

2019 LABRADOR WINTER GAMES TECHNICAL PACKAGE



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**2019 LABRADOR WINTER GAMES
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2019 LABRADOR WINTER GAMES
GENERAL RULES

1.0 ELIGIBILITY

- 1.1 The Labrador Winter Games are open to all residents of Labrador.
- 1.2 Individuals may only compete for the community she/he is a resident of as of January 10th in the year of the Games.
- 1.3 Students who are away from their normal place of residence for the purpose of attending **post-secondary school** such as **University or Technical School**, will be allowed to compete for their 'home' community, or for the community in which they are attending school.
- 1.4 Further to rule 1.3, if an athlete has moved to a new community in Labrador, that person may declare his/her intention to participate for their current community, or a community for which that athlete has participated in the past.

Note:

- 1) Once an athlete has successfully made a team and committed to one community, they may not be placed on another community team.
 - 2) Proof of prior participation with said community may be required.
- 1.5 Any athlete that does not meet the eligibility requirements above, but would like to play for the community in which they grew up, has the option to submit a letter of request and supporting documentation to the LWG Board for access to try out and participate on that team. A maximum of 4 athletes may fulfill these eligibility criteria for each community.

Documentation to include in the submission is:

- A letter from the community government the athlete would like to represent, stating the local government support;
- Documentation showing that the majority of the athlete's schooling was done in that community;
- A letter explaining the details of the situation.

For example, an athlete that grew up in Forteau that lives in Labrador City for work, who has never competed for Forteau in the LWG, and is not in school, may be

eligible to compete for Forteau if their package is complete and is approved by the LWG Board.

- 1.6 There is no age limit imposed on athletes, however, the minimum age for rifle sports is 18 years on the day of the competition and competitors must be in possession of proper certification from the Canadian Firearms Center.

Failure to comply with any of these eligibility requirements, stated above, would result in the ineligibility of an athlete to compete in the Labrador Winter Games.

2.0 TEAM COMPOSITION

- 2.1 Each Community is responsible for selecting its own team of up to nine male and eight female or eight male and nine female athletes, as well as a female or male community coordinator (these female-male numbers are also applicable for those communities not competing with a full-team).

The Community Coordinator cannot compete as an athlete.

3.0 COORDINATORS' RESPONSIBILITIES

The Community Coordinators responsibilities include, but are not limited to the following:

- 3.1 To ensure that no athlete is registered for two events which are scheduled to take place the same time.
- 3.2 To ensure that all eligibility rules regarding team selection and participation in all events are met.
- 3.3 To maintain team discipline at **all** times during the period of the Games.
- 3.4 To immediately bring to the attention of the Games Organization any occurrence(s) that may negatively affect the competition, which would include breaching of rules, scheduling problems, athlete illness or injury, etc. Failure to comply with any of the above gives rise to the possibility that the team will be eliminated from competition for the Labrador Cup and/or from the Games as a whole.

***NOTE: If changes are made by the Games Organizing Committee on the day of the event which causes conflict in an athlete's schedule, it is the duty of that affected athlete or Community Coordinator to immediately contact the Event Coordinator or Games Committee so that this may be resolved.**

4.0 GAMES CHAMPIONSHIP & COMMUNITY POINT SYSTEM

- 4.1 A point system has been devised that regardless of where a finisher places in an event, points will be earned for that individual's community and is added to the total community aggregated score.

Event Points: Points that are gained from competition in a particular event (i.e. Northern Games, Darts, Cross-Country Skiing). Event points are awarded for each component of an event (i.e. male, female, mixed) and then used to determine the overall standings for that event.

Community Points: Based on the overall standings of an event, community points are awarded to teams to determine the standings in the overall competition of the Labrador Winter Games. Community points are used to determine the standings when competing for the Labrador Cup.

Please see example on following pages for more information on the two types of point systems.

Appendix to 4.1

Athletes who enter an event will be categorized into one of the 4 groups, on the completion of that particular event.

1. **FINISHER:** An athlete who finishes an event within the context of all rules for that event. She/he will be awarded event & community points appropriate for the position in which they finished.
2. **DOES NOT FINISH (DNF):** An athlete, after starting a race decides on her/his own not to finish, will receive DNF status. This DNF status is usually due to fatigue or injury and that person will receive zero event points.
3. **DISQUALIFICATION (DQ):**

An athlete who **unintentionally** breaches any rules will be disqualified from that event/component and will receive zero event points.

- a) An athlete who **intentionally** breaches any rules will be disqualified from that event. This athlete/team will receive **zero** community points and may be subject to further action from the Technical Committee. This athlete's team will still be in contention for the Labrador Cup.

- b) An athlete who displays **gross negligence** will be expelled from the Games. Gross negligence may be considered where contempt is demonstrated or the safety of athletes, officials, or spectators is in question. This athlete will receive zero community points and his/her community will be eliminated from further contention for the Labrador Cup.

ALL DISQUALIFICATIONS WILL BE REVIEWED BY THE WINTER GAMES TECHNICAL COMMITTEE WHOSE DECISION WILL BE FINAL.

4. **NO SHOW (NS):** An athlete who does not show up for an event at the appropriate time. If this happens, the athlete will receive zero event and community points. Furthermore, his/her team will be eliminated from contention for the Labrador Cup, as they have violated the **TOTAL PARTICIPATION** requirements.

Grace Period Rule

Group #1

Northern Duathlon
Dog Team Race
Labrador Road Race
50+ Snowshoe Race

Time starts as per schedule
15 mins. late – **No Show**

Group #2

Darts
Ball Hockey
Volleyball
Table Tennis
Badminton

Time starts as per schedule
5 mins. late – **lose by default**
2 defaults – **No Show**

Group #3

Snowshoe Race
Labrathon
Snowshoe Biathlon
Target Shooting
Northern Games

Time starts as per schedule.

Arriving within 15 mins. of heat/event start, an athlete will be placed in next available start. If no other start is available, then the athlete is considered a no show.

After 15 mins. - **No Show**

X-country Skiing

If late for individual scheduled start, automatic 10 min penalty & fit in next available slot. If 15 mins late, no show.

Substitution Rule

Substitutions may only be made by the community coordinator in the case of illness or injury of an athlete. These substitutions may be made at the event site during the start of the event (even meaning all components of the sport) only. Once a substitution is made, that athlete must complete the entire event (event meaning all components of the sport), the only exception being if the original athlete's non-arrival at the event is deemed the fault of the Games, in which case the original athlete would substitute in when they arrive. If an athlete is substituted and it's found that they are competing in another event taking place at the same time, that community will be disqualified from both events.

- 4.2 The maximum number of points awarded in any one event before bonus points, is dependent on the number of teams that actually register for the Games during Games Week of that year. For example, if 30 teams enter, 30 points will be awarded for first place, with a one point difference between placing.

- 4.3 The point system is as follows:

1 st place	(Gold Medal)-30 pts + 10 bonus pts	= 40 pts
2 nd place	(Silver medal)-29 pts + 6 bonus pts	= 35 pts
3 rd place	(Bronze medal)-28 pts + 3 bonus pts	= 31 pts
4 th place		= 27 pts
5 th place		= 26 pts
6 th place		= 25 pts

This pattern would continue to last place which consequently would receive 1 point.

- 4.4 In the case of an event not having 30 communities, last place shall receive points equivalent to its ranking from 30. For example, in an event with ten entries the last place would receive 21 points.
- 4.5 In events with both female and male components, the final points accumulated for both components will be added together and then a community position will be awarded.

EXAMPLES: (Using 30 communities participating)

Event of Snowshoe Biathlon (both female & male)

Event Points Awarded

The Wabush male athlete finishes in 2nd position.
(Silver) 29 + 6 bonus points

35 pts

The Wabush female athlete finishes in 4th position.

27 pts

Total points for this community in Snowshoe Biathlon:	62 pts
The Forteau male athlete finishes in 1 st position (Gold) 30 + 10 bonus points	40 pts
The Forteau female athlete finishes in 8 th position.	<u>23 pts</u>
Total points for this community is the Snowshoe Biathlon:	63 pts
The Natuashish male athlete finishes in 3 rd position. (Bronze) 28 + 3 bonus points	31 pts
The Natuashish female athlete finishes in 1 st position (Gold) 30 + 10 bonus points	<u>40 pts</u>
Total points for this community in the Snowshoe Biathlon:	71 pts
The Nain male athlete finishes in 4 th position	27 pts
The Nain female athlete finishes in 5 th position	<u>26 pts</u>
Total points for this community in the Snowshoe Biathlon:	53 pts

Overall final positions for the example given in the Snowshoe Biathlon are:

Final Community Points Awarded

1 st	Natuashish with 71 points	30 + 10 = 40 pts
2 nd	Forteau with 63 points	29 + 06 = 35 pts
3 rd	Wabush with 62 points	28 + 03 = 31 pts
4 th	Nain with 53 points	27 = 27 pts

5.0 CLASSIFICATION OF EVENTS

5.1 Events are divided into two categories and in order to be eligible for the Labrador Cup, communities **MUST** enter the required number of athletes in all events designated as mandatory, as well as only four of the six events designated as optional.

5.2 **Mandatory Events are as follows:**

A) TARGET SHOOTING	1 Female & 1 Male
B) NORTHERN GAMES	1 Female & 1 Male
C) LABRATHON	1 Female & 1 Male

D) SNOWSHOE RACE	2 Females & 2 Males <i>3 Components: Female, Male & Mixed Relay</i>
E) SNOWSHOE BIATHLON	1 Female & 1 Male
F) NORTHERN DUATHLON	1 Female & 1 Male
G) X-COUNTRY SKIING	1 Female & 1 Male <i>3 Components: Female, Male & Mixed Relay</i>

5.3 Optional events are as follows:

A) ARENA BALL HOCKEY	4 Females & 4 Males & 1 Goaltender (Female or Male)
B) BADMINTON	1 Female & 1 Male <i>3 Components: 1 Female, 1 Male, & Mixed Doubles</i>
C) VOLLEYBALL	5 Females & 5 Males
D) DARTS	2 Females & 2 Males
E) TABLE TENNIS	1 Female & 1 Male <i>3 Components: Female, Male & Mixed Doubles</i>
F) LABRADOR ROAD RACE	1 Female & 1 Male
G) DOG TEAM RACE	1 Athlete
H) 50+ SNOWSHOE RACE	1 Female & 1 Male

NOTE: Please be advised that the failure to register and field required number of athletes in all mandatory events and four of the six optional events will result in your community being eliminated from competition for the Labrador Cup.

6.0 PROTESTS

Community Coordinators may only file a protest based on a rule interpretation and not on an official's decision.

- 6.1 The Labrador Winter Games Association will establish a protest committee comprised of technical chairs, the Games Director and Board members. A minimum of three members of this committee will hear a protest.
- 6.2 Protests must be filed on Official Protest Forms that are available from the event coordinator, and must be signed by the community coordinator or his/her designate. This document must be submitted within 1 hour of the events completion and any protest submitted must also include a \$30.00 fee which is refundable if the protest is upheld or considered a non-eligible protest. The \$30 is forfeited if the protest is denied.
- 6.3 Completed forms must be returned and given to the event coordinator of the event in question.
- 6.4 All decisions of the protest committee will be **FINAL**.

7.0 DISCIPLINE

- 7.1 All participants are expected to conduct themselves in accordance with the spirit of the Games.
- 7.2 Any conduct not befitting the spirit of the Games may result in disqualification of that athlete and/or community which he/she represents.
- 7.3 Any person or community expelled from the remainder of the Games will be asked to leave their accommodations in the Athletes Residence as well as having all other athlete privileges revoked.
- 7.4 No alcohol will be permitted in the Athletes Residence.
- 7.5 No firearms will be permitted in the Athletes Residence.

8.0 AWARDS

8.1 Medals

Medals for 1st (Gold), 2nd (Silver), and 3rd (Bronze) positions will be awarded in each category of each event based on the event final placements.

8.2 The Labrador Cup

The Labrador Cup is awarded to the community team that accumulates the most points overall in the required events. To compete for the Cup, teams must participate in all the mandatory events, and four of the optional events.

The following awards will be distributed based on an awards committee decisions, as well as community coordinator feedback:

8.3 Most Outstanding Athletes- Electoral District (Male & Female)

The MOA-ED award is presented to the individual male and female athletes from each of the four electoral districts which would include Cartwright – L'Anse Au Clair, Labrador West, Lake Melville, and Torngat Mountains. These athletes demonstrate outstanding athletic ability, team spirit, and attitude toward the Labrador Winter Games. These athletes will be considered for the Most Outstanding Male and Female Athletes of the Games.

8.4 Most Outstanding Athletes of the Games (Male & Female)

The MOA award is presented to the male and female athletes from those selected as MOA of the four electoral districts. These individuals demonstrate outstanding athletic ability, team spirit, and attitude toward the Labrador Winter Games.

8.5 Most Spirited Team

Presented to the community demonstrating tremendous team spirit, not only toward their own team, but with competing teams and the organizing committee also.

8.6 Most Improved Team

Awarded to the community who shows the greatest improvement in point standings from the previous Games in which they competed.

8.7 **Best Dressed Team**

Awarded to the team having the most traditional, original and functional uniform.

9.0 REGISTRATION

9.1 Registration will open on January 22, 2019 and close on February 19th, 2019. Athletes must fill all fields of online application. Community Coordinators shall indicate if they plan to compete for the Labrador cup as well as their optional sports.

9.3 Registration fees are \$88.50 + HST for each athlete competing in the Labrador Winter Games, including the community coordinator.

All registration fees must be paid by the final registration deadline. Teams that have not paid their registration in full by Friday, March 4th, 2019 will not be permitted to compete in the Labrador Winter Games until full payment is made. Total participation rules apply if a team does not compete in an event as a result.

10.0 SCHEDULES

10.1 A schedule of events has been posted on the Labrador Winter Games Website.

As a reminder, do not register one athlete for two events taking place at the same time.

10.2 Once final registration is completed on February 19th, 2019, the LWG Headquarters will have a draw night to determine pools, heats, divisions, and starting orders for each of the various events, and will communicate that information back to Community Coordinators as soon as possible.

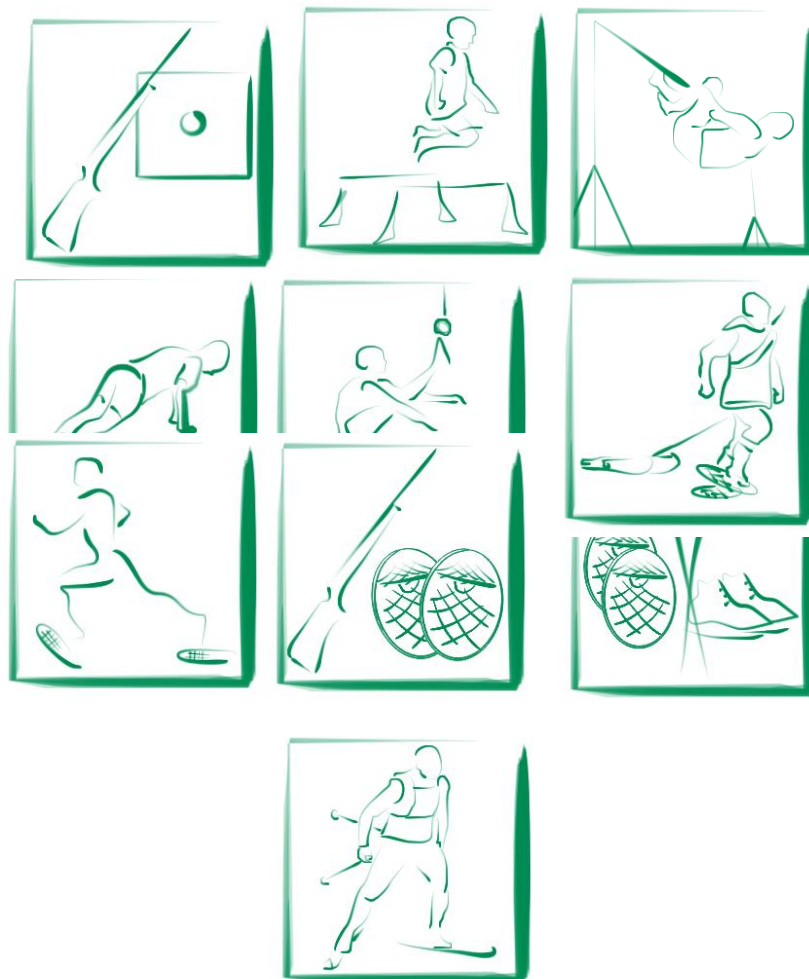
11.0 TRANSPORTATION & ACCOMMODATION

11.1 All scheduled transportation & accommodations are the responsibility of the Games Organizing Committee and ground transportation will only be provided for Labrador Winter Games related events.

11.2 Breakfast and supper/evening meals are the responsibility of the Games Organizing Committee, while dinner/mid-day meals are the responsibility of the individual athlete or community. The LWG HQ is planning to have concessions available at each venue, though that may not always be the case.

- 11.3 There will be a banquet meal for all community teams and coordinators the final night of the Games before the Closing Ceremonies.

MANDATORY EVENTS



EVENT: **TARGET SHOOTING**

TEAM COMPOSITION: 1 Female & 1 Male
(Minimum 18 years of age with valid PAL/FAC)



CLASSIFICATION: **MANDATORY**

1. Competition Format:

Section I: Each shooter will shoot 50 rounds from the *prone* position: 2 rounds per target, 10 rounds per target sheet, 5 target sheets, maximum possible score is 500 points.

Section II: Each shooter will shoot 30 rounds from the *standing* position: 2 rounds per target, 10 rounds per target sheet, 3 target sheets, maximum possible score is 300 points.

Section III: Each shooter will shoot 20 rounds from either the *sitting or kneeling* position, shooters preference: 2 rounds per target, 10 rounds per target sheet, 2 target sheets, maximum possible score is 200 points.

Each round of shooting will be from a distance of 25 yards.

2. Rules:

In order to participate in the Target Shooting event, each competitor must have a valid Possession and Acquisition License (PAL)/Firearms Acquisition Certificate (FAC), and have their license with them to register their firearm during the Games.

- A. Each shooter must supply their own rifle.
- B. Each shooter must wear safety glasses and ear plugs during competition and this protective equipment will be supplied by the Games at the shooting range.
- C. Spotting scopes are not to be used during competition.
- D. Any rim firing .22 calibre long range sporting rifle under 7 lbs. 4 oz. (3.3 kg) will be used (as per Appendix).
- E. Rifles will be weighed as they will be used on the firing line, meaning the breach empty and sights and slides must be in place.

- F. Sporting rifles must be equipped with an open V -type rear sight and single solid front post. Closed peep-aperture type, telescopic sight and other type sights are not permitted.
- G. Rifles may be equipped with a carrying sling and this sling may be used to assist the shooter to support the rifle while shooting. No other support devices are permitted.
- H. Under DQ section 4.1 – 3b, anyone seen resting her/his rifle while shooting will be disqualified immediately from further competition.

NOTE: Resting the rifle means resting it on any outside sources of support, such as pieces of wood, shooting stands, the floor/snow, etc. Athletes will be allowed to rest their rifle on parts of their body.

- I. Anyone using ammunition other than that provided by the Labrador Winter Games Association will be disqualified immediately from further competition under DQ section 4.1 B. The ammunition will be supplied by the Labrador Winter Games. Labrador Winter Games will provide the type of ammunition upon release of coordinator packages.
- J. Range Procedures are listed on the following pages.
- K. Anyone in view of the range officer who is not conducting his/her self in the proper or safe manner will be disqualified immediately from that event under DQ section 4.1 B, resulting in 0 community points being awarded to that individual.
- L. For this competition a malfunction is anything which, in view of the range officer, leaves the rifle in an unstable condition such as a freeze-up or broken firing pin. To not disturb the harmony of the shoot should a malfunction occur, the shooter will lay down her/his rifle, pointing down range with action left closed, and will raise his/her hand. That shooter will be given an opportunity to re-shoot a new target on the next relay with an open station. At this point the shooter has the option of using another rifle supplied by the chief range officer or using the same rifle again. If the shooter decides to use the same rifle on which the malfunction occurred, and another malfunction occurs, the shooter's score for that target will be based on the shots fired before the second malfunction. The shooter will not be given the opportunity to re-shoot the target. Any rifle on which two malfunctions occur will be disqualified from further competition. The shooter may continue but he/she must use another rifle to be supplied by the Games Association. **Only the athlete's registered rifle or a Games supplied rifle may be used.**

- M. A Dud is defined as any cartridge which fails to detonate upon firing impact. The range officer will have cartridges to replace any duds encountered on the firing line. Should a dud occur, the shooter should keep the rifle pointed down range with the action closed and raise his/her hand.
- N. All targets will be shot from a distance of twenty-five (25) yards and male/ female competitors will use the same size targets.
- O. Five practice or sighting rounds will be permitted to each shooter before his/her first target of the day.

P. **Section I:**

- (1) Each shooter is required to fire fifty rounds from the *prone* position.
There will be five target sheets and two shots at each of the five targets on the target sheet from the prone position. The center lower target is for sighting only and any shots in this target will not be scored.
- (2) In any target with more than two shots, only the two shots closest to the center will be scored. Targets with two or less shots will be scored according to the ring score – twenty points maximum per target and the maximum possible score per target sheet is one hundred points.

Section II:

- (1) Each shooter is required to fire thirty rounds from the *standing* position. There will be three target sheets and two shots at each of the five targets. The center lower target is for sighting only and any shots in this target will not be scored.
- (2) In any target with more than two shots, only the two shots closest to the center will be scored. Targets with two or less shots will be scored according to the ring score – twenty points maximum per target and the maximum possible score per target sheet is one hundred points.
- Q. All target sheets must be signed by the shooter and the range officer immediately following the shooting of the target sheet. Once signed by both parties, it will be officially scored and will not be altered for any reason.

- R. All official scores will be posted for view by competitors and the general public ASAP.
- S. Final standing for the event will be based on the combined score of all three sections and a maximum possible score is 1,000 points.
- T. Rifles will not be permitted in the athletes' accommodation area and the Games Committee will provide a secure storage area as well as pick-up and delivery to and from the range for all rifles to be used in the competition.
- U. Competitors will not be permitted in the scorer's tent.
- V. Target Shooting:

Day 1- Male shoot in the morning and females in the afternoon.

Day 2- Females shoot in the morning and males in the afternoon.

3. Community Ranking:

Based on the combined female and male scores as per the Labrador Winter Games point system.

ORDERS FOR FIRING RANGE

NOTE: THESE ORDERS ARE TO BE USED IN CONJUNCTION WITH THE FOLLOWING OFFICIALS ON THE FIRING LINE:

- MINIMUM OF 3 LINE OFFICIALS**
- DEPUTY RANGE OFFICER**
- RANGE OFFICER**

Line Officials are responsible for 3 to 4 shooters each. They will assist with weapon problems and ensuring they are clear of ammunition after each shoot. Line officials will report directly to the range officer.

The Deputy Range Officer is responsible for ensuring that competitors are ready to compete. They will ensure weapons and targets are issued at the appropriate time and will make certain there are minimal holdups at the change of draws.

The Range Officer is responsible for the overall range operation and safety. The range officer should be situated where he can have an unobstructed view of all line and range activities (usually elevated) and be equipped with a public address system.

In the event of a problem, firearms should remain pointed down range and the competitor should raise their hand.

The following range orders were developed and used at the 2006 Labrador Winter Games Target Shoot and they cover the first and second relay of one draw; while subsequent draws are a repeat of the second relay.

The Range Officer will call a draw to the firing line.

1. *Draw # 1 take up your positions on the firing line.*
Deputy Ranger Officer ensures all are present and indicates it to Range Officer.
2. *Ladies/Gentlemen, you may go forward and place your targets.*
Line officials accompany competitors forward to place targets.

When all competitors and officials are clear of the range and behind stalls after placing targets, the commands continue.

3. *Ready on the firing line.*
Competitor will take up firing posture and open gun case, etc.
4. *If you have a magazine you may load your magazine with 5 rounds, but DO **NOT** load your weapon at this time.*
Competitors will load magazines.
5. *Are you ready?*
Visual check of all competitors and down range by Range Officer.

When satisfied all is clear:

6. *Load your weapon.*
Visual safety check.
7. *Five practice rounds at the bottom center target. In your own time commence firing.*

When all competitors have ceased firing:

8. *Clear firing lane and check weapons.*

Line officials will physically check that all weapons are unloaded and actions open and clear of ammunition; then indicate **ALL CLEAR** to the Range Officer.

9. *Ladies/Gentlemen, you may go forward and check your targets, but **DO NOT** remove your target at this time.*

Line officials will accompany competitors forward to check targets.

When all competitors and officials are clear of the range and behind stalls after checking targets:

10. *Ready on the firing line.*

Competitors take up firing posture.

11. *If you have a magazine you may load your magazine with ten rounds, but **DO NOT** load your weapon at this time.*

Competitors will load magazines.

12. *Are you ready?*

Visual check of competitors and down range by the Range Officer.

When satisfied all is clear:

13. *Load your weapon.*

Visual safety check.

14. *Ten rounds, two rounds per target, at the five remaining targets and in your own time commence firing.*

When all competitors have ceased firing:

15. *Clear firing line and check weapons.*

Line officials will physically check that all weapons are unloaded with actions open and clear of ammunition. Then indicate **ALL CLEAR** to the Range Officer.

16. *Ladies/Gentlemen, you may go forward to check your targets.*

Line officials will accompany competitors to retrieve targets and the officials collect targets.

When all competitors and officials are clear of the range and behind stalls after checking targets:

17. *Ladies/Gentlemen, you may pick up your weapons.*

At this point the first draw is complete and competitors will return weapons to competitors' tent and next draw will be called forward.

Second and subsequent relays will be a repeat of orders 1,2 and 10 through 17 with a minor alteration in order # 14 as follows:

18. *Ten rounds, two rounds per target and **DO NOT** fire at the bottom center target. In your own time commence firing.*

IMPORTANT SAFETY NOTES

- No person may handle a weapon or occupy a firing booth while competitors or officials are down range.
- Weapons must be cased at all times, except in the firing booth. Any competitor in possession of an uncased weapon other than for firing or for cleaning in the competitors' tent **may be disqualified.**

APPENDIX

These rules and regulations will govern competition in sports using firearms:

1. Competitors must be at least 18 years of age on the day of the competition and have valid Possession and Acquisition License (PAL)/Firearms Acquisition Certificate (FAC). Certification must be presented when registering a firearm. Any competitors without this certification will not be allowed to participate in the firearm event.
2. Athletes will supply their own rifles and each individual competitor will register their own rifle. Athletes will **NOT** be permitted to share rifles.
3. Any rim firing .22 caliber long range rifle under 7 lb. 4 oz (3.3kg) may be used, but target and fully automatic rifles are not permitted.
4. Athletes participating in the Labrathon and Snowshoe Biathlon must load one shell at a time and **athletes participating in Target Shooting should see firing orders.**
5. Rifle must be equipped with an open v-type rear sight and a single solid front post.
6. Rifles will be weighed as they are to be used on the firing line; that meaning breach empty and sling in place if one is to be used.
7. No support devices are permitted whatsoever.

8. Ammunition will be supplied by the Labrador Winter Games Association and the type of ammunition will be included in the Coordinator Packages.
9. All shooting events will use a distance of 25 yards.

EVENT: **NORTHERN GAMES**

TEAM COMPOSITION: 1 FEMALE & 1 MALE

CLASSIFICATION: MANDATORY

Competition Format: The Northern Games will consist of four components which must all be performed by the same athlete. Points will be awarded in each activity, and these points will be added together to determine positions for medals and community points.

Only one of the Coach or Coordinator is allowed in the warm-up area, along with the athletes competing in the Northern Game. If there is a coach, they must be a registered Labrador Winter Games participant, and at no time will there be any change permitted.

COMPONENT # 1: LABRADOR HURDLES

Competition Format: (5 lanes x # of heats based on participants)

- A. The athletes will stand with feet parallel to each other and facing his/her lane of hurdles. There will be 20, 20 inch high hurdles in each lane and placed at approximately three feet apart.
- B. On the starters gun, the athletes will hop over the first hurdle and subsequent hurdles. When the athlete reaches the end of the lane, he/she must turn 180 degrees with as many hops as it takes as long as rhythm is kept (discretion of the judge), and continue over the hurdles. This is done until the athlete has concluded his/her heat as stated in Section F.
- C. As the athlete is hopping over the hurdles, he/she must leave the floor with two feet simultaneously and land on the other side of the hurdle with two feet simultaneously.
- D. At no time between hurdles will the athlete step in any direction to position him/her self for the next hurdle, **BUT** you are permitted to use hops as long as rhythm is kept (discretion of judge).
- E. Under DQ Section 3B the referee will disqualify any athlete who interferes in any way with another competitor.
- F. An athlete's heat will conclude when:
 - 1. She/he steps in any direction between the hurdles.
 - 2. **Her/his momentum is broken.**
 - 3. She/he knocks over a hurdle.

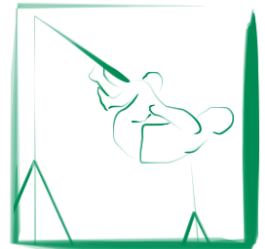


- G. An athlete must successfully clear one hurdle to be given points in this component.
- H. The winner is the athlete that clears the most hurdles, and if a tie occurs, the athlete with the fastest recorded time is the winner.

COMPONENT # 2: OVER THE ROPE

Competition Format:

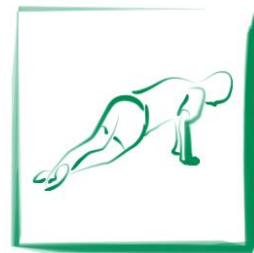
- (1) With the help of the spotters, the athlete leaps up to grab a taut horizontal rope.
- (2) The feet must not touch the ground.
- (3) He/she then pulls themselves up and over the rope as many times as possible.
- (4) The entire body must pass up and over the rope at some point on each attempt, and swinging by the arms is permitted.
- (5) **After each successful attempt, the participant must return to a fully vertical position with arms and legs completely straight, before starting another attempt. They must come to a complete stop. An official will be visible to the athlete, and will raise a flag each time the athlete has paused enough, NOT to carry momentum to the next attempt.**
- (6) At no time shall the athlete release the rope once being assisted up or between attempts. Each athlete is permitted three (3) unsuccessful attempts.
- (7) The winner is the athlete who goes over the rope the greatest number of times.
- (8) Athletes are advised to wear protective clothing.



NOTE: The athlete must complete at least one successful attempt to be given points in this component.

COMPONENT # 3: SEAL CRAWL

Competition Format:



- A. The athlete lies face down on the floor with his /her hands palm down and under the shoulders. The athletes chin must be on the floor directly on the starting line and legs are straightened while being crossed at the ankles.
- B. At the starter's signal, the athletes will raise their body with their arms and pull themselves along a set distance using only their hands.
- C. Once the athlete's body is raised off the floor, legs must remain straight and body remains raised throughout the entire seal crawl race. **At no time will the knees touch the floor and at no time may the feet lose contact with the floor ("feet" meaning the arch of the foot).**
- D. At no time may the athlete's feet become fully uncrossed.
- E. This distance will be **100 feet for males and 60 feet for females.**
- F. Time stops when his/her chin completely crosses the finish line.
- G. As per the LWG disqualification rules, the referee may disqualify any competitor, who, in any way, interferes with another competitor.

The referee may also disqualify any competitor from this component whose:

- (1) Knees touch the floor.
- (2) Uncrosses his/her legs at any time during the race.
- (3) Foot loses contact with the floor (Toes and/or arch of the foot).
- (4) Knees become bent.
- E. (1) There will be five lanes with the number of participants in each heat determined by the number of competitors registered for the Northern Games.
- (2) **There is no final for this event. The top times from the heats will determine the medal winners.**

- F. Wool socks and gloves are optional for this **COMPONENT**, but competitors must wear shorts and protective equipment will not be permitted on the knees. The **knees must be visible.**

COMPONENT # 4: ONE FOOT HIGH KICK

Competition Format:



- A. An athlete may be standing at any distance from the target when he/she starts the approach to the jump, as long as he/she does not interfere with other competitors attempting the High Kick at the same time.
- B. The athlete may start with a running or standing approach, but upon leaving the floor both feet must leave simultaneously. A suspended miniature seal, which is the target, must be clearly struck by one foot and the landing can only be on the foot that kicked the target; the athlete must maintain his/her balance on that one foot when landing as well to register a successful kick.
- C.
 - (1) Each athlete may have three (3) attempts at each height.
 - (2) An athlete is charged with an attempt when he/she jumps off both feet and:
 - a) Does not clearly touch the target with one foot
 - b) Does not maintain balance on the kicking foot, and kicking foot only, upon landing.
- D.
 - (1) The target is raised for the athletes who have kicked the target at its previous height.
 - (2) Those that cannot kick the target at that height are eliminated until only one athlete is left, and that person will be deemed the winner.
- E.
 - (1) The target will be set at 6 ½ feet for males and 5 feet for females at beginning of the component. Athletes may pass the initial height and enter at their chosen height but once entered they must participate in subsequent heights.
 - (2) The target will be raised 2 inches after each round of competition until there are four or less competitors left. At this point the target will be raised one inch after each round.
- F. **The athlete must complete at least one successful attempt to be awarded points in this component.**

Tie Breaking:

If a tie occurs, the athlete having the least number of attempts at the last successful height will be declared the winner. The tie will stand if the number of attempts is the same.

Community Ranking for Northern Games:

Points will be awarded as per the Labrador Winter Games point system.
EVENT: **E.J. BROOMFIELD MEMORIAL LABRATHON**

TEAM COMPOSITION: 1 FEMALE & 1 MALE
(Minimum 18 years of age with valid PAL/FAC)

CLASSIFICATION: MANDATORY



1. Competition Format:

- A. A course covering a distance of approximately **five hundred meters** will be established and the course will have four trail stops referred to as “tilts.”
- B. Competitors will be placed in a heat according to the order in which their names are drawn during draw night. The men's division will start the event followed by the women's division.
- C. The following equipment must be taken onto the course by the competitor:

MATCHES	Supplied by the Games and only the matches supplied by the Games may be used in competition.
TOBOGGAN (with canvas shroud)	Supplied by the Games
VICTOR “A” TRAP #3	Supplied by the Games
TEA KETTLE	Supplied by the Games
LASHING ROPE	Supplied by the Games
BOW SAW	Supplied by the Games
ICE CHISEL	Supplied by the Games
AXE	Supplied by the Games
RIFLE	Supplied by the competitor
SNOWSHOES	Supplied by the competitor.
MUKLUK or DEERSKIN FOOTWEAR	Supplied by the competitor

2. Rules:

In order to participate in the Labrathon event, each competitor must have a valid Possession and Acquisition License (PAL)/Firearms Acquisition Certificate (FAC), and have their license with them to register their firearm during the Games.

- A. At the sound of the starter's pistol each competitor will advance from a set position behind a restraining line and proceed to load his/her equipment into a canvas shroud. Close shroud and lay chisel on top of shroud. Then lash equipment to sled using all three lines provided. The only exception to this is the rifle, which may be carried on the back or by hand and the matches which may be carried by hand or in the pocket. When the toboggan has been securely loaded by the competitor, he/she will then proceed on snowshoes to Tilt # 1.
- B. Under DQ section 3B the use of any unauthorized piece of equipment will result in disqualification.
- C. Any competitor receiving unauthorized assistance while running the course may result in disqualification.
- D. A competitor may return to any part of the course to retrieve equipment prior to crossing the finish line **provided he/she re-track the course**. Any competitor crossing the finish line without all of his/her equipment will be disqualified under DQ section 3A.
- E. At Tilt #1, using materials provided by the Games, the competitor will light a fire upon which they place their tea kettle which is filled to the rim with snow. **As soon as the kettle is judged to have boiled, and the competitor is judged to have extinguished all flame from their fire; they will then have to re-lash their equipment** as described in 2A, on their toboggan and proceed to Tilt #2. Failure to fill the kettle with snow or extinguish the fire **WILL** result in disqualification under DQ section 3A. Any birch bark used to start the fire **MUST** be removed from its storage container and must be lit in plain view. Failing to do so will result in disqualification under DQ section 3A.
- F. At Tilt #2, the competitor will proceed to the firing line where he/she must knock down all five targets before advancing to Tilt # 3. Each target will be numbered, corridorred and the 9 cm target used will be similar to the Snowshoe Biathlon targets. The shooting position is the athlete's choice, but no support can be used and the shooting distance is twenty-five yards. Athletes must hit all targets before proceeding from the station.
- G. In the event of a misfire or dud, the competitor is to raise his/her hand leaving the rifle pointing down range with the action closed for at least thirty seconds. The Range Officer will provide a new round and retain the dud cartridge. The 30 seconds lost due to dud will be removed from overall end time. The competitor must unload his/her rifle before he/she leaves the firing range.
The competitor must unload her/his rifle before they leave the firing point.

- H. After the competitor has knocked down his/her five targets he/she will move on to Tilt #3 where they will saw through the log provided. **There will be no assistance allowed in securing the log.** The competitor will then proceed to staple their trap chain onto another log provided by the Games, **using their axe only**, setting the trap and when told by the judge re-lashing their equipment (as described in 2A) to the toboggan and move on to Tilt #4. Failure to drive staple as far as possible into the log will result in disqualification under DQ section 3A.
- I. At Tilt #4, the competitor will take his/her ice chisel and/or axe and proceed to cut a hole in the ice. This hole must be at least four inches in diameter at the bottom and will be checked by a judge. **The judge will give the final go ahead and the competitor will then re-lash his/her ice chisel and axe to their toboggan and proceed to the finish line.**
- J. Scoring for the Labrathon will be as follows:
- a. Competitors will be timed from start to finish.
 - b. Competitors with the six fastest times will advance to the medal rounds.
- K. Attire worn is to be that which suits temperature yet resembling attire normally worn by a Labradorian prepared to work in the outdoors.
- L. Footwear must be either mukluks or deerskins and no covering of any type will be allowed over this footwear. No athlete may start without appropriate footwear.

3. Tie Breaking:

In the case of a tie for the sixth overall fastest time in the heats, a shoot-off will take place, with the winning athlete advancing to the medal round. The shoot-off will consist of sets of five rounds until a winner is determined.

4. Community Ranking:

****As per the Labrador Winter Games point system. Female and male placings will be combined with community points awarded****

APPENDIX I

The following snowshoe specifications must be met for the Labrathon:

MINIMUM SNOWSHOE SIZES:

Male Division: 22" Length 14" Width
Female Division: 18" Length 12" Width

Measurement is to be taken from outside edge to the outside edge. Snowshoes must be of Labrador wood construction with wood toe and heel beams.

NOTE:

Please use accompanying template to verify minimum allowable size of snowshoes.

Snowshoes will be measured at Registration Headquarters upon the athlete's arrival in Happy Valley-Goose Bay.

Snowshoes meeting required standard will be stamped **L.W.G. 2019 approved** and only those snowshoes bearing this stamp will be permitted during Games Week.

APPENDIX II

These rules and regulations will govern competition in sports using firearms:

1. Competitors must be at least 18 years of age on the day of the competition and have valid Possession and Acquisition License (PAL)/Firearms Acquisition Certificate (FAC). Certification must be presented when registering a firearm. Any competitors without this certification will not be allowed to participate in the firearm event.
2. Athletes will supply their own rifles and each individual competitor will register their own rifle. Athletes will NOT be permitted to share rifles.
3. Any rim firing .22 caliber long range rifle under 7 lb. 4 oz (3.3kg) may be used, but target and fully automatic rifles are not permitted.
4. Athletes participating in the Labrathon and Snowshoe Biathlon must load one shell at a time, and **athletes participating in Target Shooting should see firing orders.**
5. Rifle must be equipped with an open v-type rear sight and a single solid front post.

6. Rifles will be weighed as they are to be used on the firing line; that meaning breach empty and sling in place if one is to be used.
7. No support devices are permitted whatsoever.
8. Ammunition will be supplied by the Labrador Winter Games Association and will be Ammunition supplied by the Labrador Winter Games. Type of ammunition will be included in the Coordinator Packages.
9. All shooting events will use a distance of 25 yards.

EVENT:	<u>SNOWSHOE RACE</u>
TEAM COMPOSITION:	2 FEMALES & 2 MALES
CLASSIFICATION:	MANDATORY



1. Competition Format:

- A. The male component will consist of three 400 meter laps of the course which is approximately 1200 meters. The female component will consist of two 400 meter laps of the course which is approximately 800 meters.
- B. Competitors will be assigned by draw to one of six heats. Heats will be conducted and the best six times qualify for the final in both the female and male components.
- C. The relay component will consist of 1600 meters and is made up of a 4x400 lap. The relay team must consist of two females and two males who competed in the individual component. Female athletes must be the first runners, followed by a male, then female, and finished with a male.
- D. Communities will be assigned by draw to one of six heats and the final placing will be determined by times in the heats. **There is no final for the relay event.**

2. Rules:

- A. Each competitor is responsible for providing his/her own snowshoes. See Appendix for snowshoe specifications.
- B. Snowshoe frames must be constructed of wood and cannot be plastic or metal. Snowshoes will be checked for L.W.G 2019 stamp of approval before competition.
- C. Tying down of the heels WILL NOT be permitted and heels **must** be free to move **90 degrees** from the level of the shoe.
- D. For the relay, competitors must pass a baton within the designated passing zone and in the lane which their team was assigned. Exchanging the baton outside the designated zone will result in disqualification. Should the baton be dropped while being exchanged there is no penalty, as long as it is picked up and exchanged within the designated area.
- E. In the case of a false start the gun will sound a second time and all competitors will return to the start line.
- F. If a competitor's foot slips out of her/his binding. Then she/he must stop and secure the snowshoe before continuing the race.

3. Tie Breaking:

In the case of a tie, athletes will receive equal points. If two athletes finishing with the exact same time in tenth place; two tenth places will be awarded followed by twelfth place as there will be no eleventh place. In the case of a tie for overall sixth fastest time in the heats, both athletes will advance to the final.

4. Community Ranking:

The final will determine first to sixth place and subsequent placing will be determined by the time posted in the next heat. The three components will be combined and points awarded as per the Labrador Winter Games point system.

APPENDIX I

The following snowshoe specifications must be met for the sports mentioned above:

MINIMUM SNOWSHOE SIZES:

Male Division:	22" Length 14" Width
Female Division:	18" Length 12" Width

Measurement is to be taken from outside edge to the outside edge.

Snowshoes must be of Labrador wood construction with wood toe and heel beams.

NOTE:

Please use accompanying template to verify minimum allowable size of snowshoes.

Snowshoes will be measured at Registration Headquarters upon the athlete's arrival in Happy Valley-Goose Bay.

Snowshoes meeting required standard will be stamped **L.W.G. 2019 approved** and only those snowshoes bearing this stamp will be permitted during Games Week.



EVENT: **SNOWSHOE BIATHLON**

TEAM COMPOSITION: 1 FEMALE & 1 MALE
(Minimum 18 years of age with valid PAL/FAC)

CLASSIFICATION: MANDATORY

1. Competition Format:

In order to participate in the Target Shooting event, each competitor must have a valid Possession and Acquisition License (PAL)/Firearms Acquisition Certificate (FAC), and have their license with them to register their firearm during the Games.

- A. The biathlon is a combined event which involves snowshoe racing and precision shooting.
- B. The course will consist of a 6.5km trail to be snowshoed over in one lap and shall include two shooting stages interspersed between.
- C. The shooting range is 25 yards with a .22 caliber rifle.
- D. A one minute penalty will be given for each missed shot.
- E. Scoring is strictly by time and the least amount of time to complete the course wins, and second, third, etc. are decided in a similar manner.
- F. The men's division starts the event followed by the women's division. Starting order will be determined by drawing lots on draw night and competitors will go in staggered starts at 60 seconds apart.
- G. A competitor will present his/herself at the starting point at the time designated.
- H. Should the competitor be late her/his time will be started after the last scheduled departure. This grace period is 15 minutes, and if the competitor arrives to the starting area after this time, then he/she will receive a NO SHOW designation.
- I. Only .22 caliber long rifles as per Appendix may be used.
- J. Rifles will be carried on the course by the competitor and may have as many slings as he/she desires and of any type. On the course, there must be no round in the rifle.
- K. The shooting position is the athlete's choice, but any support is **forbidden**.

- L. The competitor must fire five rounds at the target from each designated firing point. Ammunition will be supplied at each firing point and **no ammunition will be allowed to be carried by the competitor on the course.**
- M. In the event of a misfire or dud, the competitor is to raise his/her hand leaving the rifle pointing down range with the action closed for at least 30 seconds. The Range Officer will provide a new round and retain the dud cartridge. The 30 seconds lost due to dud will be removed from overall end time. The competitor must unload his/her rifle before he/she leaves the firing point.

The competitor must unload his/her rifle before he/she leaves the firing point.
- N. Any shots fired outside the 11 cm diameter will be considered a miss.
- O. Snowshoes will be of Labrador wood-frame construction. See Appendix for snowshoe specifications.
- P. The toe of the boot may be placed in a toe cap to make the binding more secure. Any type of binding may be used as long as the heel is not tied down.

2. Tie Breaker:

In the case of a tie, athletes will receive equal points. If two athletes finishing with the exact same time in tenth place, two tenth places will be awarded followed by twelfth place and there will be no eleventh place.

3. Community Ranking:

All competitors will be placed according to the time elapsed in completing the course and points will be awarded as per the Labrador Winter Games point system.

APPENDIX I

The following snowshoe specifications must be met for the sports mentioned above:

MINIMUM SNOWSHOE SIZES:

Male Division: 22" Length 14" Width
Female Division: 18" Length 12" Width

Measurement is to be taken from outside edge to the outside edge.

Snowshoes must be of Labrador wood construction with wood toe and heel beams.

NOTE: Please use accompanying template to verify minimum allowable size of snowshoes. Snowshoes will be measured at Registration Headquarters upon the athlete's arrival in Happy Valley-Goose Bay. Snowshoes meeting required standard will be stamped **L.W.G. 2019 approved** and only those snowshoes bearing this stamp will be permitted during Games Week.

APPENDIX II

These rules and regulations will govern competition in sports using firearms:

1. Competitors must be at least 18 years of age on the day of the competition and have valid Possession and Acquisition License (PAL)/Firearms Acquisition Certificate (FAC). Certification must be presented when registering a firearm. Any competitors without this certification will not be allowed to participate in the firearm event.
2. Athletes will supply their own rifles and each individual competitor will register their own rifle. Athletes will NOT be permitted to share rifles.
3. Any rim firing .22 caliber long range rifle under 7 lb. 4 oz (3.3kg) may be used, but target and fully automatic rifles are not permitted.
4. Athletes participating in the Labrathon and Snowshoe Biathlon must load one shell at a time, and **athletes participating in Target Shooting should see firing orders.**
5. Rifle must be equipped with an open v-type rear sight and a single solid front post.
6. Rifles will be weighed as they are to be used on the firing line; that meaning breach empty and sling in place if one is to be used.
7. No support devices are permitted whatsoever.
8. The ammunition will be supplied by the Labrador Winter Games. Labrador Winter Games will provide the type of ammunition upon the release of coordinator packages.
9. All shooting events will use a distance of 25 yards.

EVENT: **NORTHERN DUATHLON**

TEAM COMPOSITION: 1 FEMALE & 1 MALE

CLASSIFICATION: MANDATORY

Competition Format:



The northern duathlon will consist of cross-country skiing and snowshoe racing components. These activities will take place in succession and will be performed by the same athlete. The female division will start the event, followed by the male division. Points will be awarded based on the fastest total elapsed time each individual athlete requires to complete the course and will include the time necessary for transition from one component to the next. Female and male components will be combined and points awarded as per the Labrador Winter Games points system.

NOTES:

- i) Athletes must supply their own equipment.
- ii) All athletes must register **snowshoes** in the Athletes' Transition Tent at least 15 minutes prior to the start of the event.
- iii) **Only participating athletes and officials are permitted in the change tent.**

COMPONENT # 1: CROSS-COUNTRY SKIING

Component Format:

- A. Extended line or mass start will be used for this component.
- B. Athletes will be given a fifteen minute grace period for this event, but the athlete's time starts at the start of the event. After the grace period has expired athletes will be given No Show status, as per grace period rule.
- C. Athletes will begin with cross-country skis on and the tip of both skis behind the start line.
- D. At the sound of the official's indication (starters pistol or loud hailer), athletes will commence around the approximately 6 km course. In the case of a false start, officials will let racers know that a re-start is required.
- E. Drafting behind other athletes is a tactical maneuver and is considered acceptable.
- F. Athletes will change in the change tent clearly marked at the finish line upon completion of the cross-country ski portion of the event.



COMPONENT # 2: SNOWSHOE RACE

Competition Format:

- A. Upon completion of the cross-country component: 1. athletes will remove skis and immediately enter the change tent, 2. change into snowshoes, 3. depart from the tent with snowshoes properly secured to their feet and commence the approximately **6 km**.
- B. Aids or balance assistance such as ski poles or cane like apparatuses may **NOT** be utilized for this stage.
- C. Snowshoes must be of Labrador wood frame construction; Please see template or snowshoe specifications in the Appendix.



Community Ranking:

All competitors will be ranked according to the elapsed time for the pistol starts of the cross country ski component to the completion of the snowshoe component.

Points will be awarded as per the Labrador Winter Games Point system.

APPENDIX I

The following snowshoe specifications must be met for the sports mentioned above:

MINIMUM SNOWSHOE SIZES:

Male Division:	22" Length 14" Width
Female Division:	18" Length 12" Width

Measurement is to be taken from outside edge to the outside edge.

Snowshoes must be of Labrador wood construction with wood toe and heel beams.

NOTE:

Please use accompanying template to verify minimum allowable size of snowshoes.

Snowshoes will be measured at Registration Headquarters upon the athlete's arrival in Happy Valley-Goose Bay.

Snowshoes meeting required standard will be stamped **L.W.G. 2019 approved** and only those snowshoes bearing this stamp will be permitted during Games Week.

EVENT: **CROSS-COUNTRY SKIING**

TEAM COMPOSITION: 1 FEMALE & 1 MALE

CLASSIFICATION: MANDATORY



1. Competition Format:

- A. The event will consist of two separate approximately 10 km components on day one of cross country skiing for both male and female skiers, **at 30 second individual staggered starts**. The first component will be for females, and the second for males.
- B. For the individual and relay race, competitors will be assigned to starting positions using a draw method. This draw will take place on draw night and the date is to be announced.
- C. The relay race will take place on day two of the event and will be a **10km (2x5k) open race (skate or classic skiing)**. The relay team must consist of one male and one female who competed in the individual components. Substitution will only be allowed as per the substitution rule.
- D. The relay race will be run in individual staggered starts at 30 second intervals as per assigned starting positions determined on draw night. Either a male or female skier may start first.
- E. The event will take place on an approximately 5 km course which will be packed and have a single track set. The course profile will be roughly one third uphill, one third flat and one third downhill. Total maximum elevation will be approximately 250 feet.

2. Rules:

- A. Competitors must provide their own equipment and there are no restrictions on the type of equipment as long as it is not a hazard for other competitors.
- B. For the relay, competitors must tag within the designated tagging zone.
- C. Officiating will be done at the start and finish line by two timers and two recorders. Officials will be posted throughout the course to avoid route confusion and to provide any necessary first aid while acting as controllers.
- D. Athletes will be given a fifteen-minute grace period as per Grace Period Rule and substitutions can only be made at the beginning of the event as per Substitution Rule.

Note: *The event will follow as closely as possible to the rules set down by the Canadian Ski Association.*

3. Tie Breaking:

In the case of a tie for overall event standings, both communities will be given the same number of points and the position immediately below them in standing left vacant. For example, Black Tickle has 62 points, Port Hope Simpson and Churchill Falls have 59 points, and Red Bay has 57 points. Black Tickle will be awarded 1st place points, Port Hope Simpson and Churchill Falls will be awarded 2nd place points and Red Bay will be awarded 4th place points and there will be no 3rd place.

4. Community Ranking:

The components will be combined and points will be awarded as per the Labrador Winter Games points system.

OPTIONAL EVENTS



EVENT: **ARENA BALL HOCKEY**

TEAM COMPOSITION: 4 FEMALES, 4 MALE
& 1 GOALTENDER
(female or male)

CLASSIFICATION: OPTIONAL



1. Competition Format:

- A. Teams will consist of 5 players on the floor; 2 males, 2 females and one goaltender (male or female). Teams may have a maximum of 5 male and 4 female OR 5 female and 4 male registered. During this event, females will change with females and males will change with males.

Note: Only the coordinator (or their designate) and the athletes participating in the Arena Ball Hockey event will be permitted on the team benches during a game.

- B. Teams will be separated into divisions on Draw night, and each division will play a single round-robin series to decide overall placing.
- C. The winning team(s) in each division will advance to the semi-final round.
- D. The winning teams from the semi-final round will play one game to decide the Silver and Gold medals.
- E. The losing teams from the semi-final round will play one game to decide the Bronze medal and fourth place.
- F. All teams will be ranked from first to last.

****PLEASE NOTE**:**

The playoff format may be changed depending on the number of teams entering the competition. The majority of rules for Arena Ball Hockey will be the same as that of regulation ice hockey, per C.A.H.A. rule book.

2. Playing Surfaces:

The arena will be divided into two playing areas and the surface will be plywood flooring.

There will be no blue lines, and off-sides will be center red line.

3. Equipment:

- A. All players must wear helmets, sneakers, sweat pants or shorts and a uniform top with number. Team tops must be the same color and the team captain and two assistants must have the letter "C" (for captains) and "A" (for alternate) appearing on the upper left chest of the uniforms.
- B. Athlete-owned, one-piece sticks (with no modifications), will be permitted. Otherwise, plastic sticks will be provided by Labrador Winter Games.
- B. All players must provide their own helmets and gloves; broomball gloves would be a choice or any glove made of a non-slip material such as leather.
- D. Goalies must wear helmet with cage and is to be approved by Event Coordinator.
- E. Goalies may use regulation ice hockey equipment, authorized by the Event Coordinator or his designate.

4. Penalties:

- A. Minor – 3 minutes non stop
- B. Major – 6 minutes non stop

Please take note that the **NO CONTACT RULE WILL BE STRICTLY ENFORCED.**

5. Time Out:

One 30 second time-out per team and must be called after a stoppage in play.

Any delay in game play other than for an injury will result in a team or player being assessed a minor penalty for delay of game.

6. The Game:

There will be two 15-minute periods, with stop time during the last minute of each game depending on the number of teams. There will be 2 minutes between periods, and 5 minutes between games. A seven goal mercy rule will be in effect and once this 7 goal differential exists between two teams the game will be called.

7. Community Ranking:

Points will be awarded as per the Labrador Winter Games points system.

9. Tie Breaker:

Ties will be broken as per the C.A.H.A rule book. Copy attached

**ARENA BALL HOCKEY
IMPORTANT RULES AND REGULATIONS**

1. Sticks will be provided by the Games Association and they will be DOM Elite 9300 and DOM Elite.
2. The ball used for each game will be a white baseball size T ball.
3. Players may, but are not required to wear protective cups, eye glasses, shin pads, knee pads and/or elbow pads.
4. Any player fighting during the game will be assessed a major 6 minute penalty and ejected from that game and all remaining games which includes playoffs.
5. Any player who deliberately motions to make contact with the ball while his stick is above his shoulders will receive a minor 3 minute penalty for high sticking. A player does not have to make contact with the ball for the infraction to be called.
6. Other than the goalie, no player at any time may close their hand on the ball. The player committing the offence will receive a minor penalty of 3 minutes.
7. Any player who deliberately attempts to injure another player will be given a 6 minute major penalty and ejected from that game and all remaining games.
8. A player who makes a batting or golfing-like motion at the ball will be assessed a 3 minute minor penalty and a player does not have to make contact with the ball.
9. When coincidental minors are called, teams will play at full strength.
10. A minor 3 minute penalty will be called for any intentional delay of the game.
11. Regulation ice hockey nets will be used and goalies may, but are not required to use regular hockey goalie pads and equipment.
12. All goalies must wear a helmet and mask.
13. All penalties such as Holding, Slashing, Roughing, Tripping, etc. will result in 3-minute minor penalties. unless an injury occurs, in which case a major 6-minute penalty may be called.
14. There will be **NO body checking** of any kind and any player guilty of doing so will be given a minor 3 minute penalty. The referee is the sole judge of what is and what is not body checking.
15. Body contact shall be kept to an **absolute minimum** and a 3 minute minor penalty will be assessed to any players using unnecessary body contact. The referee shall be the sole judge of what is and what is not body contact.

16. A team cannot be short any more than one player at a time on the floor. If a team receives two or more penalties in succession, the second penalty will not start until the first has ended and the third will not start until the second is over, etc.
17. Slapshots are allowed but subsequent to Rule 8 above.
18. Only the team captain or assistant may approach the referee.

These are a few samples of the most called and important rules. The majority of rules for Arena Ball Hockey will follow the same regulations as regulation ice hockey, as per the C.A.H.A rule book. These rules will be strictly enforced during the Game

TIE BREAKING PROCEDURE:

At the conclusion of round-robin play:

- A)
 - i) If two teams are tied the winner of the round-robin game between the tied teams will advance.
 - ii) If there is a tie between three teams, the total number of points accumulated in the games between the tied teams shall be used to determine which teams will advance.
- B) If teams are still tied after rules in A, then the team with the most wins from round-robin play will advance.
- C) If the teams are still tied after A and B, then the team with the best goal average would advance (*the goal average of the team is to be determined by dividing the total number of goals for and against, into the total number of goals for, with the team having the highest percentage advancing*). If a tie still exists between three or more teams, the goal average will decide the positions of all teams tied.
- D) If the teams are still tied after A, B and C, then the team which scored the first goal in the game between the two tied teams would advance.
- E) If the teams are still tied after A, B, C and D, then the team that received the least number of minutes in penalties during the round-robin schedule would advance.
- F) If the teams are still tied after all the previous mentioned have been applied, then the winner will be decided by a single toss of a coin.

EVENT: **BADMINTON**

TEAM COMPOSITION: 1 FEMALE & 1 MALE

CLASSIFICATION: OPTIONAL



1. Competition Format:

- A. Teams will compete in male (men's singles) and a female (women's singles) competition. There will also be a Mixed doubles competition (women must wear protective eye wear during all mixed doubles competition).
- B. Teams will compete in a round-robin format with division(s) (depending on the number of teams).
- C. Each match will be the best 2 of 3 games up to 21 points (Rally Point system), or depending on the number of participants, may be decided by a single game to 15 points.
- D. The round-robin in each division will determine the finishing positions after regular play.
- E. Playoff format will be determined after final registration and number of entries in the competition is established.
- F. Final positions will be awarded community points in both singles and doubles. Community points obtained from all three competitions will then be combined to give an overall community ranking.

2. General Rules:

- A. Official rules and laws of badminton will apply.
- B. Competitors will be expected to follow the LWG conduct of fair play and demonstrate good sportsmanship.
- C. Appropriate badminton attire will be worn and no dark-soled marking footwear will be permitted.
- D. Each match will be directed by an official of the Labrador Winter Games Committee.
- E. Grace periods as outlined in Grace Period Rules of this package will apply.
- F. A ninety second break will be permitted between first and second games, with five minutes permitted between second and third games.

- G. **Mavis 300 or 350** nylon shuttlecocks will be used and competitors will provide their own badminton racquet. The Labrador Winter Games Committee will have extra racquets on site should an athlete's racquet break.

3. Tie Breaking:

- A. In the case of a tie, the winner from round-robin play will advance.
- B. In the event of a three-way tie, standings will be determined by use of points for and against, and will come from matches played only by those 3 teams.

4. Community Ranking:

Community points will be awarded as per the Labrador Winter Games point system.

EVENT: **VOLLEYBALL**

TEAM COMPOSITION: 5 FEMALE & 5 MALE

CLASSIFICATION: OPTIONAL



1. Competition Format:

- A. Each team will consist of three males and three females on the court at any one time and will have a male-female rotation.
- B. Rally Point system means that the team winning a rally earns a point and the right to serve. This system will be in effect for each set of matches.
- C. The 12 substitutions rule will be in effect for the Labrador Winter Games play as follows:
 - 1. A team shall be allowed a maximum of 6 male and 6 female substitutions in any one game.
 - 2. A player may leave the game and re-enter the game for the same player.
 - 3. There is no limit to the number of times a player may leave or re-enter the games, as long as the maximum number of 12 substitutions is adhered to and as long as they are leaving or re-entering for the same player.
 - 4. Once you have a designated substitution partner that person is the only player you may replace or be replaced by, but this can change between games.
 - 5. The position of “libero” is not in effect for the Labrador Winter Games.
- D. Teams will be divided into two divisions by means of draw, depending on the number of teams. If the number of teams registered is less than 7, or exceeds fourteen, then the number of divisions will change. Each division will play a single round-robin series to decide placing in their respective divisions.
- E. All matches including playoffs will consist of 1 game to 25 points (rally point). A team must win by two points.

Depending on the number of teams in the competition, bronze medal and gold medal matches may consist of best 2 out of 3 games to 25 points (if goes to 3rd game, would be up to 15 points).
- F. The top two teams in each division will play a cross-over semi-final, This meaning 1st in division A vs. 2nd in division B and 1st in division B vs. 2nd in division A. The winner of these matches will play for Gold and Silver and the losers will play for Bronze and fourth place. As per section D above, if the

number of teams registered is less than 7 or exceeds fourteen, then the number of divisions will change.

- G. Final positions will be decided in the following manner: 3rd in division A vs. 3rd in division B for 5th and 6th; 4th in division A vs. 4th in division B for 7th and 8th place, and so on. All other playoff matches will be the same as round-robin play.
- H. All team members should wear suitable attire, such as proper gym footwear, track pants or shorts and a numbered uniform.
- I. All team members should be present at least 15 minutes prior to the start of their match.
- J. Net height will be 2.43m.
- K. Volleyball Canada Indoor Volleyball rulebook will apply, unless otherwise amended in the LWG Technical Package.

2. Rules:

- A. A two hit or double contact is not called on the team who first plays the ball.
- B. The ball is permitted to touch the net on the serve.
- C. Contact with the ball may occur with any part of the body.
- D. For misconduct behavior, a warning is no longer a sanction. The first sanction or yellow card is a penalty and the opponents score 1 point and take the right to serve.
- E. All communities must be aware of the rules, and rule books are available at the Labrador Winter Games Headquarters.

3. Tie Breaking:

- A. In the case of a tie, the winner from round-robin play will advance.
- B. In the event of a three way tie, standings will be determined by use of points for and against and will come from matches played only by those 3 teams.

4. Community Ranking:

As per the Labrador Winter Games point system.

EVENT: **DARTS**
TEAM COMPOSITION: 2 FEMALES & 2 MALE
CLASSIFICATION: OPTIONAL



1. Competition Format:

- A. Participants will compete in a team event only.
- B. There will be a single round starting at 701.
- C. Game will be straight in and finishing on a double.
- D. The round-robin will determine the finishing position.
- E. After the round-robin, ties for positions other than medal positions will stand.
- F. Team captains will flip a coin to see who will start.
- G. Players must leave their darts in the board until the score is called and when the game dart is called. At the referees discretion you could lose your score or game dart.
- H. Teams will be given a five-minute grace period, and after which they will lose by default. Two defaults will subsequently constitute as a No Show.
- I. Team captains will have their teams ready to start every match to ensure the event remains on schedule.
- J. All rules for darts will pertain to the Provincial Dart Association.

2. Tie Breaking:

- A. 1) If three or more teams are tied for a medal position after the round-robin, a roll back system will be implemented to decide the medal winners.
- 2) If three or more teams are tied after the roll back, a single round-robin, one game against each team will determine the medal winner.

ROLL BACK SYSTEM

The Roll Back System is implemented by going back to round-robin play and determining the wins and losses between the teams tied.

4. Community Ranking:

As per the Labrador Winter Games point system

EVENT: TABLE TENNIS**TEAM COMPOSITION:** 1 FEMALE & 1 MALE**CLASSIFICATION:** OPTIONAL**1. Competition Format:**

- A. Teams will compete in a male competition (men's singles) and a female competition (women's singles) as well as mixed doubles.
- B. The same scheduling will be used in both singles and doubles.
- C. Team will be divided into two divisions by means of draw. If the number of teams registered is less than 10, the number of divisions will change.
- D. Each match will be the best 2 of 3 games to 11 points and win by 2.
- E. A 40mm ball will be used.
- F. The round-robin in each division will determine the finishing position after regular play.
- G. The top two teams in each division will advance to the semi-finals as follows:
 - Winner of Division A vs. 2nd in Division B
 - Winner of Division B vs. 2nd in Division A
 - This will determine 1st, 2nd, 3rd and 4th places.
 - *As per section C above, if the number of teams registered is less than 10 then the number of divisions will change.
- H. Final positions will be awarded event points in both singles and doubles. Event points from all three competitions will then be combined to give an overall standing.

2. General Rules:

- A. Canadian Table Tennis Association rules will apply. Please see attached.
- B. In the case of a tie after the regular round, CTTA tie breaking rules will apply.

3. Community Ranking:

Community points will be awarded as per the Labrador Winter Games points system

THE LAWS OF TABLE TENNIS

(Some important rules- Rule Books will be sent to teams upon request)

1. A Good Service:

- a) Shall begin with the ball resting on the palm of the free hand which shall be stationary, open and flat with the fingers together and the thumb free.
- b) The free hand, while in contact with the ball in service, shall at all times be above the level of the playing surface.
- c) It is the responsibility of the player to serve so that the umpire or assistant umpire can see that he complies with the requirements for a good service.

Except when the assistant umpire has been appointed, the umpire may on the first occasion in a match at which he has doubt about the correctness of the players service, interrupt play and warn the server without awarding a point.

On any subsequent occasion in the same match at which the same players service action is of doubtful correctness, for the same or any other reason the player shall not be given the benefit of the doubt and shall loose a point.

2. A point

Unless the rally is a let, a player shall call a point:

- A. if his/her opponent fails to make a good service.
- B. if his/her opponent fails to make a good return.
- C. if after he/she has made a good service or a good return, the ball touches anything other than the net assembly before being struck by his/her opponent.
- D. if the ball passes over his/her court, or beyond their end line without touching his/her court, after being struck by his/her opponent.
- E. if his/her opponent obstructs the ball
- F. if his/her opponent strikes the ball twice successively
- G. if his/her opponents free hand touches the playing surface
- H. if in doubles his/her opponent strikes the ball out of the sequence established by the server and receiver

3. Out of Order of Servicing, Receiving and Ends:

In any circumstances, all points scored before the discovery of an error shall be counted.

4. Equipment and Playing Conditions:

A playing shirt, shorts, or skirt shall be mainly of a uniform color other than white.
The background color may include narrow stripes in one direction only and of a contrasting color other than white, while having a width not greater than 1 mm and spacing of no less than 30mms.

The surface of the covering material on the racquet shall be red on one side and black on the other.

5. A Game:

A game shall be won by the player or pair first scoring to 11 points unless both players/ pairs score 10, then the game shall be won by the player/ pair first scoring subsequently 2 points more than the opposing player/pair.

6. A Match:

- a) A match shall consist of the best of 3 games.
- b) Play shall be continuous throughout a match, except that any player shall be entitled to an interval of not more than 2 minutes between successive games.

EVENT: LABRADOR ROAD RACE

TEAM COMPOSITION: 1 FEMALE & 1 MALE

CLASSIFICATION: OPTIONAL



1.Competition Format:

- A. The male and female component of this road race will consist of one 7.5 linear race course. Males and females will compete in the same distance.
- B. The event will have two separate mass starts. The men's race will start first followed by the women's event.
- C. Participant's times will be recorded and the combined rankings will determine the point allotments.
- D. Substitution will only be allowed as per the substitution rule.

2. Rules:

- A. Competitors must provide their own equipment and there are no restrictions on the type of equipment as long as it is not hazard for other competitors.
- B. In the case of a false start the gun will sound a second time and all competitors will return to the start line.
- C. As there are no water stops, participants must carry their own supplies during the race (i.e. water, gels, etc...)
- D. Participants are not permitted to receive any support along the course from any spectators.
- E. Race numbers must be worn on the front of the body, unmodified, unfolded and visible at all times. It may not be worn on hat or head.
- F. All racers must bring a winter hat or buff and winter gloves to the race
- G. Participants are encouraged to wear sneakers that have suitable grip for icy conditions (This includes yak tracks, metal studs, etc...)

3. Tie Breaking:

In the case of a tie, athletes will receive equal points. If two athletes finishing with the exact same time in tenth place; two tenth places will be awarded followed by twelfth place, as there will be no eleventh place.

4. Community Ranking:

The event times will be combined and points will be awarded as per the Labrador Winter Games points system.

DEMONSTRATION SPORTS



EVENT: THE HENRY JOHN WILLIAMS MEMORIAL DOG TEAM RACE

TEAM COMPOSITION: 1 COMPETITOR

CLASSIFICATION: DEMONSTRATION

1. Competition Format:

Course:

The dog-team race will be hosted on Terrington Basin in Happy Valley-Goose Bay. The race will run from the docks to Rabbit Island and back, a distance of approximately 15km in each direction. The total race will run for 30kms.



2. Rules:

- A. At the start of the race, the competitor's sled must be behind the starting line and the driver must be on the sled when it crosses the start line. Other than this, the driver may be off the sled at any time he/she wishes.
- B. Each team must consist of a maximum of six dogs of any variety of breed, and **drivers may bring NO MORE THAN SIX dogs to Goose Bay.**
- C. Teams will start the race together.
- D. During the race, each team and its driver shall have all of the assistance they desire, subject to the following rules:
 - 1) No team shall be allowed to secure any other team to haul any of its dogs or driver.
 - 2) Only the driver may take hold of the sled during the race and it is the responsibility of the driver to prevent interference.
 - 3) In the case that a dog team becomes entangled with another team prior to or at the start of the race on the starting line, only the driver and two assistants from each team may free the teams.
 - 4) **During the start of the race, two assistants are permitted to hold the lead dog while the team is in its berth. Once the race has started, the assistants must promptly clear the berth area without causing interference.**
- E. No sticks, switches or any other items may be used to strike the dogs. The penalty for this infraction is the immediate disqualification of the competitor and a loss of community points.

- F. All participants entering or driving a team in the race will be required to conduct themselves in a perfectly fair and honorable manner [under penalty of disqualification and forfeiture of position and community points.]
- G. A competitor completes the race when he/she completely crosses the finish line with his/her dogs and sled. **The finish line will be a clearly defined line with flags at each end, so it may be easily seen from a distance.** The driver must be on his/her sled when crossing the finish line.
- H. Any team leaving the race after it has started and thereby failing to complete the race will be classified as DNF.
- I. The final compilation of times will determine the finishing position of each team and the community points to be awarded.
- J. All teams must report to the starting area 30 minutes prior to the start of the race, and the race will start on time. A 15-minute grace period will be granted, and any driver who arrives during this time will be given permission to race, provided he is on the course before the 15-minute grace period has elapsed, but his/her time will have started with the beginning of the race.

2. **General Information:**

Note: The 2019 Games will introduce a "Most Traditional Dog Team" award to the dog team event. Teams that use traditional lashings, sleds, and other techniques and materials used for dog sledding in Labrador will be automatically entered into the running for the award. A committee will make the final decision and award the team the prize.

- A. Chain Drags will NOT be allowed.
- B. Drivers will be given a \$40.00 feeding allowance with which to buy food for their dogs. It should be clearly understood that the Games Association is in no way responsible for feeding, housing or purchasing food for the team.
- C. Komatiks must be at least **7 feet long and 2 feet wide** on the boards and will be measured prior to the start of the race.
- D. Dog teams will be off-loaded from trucks prior to the start of the race. At the completion of the race, dog teams will be returned and loaded into trucks.
- E. Two snowmobiles, approximately 300-400 yards away, will travel on either side of the dog teams.

AT ALL TIMES, THE SAFETY OF THE DOGS, DRIVERS AND SPECTATORS WILL BE PARAMOUNT. THE COORDINATOR OF THE EVENT MAY TAKE ANY NECESSARY ACTION FOR THE PROVISION OF SAFETY FOR ALL CONCERNED.

4. **Community Ranking:**

*For this event, **NO POINTS will be awarded** towards the overall championship. Medals will be awarded to the top three finishers with the winner being awarded, *"The Henry*

John William's Memorial Dog Team Race Championship Trophy." Communities may enter more than one team in this event. As such athletes participating in the Dog Team Race are not considered part of the 17 athlete maximum for team composition.



EVENT: **50+ SNOWSHOE RACE**

TEAM COMPOSITION: 1 FEMALE & 1 MALE

CLASSIFICATION: DEMONSTRATION

1. Eligibility:

This race is open to athletes who are 50 years of age or over. Athletes participating in the event will be considered part of their community team and will have all of the rights and responsibilities of other athletes but will NOT be able to participate in any other sports. As such, they will **NOT** be considered as part of the 17-athlete maximum for team composition.

2. Competition Format:

- a) The female component will consist of a loop approximately 3.5 km in length, while the male component consists of a trail approximately 5 km in length.
- b) The event will consist of two separate mass starts. The female's race will go first followed by the male's race.
- c) Placings will be determined based on participant's time.

3. Rules

- a) Competitors must provide their own equipment and there are no restrictions on the type of snowshoe that can be used, as long as it is not a hazard for other competitors.
- b) In the case of a false start, the gun will sound a second time, and all competitors will return to the start line.
- c) As there are no water stops, participants must carry their own supplies during the race (i.e.: water, gels etc.)
- d) Participants are not permitted to receive any support along the course from spectators.

- e) Race numbers must be worn on the front of the body, unmodified, unfolded and visible at all times. It may NOT be worn on a hat or head.
- f) If two athletes finish with the exact same time the same placing will be awarded to both athletes and the next position will be left vacant.
 - i.e.: Two people finish for a tie in fourth place, both will be awarded fourth place which will be followed by sixth place, as there will be no fifth place.
- g) Medals will be awarded to the top three positions in each race

4. Community Ranking:

As this is a demonstration sport, no points will be accumulated toward overall Community Points.