



CurlManitoba 

COMPETITOR GUIDE

2023-2024



TABLE OF CONTENTS

NEW RULE		page 2
Regional Qualifiers and Berth Bonspiels		page 2
CTRS and MCT berth winners		page 4
Provincial Championships		page 5
Rules	Page 5	
Rule Enforcement	Page 7	
Game Time Operation	page 7	
Fair Play Time-out	page 7	
Pre Game Practice Routine	page 8	
Cresting Standards	page 9	
Last Stone Draw	page 11	
Dress Code	page 11	
Page Playoff	page 11	
Stone Selection	page 12	
Event Summary Chart		page 13
National Championship		page 14
APPENDIX		
Appendix A	Behavioral Guide	page 15
Appendix B	Media	page 17

NOTE: EVENT SPECIFIC INFORMATION IS A SEPARATE DOCUMENT

NEW RULE 2023-2024 SEASON

NO-TICK SHOT

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.

The Rule does not apply to Mixed Doubles or Wheelchair.

REGIONAL QUALIFIERS and BERTH BONSPIELS

1. Prior to the start of competition, every member of the team must meet all eligibility requirements. (Eligibility can be found in the CurlManitoba Rule Supplement)
2. All Regional Qualifiers with a minimum of four teams will use a semi-modified double knock out draw with a qualifying round based on the number of teams competing. CurlManitoba reserves the right to alter any draw format.
3. CurlManitoba will email ALL teams with notification of the draw and event rules.
4. The teams that have entered the event will seed all Regional Qualifiers and Berth Bonspiels. The teams will have approximately a 48 hour turnaround time to respond with their seeding. TEAMS WILL NOT SEED THEMSELVES.
5. If less than 25% of teams participate in the self-seeding process, teams will be placed in the draw using a random generator program.
6. Thirty minutes prior to a team's first game in any CurlManitoba Regional Qualifiers and/or Berth Bonspiels, the team MUST submit a completed and signed line up card and give it to the designated person. The penalty for not submitting the card is loss of last stone in the first game the team has earned the last stone. Failure may also result in making a team ineligible. During any competition, an additional line up card will be required only when there is a player or position line up change.
7. Pre-game practice ice shall be provided during all Regional Qualifiers and all Berth Bonspiels. Each team will have a 5-minute practice on the sheet they will play on. In all Regional Qualifiers and Berth Bonspiel games, a coin toss will occur for second practice/color. A last stone draw will occur to determine hammer.
8. A named Fifth Player may participate in the pre-game practice.
9. The team with first practice will throw the clockwise turn for the last stone draw. The team with second practice will throw the counter-clockwise turn for the last stone draw.
10. The last stone will be determined by a draw to the house by one player at the completion of the team's practice. If a player covers the pin another player will throw a second stone. Only four athletes are allowed on the ice during the draw for the last stone. Coaches may remain on the backboards but may not speak to their team.
11. First practice will begin 20 minutes prior to game time. A bell will ring to signify the beginning and conclusion of each practice session allowing for the second practice team to access the ice.

The bell should ring as follows:

Coin Toss		30 minutes prior to game time
1 st team access the ice		20 minutes prior to game time
	End of 1 st practice	15 minutes prior to game time
	1 st team last stone draw	Clockwise
2 nd team access the ice		10 minutes prior to game time
	End of 2 nd practice	5 minutes prior to game time
	2 nd team last stone draw	counter clockwise
	Bell to start the game	0 minutes prior to game time

12. At any Regional Qualifier and Berth Bonspiel with more than one berth being allocated, the bonspiel will be declared complete once the berths are declared.
13. All Men and Women's Regional Qualifier and Berth Bonspiel games will be 10 end games. A bell will ring at 2 hour, 15-minutes indicating the end in progress shall be completed, and one more shall be played.
13. All Senior, Master and Curling Club Regional Qualifier and Berth Bonspiel games will be 8 ends. A bell will ring at 1 hour and 50 minutes indicating that the end in progress shall be completed and one more shall be played.
14. Unless specified, a game may be conceded at any time. In the event of a tie at the conclusion of play, play shall be continued without changing the rotation of play (end the stones are thrown to) for each additional end or ends as may be required to decide the winning team.
15. The A side winner in an A/B final will have choice of colour. Teams will play with stones as assigned. No stones may be moved or changed.
16. Commercial advertising may be worn on the participants apparel during Berth Bonspiels and Regional Qualifiers provided it is deemed to be in good taste.

REGIONAL QUALIFIER SPECIFIC

1. To the extent practical (as defined below), teams will be expected to defeat at least one other team to qualify as a Sport Region Representative in the respective Provincial Championship. Pairing Sport Regions will be done in such a manner that no team will be able to advance to a Provincial Championship without playing a game. To accomplish this, each Sport Region will be 'paired' with a neighboring Sport Region.
 - CurlManitoba Sport Region pairs for all championships but the Scotties will be:
 - West 1 and West 2
 - South 1 and South 2
 - East and Winnipeg
 - North will NOT be required to pair (due to geographical locations)
2. Region make-up is the sole responsibility of CurlManitoba.
3. CurlManitoba will be responsible for coordinating the Regional Qualifiers in the case of one entry Sport Regions OR for the transfer of any Regional Berths.
 - If in the case of one entry each in the paired Regionals, one Berth will be awarded and the other Berth will go to the Floating Berth Pool.

- If the Winnipeg Regional entries fall below 3, the number of Regional Berths in the initial allocation will be reduced to one. The remaining berth will go to the Floating Berth Pool.
 - If there are not any entries in a Sport Region, the Berth will go to the Floating Berth Pool.
4. The Floating Berth Pool will be allocated on an individual basis to the Sport Region with the highest participation ratio.
 5. The CurlManitoba Regional Qualifiers will be held on the specified dates throughout Manitoba. The dates are published on the Calendar of Events on the CurlManitoba Website.

BERTH BONSPIEL SPECIFIC

If a Berth Bonspiel with 2 Berths allotted (Men, Senior and Master) has 8 teams or more, the event will award 2 Berths. If the Berth Bonspiel has 4-7 teams, the event will award 1 berth and the other berth will revert to the Regional Qualifier pool. If the Berth Bonspiel has less than 4 teams the event will be cancelled and the berths will revert to the Regional Qualifier pool.

BONSPIEL WITH A BERTH SPECIFIC

Any team can enter a bonspiel with a berth BUT the winning team must meet all eligibility requirements and pay the berth acceptance fee and Competitive Team Fee.

CTRS and MCT Berth Teams

Eligibility can be found in the CurlManitoba Rule Supplement. (Page 8)

PROVINCIAL CHAMPIONSHIPS

IN ALL MATTERS CONCERNING ON ICE SITUATIONS, THE FINAL DECISION WILL BE MADE BY THE HEAD UMPIRE.

IN ALL MATTERS CONCERNING OFF ICE ISSUES, THE FINAL DECISION WILL BE MADE BY THE CURLMANITOBA EVENT MANAGER and/or COORDINATOR.

1. The draw shall be prepared by CurlManitoba and emailed to all teams who have provided email contact information.
2. Fifth Players must be identified 7 days prior to the start of a Provincial Championship. The start of any Championship is the pre-event practice or the pre-game practice if there is no pre-event practice.
3. A team line-up card must be completed and presented to the Umpire prior to their first pre-game practice of the competition. If a team's personnel changes from the original line up card in a subsequent game, a new line-up card must be completed and presented to the Umpire prior to the practice of that game.
4. Rock colour will be pre-determined for all provincial championships. For pool play the top colour will be assigned with the team on the top of the draw which will deliver the color that is the top of the scoreboard.

Exceptions: Viterra Championship

Triple Knockout Events

5. The team listed on the top / first in the draw will practice first.
6. In all games of competitions held in arenas a pre-game practice of nine minutes (9) will be provided.
7. In all games of competitions held in Curling Clubs a pre-game practice of seven minutes (7) will be provided.
8. Last stone for the game will be determined by a draw to the button, which will occur at the conclusion of each team's pre-game practice.
9. A player from the team, at the conclusion of the team practice shall throw a draw, which shall be measured by the Umpire. In the event of a tie, the cumulative LSD will be used as a tie breaker.
10. Each team member will be required to deliver a minimum of one draw shot for last stone advantage during a round robin competition.
11. At all timed Provincial Championships a coaching break of five minutes will be mandated after the fourth/fifth end.
 - i. Exception: U18 and Junior - on ice coaching
12. Each team is allowed two 90-second time outs during the regular game and one 90-seconds time out per team will be allowed in an extra end. Time outs not used during regulation play may not be carried over to the extra ends.
 - i. Exception: U18 and Junior - on ice coaching
 - ii. Exception: Mixed Doubles – no time outs
13. At all Provincial Championships each coach will be entitled to one 90-second fair play time out to provide an opportunity to diffuse a negative situation regarding one of their player's on-ice behaviour. This time out will be called and governed by the Umpire on duty.
14. If an Umpire determines that a team is unnecessarily delaying a game, the Umpire will notify the skip of the offending team and, after that notification, if the next stone to be

delivered has not reached the tee line at the delivering end within forty-five seconds, the stone is removed from play immediately.

15. Curlers should be prepared to curl up to three games a day if required, excluding tie-breakers and playoff games.
16. It is understood that preliminary rounds, tiebreaker games and all playoff rounds are deemed to be one competition. Any team defaulting a game after starting the process (including berth bonspiels and regionals) for all Provincial Championships for reasons other than extenuating circumstances (weather, multiple injury, etc) will be dealt with as follows:
 - i. All members of that team will be disqualified from further play in that competition and will not be allowed to compete in any CurlManitoba sanctioned competition for the remainder of the year (season) in which the default takes place.
 - ii. As well, all team members involved will not be allowed to participate in any CurlManitoba sanctioned competition for the year (season) following the infraction.
17. In all games, where play cannot be continued due to ice conditions and/or problems within the building; such as power failure, condensation falling, etc., and subject to approval of the Umpire and CurlManitoba, play shall be resumed at the point of the last completed end. This rule shall not apply in games where the game has been declared due to a team being late.
18. So as not to disturb other curlers, all electronic communication devices brought on-ice must be turned off prior to play beginning. This includes but is not limited to cellular phones, electronic pagers, beepers, etc.
19. Consumption of alcohol, tobacco products and cannabis products on-ice will not be permitted during all Provincial Championship play.
Exception: Curling Club Championship, alcohol will be permitted.
20. There will not be spare pools at any championships. All teams at any level of play including Provincial Championships will be allowed to name a fifth player.
Exception: At the Curling Club Championship spares are allowed ONLY if a 5th player is not on the team roster. The spare /5th must play lead.
21. All equipment will be checked and tagged prior to the pre-event practice, any changes must be approved by an Umpire.
22. A player may request that an Umpire inspect a brush prior to or during a game.
23. The sixteen/twelve team two group Championship shall be seeded by the competing teams and grouped as follows:

Asham Black Pool	Seeds	1, 4, 5, 8, 9, 12, 13, 16
Asham Express Red Pool	Seeds	2, 3, 6, 7, 10, 11, 14, 15

If less than 25% of teams participate in the self-seeding process, teams will be placed in the draw using a random generator program.
Seeding will be determined by using the median of the players seeding submitted.
24. The CurlManitoba Umpires shall decide ice assignment for tie-breaker(s) if required.
25. During the Last Stone draw the coaches and fifth players are allowed in the ice area. They may not speak with their team.
26. All provincial participants must submit a picture of their uniforms to CurlManitoba seven days prior to the Provincial Championship's Pre-Event Practice by noon.
27. In all Championships during a pre-event practice and a pre-game practice, a Fifth Player may participate.
28. In all Championships the pre-game practice is considered a part of the game therefore no broom heads can be changed after pre-game practice.

29. All games may be conceded after the completion of the 5th end.
30. If you are leaving the ice area prior to other games being complete, please do not walk across the backboard while players are delivering their stones.
31. Please remember to keep your knees and hands off the ice surface after you have thrown a stone.
32. In the event of any disagreement between skips at any CurlManitoba Championship, the Umpire shall be consulted.

RULE ENFORCEMENT

Rule enforcement will operate on a complaint-based system where the Umpires will not get involved unless requested by either of the two competing teams. The hog-line rule is that a stone must be clearly released BEFORE the hog-line. If you consider hog-line violations to exist and wish that it be addressed, an Umpire will be assigned to observe all players on the sheet. The Umpire will make hog-line calls for both teams and stones will be removed accordingly.

GAME TIME OPERATION

1. All Provincial Championship games will use time clocks.
 - Exception:** Mixed Doubles
Masters Championship (optional)
2. Timing will be thinking time. The game time allotted to each team to complete:
 - 10 end games -- 38 minutes, 5 minutes extra end
 - 8 end games – 30 minutes, 5 minutes extra end

ON ICE COACHING

 - 10 end games – 38 minutes, 5 minutes extra end
 - 8 end games -- 34 minutes, 5 minutes extra end
4. The clock shall start once the house and playing area is turned over to the opposition. The clock will continue to run until the player delivering the stone crosses the delivery end T-line.
5. The time allotted between ends will be one minute commencing once the score is determined. If a measure is required, the Umpire will stop the clock to be able to measure.
6. Each team will be allowed two 90-seconds time outs per game excluding extra end(s). Extra ends will be allotted one 90-seconds time out per team.
 - Exception:** U18 on ice coaching
Juniors on ice coaching
Mixed Doubles no time outs
7. During an end the team or coach whose clock is running may call a time out or the team delivering first may call a time out between ends to commence at the completion of the break between ends.
8. The 90-seconds time out will start immediately when a team/coach calls the time out.
9. A 5 minute 4th/5th end break is mandatory whenever time clocks are being used. The next end may start in the last remaining 15 seconds of the break.

COACHES FAIR PLAY TIME-OUT (only at officiated events)

The purpose of the Coaches Fair Play Time-Out is to provide the coach with the opportunity to diffuse a potentially negative situation regarding a player's on ice demeanor before the situation escalates or to counsel an athlete relative to adhering to the rules of the game.

- (1) Each coach shall be provided the opportunity to request one minute fair play time-out per game.

- (2) A coach's fair play time-out shall only be implemented with the approval of the Chief or Deputy Chief Umpire.
- (3) Only the coach who requested the fair play time-out may access the playing area accompanied by a game umpire.
- (4) A game umpire may recommend a coach's fair play time-out.

The clock will be stopped.

PRE-GAME PRACTICE ROUTINE 7 minutes (Championships in Curling Clubs)

Coin Toss – colour or 1 st /2 nd practice	Colour pre-determined Triple Knockouts Events will have a coin toss to select colour	35:00
	First team access the ice	25:00
	First Practice (7 minutes)	24:00
	Draw for Last stone (clockwise)	17:00
Practice Switch		
	Second team access the ice	14:00
	Second Practice (7 minutes)	13:00
Two draws required for Seniors and Masters and U18	Draw for Last stone (counter clockwise)	6:00
Teams access ice for game		1:00

PRE-GAME PRACTICE ROUTINE 9 minutes (Championships in Arenas)

Coin Toss – colour or 1 st /2 nd practice	Scotties-colour pre-determined Viterra-coin toss will occur for colour	35:00
	First team access the ice	29:00
	First Practice (9 minutes)	28:00
	Draw for Last stone (clockwise)	19:00
Practice Switch		
	Second team access the ice	18.00
	Second Practice (9 minutes)	17:00
	Draw for Last stone (counter clockwise)	8:00
Teams access ice for game		1:00

CRESTING STANDARDS

IT IS MANDATORY TO WEAR EVENT TITLE AND PRESENTING SPONSOR CRESTS

For the 2023-2024 season at all Provincial Championships, the following shall apply to all team personnel including:

Players, Coaches and Fifths when on the ice surface during play, time-outs, practice and opening ceremonies.

Matching uniforms are not required at the Curling Club Championship, U18 Championship, 4-person Mixed Championship or Mixed Doubles.

CURLMANITOBA TITLE AND PRESENTING SPONSORS: (Mandatory)

1. When both a presenting and title sponsor crest is available the following will apply:
 - a) A 5 inch square area is reserved for the TITLE SPONSOR CREST on the left chest.
 - b) A 5 inch square area is reserved for the PRESENTING SPONSOR CREST on the right chest.
2. When only one of the Title or Presenting sponsor crest is available the following shall apply:
 - a) The sponsor crest can be placed on either the left or right chest in a 5 inch reserved square.
3. Title Sponsor crests earned by the participant in a previous year(s) may be worn on the chest at the current year championship IF:
 - a) the event is sponsored by the same title sponsor
 - b) the crest is identical to the current crest
4. Title and Presenting Sponsor Crests from any current year championship may be worn at any other championship.
5. All teams members including the coach MUST display the title sponsor whenever in the ice area. Coaches and Fifths on the bench are not required to display the sponsor crest unless they are accessing the ice area.

Exception: At U18 and Junior Championships where there is on-ice coaching the coaches and fifths are not required to display the sponsor crests during an interaction or while travelling down the sheet of ice between ends.

RULES:

1. Team Sponsorship creasing shall not be in conflict with the Title/Presenting Sponsor or any other CurlManitoba Sponsors. To ensure that team sponsorship is not in conflict with CurlManitoba sponsorship it is the responsibility of the team to seek approval from CurlManitoba prior to each Provincial Championship.
 - a) A picture of team uniforms (both front and back view) must be submitted to CurlManitoba for approval.
2. Teams will not be permitted to transport and/or display on-ice any type of sponsorship signage in any CurlManitoba conducted events.
3. Teams will not be permitted to distribute promotional items to the fans while games are in progress.
4. Brooms, bags, broom bags and pants will not display sponsorship unless the creasing fee has been paid.
5. The individual participant's own name, the team's home club or home town may be worn at any championship.
6. Head Attire is acceptable as long as they are not derogatory.

7. It is **NOT** permissible to cover unacceptable crestring or advertising with duct tape or shiny fabric. It **MUST** be covered in like fabric of the same color the clothing worn.
8. Coaches must be dressed in black dress pants or black curling pants or pants that match the team's uniform to be allowed ice access.
9. Advertising of tobacco products and cannabis products on-ice will not be permitted during all Provincial Championship play.

BERTH CRESTS:

1. CurlManitoba Berth crests may be worn on the sleeves, below team sponsor crestring, or on the right chest if no Presenting Sponsor Crest is provided. It is **NOT** mandatory to wear the CurlManitoba berth crest.

MANUFACTURERS LOGOS:

1. Garment manufacturer's logos may be of various dimensions but shall be no more than 2 in² (13cm²) in total area.

CRESTING ALLOWED NO CHARGE

Sleeves:

- a) Team sponsorship crests are allowed between the shoulder and the elbow and may only cover an area of a maximum of 4" tall and a maximum of 4" wide in total.
- b) Team sponsorship crestring on each player may be different and may represent more than one sponsor.

Back:

- a) All team sponsorship on the back is limited to 8 inches wide and 4 inches high. Placement is as follows:

Top/Bottom of the Garment:

1. The bottom edge of the sponsor logo must be within 7 inches of the neckline or 7 inches from the hem.
2. Team sponsorship crestring on each player may be different but each player can only display one sponsor per jacket on the back of the jacket.

CRESTING ALLOWED FEE

1. Any team wishing to display any other advertising will pay a fee of:

Juniors	\$200
Men, Women	\$400

A maximum of \$400 per team for all combined events.

2. All crestring fees must be paid to the CurlManitoba office 7 days prior to any Provincial Championship.

CRESTING AND EQUIPMENT CHECK

1. Permissible crestring is at the sole discretion of CurlManitoba Umpires.
2. All crestring and uniforms will be confirmed at the pre-competition practice. Please bring all curling attire and equipment to the pre-event practice.
3. All crestring fees must be paid to the CurlManitoba office 7 days prior to any Provincial Championship.

LAST STONE DRAW (all categories)

1. The team with first practice will **always** deliver the clockwise rotation while the team with second practice will **always** deliver the counter-clockwise rotation.
2. Only the four 'game' players are allowed on the ice surface for the Last Stone draw in regular 4 person play. Full sweeping is allowed, however, one of the four players must hold the target broom. The sweeping line-up should be as it would be during the actual game.
3. A stone not delivered within the time allotted by the Umpire will be assigned a distance of 199.6 cm (the stone must reach the near T-line before the one minute time expires). A total of 199.6 is used with the app.
4. Stones moved by the delivery team before being measured will be assigned the distance of the next defined circle away from the button.
 - On or touching the button = 15.24 cm (when a one foot button)
 - In or touching the four foot = 60.96 cm
 - In or touching the eight foot = 121.92 cm
 - In or touching the twelve foot = 196.60 cm

NOTE: At an arena event where triangulation is in place the measurements will be completed as per Curling Canada Rules as the maximum distances are different.
5. If a member of the non-delivering team or an external force moves a stationary stone or causes it to be moved before the Umpire completes the measurement, the stone is replaced to its original position by the delivering team.
6. The third from both teams shall confirm the distance measured with the Umpire.
7. At the conclusion of the round robin, the single highest recorded distance will be discarded to establish the final accumulated distance.

DRESS CODE (All CurlManitoba Functions)

1. All team members (including the coach) attending a Championship banquet/cocktail party are expected to dress in business casual attire or their competitive uniforms. (No blue jeans allowed)

Exception: U18
Curling Club
4 Person Mixed
2. Teams are required to have matching on ice apparel which are to be worn at all times when the team is on the ice including practices, games and all ceremonies.

Exception: U18
4 person Mixed
Curling Club Championship
3. If a team attends in poor fashion the penalty will be loss of last stone in the first game the team has earned the last stone.
4. A CurlManitoba Representative or a CurlManitoba Umpire will enforce the dress code.
5. Team uniforms must display the sponsor crests at all times when in the field of play.

PAGE PLAYOFF

1. Immediately following the final qualifying draw a meeting will occur with the Head Umpire and the skips from the four playoff teams.
2. The top team in each pool and the next two best records will advance to the playoffs. The playoff round shall be either a page playoff or a single knock-out playoff as specified in the rules of the competition.

Exceptions: Viterra Championship

Scotties Tournament of Hearts

Senior Men's Championship

Master Men's Championship

3. The 1 vs 1 game and the 2 vs 2 or 3 vs 4 games will be played at the same time unless designated prior to the event.
4. The winner of the 1 vs 1 game will advance to the final and the runner-up competing in the semi-final.
5. The winner of the 2 vs 2 or 3 vs 4 game will advance to the semi-final.
6. The winner of the 1 vs 1 game must declare stone colour a minimum of one hour prior to the pre-game practice.
7. Once a team makes their colour selection and declares it to the Umpire the choice cannot be altered.
8. The winner of the 1 vs 1 game may practice for 30 minutes at a time assigned by the Umpire. The choices are:
 - The night prior immediately following the playoff game (approximately 11pm).
 - OR
 - The morning of the championship prior to the semi-final game (7:30am).

NOTE: all other playoff formats can be found in the event specific information.

STONE SELECTION

1. Event stone selection can be found in the information for each specific event.

EVENT SUMMARY

	LAST STONE DRAW	PRE-EVENT PRACTICE	PRE-GAME PRACTICE	GAME DURATION	TIME OUTS	TIE BREAKERS	TIMING	CRESTING	DRESS CODE
U18	2 stones	No	7 min	8 ends	On ice coaching	TBD-based on draw format	34 Minutes	No	No
Junior	1 stone	Yes	7 min	10 ends	On ice coaching	TBD-based on draw format	43 Minutes	Yes \$200 matching	Yes
Scotties	1 stone	Yes	9 min	10 ends	2-90 sec	NO after RR YES one tie breaker after the championship round	38 minutes	Yes \$400 Matching	Yes
Viterra	1 stone	Yes	9 min	10 ends	2-90 sec	N/A	38 minutes	Yes \$400 matching	Yes
Senior	2 stones	Yes	7 min	8 ends	2-90 sec	No	30 minutes	Yes No Charge matching	Yes
Master	2 stones	Yes	7 min	8 ends	2-90 sec	No	bell 1:50	yes No Charge matching	Yes
Curling Club	1 stone	No	7 min	8 ends	2-90 sec	Tone tie-breaker round	30 minutes	No	No
Mixed	1 stone	No	7 min	8 ends	2-90 sec	N/A	30 minutes	No	No
Mixed Doubles	1 stone	No	5 min	8 ends	No Time outs	N/A	Bell 1:20	No	No

TIME OUTS:

Time outs are 90-seconds in durations and start when the time out is called by the team.

At the U18 and Junior Championship on ice coaching procedure will be followed.

PRE-GAME PRACTICE:

Pre-game practice at Championships held in Arenas will be 9 minutes.

Pre-game practice at Championships held in Curling Clubs will be 7 minutes.

There is no sliding prior to the start of the pre-event practice.

NATIONAL CHAMPIONSHIPS

All teams at a Provincial Championship are competing for the Provincial Title. The winning team shall be eligible to represent Manitoba at the Curling Canada Championship. However, CurlManitoba reserves the right to select the team to represent Manitoba at the National Championship.

NATIONAL FUNDING

Travel Expenses:

U18, Juniors	Airfare 4 athletes + 1 coach
Scotties	Airfare 4 athletes + 1 coach 4 rooms at the Curling Canada designated Hotel Per Diem of \$75/day per 4 athletes and 1 coach
Brier	Airfare 4 athletes 4 rooms at the Curling Canada designated Hotel Per Diem of \$75/day per 4 athletes and 1 coach
4 person mixed, Seniors	Airfare 4 athletes 67% of hotel at the Curling Canada designated hotel
Curling Club	Airfare 4 athletes 2 rooms at the Curling Canada designated hotel
Mixed Doubles	100% athlete expense
Wheelchair	Airfare 4 athletes + 1 coach \$1000 toward expenses

Coaching:

U18, Juniors	21 years of age Competition Coach Certification
Scotties, Brier	Certified Competition Development Or Competition Coach Certified + Competition Development in Training Or Mental Performance Consultant as per Curling Canada Per Diem of \$75/day per 4 athletes and 1 coach
4 person Mixed, Seniors, Curling Club, Mixed Doubles	Competition Coach Certification Or High Performance Consultant approved by Curling Canada
Wheelchair	Competition Coach Certification

APPENDIX A

CURLMANITOBA BEHAVIOURAL GUIDELINES

All athletes at any CurlManitoba Event must show respect for the game of curling.

Inappropriate behaviour of any kind will not be tolerated during a CurlManitoba Officiated Event.

- Verbal abuse directed at anyone including teammates, opposition, volunteers or CurlManitoba representatives. Rudeness to any timers, volunteers, Umpires, spectators, other athletes or CurlManitoba representatives.
- Obscene gestures that are deemed inappropriate by an Umpire and abusive behaviour to anyone.
- Behaviour that disturbs other athletes or games.
- Extreme broom slamming or breaking.
- Disrespect toward CurlManitoba partners.

Game Expulsion/Ejection

All athletes at any CurlManitoba Event must show respect for the game of curling.

Inappropriate behaviour of any kind will not be tolerated during a CurlManitoba officiated event.

- The Umpires at all Championship events are empowered to eject/expel a player from a game for unsportsmanlike behaviour of any kind including verbal abuse directed at anyone including team mates, opposition, volunteers or CurlManitoba representatives
- There may be no warning for any infraction. Once a player or coach has been expelled the following procedures will be implemented:
 - a. The player/coach must leave the ice surface immediately. If the individual refuses to leave the team will then forfeit the game.
 - b. For the remainder of the game, the individual may not be in any public area of the facility or on the ice surface.
 - c. An ejected/expelled player will not be allowed a substitute/replacement for the remainder of the game. In mixed play where 4 players are mandatory, the game will be automatically forfeited.
 - d. In the matter of a coach being ejected/expelled, the team will forfeit their time outs.
 - e. If the player/coach is ejected/expelled for longer than the game in question, a substitute player/coach will be allowed.
- The behavioural rules will be strictly enforced by the Umpires.
- Bad behaviour at the conclusion of the event (final game) will be penalized by the athlete being ejected from the first game of the next event that they are competing in at the same level of play.
- For specific details on an appeal process contact CurlManitoba.

When a Championship is in an Arena.

- a. Coaches and athletes are expected to adhere to the policy in its entirety.

When a Championship is in a Curling Club with Bleachers on the ice.

- a. Coaches and Assistant coaches may not sit in the ice area for any games that their team is playing. If they are sitting in this area, they must be removed from the area and ejected from the game in progress as coach. The alternate coach may not be added. The team will play without a coach for the remainder of the game.

- b. Spectators at any Championship that are an issue by “coaching” from the sidelines or cheering inappropriately or using foul language will be asked to leave the ice area. The Umpires will determine unacceptable behaviour.

When a Championship is in a Curling Club with coaches behind the glass.

- a. Unacceptable behaviour behind the glass in a curling club includes banging on the glass, yelling out of the doorway, signaling from inside to the team by using hand signals, coffee cups, etc, pacing, standing up and sitting down in a demonstrative manner and all other behaviour that an Umpire deems as being an attempt to coach a team.

When a Team has completed an Event

- a. Athletes that use inappropriate behaviour in the ice area once they have been eliminated from an event will be penalized.
- b. The Umpire will present the athlete with a letter explaining the consequences of their behaviour.
- c. The athlete will be charged a donation to the Endowment Fund of \$100.00. CurlManitoba will administer this consequence. The Umpire will present the letter to the athlete.

**There will be no warning or appeal process with this type of misconduct.
BEHAVIOURAL ISSUES ARE AT THE DISCRETION OF THE UMPIRE**

APPENDIX B

MEDIA

CurlManitoba is fortunate to have great support from media across the province. Every player is asked to do their part in maintaining that support by cooperating with media when requested. The presence of photographers and cameramen is a fact during a CurlManitoba Championship. While it may seem courteous to you to stop your movement while they take their picture, it is not your responsibility to do so. Your job is to be in position to sweep or make your next shot. If you must move in front of their camera to do so, do not be concerned about it.

Social Media Guidelines for Athletes and Coaches

Definitions

The following term has this meaning in these Guidelines:

“*Social media*”– The catch-all term that is applied broadly to new computer-mediated communication media such as blogs, YouTube, Facebook, and Twitter

Purpose

1. These Guidelines provide athletes and coaches with tips and suggestions for social media use. Athletes and coaches are strongly encouraged to develop their own strategy for social media use (either written down or not) and ensure that their strategy for social media use is acceptable pursuant to CurlManitoba’s *Code of Conduct, Behavioural and Discipline Policies*.
2. Given the nature of social media as a continually developing communication sphere, CurlManitoba trusts its athletes and coaches to use their best judgment when interacting with social media. These Guidelines are not hard and fast rules or behavioural laws; but rather ideas that will inform athletes’ and coaches’ best judgment.

Social Media Guidelines for Athletes

The following tips should be used by athletes to form their own strategy for social media use:

1. Set your privacy settings to restrict who can search for you and what private information other people can see.
2. Coaches, teammates, officials, or opposing competitors may all add you to Facebook or follow you on Twitter. You are not required to follow anyone or be Facebook friends with anyone.
3. If you feel harassed by someone in a social medium, report it to your coach, Umpire, or to CurlManitoba.
4. Do not feel pressure to join a fan page on Facebook or follow a Twitter feed.
5. Content posted on Twitter and Facebook, relative to your privacy settings, is considered public. In most cases, you do not have a reasonable expectation of privacy for any material that you post.
6. Avoid posting pictures of, or alluding to, participation in illegal activity such as: speeding, physical assault, harassment, drinking alcohol (if underage), and illicit drugs.
7. Model appropriate behaviour in social media befitting your status as a) an elite athlete, and b) a member of your club and of CurlManitoba. As a Member of CurlManitoba, you have agreed to CurlManitoba’s *Code of Conduct, Behavioural and Discipline Policies* and most follow that Code when you post material and interact with other people through social media.
8. Be aware that your public Facebook page or Twitter feed may be monitored by your

club, coach, or by CurlManitoba and content or behaviour demonstrated in social media may be subject to sanction under CurlManitoba's *Code of Conduct, Behavioural and Discipline Policies*.

Social Media Guidelines for Coaches

The following tips should be used by coaches to form their own strategy for social media use:

1. Choosing not to engage with social media is an acceptable social media strategy. But you must have good reasons for your choice and be active in other communication media.
2. Despite what Facebook says, you are not actually "friends" with athletes. Resist commenting on athletes' personal activities, status updates, or tweets on Twitter.
3. Consider monitoring or being generally aware of athletes' public social media behaviour to ensure compliance with CurlManitoba's *Code of Conduct, Behavioural and Discipline Policies*.
4. Coaches may not demand access to an athlete's private posts on Twitter or Facebook.
5. Do not "friend" athletes on Facebook unless they request the connection. Never pressure athletes to "friend" you.
6. If you accept some "friend" requests, or follow one athlete on Twitter, you should accept all friend requests and follow all the athletes. Be careful not to show favouritism on social media.
7. Consider managing your social media so that athletes do not have the option to follow you on Twitter or "friend" you on Facebook.
8. Seek permission from athletes before posting pictures or videos of the athletes on publicly available social media like a blog or on YouTube.
9. Do not use social media to 'trap' athletes if they say one thing to you in person but their social media activity reveals they were doing something different.
10. Keep selection decisions and other official team business off social media.
11. Never require athletes to join Facebook, join a Facebook group, subscribe to a Twitter feed, or join a Facebook fan page about your team or organization.
12. If you create a fan page on Facebook for your team or athlete, do not make this social media site the exclusive location for important information. Duplicate important information in more official channels (like on a website or via email).
13. Ensure that parents are aware that some coach-athlete interactions may take place on Facebook.
14. Exercise appropriate discretion when using social media for your own personal communications (with friends, colleagues, and other athletes) with the knowledge that your behaviour may be used as a model by your athletes.
15. Avoid association with Facebook groups or Twitter feeds with explicit sexual contact or viewpoints that might offend or compromise the coach-athlete relationship.
16. Never misrepresent yourself by using a fake name or fake profile.
17. Be aware that you may acquire information about an athlete that imposes an obligation of disclosure on your part (such as seeing pictures of underage athletes drinking during a trip).
18. Attempt to make communication with athletes in social media as one-sided as possible. Be available for athletes if they initiate contact via social media – athletes may wish to have this easy and quick access to you – but avoid imposing yourself into an athlete's personal social media space unless explicitly requested to do so.

