glsbickford@nf.sympatico.ca

Northern: Matt Chambers, 748 Tamarack Drive, Labrador City, NL A2V 2V3
Tel: 709-944-5678, Fax: 709-944-6041, Email: chambs@crrstv.net

Female Regional Contacts:

Eastern: Imelda Brown, 7 Jeffers Drive, Mt. Pearl, NL A1N 2V9
Tel: 709-747-4146, Email: imelda.brown@gmail.com

Central: Carolyn Yates, Box 12, Botwood, NL A0H 1E0
Tel: 709-257-3832, Fax: 709-257-3330 Email: cyates@nf.sympatico.ca

Western: Shirley Button, P.O. Box 614, Port aux Basques, NL A0M 1C0
Tel: 709-695-2497, Fax: 709-695-5686 Email: bbutton@nf.sympatico.ca

Northern: Garry Dove, P.O. Box 291, Stn. C, Goose Bay, NL A0P 1C0
Tel: 709-896-5114, Fax: 709-896-5056, Email: gdoveolqp@netscape.net

All regional qualifiers must be completed by January 30th, 2006. Teams must be registered with the Host Committee and the Recreation Division as of February 5, 2006.

SCHEDULE (Females)

Division 1: Teams 1,2,3,4

Division 2, Teams 5,6,7,8

Sunday

Game Time	Facility 1 (Deer Lake)	Facility 2 (Pepsi Centre)
8:30 a.m. - 10:30 a.m.	2 v 4	6 v 8
10:30 a.m. - 12:30 p.m.	1 v 3	5 v 7
12:30 p.m. - 2:30 p.m.		
3:00 p.m. - 5:00 p.m.	2 v 3	6 v 7
5:00 p.m. - 7:00 p.m.	4 v 1	8 v 5

Monday

Game Time	Teams Playing
8:00 a.m. - 10:00 a.m.	5 v 6
10:00 a.m. - 12:00 p.m.	7v 8
12:00 p.m. - 2:00 p.m.	1 v 2
2:00 p.m. - 4:00 p.m.	4 v 3
4:00 p.m. - 6:00 p.m.	Cross Over (TBA)
6:00 p.m. - 8:00 p.m.	Cross Over (TBA)
8:00 p.m. - 10:00 p.m.	Cross Over (TBA)

Tuesday

Game Time	Teams Playing
7:30 a.m. - 9:30 a.m.	Cross Over (TBA)
9:30 a.m. - 11:30 p.m.	Bronze Medal Game
11:30 p.m. - 1:30 p.m.	Gold Medal Game

SCHEDULE (Males)

Division 1: Teams 1,2,3,4

Division 2, Teams 3,4,5,6

Wednesday Evening

Game Time	
4:30pm - 6:30pm	1 v 2
6:30pm - 8:30pm	5 v 6

Thursday

Game Time	Teams Playing
8:00am - 10:00am	3 v 4
10:00am - 12:00pm	7 v 8
12:00pm - 2:00pm	1 v 4
2:00pm - 4:00pm	5 v 8
4:00pm - 6:00pm	6 v 7
6:00pm - 8:00pm	2 v 3
8:00pm - 10:00pm	5 v 7

Friday

Game Time	Teams Playing
8:00 a.m. - 10:00 a.m.	1 v 3
10:00 a.m. - 12:00 p.m.	6 v 8
12:00 p.m. - 2:00 p.m.	2 v 4
2:00 p.m. - 4:00 p.m.	Cross Over (TBA)
4:00 p.m. - 6:00 p.m.	Cross Over (TBA)
6:00 p.m. - 8:00 p.m.	Cross Over (TBA)

Saturday

Game Time	Teams Playing
7:30 a.m. - 9:30 a.m.	Cross Over (TBA)
9:30 a.m. - 11:30 p.m.	Bronze Medal Game
11:30 p.m. - 1:30 p.m.	Gold Medal Game

Synchronized Swimming Female

1. TECHNICAL CHAIRPERSON

Kirk Howell
19 Jersey Ave
Mount Pearl, NL
A1N 1T8

368-1882 (h) synchronfldlab@nl.rogers.com

2. SANCTION

This competition is sanctioned by Synchro Newfoundland & Labrador. CASSA rules and the Atlantic "Tier 1 - 8" Rule Book will govern this competition.

3. PARTICIPANTS

Competitors: 10 females

Staff: 1 coach, 1 manager

At least one coach or manager must be female.

Coach must be certified Level 1 NCCP Synchro and be at least 19 years of age as of February 25, 2006. Manager must meet the same age requirements

4. CLASSIFICATION

Athletes must be between 11 - 18 years of age inclusive during the week of the Games.

5. ELIGIBILITY

Only those athletes who hold competitive registration with Synchro Canada, Newfoundland and Labrador Section, are eligible.

6. COMPETITION FORMAT

Day 1: Compulsory Figures
Open Solo Practice
Solo Competitions

Day 2: Compulsory Figures
Open Duet Practice
Duet Competition
Team Spacing (Practice)

Day 3: Team Competition
Land Competition

Each region/swimmer must compete in the team competition. All synchronized swimmers must compete in the figures competition. Each team must compete in a minimum of two duet and two solo events.

6. MEDALS

Will be presented to the top the top finishers in the team competition. Synchro Newfoundland and Labrador will present individual awards for the duet and solo events. All three events will count towards the Premier's Cup.

7. REGIONAL QUALIFIERS. Please contact:

St. John's/North
Mt. Pearl/South
Avalon
Western
Labrador

Technical Director
Diane Penney (747-5801)
Mike Ouellette(744-2714)
Darlene Pieroway (634-4629)
Natalie Pear (282-3589)

All regional qualifiers must be completed by January 30th, 2006. Teams must be registered with the Host Committee and the Recreation Division as of February 5th, 2006.

Schedule

Day 1	8:00 a.m.	Figure Warm-Up
	8:15 a.m.	Figures Competition (3 figures)
	10:15 a.m - 10:30.	Open Solo Warm-up (all clubs)
	10:45 am - 12:30 pm	Solo Competition - all clubs
	8:00 a.m. - 8:15 am	Figures Warm -up
Day 2	8:15 am - 10:00am	Figure Competition (3 figures)
	10:15 am - 10:30 am	Open Duet Warm-up
	10:45 am - 12:30 pm	Duet Competition (All clubs)
	12:30 pm - 1:00 pm	Team Spacing (Practice)
Day 3	11:00 am - 11:15 am	Team Warm-up
	11:30 am - 12:30 pm	Team Competition (all clubs)
	12:45 pm - 1:30 pm	Land Drill Competition (all clubs)

Table Tennis Male and Female

1. TECHNICAL CHAIRPERSON

David Bonnell
39 Moss Heather Drive
St. John's, NL
A1B 4R9
Phone: 754-2671 E-Mail: dbonnell@gmail.com

2. SANCTION

Competition is sanctioned by the Newfoundland and Labrador Table Tennis Association (NLTTA). The rules of the International Table Tennis Federation will govern this competition.

3. PARTICIPANTS

Competitors: 4 male and 4 females
Staff: 1 coach, 1 manager of opposite genders
Coach must be certified Level 1 in Table Tennis.

4. CLASSIFICATION: (Based on the 2007 Canada Winter Games)

2 males and 2 females: Under 17 year of age as of January 1, 2006
Players must be born in 1989 or after.

2 males and 2 females: Under 14 years of age as of January 1, 2006
Players must be born in 1992 or after.

5. ELIGIBILITY

All competitors must be members of the NLTTA in good standing. In addition, athletes must meet the age and residency requirements.

6. COMPETITION FORMAT

Competition will consist of a team event and an individual event. The team event will count toward the standings. Results from the individual event will be used as part of the selection process for the 2007 Canada Winter Games.

Note: The 2007 Canada Winter Games selection process for Table Tennis will involve weighted results from a series of competitions. The format for point distribution is available from NLTTA.

Seedings will be based on the CTTA rating system, where applicable. In the event that a rating is not available, a random draw will be employed.

Team Event

Team play format will be the same for all categories, regardless of age or gender. Each age/gender encounter (2 players vs 2 players) will consist of four (4) Singles matches.

In the event of a tie between teams, one Doubles match will be used as a tiebreaker. Coaches may select two team members at their discretion to compete in the doubles match.

Team grouping will be decided based on the number of represented regions. The breakdown is as follows:

With 8 Teams:	Two round-robin groups (4 teams each). Top two teams in each group advance to single knockout. Remaining teams compete for final positions.
With 7 Teams:	Two round-robin groups (4 teams/3 teams). Top two teams in each group advance to single knockout. Remaining teams compete for final positions.
With 6 Teams:	Two round-robin groups (3 teams each). Top two teams in each group advance to single knockout. Remaining teams compete for final positions.
With 5 Teams:	One round-robin. Results from round robin determine final placement.

Individual Event:

There are to be four separate individual events as follows:

Boys 17 Singles

Girls 17 Singles

Boys 14 Singles

Girls 14 Singles

All matches in the individual competition will consist of the best of five games (3/5) of 11 points.

Draws for each event will be determined based on number of competitions. The individual competition will start with round-robin play where each player will meet all others in his/her group. Following the preliminary groups, a playoff will be contested in a format suitable for the number of eligible competitors.

As individual results count toward point totals for Canada Games qualification, every effort will be made to ensure that the draw is fair. Each player will receive a minimum of three (3 matches). Seeding for individual events will be based on the CTTA rating system as well as results from the team event.

7. CONDUCT/FAIR PLAY

Sporting and respectful behaviour is expected on the part of all participants, including players, coaches, officials and parents.

Misconduct during play will not be tolerated and an appropriate penalty for transgressions will be assessed based on ITTF guidelines. This includes, but is not limited to, delay of game, damaging equipment and conduct offensive to opponents, officials or spectators. In the event of a dispute, the tournament umpire has the final word on penalties.

8. EQUIPMENT

The table, the net and the ball shall be of a brand and type currently approved by the CTTA and/or ITTF.

9. MEDALS

Will be presented to the regional team who compiles the most points in the team competition.

10. REGIONAL QUALIFIERS. Please contact the Technical Chairperson

Each competing region must hold a regional qualifier for team selection which must be held by November 2005. Guidelines for competition will be provided by NLTTA. Please contact the Technical Chairperson for information on Regional Coordinator and competitions.

Schedule (Day 1)

Division A: Teams 1 - 4

Division B: Teams 5 - 8

Time	Table 1 & 2	Table 3 & 4	Table 5 & 6
8:30am	Warm Up		
9:00am	Boys 1 vs 4	Girls 1 vs 4	Boys 5 vs 8
10:00am	Boys 2 vs 3	Girls 2 vs 3	Girls 5 vs 8
11:00am	Boys 1 vs 3	Boys 6 vs 7	Girls 6 vs 7
12:00am	Girls 1 vs 3	Boys 5 vs 7	Girls 5 vs 7
1:00pm	Boys 2 vs 4	Girls 2 vs 4	Boys 6 vs 8
2:00pm	Boys 1 vs 2	Girls 1 vs 2	Girls 6 vs 8
3:00pm	Boys 3 vs 4	Boys 5 vs 6	Girls 5 vs 6
4:00pm	Boys 3 vs 4	Boys 7 vs 8	Girls 7 vs 8
5:00pm	Tie-breakers (if necessary)		

Day 2

Time	Table 1 & 2	Table 3 & 4	Table 5 & 6
8:30am	Girls A1 vs B2	Boys A1 vs B2	Girls A2 vs B1
9:30am	Boys A1 vs B1 (as tables are available)		
10:00am	Boys 3 rd vs 4 th	Girls 3 rd vs 4 th	Girls 1 st vs 2 nd
11:00am	Boys 1 st vs 2 nd (as tables are available)		
11:30am	Team awards/lunch break		
12:30pm	Boys RR (U14)		Girls RR (U14)
1:30pm	Boys RR (U 17)	Girls RR (U 17)	
2:30pm			
3:30pm	Boys U14 (round of 16)	Girls U 14 (Round of 16)	
		Girls U 17 (Round of 16)	
4:10	Boys U17 (round of 16)		

Day 3

Time	Table 1 & 2	Table 3 & 4	Table 5&6
8:30am	Boys U14 Double Knockout		Girls U14 Double Knockout
9:10am	Girls U17 Double Knockout		
9:50am	Boys U17 Double Knockout		Girls U14/U17 Round 3/Semi-Finals
10:30am	Boys U14/U17 Round 3/Semi-Finals		
10:50am	Semi-finals (all events)		
11:10am	Finals (all events)		
12:00pm	Individual Awards/Presentations		

Volleyball Male and Female

1. TECHNICAL CHAIRPERSON

Russ Jackson
P.O. Box 21248
St. John's. NL
A1A 5B2
Phone: 576-0817 Fax 576-7493
e-mail: nlvaruss@sportnf.com

2. SANCTION

This competition is sanctioned by the Newfoundland & Labrador Volleyball Association. Volleyball Canada's rules will govern this competition.

3. PARTICIPANTS

Male Team: 12 males, 1 coach, 1 manager; at least one coach or manager must be male (*all team members must come from the same school*).

Female Team: 12 females, 1 coach, 1 manager; at least one coach or manager must be female (*all team members must come from the same school*).

Coach must be fully certified Level 1 NCCP Volleyball and be at least 19 years of age as of February 25th, 2006. Manager must also meet the same age requirement.

4. CLASSIFICATION

16 and under. Born in 1990 or later. Players must be at least 11 years of age as of February 25th, 2006.

5. ELIGIBILITY

Age and residence restrictions. Open to NLVA members only. Only school based teams will be accepted.

6. COMPETITION FORMAT

Two division round robin plus championship semi-finals (1st in A to play second in B and 1st in B to play second in A). Winners play for Gold and Silver and the losers play for Bronze and 4th place. 3rd in each division play for 5th and 6th and 4th place finishers in each division play for 7th and 8th place.

Teams will be seeded based on NLVA rankings.

The winner of a match is the team that wins two of the three games. In the event of a tie in a particular Division, Volleyball Canada's Tie Breaking Procedures Rules will apply:

a. The teams having the best ratio of won/lost matches, considering matches between the tied teams, will be ranked higher.

b. The teams having the best ratio of won/lost games, considering matches between the ties teams, will be ranked higher.

c. The teams having the best ratio of won/lost games considering all matches of the round will be ranked higher.

d The teams having the best ratio of points for/against, considering games played between the tied teams, will be ranked higher.

e. The team having the best ratio of points for/against, considering all games played during the round, will be ranked higher.

f. As determined by the Organizing Committee (e.g. extra game, toss of coin etc.,)

Height of the net for NF Games Male competition will be 2.35 meters and 2.15 meters for Females.

The team uniform must consist of matching tops and bottoms of similar colour and design with proper numbers located on the uniform's top. NLVA Fair Play Rule and 12 substitution rule in effect

6. MEDALS

Gold, silver and bronze medals will be awarded to the first, second and third place teams respectively.

7. REGIONAL QUALIFIERS For more info: <http://www.nlva.net> or contact NLVA for missing numbers.

Western (m)	Dec 9 th - 10 th	Corner Brook	Finton Gaudette 639-7095
Western (f)	Dec 2 nd - 3 rd	Corner Brook	
Central (m)	Dec 9 th - 10 th	Gander	Deon Goulding
Central (f)	Dec 2 nd - 3 rd	Grand Falls/ Windsor	Bruce Andrews 489-4374
Eastern (m)	Dec 9 th - 10 th	Clareville	Randy Manning
Eastern (f)	Dec 2 nd - 3 rd	Clareville	
St. John's/N (m)	Dec 9 th - 10 th	Booth Memorial	Peter Hickman
St. John's /N (f)	Dec 2 nd - 3 rd	Bell Island	Eric Hiscock 488-2871
Mt. Pearl/S (m)	Dec 9 th - 10 th	Mount Pearl	Nancy Weir
Mt. Pearl/S (f)	Dec 2 nd - 3 rd	Mount Pearl	Ron Noseworthy
Avalon (m)	Dec 9 th - 10 th	CBS	Susan Mosher
Avalon (f)	Dec 2 nd - 3 rd	Bay Roberts	Glen Lane
Labrador (m)	Dec 17 th - 18 th	Happy-Valley Goose Bay	Lorna Sheppard
Labrador (f)	Nov 18 th - 19 th	Churchill Falls	Ron Blair
Host (m)	Dec 9 th - 10 th	Deer Lake-Pasadena	TBA
Host (f)	Dec 2 nd - 3 rd	Deer Lake-Pasadena	TBA

SCHEDULE

Division A: 1,2,3,4 Division B 5,6,7,8

Day 1

TIME	
10:00am	1 v 2
11:15am	3 v 4
12:30am	5 v 6
1:45pm	7 v 8
3:00pm	2 v 3
4:15pm	1 v 4
5:30pm	6 v 7
6:45pm	5 v 8

Day 2

Time	
9:00am	1 v 3
10:15am	2 v 4
11:30am	5 v 7
12:45pm	6 v 8
2:00 –3:15pm	
4:00pm	4 th Div A vs 4 th Div B (for 7 & 8)
5:15pm	3 rd Div A vs 3 rd Div B (for 5 & 6)
6:30pm	1 st Div A vs 2 nd Div B (Semi Final #1)
7:45pm	1 st Div B vs 2 nd Div A (Semi Final #2)

Day 3

Time	
9:30am	Bronze
10:45am	Gold
12:00pm	Medal Presentations

Wrestling Male and Female

1. TECHNICAL CHAIRPERSON

Randy Ralph
P.O. Box 125
Carbonear, NF
A1Y 1B6

Phone: (709) 596-6996 (h)
(709) 596-3911 (w)
E-mail: randy.ralph@superweb.ca
Randolphraph@esdnl.ca

2. SANCTION

This competition is sanctioned by the Newfoundland & Labrador Amateur Wrestling Association.

3. RULES

All rules applied will be the current rules of the Canadian Amateur Wrestling Association.

4. AGE CLASSIFICATION

Wrestlers must be between the ages of 12 and 18 years of age during the week designated for the Games. Athletes out of High School/Jr. High are not eligible. Coach must be at least 19 years of age by February 25th, 2006 and have 3M NCCP Level 1 in Wrestling. Manager must meet the same age requirements.

5. ELIGIBILITY

Wrestlers must be members of clubs registered and in good standing with the NLAWA.

6.. TEAM MAKE-UP

Male Team : 10 male wrestlers
1 coach + 1 manager (if team has at least 7 athletes), one of whom must be male
Female Team: 7 female wrestlers, 1 female coach

7. WEIGHT CLASSES

Male: 48 - 52 kg, 56 kg, 60 kg, 65 kg, 70 kg, 76 kg, 83 kg, 91 kg, 105 kg, 105 - 130 kg
Female: 48 kg, 52 kg, 56 kg, 61 kg, 66 kg, 73 kg, 73 - 90 kg

Each region is allowed only one wrestler per weight category.

8. WEIGH-IN PROCEDURES

The weigh-in will take place the evening before competition. Scales will be available all day Wednesday. Time allowances will be made for those traveling. All athletes will be given one hour to cut weight after officially stepping on the scales.

8. COMPETITION SCHEDULE

The competition will be a round robin dual meet. All regions of the province will wrestle against each other. A victory is determined by the combined number of classification points (as outlined by FILA) scored by members each team. A dual meet victory for a team is worth three points, a tie is worth one point and a loss is worth no points.

9. MEDALS

Winter Games team medals will be awarded to first, second and third place. The NLAWA will provide individual medals.

10. REGIONAL QUALIFIERS. PLEASE CONTACT:

Avalon	Randy Ralph 596-6996(h) 596-3911(w) randolphralph@esdnl.ca
Western	Robert Jacobs 634-3329 (h), 639-9541 (w) bob.jacobs@nl.rogers.com
Central	Jason Quilty (482-2192) 482-2422 (w) jasrq@hotmail.com
Eastern	Juan Gill 677-2153 (h) 677-2120 (w) jgill@lgsd.ca
Host	Shawn Leamon 639-9128 (h) 632-1574 (c) rsleamon@nf.sympatico.ca
Labrador	Pat Gambin 896-8474 (h)
St. John's	Amy Todd 437-7498(h) 737-4336 (w) d85amt@mun.ca
Mount Pearl	Liam Kelly 747-5066 (h) 748-1051 (w) lkelly13@hotmail.com

All regional qualifiers must be completed by January 30th, 2006. Teams must be registered with the Host Committee and the Recreation Division as of February 5th, 2006.

Schedule

Day 1

9:00 - 10:00 a.m.

Scales Available

10:00 - 11:00 a.m. Official Weigh In

11:00 - 12:00 noon Opening Ceremonies

12:00 - 1:30 p.m. Lunch

1:30 - 4:00 p.m. Round #1

4:30 - 5:30 Supper

6:00 - 8:30 p.m. Round #2

Day 2

8:00 - 10:30 a.m.

Round #3

11:00 - 12:00 p.m. Lunch

12:30 - 3:30 p.m. Round #4

3:30 - 6:00 p.m. Round #5

6:30 - 7:30 p.m. Supper

Day 3

8:00 - 8:20 a.m.

Wrestle for 5th and 6th

8:20 - 10:00 a.m. Bronze Medal Matches

10:00 - 11:00 a.m. Gold Medal Matches Female

11:00 - 12:00 p.m. Lunch

12:00 - 1:30 p.m. Gold Medal Matches Male

1:30 - 2:30 p.m. Medal Presentations