



QUEBEC REGION CONSTITUTION OF CAF SPORTS



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FOREWORD

1. The sports schedules are based on the Constitution of National Sports.
2. As stated in the Personnel Support Programs Policy Manual, chapter 5, the Regional Sports Manager (RSM) for the Quebec Region, in conjunction with the Canadian Forces Morale and Welfare Services (CFMWS), is responsible for the conduct of military sports on the bases/wings/support units in the Quebec region.
3. Base/wing/unit commanding officers are responsible for implementing competitive sports programs for members of their unit. They are also responsible for the proper conduct of their teams when competing on other bases and must ensure an equitable sharing of responsibility for the organization of the various regional championships.
4. The objectives of the Quebec Region Sports Program are:
 - a. to develop cohesion and teamwork, to create a sense of pride and belonging to one's unit;
 - b. to develop individual attributes such as leadership, self-discipline, self-sacrifice, self-esteem and aggressiveness;
 - c. to promote physical fitness;
 - d. to develop physical abilities by providing opportunities to participate in high-calibre sports competitions;
 - e. to encourage military athletes and teams to improve.
5. Teams and individuals representing their base/wing/unit that win the championships will earn a pass to compete in the various national championships that are the emblem of supremacy in the CAF.

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CHAPTER 1

ORGANIZATION

1.01 GENERAL

1. The committee is known as the Quebec Region Sports Committee, hereinafter referred to as the Committee.
2. The Committee is established in compliance with the Personnel Support Program Policy Manual (PSP PM), chapter 5, Sports. The term of the RSM is five years. Nominations are forwarded to the CAF Senior Sports Manager at SDP HQ in Ottawa for selection. The responsibilities of the RSM are listed in the CAF Regional and National Championship Sports Rulebook in section 2 and chapter 5, para 26 of the PSP PM.

1.02 DEFINITIONS

1. For the purpose of this Constitution, the following definitions must apply.
 - a. Base – means Base, unit;
 - b. Commanding officer – means Base or Unit Commanding officer;
 - c. RSM – means Regional Sports Manager;
 - d. F&S Man – means Fitness & Sports Manager or Fitness, Sports & Recreation Manager;
 - e. MS Coordinator – means Military Sports Coordinator

1.03 MEMBERS

1. The Quebec Region comprises the following bases:
 - CFB Bagotville
 - CFB Valcartier
 - St-Jean Garrison (Montreal Region)
 - CFSU Ottawa (National Capital Region and the continental United States of America in the Eastern time zone and up to provincial boundaries)

1.04 COMPOSITION OF THE COMMITTEE

1. The membership of the committee is as follows:

- a. Chair: the RSM;
- b. Members: the F&S Man and the Military Sports Coordinator from each participating base.
- c. Secretary: Meetings are recorded on dictaphone and transcribed by the administrative assistant of the RSM unit.
- d. Treasurer: the RSM.

1.05 TERMS OF REFERENCE FOR THE COMMITTEE

1. The committee is established to promote the regional and national championships and shall:
 - a. promote a program of sports competitions that takes into account the hosting capabilities of participating bases as well as regional resources;
 - b. foster joint planning and collaboration among participating bases to determine:
 - (1) which sports will be included in the Quebec Region's sports competitions;
 - (2) the type of equipment and facilities that will be used for the championships;
 - (3) the financial assistance that host bases may receive from the Regional Sports Fund;
 - (4) the responsibilities of the host bases and the visiting teams;
 - (5) the rules and regulations applicable to tournaments and games;
 - (6) the duties of the officials, their number and the necessary training;
 - (7) the championship calendar and the choice of host bases.

1.06 DUTIES OF THE COMMITTEE MEMBERS

1. The Chair

The RSM shall chair the biannual meetings of the Committee. The RSM shall:

- a. ensure that parliamentary procedure at meetings and the functions and procedures set out in this Constitution are respected;
- b. prepare the minutes of all the meetings;
- c. in the event of a tie, their vote will be the deciding vote;
- d. convene special meetings as they deem necessary;

- e. prior to each meeting, prepare and distribute the agenda to Committee members;
- f. coordinate the purchase of medals and banners;
- g. maintain the minutes of the meetings;
- h. keep records of statistical data and records set at the Region's championships;
- i. assume responsibility for the Regional Sports Fund and the various grants received from the National Sports Office (NSO);
- j. prior to the tournament, coordinate the draw of individuals who have indicated an interest in participating in the team sports draft;
- k. represent the Quebec Region at the national RSM meetings.

2. Base representatives

They shall liaise with their Base Commanding Officer, sports groups, officials, RSM and other Committee members regarding the following:

- a. the rules, regulations and references adopted by the Committee for the championships and games;
- b. equipment and facility availability;
- c. the participation of officials from their base;
- d. the responsibilities of the host base and the teams visiting teams;
- e. advocacy on behalf of their base at all meetings;
- f. presenting, prior to the start of the meetings, the items to be included on the agenda;
- g. submitting to the President, in writing, all recommendations made.

3. Secretary

Not applicable

4. Treasurer

Duties assumed by the RSM, who shall:

- a. administer the Region's sports funds;
- b. coordinate the purchase, control and distribution of medals and banners;

- c. perform electronic transfers of the various grants to the bases;
- d. maintain and present at each meeting the financial balance sheet of the Region's funds and the various grants.

1.07 MEETINGS

1. The Committee shall generally meet once or twice a year, usually in April and October, at the locations and dates agreed upon at the previous meeting. Special meetings may be held at the request of the Chair.
2. Notices of meetings and call for agenda items shall be sent at least 6 weeks prior to each meeting. Agenda items shall be forwarded to the RSM at least 30 days prior to the meeting and shall be presented in the following format:
 - a. Item
 - b. Background
 - c. Recommendations

1.08 AGENDA

1. All meetings of the Committee shall follow the following agenda:
 - a. Welcome, introduction, taking attendance, quorum call;
 - b. Review of minutes from previous meeting;
 - c. Actions arising from the minutes of the preceding meeting;
 - d. Review of the minutes of the national RSM meeting;
 - e. Financial statement review;
 - f. Report and evaluation of the previous season's program;
 - g. New business;
 - h. Plan forthcoming season's activities;
 - i. Other business; and
 - j. Determine date and location of next meeting.

1.09 VOTE

1. The following procedures during a vote shall apply:

- a. The presence of two-thirds of the members constitutes a quorum. When decisions are made concerning finance or constitution, a quorum is required. For any other decision, a simple majority of the members present is sufficient. No proxies are accepted;
- b. Each base will be entitled to one (1) vote;
- c. electronic voting can be accepted and valid;
- d. the Chair shall only vote in the event of a tie.

CHAPTER 2

FINANCIAL

2.01 GENERAL

- An NPF trust account, which refers to the Quebec Region Sports Fund, is maintained by the RSM Base NPF accounting office, commonly referred to as the “Regional Sports Fund” (ref: 2.02 below).
- Grants ranging from \$10K to \$20K from the national may vary from year to year.
- The “Caisse régionale des sports” fund for the Quebec Region and the grants received by the National Sports Office are administered by the RSM.
- The purpose of these funds is to provide a source of income to support activities sanctioned by the Committee.
- All championship expenses must be shared and paid prior to the competition with the exception of the officials’ fees.
- All expenses incurred for the purchase of consumable items must be paid by the host base. Some items, such as feathered shuttlecocks, could be provided by the National Sports Office as part of their annual sponsorship agreement.
- Costs for hiring civilian officials will be covered by the grant that the Quebec Region receives annually from the National Sports Office. In the event that the grant is no longer allocated, reimbursement of costs will have to be shared on a pro-rata basis among bases that have a registered team and do not provide an official, or will have to be absorbed into the Regional Sports Fund which is under the control of the RSM.

2.02 REGIONAL SPORTS FUND

1. The purpose of the Regional Sports Fund is to establish a joint account to pay the following expenses:
 - a. The purchase of medals, banners and uniforms for individual sports teams (badminton, squash, golf) for which the amount allocated will be voted upon each year;
 - b. Other expenses authorized by the Committee (e.g. training, hiring of civilian officials or SME/civilian experts, etc.).

2. Contributions to the regional fund are payable by electronic transfer to the Quebec Regional Sports Fund. Fin Code to be provided by the RSM.
3. The annual membership fee of \$1,500.00 must be paid no later than May 30 of each year and may be revised as necessary at meetings.
4. A maximum amount of twelve (\$12) per participant, official, and sports therapist must be paid to the host base for the organization of the regional championships for a complete team of players based on the sport in question. (ref: see Sport Annex, Team Composition section).

CHAPTER 3

CHAMPIONSHIPS

3.01 HOST BASE RESPONSIBILITIES

1. The host base must perform the following administrative tasks:
 - a. send an email to all member bases and the GSR, at least six (6) weeks prior to the start of a regional championship, inviting them to indicate their intention to participate and requesting them to provide officials. A positive or negative response is required;
 - b. send the joining instructions in both official languages to all bases four (4) weeks prior to the championship with the information contained in Annex “Q” of this Constitution;
 - c. draw the teams at least seven (7) days prior to the start of the tournament and inform the committee members;
 - d. coordinate and liaise with other bases and the Chief Referee to obtain the required number of officials;
 - e. if the number of officials is insufficient, must hire civilian officials by completing the service contract for payment and informing the RSM in advance for final approval;
 - f. when available, provide information on food and housing availability to all the coordinators from participating bases. Otherwise, the host base coordinator will be required to provide a list of hotels (according to the pre-established DND charter) and preferably negotiate preferential pricing for the Championships. For Ottawa, negotiate breakfast as part of the daily cost of the hotel room;
 - g. organize the opening and closing ceremonies as well as the prize presentations;
 - h. report the results after each game to the bases in the region as well as the daily rankings. Within 24 hours after the end of the championship, send the ranking and the final result to the bases. Send the National Sports Coordinator at CFB Borden and SDP HQ in Ottawa and

the RSM the list of names and photo of the winning team. Where required, the ranking of participants by category;

- i. provide the equipment and facilities required for the championship;
- j. within two weeks of the championship, write and distribute to all bases a final report (in French only) that includes:
 - (1) Annex A – Final tournament results for teams and participants;
 - (2) Annex B – Financial statement of expenditures and revenues;
 - (3) Annex C – Relevant recommendations and suggestions for improving the championship, problems encountered as host of the championship;
 - (4) Annex D – Chief Official's report;
 - (5) Annex E – Injury report;
 - (6) Annex F – Photos of the winning team
- k. Equipment and suspension:

Equipment	https://collaboration-cmp.forces.mil.ca/sites/cafsportsprogram/SitePages/Home.aspx
Suspension	https://collaboration-cmp.forces.mil.ca/sites/cafsportsprogram/SitePages/Home.aspx

- 2. For the organization of sports such as badminton, squash and golf, which brings together individuals from different bases, the host base will need to coordinate participation, logistical and administrative support for participation in the national championship. In the case of non-availability of players, it is also up to the host base to find a replacement from the list of participants of the regional championship and according to the ranking
- 3. The base hosting an individual sport championship will be required to register the regional team with the National Sports Coordinator at CFB Borden, the CAF Sports Coordinator at SDP HQ and inform the RSM. The email must contain the following information:
 - a. Certificate of Eligibility (Annex B of the National Championship Joining Instructions);
 - b. Travel Information (Annex C of the National Championship Joining Instructions); and
 - c. The team photo.

3.02 VISITING TEAM RESPONSIBILITIES

- 1. Each visiting team must:
 - a. send a firm commitment to the host base at least 2 weeks prior to the competition;
 - b. send the following information to the host base:

- (1) **2 weeks** prior to the championship date, the completed and signed certificate of eligibility which includes their NM, rank, name, initials, date of birth (if required)
- (2) ETA, V & L application, HPD
- (3) The list of officials including their level of qualification
- (4) Any other relevant information
- (5) Members are expected to conduct themselves in a professional manner, attend all official ceremonies (opening and closing), medal and banner presentations. An exception may be granted by the host base due to weather conditions or for operational reasons.
- (6) Accept the quarters and facilities provided.
- (7) When quarters are unavailable, make the necessary hotel reservations.
- (8) Pay the required registration fee (maximum number of players per team + number of referees and therapists participating if applicable).
- (9) Each base is responsible for reserving their quarters/rations and hotels where applicable.

3.03 NON-PARTICIPATING BASES

1. Non-participating bases must inform the host base and the RSM of their intention not to participate at least two weeks prior to the competition. In addition, they will be asked to identify the players in the draft, if applicable.

3.04 UNIFORM COLOURS

1. These are the colours of the team uniforms:
 - a. Bagotville – navy blue, white and light blue;
 - b. Montreal – navy blue, red and white;
 - c. Ottawa – black and white;
 - d. Valcartier – red, white and black.

3.05 JURY OF APPEAL

1. A Jury of Appeal must be formed for all regional championships. It must consist of at least three persons chosen by the host base in addition to the Chief Referee who is a non-voting member.
2. The Jury of Appeal will hear protests from Team Managers/Team Coaches and Officials only. Protests against decisions appealing to the referee's judgement will not be heard by the jury.
3. Protests must be made in writing at the time the irregularity occurs. The jury must render a decision before the start of any other game played by the teams involved. The decision of the jury is final. See section 5.06 for the procedure.
4. All irregularities and protests submitted to the jury must be explained in the final tournament report.
5. One member of the jury must be present at each game.
6. Decisions regarding protests will be restricted to:
 - a. Interpretation of the rules.
7. When a competitor or team wishes to register a protest, play must be stopped and the protest submitted in the appropriate format. The play will continue afterwards and the Jury of Appeal shall meet as soon as possible after the protest has been lodged in order to render its judgement.
8. The Chair of the Jury of Appeal will only inform the persons/teams concerned of the decision.

3.06 OFFICIALS

1. All officials participating in regional championships should be qualified military or civilian officials, active in their duties and recommended by their F&S Man. Military officials do not receive any extra pay.
2. Costs for the hiring of civilian officials participating in the regional championships shall be paid in accordance with chapter 2, para 7.
3. Chief Referees are selected by the Committee based on their level of qualification, experience and potential. They serve for 3 years. After each championship, the Chief Referee shall complete his report according to Annex S (Regional Championship Final Report) of this Constitution (see Annex A, Chief Referee's Report).

3.07 TRANSPORTATION AND TEMPORARY DUTY

1. In accordance with the Personnel Support Program Policy Manual (PSP PM), Sports chapter 5. At regional championships, transportation and temporary duty for players and officials is the responsibility of their home base. This is based on DAOD 5045-0, Sports Chap.5.

2. Transportation of participants (players, officials, therapists) to the national championships must be coordinated by the Home Base Sports Coordinator and the CAF National Sports Coordinator at SDP HQ.

CHAPTER 4

PARTICIPATION

4.01 GENERAL

1. Each base may enter only one team per category in the regional championships.

4.02 ELIGIBILITY

1. To be considered eligible, a participant must meet one of the following conditions:
 - a. Be a member of the CAF and be active on the base's roster, or be temporarily assigned to it (must have completed one day before the start of the championship);
 - b. Be a member of the CAF Reserve on Class A, B or C service, be paid by their unit for the duration of the championship (including transportation days).
Reference: <http://vcds.mil.ca/apps/canforgens/default-fra.asp?id=165-15&type=canforgen> (CANFORGEN Sept. 2015);
 - c. Be a member of a foreign armed force on secondment or assignment to a Regular Force unit of the CAF on an exchange program (see the CAF National Sports Constitution Regulation for the maximum number allowed);
2. The age requirements for the different categories are established on January 1 of the year of the championship.
3. All Certificates of Eligibility are required to register for the regional championships. Certificates of eligibility will be forwarded to the Base Sports Coordinator at the host base for the championship. Visiting bases must ensure the validity of their participants (successful Force Assessment, age requirement, and that the salary for the Class A Reservist is paid, etc.). In addition, coordinators must ensure that all participants on their teams are on duty and not on leave (annual, sick, unpaid, landing, parental, etc.).
4. Players playing in any other civilian leagues under the umbrella of the SDP Military Sports Programs, who are under suspension, will not be eligible to compete in the Quebec Region Championships in the disciplines where the suspension is in effect. It is the responsibility of Sport Coordinators to keep the suspension file up to date.
Reference: <https://collaboration-cmp.forces.mil.ca/sites/cafsportsprogram/SitePages/Home.aspx>

5. Coach/Official/Sport Therapist: All DND and NPF military personnel and civilian employees are eligible to participate as a coach, official, sport therapist at the various CAF Regional and National Championships. The Civil Service civilian acting as coach/official/athletic trainer for the military team will be required to have a formal contract of service and clauses regarding liability, insurance and method of payment will need to be accurately drafted.
*Veteran and civilian (non-Veteran) personnel will not be eligible to participate as players.
6. Any cases of uncertainty or ambiguity will be referred to the RSM to determine eligibility.
7. The member must be present (bench or playing surface) at 2/3 of the games of his team during the round robin tournament in order to be eligible to participate in the semi-finals and finals of the current championship. In concrete terms, this means that a member CANNOT be authorized to travel for the semi-finals and/or finals except for an operational and/or professional reason (course, exercise, training) previously authorized by the RSM with justification in support of the member's unit.

4.03 FEMALE PERSONNEL

1. Female military personnel may be part of a men's team participating in a regional championship under the following conditions:
 - a. There is no women's championship for this sport at the regional and national level;
 - b. She was chosen according to the normal methods of selection;
 - c. The rules stated in a and b will apply if such a team qualifies for a national championship.

4.04 REINFORCEMENT

1. Teams representing the Quebec Region at the National Championship may call for additional players according to the rules of the National Sport Constitution.
2. The selection of Quebec Region representatives in an individual sport is limited to participants in the current year's regional championship.

4.05 DRAFT

1. A base that is not participating in a regional championship and that has players, will be able to submit the names of available athletes to the RSM and info to all participating bases when sending their registration email two weeks before the competition. Relevant information on each player must be provided. Participants who will be subject to a draft system will have to be available to the teams who request them (no preference). Bases that send in drafted participants will be responsible for the costs associated with their participation.
2. The RSM will compile the names of all athletes in the draft and send the official list to all participating bases.

3. All bases that are interested in selecting a player in the draft will have to email their choice, in order of preference (e.g. 1st choice, 2nd choice, etc.) to the RSM.
4. All bases that are not interested in participating in the draft will be asked to indicate their intention by email.
5. The RSM will be responsible for assigning players to bases as follows:
The order of the draft is determined according to the final ranking of the last regional championship of the sport concerned in a descending manner (last place selects first, second last place second, etc.). In the event that a championship is not held, we will refer to the results of the previous year (reference Annex U).

CHAPTER 5

RULES

5.01 GENERAL

1. The Quebec Region Championships must be conducted in accordance with the most recent rules published by the Canadian association for each sport, the CAF Sports Rulebook, and the Quebec Region Constitution.
2. If the competition leads to a CAF National Championship, the relevant rules will be followed, to the extent possible, at the regional level.

5.02 TYPES OF TOURNAMENTS

1. The type of tournament is determined as follows:
 - a. 4 TEAMS: round robin + 2 semi-finals (1 vs 4 / 2 vs 3), final
 - b. 3 TEAMS: 1 vs 2, losing vs 3, 3 vs winner, 3rd vs 2nd, semi-final winner vs 1st
 - c. 2 TEAMS: Soccer 3 **70-minute** games with cumulative goals. For other sports, a 3 out of 5 competition will be held.

5.03 AUTHORITY

1. When the number of entries is insufficient to justify a competition, the RSM has the power to cancel the championship. However, if only one base manages to register a team, it will automatically represent the Quebec region at the National Championship.

5.04 APPROVED SPORTS

1. The sports activities approved at the Quebec Region Sports Committee meeting are listed below:

Badminton

Annex A

Slow-Pitch (M & W)	Annex B
Men's Basketball	Annex C
Golf	Annex D
Ball Hockey (M & W)	Annex E
Women's Hockey	Annex F
Men's Hockey	Annex G
Veteran's Hockey	Annex H
Soccer (M & W)	Annex I
Volleyball (M & W)	Annex J
Squash	Annex K

5.05 PROTESTS

1. Teams/individuals wishing to lodge a protest must notify the Chief Official or a member of the Jury of Appeal immediately following the incident causing the protest. If possible, the jury will render a decision before the game starts again. If this is not possible, the game will continue, giving the jury sufficient time to consult the rule book issued by the sports federation concerned. All protests must:
 - a. be written as soon as possible following the decision to protest. This does not prevent a team/individual from lodging a verbal warning if the game is in progress. The documentation can be accepted after the game, even if the decision has already been rendered;
 - b. include \$250; That money will be returned, if the appeal is successful. If the appeal is lost, the \$250 must be sent to the Regional Sports Fund, which is under the responsibility of the RSM.
2. The Jury will follow the procedure as stipulated in chap. 3.05, para 3.

5.06 Banners and Medals

1. The winning team receives an emblematic banner. Individual medals are awarded to the winning team and finalists as set out in Annex N.

5.07 ALCOHOL AND CANNABIS USE

1. As a participant, the member is always considered to be on temporary duty. No one (players, officials, jury of appeal and therapists) may consume alcohol or cannabis during a regional championship, as per the rules and guidelines already established by the CAF:
 - i. during the course of a game involving their team;
 - ii. during the course of a game in which they are a spectator; or
 - iii. during the team captains' meeting.

SPORTS ANNEXES

Annex A

1. Badminton

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a. Equipment

- ☐ Wearing glasses is mandatory with three or more players (effective since June 2016)

Annex B

2. Slow-Pitch (M & W)

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2.01 Team Composition

- Maximum number of members who can (participate/travel): 15 including the coach
- Registration for the championship (minimum number of players): 12 (including drafted players)
- Minimum number of players to start a game: 10
- Failure to have 10 players at the start of the game will result in the team being disqualified from the championship.

2.02 Officials

2.03 General Rules

2.04 Suspensions

2.05 Draw

2.06 Type of Championship

2.07 Tie-Breaking Procedure

2.08 Overtime Procedure

2.09 Equipment

2.10 Injury Prevention

2.11 Awards

2.12 Temporary Service (refer to item 3.07 of this document)

Annex C

3. Men's Basketball

P

Team Composition

- Maximum number of members who can (participate/travel): 12 including the coach
- Registration for the championship (minimum number of players): 8 (including drafted players)
- Minimum number of players to start a game: 6
- Failure to have 6 players at the start of the game will result in the team being disqualified from the championship

3.02 Officials (according to FIBA rules: 1 scorer, 2 officials)

3.03 General Rules

3.04 Suspensions

3.05 Draw

3.06 Type of Championship

3.07 Tie-Breaking Procedure

3.08 Equipment

3.09 Injury Prevention

3.10 Awards

3.11 Temporary Service and Travel (refer to item 3.07 of this document)

Annex D

4. Running

P

4.01 List of Candidates Sent to National Sports Coordinator at SDP HQ for Final Selection (new roster/ranking board)

Annex E

5. Golf

P

5.01 Team Composition

5.02 Independent golfers

- An independent golfer must obtain permission from the RSM to be eligible.
- Limit of 1 independent golfer per base

5.03 General Rules

5.04 Suspensions

5.05 Draw

5.06 Type of Championship

5.07 Tie-Breaking Procedure

5.08 Equipment

- Electronic Application

5.09 Injury Prevention

5.10 Awards

5.11 Temporary Service and Travel (refer to item 3.07 of this document)

Annex F

6. Ball Hockey (M & W)

P

6.01 Team Composition

- Maximum number of members who can (participate/travel): 20 including the coach
- Registration for the championship (minimum number of players): 15 (including drafted players)
- Minimum number of players to start a game: 8 (including the goalie)

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- Failure to have 8 players at the start of the game will result in the team being disqualified from the championship
- Each team may have only one goalie in uniform, in case of injury the team will have 15 minutes to dress another

6.02 Officials (according to FIBA rules: 1 scorer, 2 officials)

6.03 General Rules

6.04 Suspensions

6.05 Draw

6.06 Type of Championship

6.07 Tie-Breaking Procedure

6.08 Overtime Procedure:

- Overtime procedure (semi-finals and final) In the playoffs, if there is a tie, there will be a 5 minute overtime period at (3 vs 3) if the tie persists, a 2 minute break and another 5 minute overtime period at (3 vs 3) with the goaltenders changing sides and so on until one team scores a goal.

6.09 Shootout Procedure (round robin):

- Three (3) uniformed players from each team will be selected by the coach, identified and specified to the referee in the order in which they will take the shots;
- Players take alternate shots at the opposing goal at the rate of one shot per player until each team has taken three (3) shots on goal;
- If the tie persists after the first three (3) players on each team have taken a shot, all the players on the eligibility list (except the goaltenders) must take a shot before the original three (3) players can take a second shot.

6.10 Equipment

6.11 Injury Prevention

6.12 Awards

6.13 Temporary Service (refer to item 3.07 of this document)

Annex G

7. Women's Hockey

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7.01 Team Composition

- Maximum number of members who can (participate/travel): 20 including the coach
- Registration for the championship (minimum number of players): 15 (including drafted players)
- Minimum number of players to start a game: 8 (including the goalie)
- Failure to have 8 players at the start of the game will result in the team being disqualified from the championship
- Each team may have only one goalie in uniform, in case of injury the team will have 15 minutes to dress another.

7.02 Officials (as per Hockey Canada rules: 1 scorer, 4 officials)

7.03 General Rules

- Slap shot authorized (October 2016);
- No change of players will be allowed during a complete clearance of the defensive zone commonly called "Icing" except for an injured player.

7.04 Suspensions

7.05 Draw

7.06 Type of Championship

7.07 Tie-Breaking Procedure

7.08 Overtime Procedure (semi-finals and final):

- In the playoffs, if there is a tie, there will be a 5 minute overtime period at (3 vs 3) if the tie persists, a 2 minute break and another 5 minute overtime period at (3 vs 3) with the goaltenders changing sides and so on until one team scores a goal.

7.09 Shootout Procedure (round robin):

- Three (3) uniformed players from each team will be selected by the coach, identified and specified to the referee in the order in which they will take the shots;
- Players take alternate shots at the opposing goal at the rate of one shot per player until each team has taken three (3) shots on goal;
- If the tie persists after the first three (3) players on each team have taken a shot, all the players on the eligibility list (except the goaltenders) must take a shot before the original three (3) players can take a second shot.

7.10 Equipment

7.11 Injury Prevention

7.12 Awards

7.13 Temporary Service and Travel (refer to item 3.07 of this document)

Annex H

8. Men's Hockey

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8.01 Team Composition

- Maximum number of members who can (participate/travel): 20 including the coach
- Registration for the championship (minimum number of players): 15 (including drafted players)
- Minimum number of players to start a game: 8 (including the goalie)
- Failure to have 8 players at the start of the game will result in the team being disqualified from the championship
- Each team may have only one goalie in uniform, in case of injury the team will have 15 minutes to dress another.

8.02 Officials (as per Hockey Canada rules: 1 scorer, 4 officials)

8.03 General Rules

- No change of players will be allowed during a complete clearance of the defensive zone commonly called "Icing" except for an injured player.

8.03 Suspensions

8.04 Draw

8.05 Type of Championship

8.06 Tie-Breaking Procedure

8.07 Overtime Procedure (semi-finals and final):

- In the playoffs, if there is a tie, there will be a 5 minute overtime period at (3 vs 3) if the tie persists, a 2 minute break and another 5 minute overtime period at (3 vs 3) with the goaltenders changing sides and so on until one team scores a goal.

8.08 Shootout Procedure (round robin):

- Three (3) uniformed players from each team will be selected by the coach, identified and specified to the referee in the order in which they will take the shots;
- Players take alternate shots at the opposing goal at the rate of one shot per player until each team has taken three (3) shots on goal;

- If the tie persists after the first three (3) players on each team have taken a shot, all the players on the eligibility list (except the goaltenders) must take a shot before the original three (3) players can take a second shot.

8.09 Equipment

8.10 Injury Prevention

8.11 Awards

8.12 Temporary Service and Travel (refer to item 3.07 of this document)

Annex I

9. Veteran's Hockey

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9.01 Team Composition

- Maximum number of members who can (participate/travel): 20 including the coach
- Required age: 40 years and older (as of January 1 of the National Championship)
- (2 goalies 35+ and 3 players 37+ are allowed)
- Registration for the championship (minimum number of players): 15 (including drafted players)
- Minimum number of players to start a game: 8 (including the goalie)
- Failure to have 8 players at the start of the game will result in the team being disqualified from the championship
- Each team may have only one goalie in uniform, in case of injury the team will have 15 minutes to dress another.

9.02 Officials (as per Hockey Canada rules: 1 scorer, 4 officials)

9.03 General Rules

9.04 Suspensions

- Slap shot authorized (October 2016);
- No change of players will be allowed during a complete clearance of the defensive zone commonly called "Icing" except for an injured player.

9.05 Draw

9.06 Type of Championship

9.07 Tie-Breaking Procedure

9.08 Overtime Procedure (semi-finals and final):

- In the playoffs, if there is a tie, there will be a 5 minute overtime period at (3 vs 3) if the tie persists, a 2 minute break and another 5 minute overtime period at (3 vs 3) with the goaltenders changing sides and so on until one team scores a goal.

9.09 Shootout Procedure (round robin):

- Three (3) uniformed players from each team will be selected by the coach, identified and specified to the referee in the order in which they will take the shots;
- Players take alternate shots at the opposing goal at the rate of one shot per player until each team has taken three (3) shots on goal;
- If the tie persists after the first three (3) players on each team have taken a shot, all the players on the eligibility list (except the goaltenders) must take a shot before the original three (3) players can take a second shot.

9.10 Equipment

9.11 Injury Prevention

9.12 Awards

9.13 Temporary Service (refer to item 3.07 of this document)

Annex J

10. Soccer (M & W)

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10.01 Team Composition

- Maximum number of members who can (participate/travel): 18 including the coach
- Registration for the championship (minimum number of players): 13 (including drafted players)
- Minimum number of players to start a game: 11 (including the goalie)
- Failure to have 11 players at the start of the game will result in the team being disqualified from the championship.

10.02 Officials (according to FIFA rules: 4 officials)

10.03 General Rules

10.04 Suspensions

10.05 Draw

10.06 Type of Championship

10.07 Tie-Breaking Procedure

10.08 Overtime Procedure

10.09 Equipment

10.10 Injury Prevention

10.11 Awards

10.12 Temporary Service (refer to item 3.07 of this document)

Annex K

11.Volleyball (M & W)

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11.01 Team Composition

- Maximum number of members who can (participate/travel): 11 including the coach
- Registration for the championship (minimum number of players): 8 (including drafted players)
- Minimum number of players to start a game: 7
- Failure to have 7 players at the start of the game will result in the team being disqualified from the championship.

11.02 Officials (according to Volleyball Canada: 2 officials)

11.03 General Rules

11.04 Suspensions

11.05 Draw

11.06 Type of Championship

- In the event that there are less than 4 teams registered, all games will be 3/5 set.
- If there are only 2 teams, the tournament will be a 3/5, each game will be a 3/5 set.

11.07 Tie-Breaking Procedure

11.08 Equipment

11.09 Injury Prevention

11.10 Awards

11.11 Temporary Service and Travel (refer to item 3.07 of this document)

Annex L

12. Squash

12.01 Team Composition

12.02 Officials

12.03 General Rules

12.04 Suspensions

12.05 Draw

12.06 Type of Championship

12.07 Overtime Procedure

12.08 Tie-Breaking Procedure

12.09 Equipment

12.10 Injury Prevention

12.11 Awards

12.12 Temporary Service (refer to item 3.07 of this document)

Annex M

13. Address List

Annex N

Banners and Medals

Annex O

15. Protective Equipment

Annex P

16. National Organizations

Annex Q

17. Joining Instructions

Annex A Certificate of Eligibility

Annex R

18. Ultimate Outcomes

Annex S

19. Final Report

Annex A Chief Referee's Report

Annex T

20. List of Officials

Annex U

21. Draft Order