



RSEQ - GMAA Governing Rules Secondary

RULE I - GOVERNING RULES AMENDMENTS

The RSEQ GMAA Governing Rules may be amended at any of the Secondary Advisory Committee Meetings by a two-thirds vote of the representatives. All notices must be received at the RSEQ GMAA office not later than three weeks prior to that meeting and shall be circulated to the participating schools prior to the meeting at which time they will be discussed and voted upon.

RULE II - PLAYER ELIGIBILITY

Section 1 - Registered

Any student who is registered as a full-time Secondary student shall be eligible to compete in activities of this RSEQ Region.

Any Grade 12 student who is registered full-time at a RSEQ GMAA Member High school, and who meets the age requirement, will be eligible to compete in activities of this RSEQ Region. It is understood that these individuals are not eligible for RSEQ D1, D2 or RSEQ D3 Provincial Competitions.

Section 2 - Full Time

A full-time student shall be one who is registered for 1,500 minutes or 25 hours per 5-day cycle of actual class work in the Secondary school.

Section 3 - School Team Eligibility

A student may only represent the school in which he/she is registered as a full-time student.

Outreach & Adult Ed

A student attending an outreach school, other alternative program or Adult Ed may be permitted to play for the school that sent them upon approval by the Board of Directors. To be eligible, this student must maintain full time status at the new institution, and a written application must be submitted by the Principals of both schools to the Board of Directors. This is restricted to only one (1) player per team.

Gender Derogations

If a student wishes to participate on a team that does not align with the gender assigned to them at birth, a formal request must be submitted to the RSEQ GMAA prior to that team's first game. This includes, but is not limited to, situations where a girl wishes to play on a boys' team or where a transgender athlete seeks to play on a team aligned with their gender identity. The request must come from a school administrator and will be forwarded to the Provincial RSEQ, who will then consult with the appropriate Sport Federation for their approval. The request must include: the student's gender assigned at birth, the school name, the sport, the team level, and any relevant details of the situation.

Please ensure these requests are submitted as early as possible to avoid unnecessary delays as all registration deadlines must be respected. For contact sports, a signed Acceptance of Risk form must accompany the request. The student will be considered ineligible until written confirmation is received from the RSEQ GMAA indicating that the application has been approved.

RSEQ GMAA Age Derogation Process

Any derogation process must not give any team a competitive advantage, nor should it cause any concerns for the safety of other players.



The process would be used to allow students to play in categories that match their grade level, but not necessarily their age. The following criteria will apply for derogation applications:

1. Applications for derogation must be made in writing and received before a scheduled Board of Directors meeting. Applications will only be discussed at Board of Directors Meetings – with no exceptions.
2. Applications should include any pertinent medical information. A release of medical information must have the parent's approval. This approval should be included in the application.
3. Only applications for a derogation of one (1) year will be considered for students who have been held back for reasons that are medically diagnosed. Students held back for behavioural problems will not be considered for derogation.
4. The application would have to be endorsed and signed by the coach, the student's parents/guardian, and the principal.
5. The application would have to contain assurances that the applicant's inclusion in a given sport would not give their team any competitive advantage.
6. The application would have to contain assurances that the applicant's inclusion in a given sport would not pose any safety concern to other players (due to size, weight, etc).
7. Applicants would agree to a possible interview with at least one member of the Board of Directors.
8. The coach of the applicant could also agree to a similar interview.
9. Members of the Board of Directors could go to a team practice to assess the applicant's abilities.
10. The Board of Directors would reserve the right to reverse a decision at anytime during the season or post-season if an applicant turned out to be a dominant force for their team.
11. If a derogation were reversed, the player's team could lose the points that it had earned while the player was on the team. The decision to forfeit points would be made by the Board of Directors.
12. An applicant would be deemed ineligible until they received written approval from the RSEQ GMAA that their application for derogation had been accepted.
13. Any derogation granted would not supersede the provincial regulations concerning age limits (i.e. a derogated athlete could not compete in provincial championships).

Section 4 - Playoff Eligibility

For team sports where the eligibility requirements are not outlined in the sport handbook the following rule will be followed:

For a season of 4 games or less, a player must have participated in a minimum of 1 game to be eligible for the playoffs.

For a season of 5 - 8 games, a player must have participated in a minimum of 2 games to be eligible for the playoffs.

For a season of 9 or more games, a player must have participated in a minimum of 3 games to be eligible for playoffs.

***Callups:** In any season that plays up to 8 games, call ups would have to play a minimum of 2 games to be eligible for playoffs. In a 9 or more-game season, call ups would have to meet the minimum required number of games to be eligible for the playoffs.

Any student who is registered on the original team roster but who did not compete in the minimum number of games because of injury or illness could be eligible for the playoffs for that team. The coach or SAC Rep may be asked for a written proof of this injury or illness.



Section 5 - Ineligible Player Sanction

Default of game: A team playing an ineligible player shall default the game or games said player played. All points and records won by the student in individual sports shall be forfeited.

Fine: In addition to the defaulted game, the school shall be fined for using an ineligible player.

Coaches Code: The coach shall be brought before the Coaches Code of Ethics Committee. The Coaches Code of Ethics Committee may request parties concerned to appear before the committee; in such a case, the parties will receive notice and may attend.

Ejection of Player: Any player who has been ejected will automatically be suspended for an additional two (2) RSEQ GMAA league games. This suspension will be reviewed by the discipline committee and can be increased or decreased.

Playing Ejected Players: The coach who plays a player under suspension will be sent to the coaches code of ethics committee.

Eligible but Unregistered: Any player who is eligible but not registered before the deadline shall be declared ineligible. In this case games played by this player will **not** be defaulted. All other sanctions for ineligible player will apply.

Section 6 – Proof of Identity

In RSEQ GMAA basketball, if the opposing school challenges player eligibility before the game begins, the coach of the team in question must present photo identification for all players (e.g., school ID or Bottin/GPI). Any student who cannot provide photo ID will not be eligible to play.

RULE III - AGE CLASSIFICATION

Section 1 – Age Categories (*for most RSEQ GMAA Sports)

The age classification for team and individual sports shall be set and published in June of the previous school year. The categories roughly translate to the following:

BANTAM: 13 years of age or younger

CADET: 15 years of age or younger

JUVENILE: 18 years of age or younger

N.B. Bantam and Cadet ages as of September 30th of that school year.

EXCEPTIONS exist in many sports, please refer to the RSEQ GMAA website for reference.

Section 2 - Moving Up a Category

For most team sports, student-athletes may participate in their classification or ANY classification higher. Exceptions exist in Rugby, Hockey, Water Polo, please refer to the individual sport handbooks for details.

Team sports: Once a student has participated in more than one game of that sport at the higher level, he/she may not return to the lower age classification in that sport during that year. In tournament style sports (ex: volleyball and badminton), this rule applies after one tournament at the higher level. A player is considered to have played in that game once his/her name appears on the score sheet. Some exceptions exist and are outlined in the individual sport handbooks.

1st game at higher category: Coach or SAC Rep can manually add the student to the game scoresheet.

2nd game at higher category: The Coach or SAC Rep must email the RSEQ GMAA office to remove the player from their current roster on S1. The player must then be registered at the higher category on S1 and would not be eligible to return to their original team.



RULE IV – REGISTRATION

Section 1 - Player Registration

A list of all student-athletes must be registered on the S1 program. The ages recorded on S1 shall be those registered on school records and must be certified by the principal, both as to age and eligibility, as defined by the above rules. The player registration must be submitted on S1 prior to the set deadline. Teams submitting player registrations after the deadline or playing an unregistered player shall be subject to a fine.

For RSEQ GMAA contact sports, Acceptance of Risk forms must be submitted to the RSEQ GMAA office before a team's first game. Failure to do so will result in a team forfeit. Additionally, if the RSEQ GMAA has not received a player's Acceptance of Risk form before they participate in a game, that player will be deemed ineligible, and any game(s) in which they played will also result in a forfeit.

Section 2 - Supplementary Registration

Registrations may be added on S1 at any time during the regular season. Please be aware of playoff eligibility requirements.

RULE V - TEAM ENTRIES

Entry deadlines for all activities shall be as set by the RSEQ GMAA. All team entries must be registered on S1 prior to the deadline.

Any school requesting changes (additions, adjustments, removal, etc) after the deadline but before the scheduling meeting will be fined.

Section 1 - Late Entries

Late entries for all RSEQ GMAA activities will only be considered in exceptional cases and only if the schedule or event program allows. Schools are strongly encouraged to submit entries on time to avoid missing the opportunity to participate.

Section 2 - Outstanding Accounts

Overdue accounts will be charged a 15% surcharge. A school may be refused participation in RSEQ GMAA activities until an outstanding account has been settled.

Section 3 - Team Withdrawals

Any school team withdrawing after the scheduling meeting of that sport, will be charged a non-refundable administrative fee. If the team has played any games, they will also pay their portion of the referee fees for the games played.

Section 4 – Non-Member Schools

Regular Season: RSEQ GMAA member schools shall have the option not to travel to non-member schools for their Regular Season games. RSEQ GMAA member schools are encouraged to travel to non-member schools if their budget and timeline allow.

Playoffs: All non-member schools will travel to RSEQ GMAA Member schools in the playoffs regardless of seeds. (Example: 4A at 1B – 4A will host if 1B is a Non-Member school)

Section 5 – Home Games

Teams entering an RSEQ GMAA league with no home field can be held responsible for the extra costs incurred by the hosting school. Examples of these costs include (but are not limited to),



rental costs, travel costs, etc.

Schools are encouraged to have confirmation of their home field prior to the scheduling meeting for that sport.

RULE VI - REGULATIONS GOVERNING ATHLETIC CONTESTS

Section 1 - Participation region:

1. Schools that are members of the RSEQ GMAA must compete in this regional school sports association.
2. Schools may enter invitational tournaments or meets provided such competition does not take precedence over GMAA's activities.
3. For any RSEQ GMAA member school to compete in another RSEQ region, the team must receive written permission from the RSEQ GMAA before registering for the league. This permission form must be signed by the SAC Rep and Principal from the RSEQ GMAA member school before it is submitted to the RSEQ GMAA office. (RSEQ GMAA Authorisation Hors Région Form)
4. The RSEQ GMAA can accept the entry of non-member schools in RSEQ GMAA leagues, however, those schools must submit written permission from their RSEQ prior to the registration deadline on S1. (Authorisation Hors Région Form)

Section 2 – Divisions

Divisions: Activities will be organized into Divisions

Division 3 being the highest level of regional competition.

Division 4.1 being a participation division.

Division 4.2 being a participation division (only offered in high volume sports)

There will always be a Division 3. If less than four (4) teams apply for Division 3 all Division 4.1 teams will be moved up to Division 3 and there will not be a Division 4.2.

The decision to enter a team in Division 3, 4.1, or 4.2 rests with the coach, the SAC Representative, and the school principal. Teams are expected to register in the division that provides the most balanced level of competition. Principals and SAC Representatives are responsible for ensuring that the appropriate division is selected.

Guidelines for Placement in Division 3, Division 4.1, or Division 4.2

The following criteria should be considered when determining the appropriate division for a team:

1. **Player Pool** – Schools that draw a significant proportion of students from areas with established inter-city leagues should register in Division 3.
2. **Past Record** – Schools that have demonstrated consistent competitiveness in Division 3 within the last three years should remain in Division 3.
3. **Program Size** – Schools with a large pool of athletes and multiple teams in the same sport should register in Division 3 or 4.1, depending on their overall competitiveness. Smaller programs with limited athlete participation may be placed in Division 4.2.
4. **Coaching Resources** – Schools with experienced or specialized coaching staff should register in Division 3 or 4.1.
5. **Competitiveness** – Teams that regularly dominate their division by wide margins should move up to the next higher division.
6. **Player Development Focus** – Teams whose primary objective is participation and development, rather than competition at a high-performance level, may be placed in Division 4.2.

Principals and SAC Representatives should ensure compliance with these criteria when determining division placement.



Section 3 - Recognized Activities

Any competition organized by this regional association must have a minimum of four (4) schools participating. Recognized sports to be included into the sports calendar of this regional association (if there is enough interest) are listed below:

Fall	Winter	Spring
Cross Country Running (Boys & Girls)	Badminton (Boys & Girls)	Baseball (Boys)
Flag Football (Boys)	Basketball (Boys & Girls)	Field Lacrosse (Boys)
Golf (Boys & Girls)	Chess (Co-ed)	Flag Football (Girls)
Pickleball (Boys & Girls)	Curling (Co-ed)	Halo Road Race (Boys & Girls)
Soccer (Boys & Girls)	Fencing (Boys & Girls)	Lacrosse Sixes (Boys)
Softball (Boys & Girls)	Futsal (Boys & Girls)	Outdoor Track & Field (Boys & Girls)
Volleyball (Boys & Girls)	Hockey (Boys & Girls)	Rugby 15s & Rugby 10s (Boys & Girls)
	Indoor Track (Boys & Girls)	Rugby 7s (Boys & Girls)
	Swimming (Boys & Girls)	Tennis (Boys & Girls)
	Water Polo (Boys & Girls)	Ultimate Frisbee (Boys, Girls & Mixed)
	Wrestling (Boys & Girls)	

Any new activity or sport to be added to the sports calendar of this regional association may be organized with fewer than 4 participating schools in year 1 only. After the second year of scheduled competition at least four schools must be competing in that sport or that sport shall be dropped from the sports calendar.

Section 4 – Staff Members

All teams participating in interscholastic contests must have a member of that school's staff present. An RSEQ GMAA game may not be started until the staff member has signed the score sheet. Teams appearing without a staff member shall default the game or games (if tournament games are involved) and the appropriate sanctions will apply.

Staff Member Rule:

The staff member will assume responsibility for the team:

- To assume the responsibility for the students the staff member must be an employee of the school, school board or independent school and legally able to assume said responsibility.
- The staff member is responsible for providing adequate supervision of the team members and must be with the students from the moment the team members enter a host school (arena, etc.) until the team members leave said venue. Supervision includes the locker room, corridors as well as the site of the competition.
- Visiting teams should not arrive more than 30 minutes prior to the scheduled starting time at which time the home team will accommodate them.

The intent of this rule is to ensure that outside individuals who come into a school to coach are always accompanied by a staff member. A coach who is hired just to coach cannot be considered a staff member.

The following classified employees in a school board can be considered as staff member for a school in that school board or independent school:

- | | | | |
|--------------------|-----------------------------------|----------------------|---------------------|
| -certified teacher | -guidance counselor | -retired teacher | -substitute teacher |
| -integration aid | -support staff | -special aid teacher | -child care worker |
| - administrator | -full time supervisor of students | | |

It is recommended that the school appoint one person as staff member per team per sport.



Section 5 – Coaches Commitment Program

All Coaches and staff members in RSEQ GMAA competition must complete the online Coaches Commitment program. The exam must be completed only once and not annually (unless there is a coach's code issue, or if the program has been updated). It is mandatory that SAC Reps assign a coach and a staff rep to every team on S1 to permit the office to double check who has completed the Coaches Commitment Program. Every coach or staff rep must get a score of at least 6 out of 8. If they do not, the SAC rep will be contacted, and the coach will be expected to redo the program.

Section 6 - Uniforms

- 1) Team members must be in uniform dress, shirts must be of the same colour, shorts, where required, must be of the same colour and style.
- 2) It is suggested that the only logos on team uniforms be those of the manufacturer.
- 3) Where the rules of a sport permit - coaches must decide what the permitted uniform will be. This decision must be made at the pre-season meeting.
- 4) Exceptions will be made for religious reasons, provided it does not pose any danger to the players or officials.
- 5) Any team appearing at a GMAA championship game out of regulation uniform for that sport, or with different colour and style of t-shirts or shorts which are displayed and worn under the regulation uniform could be fined \$150.00.
- 6) If there is a uniform colour conflict the home team will be required to change or wear pinnies.

Section 7 – Team Entry, Scheduling and Starting Times

Team Entry

A school may enter 2 teams in the same age category and in the same Division. When possible, these teams will not be in the same geographical section, (so travel for one of the teams may be increased). The teams must have two distinct rosters with no "transfers" permitted during the season. The teams will also be required to have photo ID's at the game which could be verified by the referee or opposing coach before the game.

A school may enter 2 teams in the same age category in different Divisions. In this case, individual players may not move 'down' in the same age category. (Example, a Bantam D3 player, cannot play Bantam D4). Students are permitted to play 'up' for one game. (Example, a Bantam D4 player can play up one time on the Bantam D3 team). Once they play their second game with the higher-level team they cannot go back down to lower level. (Same rule as players who play 'up' an age category).

Scheduling

Schedules will be drawn up by the coaches or SAC Reps at the pre-season scheduling meetings. Each team must have a representative present to do the scheduling for that team. Any school not represented at the scheduling meetings (with 1 scheduler per team) will be automatically fined. There will be no 5-day grace period for those teams, all changes made will be assessed the appropriate fine.

Uneven Home & Away Schedule

After the scheduling meeting, if it is brought to the attention of the office that one of the teams scheduled an uneven home and away schedule, they will be forced to adjust their games based on the directives from the office.



Starting Times

All matches/games should start between 3:30pm and 4:00pm unless both schools agree to an alternate time. A later time can be dictated by the home team based on facility availability with 4:30pm being the latest a team can be required to start. Due to the difficulty getting early dismissals in the spring, playoff games will start no earlier than 4:00pm unless both schools involved have early finishes.

Adding Teams and Games After Scheduling

If a team is added to a section after the scheduling meeting, additional games may need to be added to the schedule. If the teams involved cannot agree on a date to play, the game may be recorded as a default against the team that was added after the deadline.

Section 8 - Completion of Games

Completion of Regular season games

For all sports (with the exceptions listed) in regular season games ONLY, if 75% of a game is completed, the game result will stand. If 75% is not completed the game will be rescheduled and played from the beginning.

Exceptions:

Hockey - If two periods are played the game stands. If two periods are not completed the game will be replayed from the beginning.

Softball – If four innings have been completed the game will stand. If four innings have not been completed the game will be replayed from the beginning.

Volleyball – if one set has been completed plus the leading team in the second set has a minimum of 13 points, the game is completed. If not, the game will be replayed from the beginning.

Curling - If four ends have been completed the game will stand. If four ends have not been completed the game will be replayed from the beginning.

Completion of Playoff Games:

In all sports for playoff games ONLY, a game must be completed from where it stood from the moment it was stopped, at the discretion of the losing team. The same game sheet must be used to complete the game. No players may be added to the lineup.

Section 9 - Postponing of Games

1) All schools entered in RSEQ GMAA activities must give priority to league contests over exhibition contests.

2) All changes to any schedule will carry a fine (excluding emergency situations).

No change will be accepted unless it has been confirmed by both schools before 12pm the school day before. Any request for a change (other than for an emergency) after that time will be denied by the office.

If the two teams cannot agree to a new date, the teams must make themselves available to play on the original date, or the team having requested the change will lose the game by default.

If a new date is agreed upon by both teams, and confirmed by the league, this same procedure will start again.

3) If for any reason, no referee arrives, and the schools have not been notified beforehand, then the coaches will have the option of rescheduling the game. The game must be played before the end of the regular season for that sport. It will be the responsibility of the coaches involved to notify the RSEQ GMAA of the new date. The RSEQ GMAA will notify the referees association.



Section 10 - Defaults

1) Any team shall default a contest for the following reasons.

- not having the required number of players to start a game (as specified in the rules of that sport).
- no staff member present
- playing an ineligible player
- not meeting the participation rule of that sport
- not on the court ready to play within 15 minutes of the scheduled start of the game. If the shortest distance between the school and the game location is 30km or more, 5-minutes will be added to the grace period (20 minutes total).

2) Schools entering teams in the RSEQ GMAA must fulfil their commitment to play all scheduled games.

3) Sanctions for defaults vary depending on the circumstances, including late arrivals, no-shows, ineligible players, or multiple defaults; please refer to the appendix for full details.

Section 11 – Spectators: Procedure, Responsibilities and Sanctions

Procedure for Visiting Teams

Visiting teams who would like to bring spectators to their away games or any schools whose students wish to attend a GMAA activity at another school MUST:

- 1) Request and receive permission from the host school's PRINCIPAL before bringing spectators to any away games.
- 2) Guarantee to provide adequate supervision of their spectators. The supervision must be carried out by staff members of the visiting school. These staff members must be individuals who are not serving as coaches for that team.

Procedure for Home Teams

Host Schools MUST:

- 1) Grant or refuse permission to other schools.
- 2) If the host school agrees to permit spectators from the visiting school to attend the game, the host school must also provide supervision for home games. Once again, the supervision must be by members of the host school's staff who are not serving as coaches of that team.

Responsibility for spectators

Competing schools are responsible for the discipline and conduct of their students, competitors, and spectators at all times while on the competition site, before, during, and after an RSEQ GMAA event. The term "competition site" includes the school building and its grounds, as well as any facilities and associated grounds used for the competition.

In the event of spectator-related issues occurring before, during, or after an RSEQ GMAA activity, the following procedure shall apply: Upon receipt of a written complaint from one of the parties involved (referee, SAC representative, or administrator), the Executive Director will determine whether the matter should be addressed at the school level or referred to the appropriate committee (e.g., Discipline Committee, Coaches' Code Committee, Principals' Committee).

Sanctions

a) Any school whose students are involved in a violent or physical act in connection with an RSEQ GMAA activity shall be immediately suspended from participation in that specific activity and level, pending a final decision by the RSEQ GMAA.



- b) A final decision shall be rendered within one week (five school days) of the incident.
- c) It is recommended that the staff member from the school or schools involved, who was present at the incident, be invited to attend the meeting at which the decision is made.
- d) A school or individual may be subject to suspension or probation, in addition to or in place of other penalties.

Section 12 - Officials

- a) Affiliated officials must be used in all interscholastic competitions wherever and whenever possible.
- b) The record of the official scorer at the conclusion of the game is final once the score sheet has been signed by the officials.

Section 13 – Ethical Points

To promote good sportsmanship and reduce discipline issues in RSEQ GMAA leagues, ethical points will be awarded in the standings for all team sports. Each team will begin every game with two (2) ethical points.

- The referee will record the ethical points for each team on the scoresheet.
- Both coaches must be present when the referee records the ethical points.
- The home coach is responsible for entering the ethical points into S1 at the end of the game.
- If the referee does not record the ethical points, the home coach will determine them.
- The RSEQ GMAA office reserves the right to adjust or remove ethical points if necessary.

All schools are encouraged to display visible signage in their gym or at the gym entrance addressing abuse of officials and promoting sportsmanship.

GMAA Ethical Points Distribution

Sport	2pts	1pts	0pts
Badminton	No incidents	N/A	Ejection or default
Basketball	1 unsportsmanlike foul or 1 technical foul	Any combination of 2 Technical and/or Unsportsmanlike fouls	Ejection or default or 3+ Technical and/or Unsportsmanlike fouls
Curling	No incidents	N/A	Ejection or default
Lacrosse	Less than 8 penalty minutes	9 to 12 penalty minutes	Ejection or default or 13+ penalty minutes
Flag Football	No incidents	One (1) Unsportsmanlike or Unnecessary roughness penalty	Ejection or default or two (2) Unsportsmanlike or Unnecessary roughness penalties
Futsal	Zero (0) or one (1) yellow card	Two (2) yellow cards	Ejection (red card) or default or (3) yellow cards
Hockey	Less than 12 penalty minutes	13 to 17 penalty minutes	Ejection or default or 18+ penalty minutes
Rugby	One (1) or two (2) yellow cards	Three (3) yellow cards	Ejection (red card) or default an or (4) yellow cards
Soccer	Zero (0) or one (1) yellow card	Two (2) yellow cards	Ejection (red card) or default or (3) yellow cards
Softball	No incidents	N/A	Ejection or default
Volleyball	No incidents	One (1) yellow card	Ejection or default or two (2) yellow cards
Wrestling	No incidents	N/A	Ejection or default

RULE VII - PROTESTS

Section 1 – General Procedure for Protests

Protests based solely on a referee's judgment or interpretation during the game (e.g., fouls, violations, out-of-bounds calls, or other discretionary decisions) will NOT be considered.



1 - Stating the Protest: The coach and/or staff member must note the protest on the scoresheet **at the time of the procedural issue.**

2 - Submitting the Protest

Provide all protest details in writing to the GMAA within 24 hours after the contest.

Protest must be signed by:

- The school principal
- The coach (or other team official) making the protest

The RSEQ GMAA office will send a copy of the protest letter to the other school involved.

What IS Eligible for Protest

A clear misapplication of a rule from the official sport rulebook or from RSEQ GMAA regulations.

Referee applied the rule incorrectly based on accepted facts, not simply a disagreement over an interpretation of a play.

Late Arrival (Not Eligible for Protest)

If a team arrives after the grace period and both coaches do not agree to play:

- The game does not proceed.
- The late team defaults immediately.

No game may be played under protest due to a late arrival - the penalty is an automatic default.

Section 2 - Protest Committee

A committee composed of the Sports Committee Chairman concerned; the Chairman of the Secondary Advisory Committee and the Director shall make the decision regarding the protest within seven (7) school days of its receipt by the RSEQ GMAA office. Should a member of the Protest Committee represent one of the schools concerned in the protest, that member shall be replaced by a member of the Secondary Advisory Committee.

RULE VIII - ATHLETES SANCTION

A player may be suspended as a participant from RSEQ GMAA activities for unsportsmanlike conduct or for violation of the rules of the game.

Section 1 – Procedure for Player Ejection

- 1) The referee must report the incident to the RSEQ GMAA by email within 24 hours of the game.
- 2) The Discipline Committee will meet and render a decision before the next scheduled contest, whenever possible.
- 3) The SAC Rep and Principal of the school concerned as well as the opposing SAC Rep, will be informed of sanction in writing.

Section 2 – Video Review

- 1) Schools have 48 hours to submit video evidence from a game if they believe an act of violence, an attempt to injure, or malicious play outside the scope of gameplay occurred and this event was not sanctioned by the officials.
- 2) Only School SAC representatives and/or Principals are authorized to submit videos for review.
- 3) The discipline committee may use this video evidence to assess suspensions or other disciplinary sanctions.
- 4) This video evidence will not change the call of the game officials, nor will it remove the minimum suspensions outlined in the handbook.
- 5) This process will not alter the outcome of the game.



Section 3 – Sanctions

Please note: The Discipline Committee may assess a penalty which is more severe than the minimum suspensions hereinafter described. Discipline issues are examined on a case-by-case basis by the committee after reviewing all information concerning the incident.

Automatic Suspension Policy – RSEQ GMAA Sports

Standard Rule

- Any player ejected from an RSEQ GMAA game will receive an automatic minimum 2-game suspension.
- The coach must enforce the suspension immediately.
- The Discipline Committee will review the case and may increase the suspension.

Exceptions to the Standard Rule

a) Forced Technical Red Cards – 1-Game Suspension

- Automatic 1-game suspension instead of two.
- Examples include:
 - Yellow card for team infractions in rugby.
 - Denying an obvious scoring opportunity outside the box in soccer.
 - Handball denying a goal in the crease in soccer.

b) Forced Technical Red Cards in a Short Season (4 games or fewer)

- Automatic minimum suspension of half a game.
- If ejected in 1st half → sit out 2nd half of same game.
- If ejected in 2nd half → sit out remainder of current game and 1st half of next game.

c) Any Ejection – Short Season (4 games or fewer)

- Automatic 1-game suspension for any ejection.
- Additional suspension may be imposed by the Discipline Committee.

Sanctions for Fighting and Violent Conduct During the Game

Fighting

- Aggressor/Instigator → Suspended for remainder of the season (or equivalent).
- All other participants → Suspension of 2–6 games (based on referee report).

Violent Conduct / Deliberate Intent to Injure

- Minimum 4-game suspension (final length decided by the Discipline Committee).

Sanctions for Fighting and Violent Conduct After the Game

Fighting

- Aggressor/Instigator → Suspended for 1 full sports year (365 days).
- If no aggressor/instigator is named → All active/willing participants suspended for remainder of the season (or equivalent).
- Participant but not aggressor/instigator → 6-game suspension.
- Verbally Threatening After the Game → 3-game suspension.

Any player who was already ejected who then becomes involved in an altercation after the game will be assessed a suspended for both incidents.

Sanctions for Repeat Offenders

Second ejection in the same sport season → Suspended for remainder of that sport season.

Repeat offender for physical or verbal aggression → Reviewed by Board of Directors for additional penalties, which may be more severe. This penalty may carry over year to year and school to school.



Sanctions for Referee-Related Incidents (During or After the Game)

- Verbal abuse of the referee → Minimum 4-game suspension.
- Threatening or attacking the referee → Minimum 365-day suspension.

Section 4 - Carry over Suspensions

Individuals who have been suspended toward the end of a sport's season shall have their game's suspension applied to the next team sport that he or she plays.

Students that compete in more than one sport in the same season must serve the suspension in the sport in which the suspension applies, and they are not eligible to participate in any other RSEQ GMAA activity until the suspension is served.

All suspensions from RSEQ GMAA activities carry over to RSEQ Provincial competitions and vice versa.

Section 5 - Discipline Committee Members

The Committee shall be formed of the following members:

- Chairperson of the sports committee involved
- Secondary Advisory Committee Chairperson
- RSEQ GMAA Executive Director

Should a member of the discipline committee represent the school concerned in the suspension that member shall be replaced by another member of the Secondary Advisory Committee.

Section 6 – Complaints from other schools

Any complaint received in writing from a School SAC Rep or administrator concerning an opposing School, Coach, Team or Students' behaviour which is not in direct violation of the rules of the game but is deemed improper and lacking in respect will be forwarded to the Principal and SAC Rep of the school in question. The RSEQ GMAA reserves the right to intervene if deemed necessary.

RULE IX - APPEALS

Section 1 - General

An automatic suspension cannot be appealed. The appeal procedure may only be used if a decision results in a student being suspended for more than the automatic minimum number of games. To initiate an appeal, the principal of the school must submit a written request within three school days of being verbally notified of the discipline committee's decision.

Section 2 - Appeal Committee

- 1) No member of the discipline committee may be a member of the appeal committee.
- 2) The appeal committee will receive only written reports.
- 3) A decision shall be rendered within 10 school days of receipt of the appeal.
- 4) The decision of the appeal committee is final.

The appeal committee shall consist of five members:

- 1 Member of the Regional Advisory Committee (Chair of the Committee)
- 3 members of the Secondary Advisory Committee
- 1 sports chairperson

It is recommended that the committee members should represent each of the boards and the private schools. There shall be 2 alternate members named – 1 sports chair and 1 other member of the RSEQ GMAA Regional Advisory Committee. Should the school of a member of the committee be involved that person will be replaced by the corresponding alternate.



RULE X - COACHES CODE OF ETHICS COMMITTEE

Section 1 - Members of the Committee

The Committee shall consist of nine (9) members:

- four (4) administrators: 1 EMSB administrator, 1 LBPSB administrator, 1 private school administrator and 1 'at-large' administrator
 - the current SAC Chairperson
 - one member of the Secondary Advisory Committee
 - one current sport chairperson
 - one past SAC or Sport Chairperson
 - the Chairperson of the RSEQ GMAA Sports Committee which is involved in the violation.
- Vacancies on the Code of Ethics Committee may be filled by direct appointment by the Executive Director with the approval of the majority of the remaining Committee members.

Section 2 - Procedure for Coaches Code of Ethics Hearings

1. Any SAC Rep or School Administrator may submit a complaint against a coach for breach of the code of ethics. If the SAC Rep is the coach, the complaint must come from the School Administrator. Any such complaint must be submitted in writing within a reasonable delay with all documents and/or written statements necessary to support his complaint.

2. Upon receipt of the documents and/or written statements from the complainant, the RSEQ GMAA shall forward a copy to the coach concerned.

3. The coach against whom the complaint has been made shall be required to state his case in writing and produce all documents and/or written statements he so wishes.

4. All documents will be sent to the members of the Coaches Code of Ethics Committee to be reviewed and render a decision.

5. The Coaches Code of Ethics Committee may request parties concerned to appear before the Committee; in such a case, both parties will receive notice and may attend.

6. Parties may be assisted by an attorney at any stage of the procedures but must advise the RSEQ GMAA in advance.

7. The decision may be suspension, expulsion or any means considered useful in order to have the Code of Ethics respected.

8. Appeal of a Coaches Code of Ethics decision.

The complainant and/or coach, party to any decision rendered by the Coaches Code of Ethics Committee, may appeal the decision rendered.

- a) The appeal must be made in writing within 15 days of reception of the decision and must state the reasons for the appeal and all the appellant's arguments.
- b) The letter of appeal must be signed by the school Principal and the SAC rep.
- b) Copies of all documents will be sent to the RSEQ GMAA Regional Advisory Committee who will then decide whether the original suspension should be upheld or reduced.
- c) Parties will be advised of such decision within reasonable delays.

Section 3 - Coaches sanctions

1) Ejection of coach – If a coach gets ejected from an RSEQ GMAA game, this carries an automatic 2-game suspension. The case shall be brought before the Coaches Code of Ethics



Committee and additional disciplinary action may be taken against the coach which may include increased suspension or expulsion from the League.

When a coach gets ejected from an RSEQ GMAA Competition, they must leave the game premises immediately. The Coach must either leave the venue entirely, or wait in an area where they cannot watch, or interact with any of the participants in the game (players, referees, spectators, etc). They are not permitted to return to the game premises until their subsequent suspension has been served.

Coaches who coach more than one team in the same season, must serve the suspension in the sport and team to which the suspension applies, and are ineligible to coach any other RSEQ GMAA team until the suspension is served.

Carry-over suspension: Any coach who is suspended for any reason must serve that suspension in the sport where the infraction occurred. That coach would also be under probation for that sport and any other sport they coach during the year.

2) Unsportsmanlike Behaviour of a Coach – If a coach accumulates two penalties for unsportsmanlike conduct during a sports season, a letter of warning will be sent to the school principal, with a copy to the coach. If the same coach receives a third penalty for unsportsmanlike conduct, the coach will automatically be suspended pending a review by the Coaches Code of Ethics Committee. Examples include: an accumulation of technical fouls in basketball, bench minors in hockey, yellow cards in soccer, etc.

3) Improper Behaviour of a Coach - Coaches behaviour which is not in direct violation of the rules of the game but is deemed improper and lacking in respect for others including their students will also be considered a violation of the Coaches Code of Ethics. The Principal of the school shall be sent a letter reporting the violation.

4) Coaches Responsibility - Coaches must take responsibility for the behaviour of their players and coaching staff – both on the ice/field/court as well on the bench. This applies to before, during, and after the game. In the event of a major team incident, the coaches involved will be held accountable and will be subject to sanctions that could include probation for a specified period, suspension from RSEQ GMAA activities for a specified period or expulsion from all RSEQ GMAA activities. In addition, the teams involved could also face a period of probation or suspension from RSEQ GMAA play.

5) Major Team Incidents: In the event of a major team incident, the following procedure will be in effect:

- The coach and a member of the school's Administration from each of the teams involved will be required to meet with a discipline committee to explain why the incident occurred, what steps were taken to try to prevent it, and what follow up is planned at both the team and school levels. This committee will consist of: Two members of the RSEQ GMAA Regional Advisory Committee, the SAC Chair, the Chair of the sport involved and the Executive or Assistant Director of the RSEQ GMAA.
- Until this meeting takes place, the coach is suspended from RSEQ GMAA activities. The team may continue to play but a member of the school's Administration must be on the bench for all games until a decision has been made.
- Should the coach be placed on probation, they will be subject to immediate suspension from RSEQ GMAA activities should any further team incident occur.
- Any team placed on probation that is involved in a further incident, will be subject to



immediate suspension of the players involved, and if necessary, the entire team. In addition, any team on probation must have a member of the school's administration on the bench for the entire period of the probation.

RULE XI - CHAMPIONSHIPS & PLAYOFFS

Section 1 – Team Standings Points and Final Standings

Scoring for Team Standings (Game Points)

For all RSEQ GMAA team sports:

- Win: 3 points in the standings
- Overtime Win: 2 points in the standings
- Tie: 1 point in the standings
- Overtime Loss: 1 point in the standings
- Loss: 0 points in the standings

Ethical points will be added to the standings for all RSEQ GMAA leagues.

Section 2 - FINAL STANDINGS BREAKDOWN

Final Regular Season Standings:

In order to determine which teams will qualify for the playoffs, the following procedure will be used:

If teams play the same number of games, the higher place will go to the team with the higher total points in the final regular season standings (wins, ties and ethical points).

If teams play an uneven number of games the % of total points available will be used (total points accumulated / total possible points).

If teams are tied in total number of points available (when playing the same number of games) or in the percentage of total number of points available (when playing an uneven number of games), the following tie break will be used:

- a) The higher place will go to the team(s) which defeated the other in the game(s) between the tied teams. (Head-to-head competition)
- b) The win % of the teams involved in the tie shall be calculated. The higher place will go to the team with the better win %.
- c) The higher place will go to the team(s) with the better goal/points differential in the game(s) between the tied teams.
- d) The higher place will go to the team with fewer points against over the entire season. In sections with an uneven number of games, the average points against per game over the entire season will be calculated. (In the result of win by forfeit, an average of points scored by the forfeiting team over the season will be added to that team's forfeit win when breaking spring ties.)
- e) In Fall and Spring when there are no play in games, the team that wins a coin toss shall advance. A forfeit cannot be used to break a tie and eliminate a team from the playoffs.

Section 3 - General Playoff and Championship Rules

1) The championship of all RSEQ GMAA activities shall be contested annually.

2) All playoffs will be sudden death except where the handbooks indicate otherwise.

3) Playoff games will be played on the scheduled date.

The only accepted reasons for changing a playoff game are:

- 1) Spring Break
- 2) Ped Days
- 3) Religious Holidays



- 4) A school-sanctioned, grade-wide, overnight or out of town activity
- 5) Parent/Teacher Interviews
- 6) When the coach has a conflict with another GMAA playoff game on the same date
- 7) In spring juvenile leagues only, Graduation Convocation, or Graduation Dance/Prom
- 8) In spring leagues only, an end-of-year, school wide event.

Deadline to submit playoff conflicts is 1 week before the end of the season. Otherwise, the conflict is not valid, and the team will be expected to attend the game or default.

No other conflicts will be accepted. Playoff game times may be adjusted if they are agreed upon by both schools. If a time cannot be agreed upon, the original time stands. Time changes, proposed and confirmed by the office, will be made to accommodate double headers. Playoff dates will be set as soon as possible after the schedule is posted. Teams must make themselves available to play or the games will be defaulted.

- 4) The guidelines for the RSEQ GMAA office to use regarding playoff structures are as follows:
- 4 or fewer team – top 2 make the playoffs
 - 5 or 6 teams – top 3 make the playoffs
 - 7, 8 or 9 teams – top 4 make the playoffs
 - 10 or 11 teams – top 6 make the playoffs
 - 12 or more teams – top 8 make the playoffs

Principles: As much as possible, at least 50% of the teams will make the playoffs. The office will consider the number of games played and the length of the season when producing playoff structures. The number of teams from each section making the playoffs will be declared at the scheduling meeting.

5) Tied score at the end of a sudden death game - The game shall be extended into overtime periods to determine a winner as described in that sports handbook.

6) Home court advantage shall be given to the 1st placed or higher ranked team in the quarter and semi final playoff games (provided that the playing facilities meet the minimum requirements as established by each sports committee). If the facilities of the higher placed team are deemed inadequate it is the responsibility of said team to provide a suitable neutral facility. If a neutral site is not available, then the game is to be played at the home of the lower placed team.

If possible, Division III championship games will be played as a showcase on a site that will be determined prior to the start of the season. Schools interested in hosting the showcase must make their intentions known to the RESQ GMAA office prior to the scheduling meeting and the RSEQ GMAA will select the facility best suited to host.

If two teams are tied in the standings at the end of the regular season and both teams make the playoffs, the team that has defaulted a game during the regular season would automatically be the lower seed for playoff positioning. If both teams have defaulted games, or if neither team has defaulted games, the regular tie breaker rules apply. If two teams are tied, and a tiebreaker game has to be played, and one of the two teams has defaulted a game, that team would have to travel to the opposing team's home field/court for the tiebreaker game.

7) Completion of Play off Games: In all sports for playoff games ONLY, a game must be completed from where it stood from the moment it was stopped, at the discretion of the losing team. The same game sheet must be used to complete the game. No players may be added to the lineup.



8) The 1st & 2nd placed team of the same section shall not meet until the finals. If sections cross over during the regular season, and no section is guaranteed a spot in the playoffs, those subsections will be treated as a single section for playoff purposes.

In a 3-section league, provided valid scheduling conflicts allow, teams may be reseeded after each round to adhere to playoff seeding rules (i.e., 1st and 2nd place teams from the same section cannot meet until the finals). When reseeding, lower-seeded teams will be adjusted as necessary.

In a 3-section league, if scheduling conflicts result in playoff rounds being held simultaneously or earlier than planned, reseeding before each round will not be possible. In such cases, teams will be reseeded before the playoffs begin to ensure they are placed on opposite sides of the bracket. During this process, lower-seeded teams will be adjusted as necessary.

Section 4 – Breaking Ties

General Tie Breaker Rules

- a) Tie breakers will only be played if the result of the game will eliminate a team from the playoffs.
- b) Tie breakers will not be played to determine which team has home court advantage or the position of the team in the playoff draw. In each case the home court advantage or position in the draw will be decided by regular tie-break procedures.
- c) All tie breaker games shall be sudden death

Breaking Ties in the Winter Season

Ties shall be broken in the following manner (Unless otherwise stipulated in that sports handbook):

1) Breaking ties in standings when all teams involved in the tie make playoffs:

- a) The higher place will go to the team(s) which defeated the other in the game(s) between the tied teams. (Head-to-head competition)
- b) When teams play the same number of games. Win percentage of the teams involved in the tie. The higher place will go to the team with the higher win %.
- c) The percentage of points available (wins and ties) of the teams involved in the tie. The higher place will go to the team with the higher percentage of points available.
- d) The higher place will go to the team(s) with the better goal/points differential in the game(s) between the tied teams.
- e) points against over the entire season. In sections with an uneven number of games, the average points against per game over the entire season.

2) Breaking ties in standings when a team will be eliminated from playoffs:

- a) The higher place will go to the team(s) which defeated the other in the game(s) between the tied teams. (Head-to-head competition).
- b) The win % of the teams involved in the tie shall be calculated. The higher place will go to the team with the better win %.
- c) If still tied, the teams will play a sudden death tie breaker. The team with the better points differential, in the games between the tied teams, will host the game.
- d) If there is a 3-way tie, and tie breakers are required
 - The team with the better points differential (in the games among the tied teams) will receive a bye.
 - The team with the second-best points differential will host the third team in a sudden death game.
 - If the teams are still tied, the points against over the entire for the tied teams will be calculated. The team with the fewest points against will host the game.



- If needed the winner of the sudden death game will travel to the team having received the bye.
- e) If there is a 4-way tie, and tie breakers required
 - 2 games shall be played
 - The team with the better points differential (in the games among the tied teams) will host the fourth-place team in a sudden death game.
 - The team with the second-best points differential (in the games among the tied teams) will host the third-place team in a sudden death game.
 - if two teams qualify for playoffs, the 2 winners advance to playoffs and the 2 losers are eliminated (places to be determined by a coin toss)
 - if one team qualifies for playoffs, the 2 winners will play another tie breaker game, the winner will advance to playoffs and the loser will be eliminated

3) Breaking Ties the Spring and Fall Seasons

Ties shall be broken in the following manner (Unless otherwise stipulated in that sports handbook):

If teams are tied in the standings, the following tie-breaking procedure shall apply:

- a) The higher place will go to the team which defeated the other in the game(s) between the tied teams.
- b) The win % of the teams involved in the tie shall be calculated. The higher place will go to the team with the better win %.
- c) Point differential in the games between the tied teams.
- d) Total points against over the entire season. (In the result of win by forfeit, an average of points scored by the forfeiting team over the season will be added to that team's forfeit win when breaking spring ties.)
- f) The team which wins a coin toss shall advance.

A forfeit cannot be used to break a tie and eliminate a team from the playoffs.

RULE XII – AWARDS

Section 1 - Banners

A banner will be presented to each championship team in each sport in each activity.

Section 2 - Team Sport Awards

All members of the championship team, including the coaches and team manager, shall receive a gold medal. All members of the runner-up team in the championship game, including the coaches and team manager, shall receive a silver medal.

The MVP of each championship game shall receive a bannerette.

Section 3 - Individual Sports

Those students placing first, second and third in each championship event shall receive a gold, silver or bronze medal respectively.

In addition, fourth to tenth places may receive ribbons as outlined in each sports handbook.

In Track & Field Area Meets the first three competitors in each event shall receive ribbons. In both Indoor and Outdoor Track & Field, there will be an aggregate award presented to the top athlete in each category.

Section 4 - Dual Sports

The members of the championship team, including the team manager and coach, shall receive a gold medal. The members of the 2nd place team, including the team manager and coach, shall receive a silver medal. Students placing first second and third in singles and doubles shall receive a gold, silver, or bronze medal respectively.



RULE XIII - ELIGIBILITY FOR PROVINCIAL COMPETITION

Section 1 - General

Refer to RSEQ Rules governing Provincial competitions for that school year. All Rules of this association apply to teams or individuals representing this association at Provincial school competitions.

Section 2 - Eligibility

For all team sports this region shall be represented at Provincial championships by the regional champions or second place team in the event of withdrawal of the champions. All teams representing this regional association must be accompanied by a Staff member. All members of the team representing the RSEQ GMAA at the Provincial must have been eligible to represent their school. All suspensions from RSEQ GMAA activities carry over to RSEQ Provincial competitions, and vice versa.

Section 3 - Responsibility

Teams entering Provincial championship competitions are to assume such competition will take place over three days and will require at least two nights away and return home late at night. Teams must be chaperoned by an adult (parent, teacher or coach) of the same gender. Once registered in the competition, team members and coaches must assume the full responsibility of representing the RSEQ GMAA to the best of their ability, before, during and after competition. All students representing this regional association must co-sign with their parents a statement of participation (Provincial Permission Form).

Section 4 - Sanctions

Withdrawals will be heavily penalized. All expenses incurred by the RSEQ GMAA for that individual or team who has withdrawn will be charged to the school. Individuals withdrawing may be suspended from all activities of this regional association for one complete school year.

Section 5- Minimum requirements for chaperones

For individual sport provincials, any additional chaperones who are not staff members must provide a letter from the principal of the school confirming their involvement and a valid background check within 2 years.

August 2025