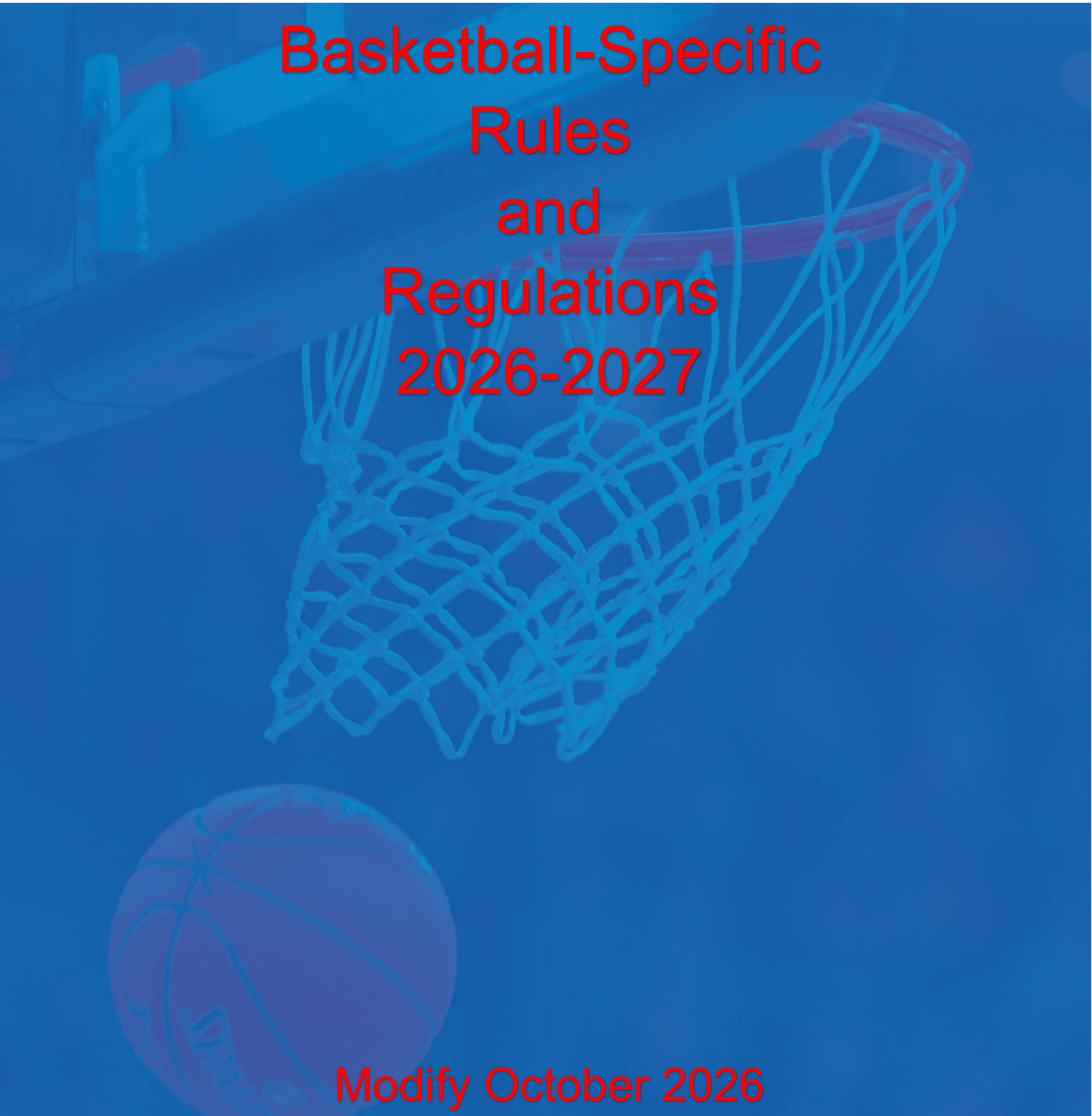
Basketball-Specific Rules and Regulations 2026-2027



Modify October 2026

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IMPORTANT COMPLEMENTARY DOCUMENT TO READ: 2026–2027 ADMINISTRATIVE REGULATIONS

ARTICLE 1. AGE Category

1.1 The age categories are those established by the Provincial RSEQ for the current year.

Catégories	
Colibri	**October 1st 2016 to Sept. 30th 2018**
Moustique	**October 1st 2014 to Sept. 30th 2016**
Benjamin	**October 1st 2012 to Sept. 30th 2014**
Cadet	**October 1st 2011 to Sept. 30th. 2012**
Juvénile	**July 1st 2008 to Sept. 30th 2011**

1.1.1 However, at the regional level (D3 and D4), student-athletes born between July 1, 2007, and June 30, 2008, will be eligible to compete as J7 athletes, provided that the following conditions are met:

- Be on track to obtain a Secondary School Diploma (D.E.S.);
- Attend the youth sector of their team's educational institution for the entire school year.

1.1.2 These J7 players will be eligible to participate in the regular season and the regional championship; however, they will not be eligible to participate in the provincial championship.

1.2 If a Division 3 team including J7 players wins the regional championship final, a playoff game shall be played between the championship team without its J7 players and the team that won the silver medal at the regional championship, in order to determine which team will advance to the Provincial Championship. The location, date, and time of the playoff game shall be determined by RSEQ Outaouais in consultation with the teams concerned.

1.3 If a team is unable to comply with an age category due to having players who are too old for that category, it must submit a written request to RSEQ Outaouais before CDA #1. The CDA will review the request and make the final decision. If the request is approved, the team may participate in league games as exhibition games. These games will not count toward the overall standings. Under no circumstances will the team be eligible to participate in the playoffs.

ARTICLE 2. TEAM COMPOSITION

2.1 The girls' and boys' teams from each educational institution shall be composed as follows:

Catégories	Minimum	Maximum
Atome, Benjamin (D4) - Cadet (D4) - Juvénile (D4)	8	15
Benjamin (D3) - Cadet (D3) - Juvénile (D3)	9	15

2.2 To start the game, teams must have, in Benjamin D3 only, a minimum of eight (8) players eligible to play. In **Atome**, Benjamin D4, Cadet D3 and D4, and Juvenile D3 and D4, a minimum of five (5) players must be eligible to play.

2.3 In the event that a team does not have the minimum number of players eligible to play, the team will forfeit the game, and the game will nevertheless be played with the referees present.

2.4 In **Atome** and Benjamin D4, if a team has between five (5) and seven (7) players ready to play, it may play the game and will not forfeit the game. However, the team will lose its two (2) sportsmanship points.

ARTICLE 3. PLAYER REGISTRATION

3.1 Refer to Article 6 – PLAYER ELIGIBILITY of the RSEQ Outaouais Administrative Regulations for the applicable requirements and procedures.

3.2 Double age advancement is permitted in accordance with Article 8 of the RSEQ Outaouais Administrative Regulations and the regulations of Basketball Québec.

ARTICLE 4. ADDING PLAYERS on a team (NEW PLAYERS)

4.1 Articles 8 of the RSEQ Outaouais Administrative Regulations apply.

ARTICLE 5. RESERVE PLAYERS

5.1 During the regular season, a team may use reserve players from a lower age category and/or division, up to a maximum of nine (9) eligible players for a game, regardless of the number of regular team players present.

5.2 The use of reserve players during the playoffs is not permitted.

During the regular season, a player may serve as a reserve player in a higher age category and/or division.

Ex. : BD4 can be a reserve in BD3 ; CD4 ; CD3 ; JD4 ; JD3
CD3 can be a reserve in JD4 ; JD3
JD4 can be a reserve in JD3

5.3.1 During the regular season, a player may play in a higher age category and/or division without penalty for a maximum of 30% of the number of games played by their original team, rounded down to the nearest whole number. Once the player exceeds this 30% limit as a reserve player on one or more teams, the player will automatically be removed from their original team and must be registered with one of the teams for which they played as a reserve player during the season.

5.3.2 If a school has two or more teams in the same age category and division, a player from one of these teams may not serve as a reserve player for another team in the same age category and division.

5.3.3 A female player may participate as a reserve player on a boys' team in an equivalent or higher division, provided that the reserve player rules set out in Articles 5.1 and 5.3.1 are respected.

ARTICLE 6. Regular Season

6.1 Refer to Article 8 – FORMATION OF REGIONAL LEAGUES of the RSEQ Outaouais Administrative Regulations for the applicable requirements and procedures.

6.2 The schedule must provide each team with between eight (8) and twelve (12) games, depending on the number of teams registered in the league. Refer to Article 8 – LEAGUE FORMAT for the number of regular-season league games and the applicable preliminary-round formats based on the number of teams in each category.

6.3 Benjamin D4 teams must play all of their games on Saturdays and/or Sundays.

6.4 Refer to Article 9 – SCHEDULE CHANGES of the RSEQ Outaouais Administrative Regulations for the applicable requirements and procedures.

6.5 **Category: Benjamin D4**

Teams will be divided among the different divisions and levels (D4 N1, N2, N3, etc.), and a promotion and relegation system will be implemented following each tournament based on the teams' standings.

***** Everything will be decided at the CSS meeting.**

6.6 Each coach is responsible for verifying the attendance of their team's athletes for each game. Attendance records will be available online no later than three (3) business days after the game.

6.7 Athletes who are absent must be crossed off the lineup by the coach for each game.

6.8 An injured athlete who is present on the players' bench will be considered present and must be identified by the word "Injured" or the letter "I" next to their name on the game sheet.

ARTICLE 7. OFFICIAL BASKETBALLS

Catégories	Grosseur
Atome, Benjamin (F et M) - Cadet (F) - Juvénile (F)	6 (Baden Perfection Elite BX6E)
Cadet (M) - Juvénile (M)	7 (Baden Perfection Elite BX7E)

7.1 The BADEN basketball is recommended and will be used at the Provincial Championships.

7.2 Each team must have a quality basketball available for official games.

ARTICLE 8. GAME DURATION

Categories	PLAYING TIME
Atome, Benjamin (D3 et D4)	Three quarters of 2 × 4 minutes + one quarter of 8 minutes
Cadet (D3 et D4) Juvénile (D3 et D4)	4 quarter of 8 minutes
One-minute break between the 1st and 2nd quarters, as well as between the 3rd and 4th quarters.	
Five-minute break between the 1st and 2nd halves.	
Subject to gym availability, the minimum pre-game warm-up period is 10 minutes.	

8.1 If the score is tied at the end of the 4th quarter, the game shall continue with a single three (3)-minute timed overtime period.

8.2 During overtime, teams shall continue to play in the same direction as they did during the second half (shooting at the same basket).

ARTICLE 9. SPECIAL PROVISIONS

9.1 **Team Timeouts:** For all categories, two (2) timeouts shall be permitted in the first half and

three (3) timeouts in the second half, with a maximum of two (2) timeouts allowed during the final two (2) minutes of the game.

9.2 **Substitutions:** For all categories, during the final two (2) minutes of the 4th quarter and during overtime, a substitution may be made following a successful field goal by the opposing team.

9.3 **Backcourt Time Limit:** For all categories, the eight (8)-second rule applies.

9.4 **Shot Clock:** For all categories, the 24-second rule applies, except in Benjamin D4.

9.4.1 **By the 2027–2028 season, any school wishing to participate in the league must have a 24-second shot clock. This requirement does not apply to Benjamin D4.**
Objectifs visés :

- Facilitate the work of referees
- Reduce player and coach frustration
- Ensure smoother game flow

Available Technology:

Standard LED Shot Clock (most common)

- **High-brightness LED display**
- **Programmable electronic timer (12 / 14 / 24 seconds)**
- **Integrated synchronized buzzer**

Smart / Connected Systems

- **Portable connected shot clock controlled via a mobile app**
- **Mobile app / Bluetooth control**
- **Sometimes equipped with Wi-Fi or synchronized with the scoreboard**
- **Advanced settings (sounds, timing, and operating modes)**

Software Shot Clock (Tablet)

- **Apps that function as a timer with an integrated buzzer.**

Exceptional Circumstances

- Written notice should be sent to RSEQ Outaouais in the event of a malfunction of the shot clock at the school.

- A playoff game cannot be played if the 24-second shot clock is not operational.

9.5 **Alternating Possession:** For all categories, in all jump-ball situations, except at the beginning of the 1st quarter, the alternating-possession procedure shall apply. A clearly visible arrow on the scorer's table shall indicate which team has possession of the ball.

9.6 For the Benjamin categories, the three-point line closest to the basket shall be used. For the Cadet and Juvenile categories, the three-point line farthest from the basket shall be used if it is available in the gymnasium. The rectangular key and the restricted-area semicircle (offensive foul) shall apply to all categories as soon as they are available.

ARTICLE 10. MARGIN

10.1 Once a 40-point difference separates the two teams, the score will no longer be displayed on the scoreboard for the remainder of the game. However, the game sheet will continue to record the score throughout the game.

10.2 Beginning in the 4th quarter, once there is a 50-point difference between the two teams, the coach of the trailing team may request that the game continue with a running clock, without the opposing team having the right to object.

10.3 When entering the results in S1, a maximum point differential of 50 points shall be recorded.

ARTICLE 11. PARTICIPATION RULE

11.1 Mandatory for the Benjamin D3 and D4 categories only.

11.2 The participation rule applies to ALL players listed on the game sheet in the categories and divisions specified in Article 11.1.

11.3 If the participation rule applies, no free substitutions are permitted during the first three (3) quarters of the game. Substitutions must be made at the beginning of each quarter or during the mandatory stoppage after four (4) minutes of play.

11.4 The team in possession of the ball when the mandatory stoppage occurs shall retain possession when play resumes. If neither team was in possession of the ball, such as during a shot attempt, the possession rule shall apply.

11.5 The home team must be the first to place its lineup on the court at the beginning of each quarter. The visiting team must do the same when play resumes following a mandatory stoppage. The mandatory stoppage is not a rest period (timeout), but simply a stoppage in play to allow the mandatory player substitutions to be made as quickly as possible. The offending team may be charged with a timeout for delaying the game. If the team has no timeouts remaining, it may be assessed a technical foul for delaying the game.

11.6 **Maximum Participation:** No player may participate in more than two (2) quarters or four (4) half-quarters during the first three (3) quarters of the game.

11.7 **Minimum Participation**: Every player listed on the game sheet must actively participate for the equivalent of one (1) full quarter during the first three (3) quarters of a game. The

minimum participation rule applies in accordance with Article 11.2.

11.8 **Important Note:** At the Regional Championship, the minimum participation rule is **eight (8)** for Benjamin D3, in order to align with the Provincial Championship rules.

11.9 **Injury and Disqualification:** If a substitution becomes mandatory due to an injury or disqualification, the player entering the game will have one half-quarter of playing time added to their participation record, regardless of the length of time they remain in the game.

11.10 **Sanction**: Any team that violates the participation rule will automatically forfeit the game. The coach is responsible for ensuring compliance with the regulation. The opposing team may notify the referees if they suspect or observe that the other team has failed to comply with the participation rule. The sanction shall apply as soon as the violation is identified, even after the game has ended, provided that the officials have not yet signed the game sheet.

ARTICLE 12. DEFENSIVE

12.1 The man-to-man defense as described by Basketball Québec shall be used in the Benjamin categories.

12.2 In a man-to-man defense, the ball handler, as well as the player(s) adjacent to the ball, must be closely guarded within a radius of two (2) metres when the opponent is inside the end of the semicircle or within seven (7) metres of the basket.

12.3 Once there is a point differential of 25 points or more, the leading team must play half-court defense until the point differential falls below 25 points. This rule applies to all categories.

12.4 **Full-court defense is permitted in Division 4 Level 1. However, when the point differential exceeds twenty-five (25) points, half-court defense becomes mandatory. Starting at Division 4 Level 2, half-court defense is mandatory at all times.**

ARTICLE 13. EJECTION AND SPORTSMANSHIP

13.1 A player will be ejected for the remainder of the game after accumulating five (5) personal fouls, **including Category 2 technical fouls (T) and disruptive fouls (DI).**

Category 2 technical fouls (T) and disruptive fouls (DI) will not be circled on the scoresheet.

13.2 A player will also be automatically ejected from the game in the following circumstances:

- If they commit **2 flagrant fouls (FL).**
- If they commit **2 Category 1 technical fouls (T).**
- If they commit **one Category 1 technical foul (T) and one flagrant foul (FL)**

A coach or assistant coach will also be automatically ejected from the game in the following circumstances:

- If they commit **2 Category 1 technical fouls (C).**
- If they commit **3 bench fouls (B).**
- If they commit **one technical foul (C) and 2 bench fouls (B).**

Any foul resulting in a game disqualification (GD – Game Disqualification) must be circled on the scoresheet.

13.3 A player, coach, or assistant coach who is ejected from a game pursuant to Article 13.2 shall also be automatically suspended from the following game (refer to Article 11 of the Administrative Regulations).

13.4 The referee who ejects a player, coach, or assistant coach must complete an ejection report and submit it to the disciplinary authorities within a maximum of forty-eight (48) hours following the game.

13.5 For each game, a maximum of two (2) sportsmanship points may be added to each team's standings based on their adherence to the sportsmanship code.

13.6 The team shall lose one (1) sportsmanship point in the following situation:

- If a player is ejected from the game.

Additional loss of sportsmanship points:

- Any player who accumulates three (3) cumulative fouls during the season, **consisting of Category 1 technical fouls (T) and/or flagrant fouls (FL), will automatically be suspended for the next game. This cumulative foul rule does not apply when a disqualification is imposed under Article 13.2 during a game.**

- Any coach who accumulates three (3) cumulative fouls during the season, **consisting of technical fouls (C) and/or bench fouls (B), will automatically be suspended for the next game. This cumulative foul rule does not apply when a disqualification is imposed under Article 13.2 during a game.**

13.7 The team shall lose two (2) sportsmanship points in the following situations:

- If the team forfeits the game;
- If a coach is ejected from the game;
- If a coach commits any other act or conduct deemed unsportsmanlike by RSEQ Outaouais and/or an official.

13.8 The student sport delegate authorized by the institution may request, in writing only, the addition or removal of sportsmanship point(s) from their team or the opposing team within five (5) business days following the game in question. The request will be reviewed by RSEQ Outaouais.

ARTICLE 14. TEAM STANDINGS

14.1 Win : 3 points
Tie : 1 point

Loss : 0 point
Forfeit : 0 point and the team shall lose the game by a score of 20–0 and forfeit both (2) sportsmanship points.

14.2 A team shall forfeit the game if, fifteen (15) minutes after the scheduled start time, it is not present or is unable to field the minimum number of players. Refer to Article 12 – GAME PROCEDURES of the RSEQ Outaouais Administrative Regulations for the applicable provisions.

14.3 If a tie remains between two or more teams:

Rang	Type	Applicable
1	PTS • Standing points	All games
2	PTS Eth • Ethic points	All games
3	W • Wins	Head-to-Head Games Between the Tied Teams
4	PF • Points For	Head-to-Head Games Between the Tied Teams
5	PA • Points Against	Head-to-Head Games Between the Tied Teams
6	PF • Points For	All games
7	PA • Points Against	All games

ARTICLE 15. UNIFORMS AND EQUIPMENT

Players shall wear an appropriate uniform in their institution's colours.

FIBA : **Articles 4.2.1 et 2.4.5**

- Jerseys and shorts must be of the same dominant colour.
- If jerseys have sleeves, the sleeves must end above the elbow.
- Socks must be visible.
- Shoes may be any combination of colours, but the left and right shoes must match. Flashing lights, reflective materials, or other ornaments are not permitted.

- Any accessories worn by players, including T-shirts and compression garments, must be of the same colour for the entire team.

For reference, RSEQ Outaouais officially recognizes the document entitled “Uniform Regulations Amendments”, prepared by the Provincial Basketball Officiating Committee, outlining the FIBA uniform modifications applicable as of October 2018.Les athlètes masculins et féminins doivent porter leur camisole à l’intérieur des shorts.

15.1 All visible jewelry must be removed before a player may participate in a game. If a player is wearing a bracelet that cannot be removed, it must be covered with medical tape.

15.2 Visible piercings must be removed without exception. Under no circumstances may a piercing be covered with tape. A player who does not comply with these requirements shall not be permitted to participate in the game.

ARTICLE 16. REGULAR SEASON LEAGUE FORMAT

16.1 The league formats will depend on the number of teams registered in each category.

The regular-season league formats and playoff formats will be determined at the sector meeting held at the beginning of the year.

ARTICLE 17. REGIONAL CHAMPIONSHIP

17.1 For the participation of a team playing in an older age category in the Regional Championship, refer to Article 8 – TEAM REGISTRATION of the Administrative Regulations.

17.2 Only teams that participated in the regional league are eligible to participate in the Regional Championship.

17.3 Playoff games shall be played at the home venue of the team with the higher ranking.

17.4 The finals shall be played at a neutral venue predetermined by RSEQ Outaouais. If a neutral venue is not available, the CSS shall determine the location of the finals.

17.5 Only the Gold and Bronze finals in the D3 categories and the Gold finals in the D4 categories will be played as an event during the weekend scheduled for the Regional Championship for these divisions.

ARTICLE 18. AWARDS

18.1 A permanent banner shall be awarded to the team that wins the Regional Championship in each category in Divisions 3 and 4.

18.2 If there are two divisions in a category at the beginning of the season (D3 and D4):

- One Regional Championship banner shall be awarded to the winner of each division (D3 and D4). Gold, silver, and bronze medals shall also be awarded in D3, while only gold and silver medals shall be awarded in D4.
- If one or both divisions must be split into two sections for the Regional Championship (e.g., Juvenile D3 Level 1 and Juvenile D3 Level 2), only one Regional Championship banner shall be awarded, to the winner of Level 1. Gold, silver, and bronze medals shall be awarded in D3 Level 1, while gold and silver medals shall be awarded in D4 Level 1. No awards shall be presented in Level 2.

18.2 If there is only one division in a category at the beginning of the season (D3), and this division must be split into two sections for the Regional Championship:

- Section 1, consisting of the higher-ranked teams, shall remain D3. One Regional Championship banner shall be awarded to the winner of the final. Gold, silver, and bronze medals shall also be awarded to the players.
- Section 2, consisting of the lower-ranked teams, shall become D4. The final shall be played as part of the D4 Regional Championship finals. The D4 Regional Championship banner shall be awarded to the winning team, and gold and silver medals shall be awarded to the players.

ARTICLE 19. PROVINCIAL CHAMPIONSHIP

19.1 Refer to Article 13 – PROVINCIAL SCHOOL CHAMPIONSHIPS of the RSEQ Outaouais Administrative Regulations for the applicable provisions.

ARTICLE 20. Rules

20.1 The official basketball rules shall be those established by Basketball Québec, Canada Basketball, and FIBA.

20.2 The RSEQ Outaouais specific regulations shall take precedence over the official basketball rules.

20.3 The RSEQ Outaouais Administrative Regulations must be respected.