Réglementation spécifique Hockey (contact physique)

2026-2027

ENGLISH

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RSEQ
OUTAOUAIS

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IMPORTANT ADDITIONAL DOCUMENT TO READ – 2026–2027 ADMINISTRATIVE REGULATIONS

ARTICLE 1. AGE CATEGORIES AND DIVISIONS

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

Over-age participation is not permitted for safety reasons. The indicated dates of birth must be respected.

Category

U14	October 1st, 2012, to September 30th, 2014 – Grade 7-8
U15	October 1st, 2011, to December 31st, 2013 – Grade 8-9
U18	October 1st, 2008, to December 31st, 2011 – Grade 10-11

Student-athletes born between October 1, 2012, and December 31, 2013, may participate in either the M14 or M15 category.

Student-athletes born between October 1, 2011, and December 31, 2011, may participate in either the M15 or M18 category.

1.2 The definition of the age category in Article 1.1 specifies the age limits and takes into account the over-age eligibility factors specifically permitted in contact hockey.

No exceptions to these limits will be permitted unless an official request is submitted to RSEQ Outaouais, which will then forward it to the provincial RSEQ for approval.

1.3 **Division 4: This category is specifically intended for players at the double-letter and single-letter levels (AA, A, B, C).** Players at the triple-letter level (AAA) or participating in School Divisions 1, 2, or 3 are not eligible to participate in regional Division 4 leagues. Furthermore, dual registration is not permitted for players at these higher levels.

They must choose between the school sport system and the civil sport system—they cannot participate in both.

- Each team will participate in **4 events**, in addition to a **regional championship**.
- Whenever possible, teams will play **1 to 3 games per event** (dates have already been preselected).
- **Roster – Double-Letter Players:**
  - The number of **double-letter players is limited to 5 on the official roster in Spordle (S1). Therefore, only 5 double-letter players are permitted on a team.**

- **Female players at the AA and AAA levels are included in the 5-player double-letter limit permitted on the team.**

Division 4 – Level 1: This category is specifically intended for **single-letter players (A, B, C)**. Players at the triple-letter level (AAA), double-letter level (AA, BB, CC), or participating in School Divisions 1, 2, or 3 are not eligible to participate in regional Division 4 – Level 1 leagues. Furthermore, dual registration is not permitted for players at these higher levels. They must choose between the school sport system and the civil sport system—they cannot participate in both.

- Each team will participate in **4 events**, in addition to a **regional championship**.
- Whenever possible, teams will play **1 to 3 games per event** (dates have already been preselected).

Players participating in programs or leagues that are not affiliated with Hockey Québec are not eligible to participate in the D4 school league, as they are not covered by Hockey Québec's insurance.

ARTICLE 2. TEAM COMPOSITION

2.1 The teams from each educational institution will be formed as follows:

Catégory	Minimum	Maximum
U14, U15 & U18 - division **4**	11 skaters + 1 goalie	17 skaters + 2 goalie
Head coach	1	1
Assistant coach (behind the bench)	1	2

2.1.1 An administrative sanction will be imposed if a team does not comply with Article 2.

2.2 The minimum number of players eligible to play in order to start the game is **nine (9), including the goaltender**.

2.3 **Coach Certification:** Any candidate head coach or assistant coach must obtain the required certification for their division and class by December 31 of each year. Failure to do so will prevent them from acting as a coach until the required certification is obtained.

ARTICLE 3. PLAYER REGISTRATION

3.1 Refer to Article 8 – PLAYER ROSTER of the RSEQ Outaouais Administrative Regulations for the applicable procedures.

3.2 **A player who participates in an out-of-province league may not participate in the school league. An exemption request may be submitted to the provincial RSEQ through RSEQ Outaouais.**

3.3 All players must be registered in S1 at least **two weeks before the first tournament**, in order to allow sufficient time for RSEQ Outaouais to register the players on the **Spordle platform**.

ARTICLE 4. PLAYER ADDITIONS (NEW PLAYERS)

4.1 **Deadline:** Articles 6 & 8 of the RSEQ Outaouais Administrative Regulations apply.

4.2 **Release Date:** No team may release a player between **12:00 a.m. on January 10 and the end of the season**. This applies to a player who wishes to leave their school team to play elsewhere.

ARTICLE 5. REGURLAR SEASON

5.1 **Refer to Article 8 – FORMATION OF REGIONAL LEAGUES of the RSEQ Outaouais Administrative Regulations for the applicable procedures. The number of regular-season games will be determined based on the number of registered teams. According to the format decided at the CSS, there will be 4 to 5 tournaments during the regular season, representing a maximum of 8 to 10 games played during the season.**

5.2 **Team:** A mandatory **one-hour rest period**, beginning at the end of the game, must be provided when a team is scheduled to play **2 to 3 games on the same day**.

5.3 Due to arena rental constraints, **NO changes will be accepted.**

ARTICLE 6. MEETING FORMAT

6.1 The hockey league is played under **non-checking (physical contact) rules**.

6.1.1 Physical contact, or non-checking, is defined as an individual defensive tactic intended to legally impede the progress of an opposing player carrying the puck. This tactic results from the defensive player's movement to restrict the puck carrier's movement through skating, angle of approach, and positioning.

Physical contact may only occur as part of the normal process of playing the puck first, provided that there is no obvious attempt to project the player using the hip, shoulder, or arm to separate the puck carrier from the puck.

Physical contact does not apply in situations involving a head-on collision or when the puck is dumped into the offensive zone (dump-in).

6.1.2 Coaches must complete the Physical Contact training. This training is completed independently through an online platform Click here
Coaches must then provide their players with on-ice training on physical contact.

6.2 **Number of Players on the Ice:** Five (5) players plus the goaltender.

6.3 For the M18 category, each game is divided into three periods of 12 minutes (stop time). A maximum of 60 minutes will be allocated for each game, except for the regional championship, where games will be played to completion.

6.4 For the M14/M15 category, each game is divided into two periods of 10 minutes and one period of 12 minutes (stop time). A maximum of 50 minutes will be allocated for each game, except for the regional championship, where games will be played to completion.

6.5 A warm-up period of at least three (3) minutes will be provided before each game.

6.6 A one (1)-minute break will be provided between periods.

6.7 For a multiple-game program, the ice will be resurfaced after the third period of each game.

6.8 After a complete period of play, if there is a five (5)-goal difference between the two teams, the game will continue normally with stop time; however, the score displayed on the scoreboard will be 5–0. If the goal differential is reduced to fewer than five (5) goals, the actual score will once again be displayed on the scoreboard.

6.8.1 For all tournaments, if a team is trailing by seven (7) goals after the completion of the second (2nd) period, the trailing team may:

6.8.1.1 To end the game;
6.8.1.2 To play with continuous time until the end of the game, regardless of whether the goal differential decreases (penalties will be timed using stop time);

6.8.2 The goal differential in S1 is not greater than 7.

6.9 Each team is entitled to one (1) 30-second time-out per game, provided that the game is played to completion. The time-out may be taken at the team's discretion.

ARTICLE 7. OVERTIME

7.1 During the regular season, there will be no overtime.

7.2 Playoffs (Quarterfinals)

7.2.1 A five (5)-minute overtime period will be played using stop time, at 4-on-4.

7.2.2 Three-player shootout;

7.2.3 If the game remains tied after the three (3) shots, one (1) shot will be taken by each team until the tie is broken.

7.3 Playoffs (Semifinals and Finals)

7.3.1 A ten (10)-minute overtime period will be played using stop time, at 4-on-4.

7.3.2 Regulations 7.2.2 and 7.2.3 apply.

7.4 A player may not shoot a second time until all other players have taken their shot.

7.5 A player who was serving a penalty at the end of the third period is not eligible to participate in the shootout.

7.6 The home team may choose whether or not to shoot first in the shootout.

ARTICLE 8. DELAY / LATE ARRIVAL

8.1 A team that is not present at the scheduled start time of its game will be granted a ten (10)-minute grace period to have the minimum number of players on the ice required to start the game.

8.2 However, if the team arrives after the scheduled start time but within the permitted grace period, it will be assessed a two (2)-minute penalty for delaying the game.

8.3 After this period (Article 8.1), the team will forfeit the game by a score of 3–0.

8.4 If a goaltender is injured, the team will have ten (10) minutes to dress another player as the goaltender; otherwise, the team will forfeit the game.

ARTICLE 9. CHANGES

9.1 Line changes are permitted at any time.

ARTICLE 10. SANCTIONS

10.1 Fight :

A player who initiates a fight is automatically ejected from the game and suspended for five (5) games, including playoffs. In the event of a repeat offense, the player will be suspended for the remainder of the season and playoffs.

A player who participates in a fight without being the instigator is automatically suspended for three (3) games, including playoffs. In the event of a repeat offense, the player will be suspended for the remainder of the season and playoffs.

If the same team is involved in a repeat offense during the same game, the game will end immediately, and the offending team will forfeit the game by a score of 3–0.

10.2 Penalty :

A player who receives a **Type B, D, or E penalty** is automatically ejected from the game (Article **11 – Ejection** of the applicable Regional Administrative Regulations).
For Type B and D penalties, if the penalty occurs during the **1st period**, the game will count toward the player's suspension. However, if the penalty occurs during the **2nd or 3rd period**, the player must serve the suspension in their team's next game.

10.3 Ineligible Player:

A team that lists an **ineligible player** on the game sheet (Article 1 of these Regulations, as well as Articles 6 & 8 of the applicable Administrative Regulations) will forfeit the game (Article 10 – Forfeit of the applicable Administrative Regulations), and the head coach will be automatically suspended for one (1) game (Article **11 – Ejection** of the applicable Administrative Regulations).

10.4 SANCTIONS TABLE:

Infraction Suspension Sanction.xlsx

ARTICLE 11. PENALTY

11.1 All penalties are assessed using **stop time**

11.2 The penalized player must serve the full duration of their penalty. If the opposing team scores a goal, the penalized player may leave the penalty box and their penalty will be considered completed, except when the teams are playing at equal strength (e.g., 4-on-4).

11.3 A player who receives a third stick-related minor penalty or five (5) minor penalties during the same game is automatically ejected from the game.

ARTICLE 12. TEAM STANDINGS

12.1 Points Awarded in the Standings:

	Regurlar time	*SPORTSMANSHIP points*
Win	2	See article 13
Draw	1	See article 13
Loss	0	See article 13

12.2 If the tie persists between two or more teams:

2	Ethic points	All games
3	W • Wins	Games Between Tied Teams and Tiebreaker Criteria
4	GA • Goal against	Games Between Tied Teams and Tiebreaker Criteria
5	GF • Goal for	Games Between Tied Teams and Tiebreaker Criteria
6	GA • Goal against	All games
7	GF • Goal for	All games

ARTICLE 13. SPORTSMANSHIP

13.1 When a team accumulates too many recorded penalties (see table) during a game, it may also lose its sportsmanship point in the standings according to the following formula:

Catégory	Minutes de punitions	Point Franc Jeu
U14	14 minutes or less	1
	15 minutes or plus	0
U15	16 minutes or less	1
	17 minutes or plus	0
U18	20 minutes or less	1
	21 minutes or plus	0

ARTICLE 14. ÉQUIPEMENT

14.1 All players on the same team must wear numbered and matching jerseys (same model and colours), while respecting the institution's colours.

14.2 The visiting team is responsible for changing jerseys in the event of a colour conflict

14.3 The use of a mouthguard is strongly recommended.

14.4 All players on the same team must wear matching socks of the same colour during a game. If a student-athlete does not comply with this rule, they will not be permitted to play.

ARTICLE 15. REGIONAL CHAMPIONSHIP

15.1 Only teams that participated in the regional league are eligible to participate in the regional championship.

15.2 Being listed on the game sheet means that the player is present and in uniform. The official scorer is responsible for verifying this.

15.3 The number of teams participating in the league within a given division directly affects the number of teams admitted to the regional championship.

Preliminary games will be played during the regional championship day.

If ice time permits, quarterfinals, semifinals, and the final will also be held on the same day. The final decision will be made by RSEQ Outaouais.

ARTICLE 16. REWARDS

16.1 A permanent banner will be awarded to the team that wins the regional championship in each category.

16.2 Gold, silver, and bronze medals will be awarded to each member of the championship and finalist teams at the regional championship. If a category is divided into two sections for the regional championship, the banner and medals will be awarded only for the Level 1 section (see Appendix 3 of the Administrative Regulations)

ARTICLE 17. PROVINCIAL CHAMPIONSHIP

17.1 Refer to Article **13 – SCHOOL PROVINCIAL CHAMPIONSHIPS** of the RSEQ Outaouais Administrative Regulations for the applicable procedures.

17.2 When the provincial championships do not allow all of our teams to register, teams will be selected based on the results of our playoffs.

17.2.1 If only one (1) team is permitted, we will send our regional champion;

17.2.2 If two (2) teams are permitted, we will send our two finalists;

17.2.3 In any other case, RSEQ Outaouais will establish a selection process, which must be approved in advance by the CSS.

ARTICLE 18. RULES

18.1 The official rules are those of Hockey Québec.

18.2 The specific regulations of RSEQ Outaouais take precedence over the official rules.

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