



**ROYAL NEWFOUNDLAND REGIMENT
MEMORIAL HIGH SCHOOL
HOCKEY TOURNAMENT**



Tournament Handbook

The Royal Newfoundland Regiment
Memorial High School Hockey Tournament

Paradise Double-Ice Complex
Mount Pearl Glacier

15-21 April 2024

INTRODUCTION

Welcome to the 2024 Royal Newfoundland Regiment Memorial High School Hockey Tournament. We are pleased to present this tournament handbook.

We are working closely with Schools NL and Hockey NL to track lessons learned and continually improve the quality of our tournament.

To that end, we have consulted broadly to develop our approach and to prepare for this year's tournament. Final decisions are taken in collaboration with NL Schools and Hockey NL with regards to determining rules and regulations for this invitational tournament for high school students.

The safety of all players on and off the ice is our top priority.

We appreciate your continued support as we grow and develop the tournament.

Please don't hesitate to reach out with any questions or concerns.

Good luck, play safe and have fun!

Board of Directors

April 2024

TOURNAMENT BACKGROUNDER

- The Royal Newfoundland Regiment Memorial High School Hockey Tournament began in 2016 and has occurred annually with a break due to the global pandemic in 2020 and 2021. Girls teams were first introduced to the tournament in 2023.
- The annual invitational tournament encourages friendly competition among high school athletes in NL and commemorates the Regiment's legacy, hockey tradition and esprit de corps.
- The tournament is run by a volunteer Board of Directors in partnership with The Royal Newfoundland Regiment. It is sanctioned by Hockey NL and authorized by NL Schools.
- The tournament was originally conceived by Holy Spirit High School in recognition of the 100th anniversary of the Battle of Beaumont-Hamel. Holy Spirit High School continues to serve as the host school.
- The province's best high school hockey players will compete in the Royal Newfoundland Regiment Memorial High School Hockey Tournament from April 15-21, 2024. 32 teams (16 boys, 16 girls) from 23 high schools are participating.
- This is the largest high school hockey tournament in NL with participation from across the province. The level of skills and competition is high. Typically, more applications are received than spaces available.
- Teams are selected from Western, Central, Eastern, the Avalon and Metro regions to ensure representation from across the province. Selection is also based on results and other factors including sportsmanship and good conduct.
- Games are televised and broadcast across NL and livestreamed by Rogers TV.
- The Royal Newfoundland Regiment Memorial High School Hockey Tournament Corporation is a registered not-for-profit organization with the Government of Newfoundland and Labrador.

REGIMENTAL CONNECTION

- The tournament commemorates the Regiment's deep legacy in NL, including its hockey heritage, dating back to WWI.
- Many young men in the Regiment enjoyed playing ice hockey on a frozen pond or rink. Soldiers played hockey in Pleasantville while awaiting transport to England to join War efforts.
- The NL Regiment hockey team also competed against the Canadian Expeditionary Force and against Canadian amateur teams in Halifax and Windsor, Nova Scotia in 1917, while awaiting convoy transport to England. They also played hockey in Coisy, France during the War.
- Playing hockey together was a source of camaraderie, joy and pride for Regimental soldiers as they prepared for War. Through hockey the soldiers created lasting friendship and bonds that endured through the War and beyond. Their public games also served as a positive aid for recruitment to the cause.
- The soldiers' claret and beige hockey jerseys were adorned with the Regiment's caribou emblem and the team was affectionately known as the "Caribou Crew." The caribou cap badge of WWI is featured on our Tournament logo. More than a century later, the caribou is still the central component of the cap badge proudly worn by current members of the Regiment.
- In NL, it is said that almost every family has a connection to the Regiment and that holds true for these young athletes. Many of our players have an ancestor that served in the Regiment.

MODERN DAY REGIMENT

- The Regiment has been involved since the tournament's inception and is proud of its leadership role in shaping the annual event.
- Participants are exposed to the Regiment's history and heritage throughout the tournament. Players and spectators also have an opportunity to interact directly with Regimental soldiers during the tournament.
- Participants are encouraged to share their familial connection to the Regiment and to the Canadian Armed Forces with the Board of Directors.

VOLUNTEER BOARD OF DIRECTORS

Tournament Director: Gerard Brennan

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Public Relations: Michele Boriel

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Kit Shop:

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ADMINISTRATIVE DETAILS

Team Passes

Teams can pick up their team passes and lanyards at the Reception Desk on the second floor of the Paradise Double-Ice Complex prior to their first game. The team passes are not to be shared. Replacements are not available. Players and coaching staff will need to show their passes to access restricted areas (i.e. dressing rooms, warm-up areas).

Merchandise

Teams can pick up their pre-orders of Tournament clothing at the Reception Desk on the second floor of the Paradise Double-Ice Complex prior to their first game. The Kit Shop will be open throughout the week for additional purchases.

Player of the Game

The Player of the Game awards will be presented by a member of The Royal Newfoundland Regiment immediately following every game in the tournament. POG recipients are expected to participate in a photograph after this presentation.

Media Release Forms

Media Release Forms must be completed and provided electronically by e-mail to adm.nfldrhockey@gmail.com no later than April 10. It is the coaches' responsibility to ensure that players that don't have parental or guardian permission to participate in interviews are not selected for player interviews by Rogers TV or other media.

Bench Personnel

Only Hockey NL authorized team staff will be permitted on the bench. Teacher sponsors are expected to be in the team area (ie. dressing room, warm-up area) and in close proximity to the bench during games.

R NFLD R Memorial High School Hockey Tournament 2024 Schedule as of 30 March

Date	Rink	Game	Start	End	Home	Rm	Visitors	Rm
Round Robin Play (Monday – Friday)								
Mon April 15	Paradise B	B1	6:00PM	8:00PM	Holy Trinity - Torbay		Holy Heart - St John's	
	Paradise A	G1	6:30PM	8:00PM	Holy Spirit - CBS		Mount Pearl	
	Paradise B	B2	8:00PM	10:00PM	Holy Spirit - CBS		Prince of Wales - St John's	
	Paradise A	G2	8:00PM	9:30PM	Mobile		O'Donel - Mount Pearl	
Tue April 16	Paradise A	B3	5:00PM	7:00PM	Carbonear		Holy Spirit - CBS	
	Paradise B	G3	5:00PM	6:30PM	O'Donel - Mount Pearl		Ascension - Bay Roberts	
	Paradise A	G4	7:00PM	8:30PM	Crescent - Blaketown		Holy Spirit - CBS	
	Paradise B	B4	6:30PM	8:30PM	Holy Heart - St John's		Ascension - Bay Roberts	
Wed April 17	Paradise A	B5	3:00PM	5:00PM	Gonzaga - St John's		O'Donel - Mount Pearl	
	Paradise B	G5	3:00PM	4:30PM	Queen Elizabeth - CBS		Holy Trinity - Torbay	
	Paradise B	B6	4:30PM	6:30PM	Ascension - Bay Roberts		Holy Trinity - Torbay	
	Paradise A	G6	5:00PM	6:30PM	Crescent - Blaketown		Mount Pearl	
	Paradise A	B7	6:30PM	8:30PM	Carbonear		Prince of Wales - St John's	
	Paradise B	G7	6:30PM	8:00PM	Ascension - Bay Roberts		Mobile	
	Paradise B	B8	8:00PM	10:00PM	Mount Pearl		Queen Elizabeth - CBS	
	Paradise A	G8	8:30PM	10:00PM	Discovery - Bonavista		Roncalli - Avondale	
Thu April 18	Paradise A	B9	1:00PM	3:00PM	Queen Elizabeth - CBS		Clareville	
	Paradise B	G9	1:00PM	2:30PM	Holy Trinity - Torbay		Glovertown	
	Glacier 1	G10	2:30PM	4:00PM	Marystown		Discovery - Bonavista	
	Paradise B	G11	2:30PM	4:00PM	Roncalli - Avondale		Gander	
	Paradise A	B10	3:00PM	5:00PM	Gander		Mount Pearl	
	Glacier 1	B11	4:00PM	6:00PM	Marystown		O'Donel - Mount Pearl	
	Paradise B	B12	4:00PM	6:00PM	Holy Heart - St John's		Exploits Valley - GFW	
	Paradise A	G12	5:00PM	6:30PM	Mount Pearl		Corner Brook	
	Glacier 1	G13	6:30PM	8:00PM	Lewisporte		O'Donel - Mount Pearl	
	Paradise B	B13	6:30PM	8:30PM	Prince of Wales - St John's		Corner Brook	
	Paradise A	G14	6:30PM	8:00PM	Glovertown		Indian River - Springdale	
	Glacier 1	B14	8:00PM	10:00PM	Gander		Clareville	
	Paradise A	B15	8:00PM	10:00PM	St James - Channel PAB		Gonzaga - St John's	
	Paradise B	G15	8:30PM	10:00PM	Gander		Marystown	
Fri April 19	Paradise A	B16	8:00AM	10:00AM	St James - Channel PAB		Marystown	
	Paradise B	G16	8:00AM	9:30AM	Glovertown		Queen Elizabeth - CBS	
	Glacier 1	B17	8:00AM	10:00AM	Exploits Valley - GFW		Holy Trinity - Torbay	
	Paradise B	G17	9:30AM	11:00AM	Holy Trinity - Torbay		Indian River - Springdale	
	Paradise A	G18	10:00AM	11:30AM	Gander		Discovery - Bonavista	
	Glacier 1	G19	10:00AM	11:30AM	Mobile		Lewisporte	
	Paradise B	B18	11:00AM	1:00PM	Clareville		Mount Pearl	
	Paradise A	B19	11:30AM	1:30PM	Queen Elizabeth - CBS		Gander	
	Glacier 1	B20	11:30AM	1:30PM	Corner Brook		Carbonear	
	Paradise B	G20	1:00PM	2:30PM	Corner Brook		Crescent - Blaketown	
	Paradise A	B21	1:30PM	3:30PM	Gonzaga - St John's		Marystown	
	Glacier 1	B22	1:30PM	3:30PM	Exploits Valley - GFW		Ascension - Bay Roberts	
	Paradise B	B23	2:30PM	4:30PM	O'Donel - Mount Pearl		St James - Channel PAB	
	Paradise A	G21	3:30PM	5:00PM	Lewisporte		Ascension - Bay Roberts	
	Glacier 1	G22	3:30PM	5:00PM	Marystown		Roncalli - Avondale	
	Skills Competition							
Paradise B	All	5:00PM	7:00PM	Three players from each team - Fastest Skater, Fastest Goalie, Accuracy Shot				
Opening Ceremonies								
Paradise B	All	7:00PM	8:00PM	Remembrance Service / All School Flags on the Ice / Ceremonial Puck Drop				
Paradise A	G23	8:00PM	9:30PM	Holy Spirit - CBS		Corner Brook		
Paradise B	B24	8:30PM	10:30PM	Holy Spirit - CBS		Corner Brook		
Glacier 1	G24	9:00PM	10:30PM	Indian River - Springdale		Queen Elizabeth - CBS		

R NFLD R Memorial High School Hockey Tournament 2024 Schedule as of 30 March

Date	Rink	Game	Start	End	Home	Rm	Visitors	Rm
Sat April 20	Trail of The Caribou Championship Series - Single Elimination Games							
	Paradise B	Girls 25	8:00AM	9:30AM	Girls A1		Girls B4	
	Glacier 1	Boys 25	8:00AM	10:00AM	Boys A1		Boys B4	
	Paradise A	Boys 26	8:00AM	10:00AM	Boys B1		Boys A4	
	Paradise B	Girls 26	9:30AM	11:00AM	Girls B1		Girls A4	
	Glacier 1	Boys 27	10:00AM	12:00PM	Boys C1		Boys D4	
	Paradise A	Boys 28	10:00AM	12:00PM	Boys D1		Boys C4	
	Paradise B	Boys 29	11:00AM	1:00PM	Boys A2		Boys B3	
	Paradise A	Girls 27	12:00PM	1:30PM	Girls C1		Girls D4	
	Glacier 1	Girls 28	12:00PM	1:30PM	Girls D1		Girls C4	
	Paradise B	Boys 30	1:00PM	3:00PM	Boys B2		Boys A3	
	Glacier 1	Girls 29	1:30PM	3:00PM	Girls A2		Girls B3	
	Paradise A	Girls 30	1:30PM	3:00PM	Girls B2		Girls A3	
	Glacier 1	Girls 31	3:00PM	4:30PM	Girls C2		Girls D3	
	Glacier 2	Girls 32	3:00PM	4:30PM	Girls D2		Girls C3	
	Paradise A	Boys 31	3:00PM	5:00PM	Boys C2		Boys D3	
	Paradise B	Boys 32	3:00PM	5:00PM	Boys D2		Boys C3	
	Trail of the Caribou Championship Series - Quarter Final Games							
	Paradise A	Girls 33	6:30PM	8:00PM	Winner G25		Winner G30	
	Paradise B	Girls 34	6:30PM	8:00PM	Winner G26		Winner G29	
	Paradise A	Boys 33	8:00PM	10:00PM	Winner B25		Winner B30	
	Paradise B	Boys 34	8:00PM	10:00PM	Winner B26		Winner B29	
Glacier 1	Girls 35	7:00PM	8:30PM	Winner G27		Winner G32		
Glacier 2	Girls 36	7:00PM	8:30PM	Winner G28		Winner G31		
Glacier 1	Boys 35	8:30PM	10:30PM	Winner B27		Winner B32		
Glacier 2	Boys 36	8:30PM	10:30PM	Winner B28		Winner B31		
Presentation of Trail of the Caribou Trophies after each game								
Sun April 21	Semi-Final Games							
	Paradise B	Girls 37	9:00AM	10:30AM	Winner G33		Winner G34	
	Paradise A	Girls 38	9:20AM	10:50AM	Winner G35		Winner G36	
	Paradise B	Boys 37	10:30AM	12:30PM	Winner B33		Winner B34	
	Paradise A	Boys 38	10:50AM	12:50PM	Winner B35		Winner B36	
	Individual Awards Ceremony							
	Paradise B	All	1:00PM	2:00PM	MVP, Top Scorer, Top Goalie, Top Defenceman, Sportsmanship, Coaching			
	Bronze Medal Games							
	Paradise A	Girls 39	2:00PM	3:30PM	Loser G37		Loser G38	
	Paradise A	Boys 39	3:30PM	5:30PM	Loser B37		Loser B38	
	Presentation of bronze medals to third place team following the end of each game							
Championship Games								
Paradise B	Girls 40	2:30PM	4:00PM	Winner G37		Winner G38		
Paradise B	Boys 40	4:30PM	6:30PM	Winner B37		Winner B38		
Presentation of Beaumont-Hamel Cup (girls) & Beaumont-Hamel Centennial Cup (boys) and gold & silver medals following the end of each Championship game								

GAME PROCEDURES

The following procedures must be followed, or you risk the forfeiture of your game or removal from the game or tournament.

1. Teams **MUST** be ready to start warm-up 15 minutes before the scheduled start of their game. (Eg. if a game is scheduled to start at 8 PM the team **MUST** be ready to warm-up at 7:45 PM).
2. Warm-up is 7 minutes. At the 2-minute mark, the buzzer will sound to start picking up the pucks. At the 30-second mark, the buzzer will sound again at which time the pucks should be picked up and players must be off the ice unless they are moving the nets.
3. Teams must place warm-up pucks back into the timekeeper's box.
4. Teams are not allowed on the ice surface until the Zamboni gates close.
5. Once the Zamboni gates close, teams are required to proceed to their benches and **ONLY** the starting lineup are to remain on the ice.
6. The starting lineup will line-up on their blueline for the Canadian national anthem. Players and coaches are to face the Canadian flag at the end of the rink.
7. Once the anthem has ended, players are to prepare to start the game.
8. The ice will be cleaned after the end of the second period. This could vary based on gender and game timing.
9. At the end of the game, players are to line up on their respective bluelines for the announcement of the Players of the Game. Then shake hands. **NO** coaches permitted on the ice.
10. Teams are to vacate the dressing room within 30 minutes of the end of their game. Teams are **NOT** to leave their gear in the dressing room or they risk forfeiture of the game.
11. There will be no access to any shower facilities during the tournament due to time constraints.
12. **DO NOT** spit on the dressing room floor or anywhere else in the facility.
13. Dressing rooms are to be left in a clean and undamaged manner when teams leave.
14. Neck guards and chin straps **MUST** be worn and secured at all times when on the ice, including warm-ups. Failure to comply will result in the player being assessed a 10-minute Misconduct Penalty to start at the beginning of the game.

RULES AND REGULATIONS

Preamble

The purpose of this section is to outline the rules by which the Royal Newfoundland Regiment Memorial High School Hockey Tournament will be played and operated to help reduce any conflicts that may arise leading up to and during the tournament.

This tournament is operated under the rules and guidelines of Hockey NL and Schools NL. Violations of any of these policies and rules will result in supplementary discipline as determined by the Board of Directors.

1.0 – Sanctioning & Administration

1.1 The tournament is a Hockey NL (HNL) sanctioned event and will be played according to Hockey Canada & HNL rules as well as those set out by the tournament Board of Directors.

1.2 Insurance and health coverage of team members are the responsibility of individual players and teams.

1.3 BNQ approved throat protectors, C.S.A. approved full-face masks and helmets must be worn by all participants when on the ice or bench area. Absolutely no half visors are permitted.

1.4 The tournament Board of Directors reserves the right to amend any rule of the tournament. All teams will be informed of any rule change before the commencement of their game.

1.5 The Discipline/Protest Committee will be the final authority regarding all discipline and/or protest issues. The Committee will be composed of three members who are not members of any school or team taking part in the tournament.

2.0 – Eligible Teams

2.1 Only high school teams from the Province of Newfoundland and Labrador will be eligible to participate in the tournament.

2.2 Teams MUST be in good standing with Hockey NL.

2.3 Teams should play a minimum of five (5) games against other teams in the Province of Newfoundland and Labrador to be considered for the tournament. Teams not meeting this minimum threshold will be considered on a case-by-case basis by the Board of Directors.

2.4 In the fall of each year, the Board of Directors will issue a general invitation to apply to all eligible high schools.

2.5 Approximately one (1) month before the start of the tournament, the Board of Directors will announce the teams selected to participate in that year's tournament. Inclusion in previous tournaments is not a guarantee that a team will be selected to participate in a future tournament. Team selection is based on several factors, including rankings, good sportsmanship and geographic considerations, such as the inclusion of teams from across the province.

3.0 – Eligible Players

3.1 Players are only permitted to play for the school in which they are enrolled, and they must be a full-time student in good standing with their school. All players **MUST** be registered with Hockey NL to participate in the tournament.

If the Board of Directors determines that a player has been picked up by a team without approval from Hockey NL, the team will forfeit any games for which the player was listed on the game sheet and the player will be removed from the tournament and lose all rights to awards.

3.2 If a team plays a player who is not eligible, the team will forfeit the game and any points associated with the game should they win. The head coach will also be removed from the tournament and suspended from the tournament for a minimum of 7 games.

4.0 – Pickup of Players

4.1 The Board of Directors in collaboration with Hockey NL and NL Schools will coordinate the pick-up of any augmentation players required for teams to fill out their rosters. Grade 9 players will be considered for inclusion on girls teams only.

4.2 – Emergency Goalies

Teams needing to pick up an emergency goalie for a game must send an e-mail to the Hockey Operations Officer explaining why they need to dress an emergency goalie.

Teams may **NOT** play an emergency goalie unless provided with approval from the Hockey Operations Officer. Emergency goalies must fill the back-up goalie position only.

5.0 – Awarding of Team Points

- Wins in regulation will result in 3 points during the round-robin.
- Win in overtime or a shoot-out will result in 2 points during the round-robin.
- A loss in overtime or shoot-out will result in 1 point during the round-robin.
- A loss will result in 0 points during the round-robin.

6.0 – Schedule & Games

6.1 All teams must adhere to the scheduled game times for their respective games. Failure to do so will result in a forfeited game. Results of forfeited games will be a score of 7-0 for the team winning the forfeit.

6.2 Teams must be ready to go on the ice 15 mins before their scheduled game start time. For example, if a game is scheduled to start at 6:00 PM both teams must be ready to go on the ice for warm-up at 5:45 PM.

6.3 Teams will be given a 7-minute warm-up before each game after which time the ice will be cleaned or the game will begin.

6.4 The Hockey Coordinator may change the times when cleaning of the ice happens to ensure the overall schedule is kept on time, but at a minimum the ice will be cleaned every two periods for boys games and every three periods for girls games.

6.5 At the end of the warm-up buzzer, any players still on the ice shooting pucks or not involved in picking up pucks or moving nets will be assessed a 10-minute Misconduct Penalty at the discretion of the referee to start at the beginning of the game.

6.6 The first and second periods of boys games will be 15-minute stop time and the third period will be 20-minute stop-time. Girls' games will be three 12-minute stop-time periods.

6.7 During games where a five (5) goal spread occurs in the third period, the clock will be switched to run-time and it will not revert to stop-time. This does not apply to the bronze medal games and Championship games.

6.8 If at any point in a game where a five (5) goal spread occurs and the overall play is to the winning team's advantage, the lead official on the ice may approach the losing team's coach and request concurrence that the clock be set to run-time. If the coach declines to set the clock to run-time, the game will proceed as is until the third period at which time Rule 6.7 will be activated. Either one of the coaches may also make the request to the lead official on the ice, however consent is required by the losing team's Head Coach.

6.9 Each team shall be permitted only one 30-second timeout including overtime per game. If Rule 6.7 or 6.8 is activated, the clock will stop and start again once the puck is dropped.

6.10 If a game during the round-robin ends in a tie, there will be a two-minute break and the teams will play a 3 on 3 five (5) minutes sudden death overtime. If still tied there will be a 3-player shootout with different players. If still tied after 3 players, then the same

player may shoot each time until a winner is determined. Goalies will stay in their teams' end and they will NOT change ends for overtime or a shootout.

6.11 To reduce the likelihood of teams running the score up in games and to foster good sportsmanship in the tournament, the maximum spread per game allowed for goals will be 7. In a game with the score of 10 to 1, the winning team will be awarded a score of 8 and the losing team awarded a score of 1.

7.0 – Penalties

7.1 **Fighting will not be tolerated.** Any player penalized for fighting will be ejected from the tournament and the player will forfeit any opportunity for individual awards.

7.1.1 Players assessed a fighting major during the tournament will be suspended for a minimum of 5 tournament games. If the player's team does not play five (5) games before the end of the tournament, the suspended player will be required to serve the remaining games of their suspension in the following year's tournament.

7.2 All match penalties and gross misconducts will result in automatic ejection from the tournament.

7.3 Any player assessed 3 stick infractions in one game will also be given a game ejection for that game and if it occurs during the last 10 minutes, the player will sit out the next game. The following are considered "Stick Infractions":

- High Sticking
- Slashing
- Cross-checking
- Spearing
- Butt-Ending

7.4 A 10-minute misconduct penalty will be assessed to any player who fails to wear a neck guard and/or chinstrap during warm-up.

7.5 A 2-minute bench minor penalty will be assessed to any team that fails to complete their game sheet with the Hockey Coordination Office 30 minutes prior to their game.

8.0 – Team Colours

For all games, the home team will wear dark colours. However, if the visiting team only has dark jerseys, the home team will wear light jerseys. All teams are encouraged to bring two sets of jerseys to the tournament (light and dark).

9.0 – Dressing Rooms and Ice Surface

The Board of Directors and rink staff will determine dressing room assignments. Teams MUST adhere to the dressing room schedule and vacate the dressing room within 30 minutes of the completion of their game.

9.1 No team is permitted to leave their gear in the dressing rooms overnight or between games unless given permission by the Hockey Coordinator.

9.2 Dressing rooms must be left clean and undamaged. Failure to follow this rule will result in disciplinary action by the Board of Directors, as well as cost recovery for any required repairs.

9.3 There will be no access to any shower facilities during the tournament due to time constraints.

9.4 At no time will a coach or member of the coaching staff step on or walk across the ice surface unless called upon by the senior referee. Failure to adhere to this rule may result in a 2-minute bench minor penalty.

9.5 During player handshakes at the end of the game, coaches are NOT permitted on the ice.

10.0 – Conflict of interest

No team staff will be permitted to officiate any game in the tournament. If a team staff member is scheduled by the Referees Association, they must inform the Association that they cannot officiate the game.

If it is determined that a team staff member has officiated a tournament game, they will be removed from the tournament and will forfeit any awards, including not having their name placed on any trophies should their team win the tournament.

11.0 – Tie Breakers

11.1 Should there be a tie between two teams in the final placing for play-off positions during the round-robin play, positions will be determined in the following order:

- The team with the most wins in the round-robin gains the highest position.
- The winner of the round-robin game between the two tied teams gains the highest position.
- The team with the best goal average gains the highest position.
 - The goal average is determined as follows. Total number of goals for divided by the total number of goals for and against. *All round robin games included.*
 - Example: for 10 goals against 4 goals
Percentage $10/10+4$ $10/14$.714

The higher percentage gains the higher position.

- The team with the least number of penalty minutes gains the highest position.
- The team that scored the first goal in the game between the tied teams gains the higher position.
- Flip of the coin.

11.2 Should there be a tie between three or more teams in the final placing for playoff positions during the round-robin play, positions will be determined in the following order:

- The team with the most wins in the round-robin gains the highest position.
- The team with the best goal average gains the highest position. Games between tied teams only will apply. (See Rule 11.1 – for calculation)
- The team with the fewest goals against (all round-robin games played) will gain the highest position.
- The team with the most goals for (all round-robin games played) will gain the highest position.
- The team with the least number of penalty minutes gains the highest position.
- Flip of the coin.

12.0 – Elimination Games & Championship Game

12.1 In the event of a tie between the two teams in the elimination round, the teams will take a two-minute break and play 3 on 3 sudden death overtime. The overtime will be 5 minutes. If still tied, there will be a 3-player shootout with different players. If still tied after 3 players, then the same player may shoot each time until a winner is determined.

12.2 In the event of a tie in the bronze medal games and Championship games, the teams will take a two-minute break and play a 15-min (Boys) and 10-min (girls) sudden death 3 on 3 overtime. If there is still no winner after the first overtime, the ice will be cleaned, and two more overtime periods will take place until a winner is determined. If no winner after the two additional overtime periods, a shootout will occur as per 12.1.

The Board of Directors reserves the right to change this rule if the game is determined to be behind schedule.

13.0 – Tournament Format (16 Teams)

In both the Boys and Girls Battalions, teams will be divided into four Companies (A, B, C, D) and play a round robin in their respective Companies. At the end of the round-robin, the following play-off format will take place:

Single Elimination	Quarter Final	Semi Final		Finals		Semi Final	Quarter Final		Single Elimination
1st A Coy									1st C Coy
	Winner						Winner		
4th B Coy									4th D Coy
	Gueudecourt	Winner				Winner	Masnieres		
2nd B Coy									2nd D Coy
	Winner						Winner		
3rd A Coy									3rd C Coy
			Winner	Beaumont-Hamel	Winner				
1st B Coy									1st D Coy
	Winner						Winner		
4th A Coy									4th C Coy
	Courtrai	Winner				Winner	Monchy-le-Preux		
2nd A Coy									2nd C Coy
	Winner						Winner		
3rd B Coy									3rd D Coy

14.0 – Team Selection / Ranking / Seeding

14.1 This invitational tournament is recognized by NL Schools and Hockey NL as the high school provincial hockey championship, which allows teams to travel and play during school hours. As such, the tournament is mandated to have representation from across the province.

14.2 Planning is based on an equal number of boys and girls teams participating for a total of 32 teams. Representation for the 16 teams in each Battalion is as follows:

- 2 Western
- 2 Central
- 2 Eastern
- 2 Avalon
- 8 Metro

14.3 The number of teams from a region may be altered on a year-by-year basis depending on the overall number of applications to participate. However, at least one team from each region will be selected to participate.

14.4 Team selection is based on performance and conduct of members of each school's teams in previous Regimental tournaments and during the current season. Selection of teams within each region is based on League playoff results, regional selection tournaments or performance in other invitational tournaments.

14.5 Notification dates for selection to the tournament may vary between regions based on completion of regional league standings / playoffs or an agreed upon regional selection process.

14.6 Teams selected from within each region will be ranked within that region and placed in the Company seeding table detailed below. Ranking of the teams within each region will be based on League playoff results, regional selection tournaments or performance in other invitational tournaments.

14.7 The Board of Directors reserves the right to alter the Companies for the purpose of effective schedule development. When possible, the Board of Directors will make every attempt to maintain the Companies (Pools) as per the results of the ranking.

14.8 Battalion / Company Seeding is as follows:

Company A	Company B	Company C	Company D
Metro #3	Metro #1	Metro #6	Metro #4
Metro #7	Metro #5	Metro #2	Metro #8
East #2	East #1	Avalon #1	Avalon #2
Central #1	West #2	Central #2	West #1

15.0 – Medals, Championship Cups and Banners

Bronze medals will be awarded to the third-place finishing teams.

The winning boys team is awarded "The Beaumont-Hamel Centennial Cup" and a Championship Banner. The winning girls team is awarded "The Beaumont-Hamel Cup" and a Championship banner. Silver and gold medals will also be awarded.

15.1 Championship banners will be retained by the winning teams.

15.2 Cups will remain with the Board of Directors.

15.3 Modifications to the Cups are not permitted. If the Cups are found to be modified or damaged in any way following its presentation to the winning team, the responsible team's school will be billed for the repairs.

15.4 Only the names of the members of the winning team who played, including coaching staff, will be placed on the Cups in keeping with the team roster submitted to the tournament's Board of Director prior to the start of the tournament.

16.0 – Appeals

16.1 There will be no appeals on calls made on the ice by the officials and the tournament will not overturn any suspensions issued under Hockey NL.

16.2 Appeals will only be entertained on the length of a suspension as outlined in the tournament rules, for example, fighting majors.

16.3 In order to make an appeal, the team must submit a request to the Hockey Operations Officer within 48 hours of the end of the game. The team must submit by e-mail a description of the appeal and their case for overturning the suspension.

16.4 The Hockey Operations Officer will assemble the review committee to provide a ruling within 48 hours of receipt of the appeal. If the committee has not returned its ruling within 48 hours, this should not be interpreted that the suspension has been overturned.

16.5 The Board of Directors will respond to the team by e-mail once the review committee has provided their ruling.

17.0 – Safety

17.1 During games and pre-game warm-ups, all players must wear their full gear including neck guard and all helmet/chin straps must be secured. Players are NOT permitted to remove their helmets or straps while on the ice.

18.0 – Team Composition and Game Sheets

18.1 All teams are permitted to register 20 players for the tournament. This will include 18 skaters and 2 goalies.

18.2 The minimum number of players required to start a game is 10 skaters and 1 goalie.

18.3 The maximum number of players on a game roster is 19, including 17 skaters and 2 goalies.

18.4 Coaches are required to provide their final tournament roster to the Hockey Operations Officer **no later than six hours before the start of the tournament's first game.**

18.5 All players listed on the tournament roster must be on the team's approved Hockey NL roster.

18.6 Coaches are required to report to the Hockey Coordination Office 30 minutes prior to their game to verify their game sheet and circle the starting goalie. Failure to comply may result in a 2-minute bench minor at the start of the game.

18.7 Coaches may collect their completed game sheet 15 minutes after their game from the Hockey Coordination Office.

SKILLS COMPETITION

The Skills Competition is on Friday, 19 April from 5:00 – 7:00 PM at Rink B, Paradise Double-Ice Complex. This is a mandatory event for all teams.

Boys and girls teams will compete in three events: Fastest Skater, Fastest Goalie and Accuracy Shot. The event will be immediately followed by the Opening Ceremony.

Teams must return the handwritten form to the Hockey Operations Officer before their first game. Please print legibly.

DO NOT USE THE DOCUMENT BELOW. USE THE SEPARATE HANDOUT IN YOUR COACHES PACKAGE.

This form must be returned to the Hockey Operations officer before your first game. This is a mandatory event. All teams must provide two skaters and a goalie.



TEAM ENTRY FORM FOR 2024 SKILLS COMPETITION

Friday, 19 April 2024 from 5:00 – 7:00 PM

Rink B, Paradise Double Ice-Complex

Team Name	
Battalion (girls or boys)	
Contact Info	
Fastest Player	
Fastest Goalie	
Accuracy Shooter	

CEREMONIES

Opening Ceremony

The Opening Ceremony is on Friday, 19 April from 7:00 – 8:00 PM at Rink B, Paradise Double-Ice Complex.

All players involved in the Skills Competition will also participate in the on-ice Opening Ceremony. One player from each school will carry their school flag onto the ice.

The Regimental Honorary Colonel/Lieutenant-Governor of NL will be joined by:

- Commanding Officer, 1st and 2nd Battalion, The R NFLD R
- Regimental Sergeant-Major, 1st and 2nd Battalion
- Tournament Director
- Mayor of Town of Paradise
- Mayor of City of Mount Pearl
- Representative of Hockey NL
- Representative of NL Schools
- Other VIPs including major sponsors

The opening ceremony includes a Remembrance service and performance by the Regimental Band, followed by the official puck drop involving selected team captains.

At the conclusion of the opening ceremony, the regular tournament schedule resumes.

Awards Ceremony and Closing Ceremony

The Closing Ceremony is on Sunday, April 21 from 1:00 – 2:00 PM at Rink B, Paradise Double-Ice Complex. Individual awards and selected team awards will be presented.

Award recipients will be notified in advance and are asked to attend the awards ceremony on the final day of the tournament if possible.

Bronze medal and Championship games will be played after the Awards Ceremony.

The Beaumont-Hamel Centennial Cup (boys team) and Beaumont-Hamel Cup (girls team) will be presented to the overall winners following the final games. Silver and gold medals will also be awarded.

TOURNAMENT AWARDS

Awards are named after significant battles for the Regiment in WWI and to recognize individual members of the Regiment from that period.

Awards will be presented to winners from both the girls battalion and boys battalion.

TEAM AWARDS

Beaumont-Hamel Centennial Cup

The BHCC Cup is presented to the overall winning boys' team. The Cup is named in honour of the 100th anniversary of the Battle of Beaumont-Hamel on 1 July 1916.

Beaumont-Hamel Cup

The BH Cup is presented to the overall winning girls' team. The Cup is named in commemoration of the Battle of Beaumont-Hamel on 1 July 1916.

Trail of the Caribou Championship Series

These trophies commemorate the other four major battles fought in Europe during WWI and are the locations of the Caribou monuments. Trophies are awarded to teams in each Battalion who win the quarterfinals. Winning teams advance to the semi-finals.

- Gueudecourt (France)
- Courtrai (*Kortrijk*) (Belgium)
- Monchy-Le-Preux (France)
- Masnieres (France)

Gallipoli Team Spirit Award

This award is named in honour of the Battle of Gallipoli in Turkey, where the Regiment first fought together and bonded as a fighting unit. The esprit de corps the Regimental soldiers developed in Gallipoli held them in good stead throughout WWI, where they went on to earn the reputation of being *Better Than The Best*. This award is based on nominations from all teams at the tournament.

During the round-robin series, Team Captains in consultation with the players will rank the other teams within their Company. These rankings will be tabulated and the top team in each Company will be forwarded to the Awards Committee for consideration.

The awards committee will consider each of the Company nominations performance from both the round-robin and the Trail of The Caribou Championship Series to identify the winners of the Gallipoli Team Spirit award.

INDIVIDUAL AWARDS

Sgt T. Ricketts, V.C., Most Valuable Player (MVP) Award

This award is named in honour of Sergeant Tommy Ricketts of Middle Arm, White Bay. Sgt Ricketts was just 17 years old when he won the Victoria Cross in 1918 for his actions during a raid in Belgium, where he captured eight German soldiers. Sgt Ricketts is the only Regimental soldier to receive this award for bravery and is the youngest Victoria Cross winner from WWI. He survived the War and came back home to Newfoundland.

During the round-robin series, the coaching staff from the teams in each Company will nominate in priority 3 players **not from their team** for the awards. These nominations will be tabulated and 2 players per Company will be forwarded to the Awards Committee for consideration. The Awards Committee will assess the 8 players' performance from both the round-robin and the Trail of The Caribou Championship Series to determine the winners.

Monchy Nine Top Defenseman Award

This award is named in honour of the Monchy Nine who held the defensive line against 250 German attackers for a period of 12 hours when the Regiment was badly decimated at Monchy-le-Preux. It is believed that it would have taken 40,000 men to re-capture this terrain during the Battle of Arras had the nine Regimental soldiers not persevered against all odds.

During the round-robin series, the coaching staff from the teams in each Company will nominate in priority 3 players **not from their team** for the awards. These nominations will be tabulated and 2 players per Company will be forwarded to the Awards Committee for consideration. The Awards Committee will assess the 8 players performance from both the round-robin and the Trail of The Caribou Championship Series to determine the winners.

L/Cpl J. Shiwak Top Scorer Award

This award is named in honour of Lance-Corporal John Shiwak. L/Cpl Shiwak was a hunter and trapper from Labrador and became the top sniper in the Regiment, where he was well-respected by his comrades. L/Cpl Shiwak earned a reputation as the best sniper in the British Empire. He was killed in action in Masnieres in 1917.

The Top Scorer is based on total goals and assists in both round-robin games and Trail of the Caribou Championship series.

Lt L. Duley Top Goalie Award

This award is named in honour of Lieutenant Lionel Dooley, who was one of the youngest and most promising officers in the Regiment. Lt Dooley was the goalie for the Regimental hockey team during WWI. He was killed in action in Belgium in 1918.

The Top Goalie is based on performance as assessed by the Awards Committee.

Capt J.J. O'Grady, M.B.E. Sportsmanship Award

This award is named in honour of Captain J.J. O'Grady of St. John's, who was the Regimental Adjutant for the Training Battalion in St. John's during WWI. Captain O'Grady was responsible for all aspects of military drill and physical fitness instruction for Regimental soldiers and received the Order of the British Empire in 1919 for this work. After the War, Captain O'Grady became the fitness instructor for the Royal Newfoundland Constabulary and for three local schools in St. John's.

During the round-robin series, the coaching staff and Team Captain from the teams in each Company will nominate in priority 3 players **not from their team** for the award. These nominations will be tabulated and 2 players per Company will be forwarded to the Awards Committee for consideration. The Awards Committee will assess the 8 players performance from both the round-robin and the Trail of The Caribou Championship Series to determine the winner.

LEADERSHIP AWARDS

Maj B. Butler, D.S.O., M.C. & Bars Leadership in Coaching Award

This award is named in honour of Major Bertram Butler of Topsail, who was known as one of the best officers in the Regiment for his leadership qualities. Major Butler won the Distinguished Service Order at Cambrai and the Military Cross for his actions leading the night raids at Beaumont-Hamel. He also received a Bar to his Military Cross for his actions at Gueudecourt. Major Butler survived the War and returned home to Newfoundland.

Schools or Team Captains can nominate a coach from their team for this award. The nomination should articulate the coach's attributes and any special considerations eg. activities or initiatives undertaken during the past season.

Nominations must be submitted by e-mail no later than **Friday, April 19** to DeputyDirector.RNFLDRHockey@gmail.com. Subject line must read: Coaching Award Nomination.

The Awards Committee vote on the Leadership in Coaching award.

Lt W. Greene, D.C.M. Excellence in Officiating Award

This award is named in honour of Lieutenant Walter Greene of Cape Broyle, who was a young Royal Newfoundland Constabulary officer when WWI was declared. Lieutenant Greene immediately joined The Royal Newfoundland Regiment, where he was known for his bravery. He received the Distinguished Conduct Medal for his actions at Caribou Hill in Gallipoli. Lieutenant Greene was killed in action at Marcoing in 1917.

SPECIAL AWARDS

Lt-Col T. Nangle Tournament Builder Award

This award is named in honour of Lieutenant-Colonel Thomas Nangle, who was the Regimental Padre. Father Nangle was a gifted athlete and organized the first Regimental hockey game in 1917 in the small French village of Coisy. He was instrumental in the erection of the National War Memorial in St. John's, the Caribou Memorial Park in Beaumont-Hamel, France and other parks in France and Belgium marking the places where Regimental soldiers died during the War.

The Board of Directors votes on the Tournament Builder award.

MEDICAL AND SAFETY PROCEDURES

St. John Ambulance (SJA) Medical First Responders will be on-site throughout the tournament to provide emergency medical services for teams and spectators.

Please note that while SJA is a volunteer organization, any cost associated with the use of other medical services during the event is the responsibility of the user.

Medical Emergencies – On Ice

In the event of a medical emergency during play, the senior referee will have full control of who enters the ice surface to attend to an injured individual.

The referee assesses the situation, and if required, immediately calls on SJA Medical First Responders. If SJA is not required, the referee calls on the team trainer.

If the team trainer determines that SJA is required, they will signal using a closed right fist held above their head. The fist is **NOT TO BE LOWERED** until visual contact has been made with SJA. The head referee will also communicate the situation by radio to SJA duty officer.

Once SJA has arrived at the injured player, they will assume control of the medical situation.

If a medical practitioner within the arena identifies themselves to the senior referee, they will be escorted to the senior SJA member, who will decide if control of the situation is to be passed to that individual. Once a medical practitioner has accepted control, they assume all responsibility and the SJA members will assist as required.

When a medical practitioner enters onto the ice, they do so with the understanding that they are acting on their behalf and are responsible for any injury occurred to themselves or any further injury to the injured individual.

Medical Emergencies – Off Ice

SJA will have full control over medical care off ice with support from arena staff.

At any time, the SJA duty officer in charge can request a game be suspended due to a serious injury or incident. The request will be assessed by the Hockey Coordinator and a decision provided to the senior referee(s) about any delays in games.

St. John Ambulance medical first responders will normally be located at ALL Zamboni entrances and will be available through tournament staff by radio.

Emergency Medical Services away from the Arenas

For Emergencies – teams should always dial 9-1-1.

If teams require emergency services not requiring 9-1-1, visit the Emergency Department of the Health Sciences Centre or St. Clare's Mercy Hospital.

The Health Sciences Centre and St. Clare's Mercy Hospital operate full-service 24-hour Emergency Department and Trauma Centre:

- Health Sciences Centre: 300 Prince Philip Parkway (709) 777-6300
- St. Clare's Mercy Hospital: 154 Lemarchant Road (709) 777-5000
- Janeway Children's Health and Rehab Centre, 300 Prince Philip Parkway (709) 777-6300

Non-Emergency Medical Services

Teams that require medical attention for various other non-emergency services (minor infections, cuts, etc.) are advised to contact a local Walk-In clinic.

X-Rays and Other Diagnostic Services

X-Rays and diagnostic services must be referred through a physician. Arrangements for X-Rays and diagnostic services can be made at the hospitals listed above.

Medical Emergencies – General Volunteers

In the event of a medical emergency requiring SJA assistance, volunteers are to broadcast in a calm nature the following over their tournament-issued portable radio and/or locate the nearest medical team.

Broadcast "MEDICAL, MEDICAL, MEDICAL" and state the location of the emergency. Wait for confirmation from Hockey Coordinator, if not, broadcast again.

SJA will be dispatched to your location by the Hockey Coordinator. You should remain on-site with the person requiring assistance.

Regardless of the volunteer's radio channel, the Hockey Coordinator will be able to receive the transmission.

Medical Emergencies – Ice Level Volunteers

During the event of a medical emergency on ice level, those volunteers working in support positions are expected to stand by in case SJA requires assistance – only if they feel comfortable doing so.

At no time are volunteers permitted on the ice surface.

In all cases of a life-threatening emergency, CALL 9-1-1.

Emergency Evacuation Plan – Teams and Official

In the event of an emergency evacuation, all teams and officials are required to leave the ice immediately and if safety and/or time allows, skaters will be permitted to remove their skates.

Arena staff will complete a sweep of the building. Teams and officials must use the nearest or safest emergency exit and gather at the muster points located in the parking lot.

Once all players and coaching staff are accounted for at the muster point, the coach MUST verbally report to the tournament staff member outside the main entrance to confirm all are present. Officials must complete the same report.

Once this information is provided to the tournament staff member, teams will be permitted to wait in vehicles until the all-clear has been given by the Fire Department and/or building supervisor. At no time is anyone permitted back inside the arena unless an all-clear is given.

Emergency Evacuation Plan – Volunteers

In the event of an emergency evacuation, all volunteers are required to leave the building immediately. Volunteers must use the nearest/safest emergency exit. Arena staff will complete a sweep of the building.

Once outside, volunteers are to gather at the muster station at the entrance of the arena for roll call. If safe to do so, volunteers should bring their tournament-issued portable radio with them for communications.

Once all volunteers are accounted for, the tournament staff member will report to the building supervisor. Volunteers will be permitted to wait in vehicles until the all-clear has been given by the Fire Department and/or building supervisor.

At no time is anyone permitted back inside unless an all clear is given.

Important Reminders

- Never re-enter the building to retrieve something left behind.
- At no time should volunteers put their lives at-risk during an emergency.
- Everyone should make themselves aware of all emergency exits.

PUBLIC RELATIONS

Regimental Connections

We are sharing stories of players and coaching staff with connections to The Royal Newfoundland Regiment and the Canadian Forces throughout the tournament. Please send pictures and detailed information, including the relationship to the player or coaching official to PublicRelations.RNFLDRHockey@gmail.com

Social Media

Engage with us on Social Media. We are on Facebook, Twitter, YouTube and Instagram. Please tag us #RNFLDRHockey in any of your posts.

We're particularly interested in selfies at the rink or out about town repping the tournament merchandise.

Tournament Website

Our official tournament website is www.RNFLDRHockey.com This is where you can find all the latest statistics and standings. Check out our QR Code posters in the rinks.

Interviews

Rogers TV is using the individual player headshots during their broadcast. They are broadcasting live throughout the tournament on Rogers Community TV and online: <https://www.rogerstv.com/home?lid=14&rid=24>

Players should be prepared to speak with Rogers TV for short interviews, as well as to mainstream media throughout the week. Media Release Forms are required.

Historical Video

Parks Canada has produced a video on the Regiment's "Caribou Crew" during WWI which may be of interest to your players or parents to educate them on the tournament's inspiration. Watch here: <https://www.youtube.com/watch?v=kNjya7uUt1Y>

TOURNAMENT COMMEMORATIVE SOUVENIR BOOK

A commemorative souvenir book will be produced after the tournament. A complimentary copy will be distributed to each school. Participants and families will also be able to pre-order copies for purchase.

The book will include game results, players of the game, a list of individual and team award winners and photos. Each team will have two dedicated pages – one with action photos and the other with their team picture and roster.

Also included in the book is a list of all previous award winners, a history of the Regiment and photos of the modern-day Regiment.

CONCLUSION

Thank you to all our great volunteers for all their hard work in making this 2024 event a success. We couldn't have done it without their effort and contributions.

We also appreciate the generosity of all our sponsors. We encourage you to support the local businesses to show appreciation for our 2024 sponsors.

To all players and coaches, good luck, have fun and play safe!

**TOURNAMENT/EXHIBITION SERIES
SANCTION REQUEST FORM**

Tournament Official Name: Royal Newfoundland Regiment Memorial High School Hockey Tournament

Tournament Location: Paradise Double Ice Complex & Mount Pearl Glacier

Tournament Date: 15-21 April 2024

Indicate Division(s) Applicable:

U11 U13 U15 U18 High School

U11 Female U13 Female U15 Female U18 Female

Indicate Category Applicable:

Representative A Representative B Representative C or Lower

House AAA

Will you be having teams entered from outside our branch: Yes No


If yes, please send a copy of all travel permits to the branch office for teams traveling from outside our branch.

Requests must be forwarded to the branch office at least three weeks prior to the commencement of the tournament for possible sanctioning.

***This Tournament hereby agrees to abide by all
HC and HNL Rules and Regulations & all teams participating are
registered with HC / HNL***

Contact Name: Ken Gatehouse Phone (709) 765-5468 Fax: (_____) _____

Email: deputydirector.rnfdhrhockey@gmail.com 

Signature: Tournament Deputy Director 

Association/League/Team Holy Spirit High School

Host Association President's Signature: David Locke - Principal 

FOR OFFICE USE ONLY

Received: March 25, 2024

Approved: 

HOCKEY NL SANCTIONING REQUEST – PARTICIPATING TEAMS

School Team Name	Location	Division (Battalion)	
		Boys	Girls
Ascension Collegiate Astros	Bay Roberts	Boys	Girls
Corner Brook Regional High Titans	Corner Brook	Boys	Girls
Carbonear Collegiate Sentinels	Carbonear	Boys	X
Clareville High Cougars	Clareville	Boys	X
Crescent Collegiate Coyotes	Blaketown	X	Girls
Discovery Collegiate Destroyers	Bonavista	X	Girls
Exploits Valley High Eagles	Grand Falls-Windsor	Boys	X
Gander Collegiate Concordes	Gander	Boys	Girls
Glovertown Academy Eagles	Glovertown	X	Girls
Gonzaga High Vikings	St. John's	Boys	X
Holy Heart Highlanders	St. John's	Boys	X
Holy Spirit High Falcons	CBS	Boys	Girls
Holy Trinity High Tigers	Torbay	Boys	Girls
Indian River High Wildcats	Springdale	X	Girls
Lewisporte Collegiate Lynx	Lewisporte	X	Girls
Marystown Central High Clippers	Marystown	Boys	Girls
Mobile Central High Monarchs	Mobile	X	Girls
Mount Pearl Senior High Huskies	Mount Pearl	Boys	Girls
O'Donel High Patriots	Mount Pearl	Boys	Girls
Prince of Wales Collegiate Cavaliers	St. John's	Boys	X
Roncalli Central High Cardinals	Avondale	X	Girls
Queen Elizabeth High Pioneers	Conception Bay South	Boys	Girls
St. James Regional High Saints	Port-aux-Basques	Boys	X