
SAFETY REGULATIONS
OF THE QUEBEC AMATEUR FOOTBALL FEDERATION
(TACKLE FOOTBALL)



January 2002 (revised January 10th, 2016)

NOTICE TO MEMBERS

THE FOLLOWING ARTICLES HAVE BEEN EXTRACTED FROM LAW ON SAFETY IN SPORTS (L.R.O., C.S 3.1) AND APPLY TO THESE REGULATIONS.

- Decision 29. A federation of sports organizations or a sports organization not affiliated with a federation must, after rendering a decision according to its safety regulations, send a copy to the person concerned by registered or certified mail within ten days, including the date of the decision, and must advise him/her that he/she may file an appeal with the Minister within 30 days of its receipt.
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- 1979, C. 86, A. 29; 1997, C. 43, A. 675; 1988, C. 26, A. 12; 1997, C. 79, A. 13.
- Ruling 29.1 The Minister may rule that a member of a federation of sports organizations or a sports organization not affiliated with a Federation must obey the safety regulations of the federation or organization when the federation or organization fails to do so.
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- 1988, C. 26, A. 13; 1997, C. 79, A. 14.
- Infraction and Penalty 60. A member of a federation of sports organizations or a sports organization not affiliated with a federation which refuses to abide by the Minister's ruling given under article 29.1 commits an infraction and is liable to a fine of \$100 to \$5,000, plus costs.
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- 1979, C. 86, A. 60; 1990, C. 4, A. 810; 1997, C. 79, A. 38. 1988, C.26, A. 23; 1992, C. 61, A. 555;
- Infraction and Penalty 61. Over and above any other sanctions which have been foreseen in the statutes or regulations of a federation of sports organizations or a sports organization not affiliated with a federation, of which the Minister has approved the safety regulations, anyone who does not obey the decision of the federation or organism enforcing the regulation commits an infraction and is liable to a fine of \$50 to \$500.
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- 1979, C. 86, A. 61; 1997, C. 79, A. 40. 1990, C. 4, A. 809;

TABLE OF CONTENTS

	pages
INTERPRETATION	4
CHAPTERS	
I Standards relating to installations and equipment for practice and competition	6
II Standards relating to participation in practice and competition	8
III Standards relating to the training and responsibilities of coaches	12
IV Standards relating to the training and responsibilities of officials	13
V Standards relating to the organization and holding of a competition	14
VI Standards relating to the premises, the services and the safety equipment required for a competition	15
VII The sanctions for non-compliance with the regulations	16
LIST OF APPENDICES	17
Appendix 1 Field plan	18
Appendix 2 First aid kit	20
Appendix 3 Medical form	22
Appendix 4 Extracts from the codes of ethics of the Federation	25
A) Code of Ethics of the coach	27
B) Code of Ethics of the official	30
C) Code of Ethics of the player	32
Appendix 5 Abrogated	33
Appendix 6 Recommendations	33
A) Recommendations for maintenance and adjustment of player's protective gear	34
B) Recommendations for first aid worker	38
C) Other recommendations	38
Appendix 7 Recommendation of the return to play protocol of the Corporation of the Quebec Sports Therapists (CTSQ)	40
Appendix 8 Accident Report Form	42
Appendix 9 Coaching certification prerequisites	45
Appendix 10 Procedures and sanctions for first aid worker during a game	47

INTERPRETATION

In these regulations, the following terms mean :

- Injury: Bodily injury that requires treatment by an health care professional or a first aid worker.
- Championship: Event sanctioned by the Federation where participating teams are eliminated, one by one, leaving a champion team.
- Training: Series of team exercises in preparation for a game.
- Coach: Any person registered to the Federation who work for the training and development of a team.
- Federation: Quebec Amateur Football Federation (Football-Quebec).
- Player: Participant in training or a game.
- Official : Person recognized by the Federation to direct a game sanctioned by the Federation, including the referee, the linesman, the umpire, etc.

Organizer: Person recognized by the Federation to organize a championship or games or other training as part of a league.

Game: Any encounter between two teams members of the Federation in the context of an organized league, a championship or a game-simulated.

Health Care Professionnal : A person holding a license issued by his/her professional corporation for provision of health care (doctor, physiotherapist, or a sport therapist).

Rules of the game: Rules contained in the rule book of Canadian Amateur Football Canada as well as technical and specific regulations issued or recognized by Football Quebec, available at the Federation.

First aid worker: Person who has successfully completed a training course in first aid, CPR and AED courses equivalent to general secourism (1 or 2 days) certified by the Red Cross, the company rescue or ambulance Saint Jean, and holds an updated certification.

Football First Aid worker: Person who has successfully completed the "Football First Aid worker" training course offered by the Federation or has obtained an equivalence recognized by the Federation or a health care professional who has obtained an equivalence with the Federation. In all cases, the certification must be updated.

This provision comes into effect on August 15th 2016 and modifies the title of First Aid worker.

SECTION I

The installations

- | | | |
|---------------|----|--|
| Surface | 1. | The playing surface must be natural grass or synthetic. It should be flat and free of bumps and holes or any object not needed to practice football. |
| Lines | 2. | If the field is marked, the limits, indicator lines and special lines must not be traced with calcium oxide (CaO) nor with calcium hydroxide (Ca[OH] ₂). |
| Indicators | 3. | Indicators marking the end zone and the game lines must be flexible. |
| Goal posts | 4. | All goal posts must be covered with foam rubber mattresses with a minimum thickness of 10,16 cm (4 in) and a minimum of 1,52 m (6 ft). |
| Security Zone | 5. | Any obstacle such as stands, fences, walls, light poles or spectators should be located at a distance of at least 4,6 m (5 yards) from the playing surface. |
| Protection | 6. | Any obstacle which cannot be removed located below the limit specified in article 5 must be covered with a protective material such as foam rubber mattresses with a thickness of 10,16 cm (4 ft) or protective equipment bag. |
| Field | 7. | The field size must comply with the rule of the game, according to the plan reproduced in APPENDIX 1. |
| Waiver | 8. | A waiver must be requested from the Federation, when the field is not in conformity with article 7. |

SECTION II

Equipments

- Equipments 9. Equipments used in practice for tackling or blocking must be in good working order.
- Training devices 10. Training devices used in practice for tackling and blocking must allow for shock absorption coefficient of restitution with a minimum of recoil.
- First aid kits 11. The first aid kit must conform to the description in APPENDIX 2. This kit must be accessible on the players' bench during a practice or a game.
- Telephone 12. Repealed.
- Inspection 13. The installation and equipment must be inspected before each practice by the coach or an assistant and before each game by the official.

SECTION I

General Guidelines

- Affiliation 14. A player who trains with a team which is member of the Federation must be registered with that team.
- Medical Form 15. A player must complete and provide to the coach a medical form as described in APPENDIX 3 stating that he is fit to undertake a training program.
- Equipments 16. A player must wear :
- 1° Soft knee of at least 0,95 cm (3/8 inch) thick;
 - 2° Thigh protectors of at least 0,95 cm (3/8 inch) thick;
 - 3° Hip protectors of at least 0,95 cm (3/8 inch) thick;
 - 4° Coccyx protector of at least 0,95 cm (3/8 inch) thick;
 - 5° Shoulder pads;
 - 6° Shoes conforming to the specifications of article 19;
 - 7° Mouthguard internal protective.
- Helmet 17. A player must wear a helmet approved by the National Operating Committee on Safety in Athletic Equipment (NOCSAE) to which a face guard is attached.
- No alteration should be made to the original helmet (eg.: communication device).
- The visor on the helmet must be clear to be authorized by the Federation.
18. The team must provide the player with a helmet appropriate to his level of practice according to the standards dictated by the manufacturer.
- The team must ensure the good condition of helmets and protective equipment used by players.
- The owner of the equipment must regularly maintain the players' helmets and protective gear in accordance with article 17 of this regulation. .

Cleats 19. A player wearing cleats for games played on natural grass or synthetic must meet the following criteria :

- 1° The shoes must have at least seven cleats on each sole, the minimum diameter of which at the tip of is 4,8 mm (3/16 inch),
- 2° Repealed;
- 3° No cleats should be more than 12,7 mm (1/2 inch) long;
- 4° Any cleats made of metal or metal-tipped or made of any other material which can cut are forbidden;

The traction rubber soled shoes are allowed.

Age Categories 20. The age categories are those set out in the technical and specific regulations issued or recognized by the Federation.

With the exception of college, university, junior and senior categories, every team must align players whose maximum is 36 months.

For the college category, every team must have players whose age range is 48 months maximum.

Only players aged 18 years and over can be aligned to university, junior and senior football.

Weight 21. Repealed

Responsibilities 22. In the course of a practice session or a game, the player must :

- 1° Declare to the coach any change in his state of health which prevents normal football practice or which might have harmful physical effects,
- 2° Declare to the coach if he is taking or is under the effects of medication,
- 3° Declare to the coach that he wears contact lenses,
- 4° Not consume or be under the influence of alcohol, drugs or other banned substances,
- 5° Bring to the coach's attention anything he considers dangerous at the location the activity is taking place,
- 6° Avoid carrying objects which might harm an adversary, the exception being those pieces used to make the protective gear and equipment prescribed by a health care professional and properly protected (eg. Splints, plasters, etc.).
- 7° Comply with the Player Code of Ethics reproduced in section C, of APPENDIX 4.

SECTION II

The practice session

Coach 23. A coach must be present to supervise a practice session.

First aid worker 24. A first aid worker must be present during a workout involving physical contact.

During training involving physical contact, a coach certified as a first aid worker can be identified as the responsible first aid worker.

However, a coach can not be responsible for the implementation of the return-to-play protocol.

Lighting 25. A practice must have adequate lighting.

Duration 26. Every time practice involving young people 13 years and under should not last more than two hours in any one day.

Warm-up 27. A warm-up period must precede a workout. The warm-up time is included in the time mentioned in article 26.

SECTION III

Participation in competition

- Club membership 28. A club participating in activities sanctioned by the Federation must be a member of the Federation.
- Player membership 29. A player participating in activities sanctioned by the Federation must have signed a Federation player certificate or be a member of an organization recognized by the Federation.
- Upgrading age 30. The upgrade of age, when permitted in a specific technical regulation and enacted or recognized by the Federation, must comply with the rules laid down in article 20 of this regulation.
- Upgrading weight 31. Repealed.
- Derogation 32. A league must make a written request to the Federation when it wants to obtain derogation from article 20 of present regulation.

SECTION IV

Return to play protocol

- Return to play 33. The team should adopt a recognized return to play protocol following a concussion. Recommendation of the return to play protocol of the Corporation of the Quebec Sports Therapists (CTSQ) is presented in Appendix 7.

CHAPTER III

STANDARDS RELATING TO THE TRAINING AND THE RESPONSIBILITIES OF COACHES

- Membership and affiliation 33. A coach participating in activities sanctioned by the Federation must be a member of the Federation..
- A coach who works within a team member of the Federation must be enrolled in the same team.
- Training 34. A coach must have technical accreditation recognized by the Federation to be eligible to coach a team which is member of the Federation.
- Training certification 35. Repealed.
- Coaching Levels 36. Depending on the category, a coach or an assistant coach, must have the levels established in the technical and specific regulations of the Federation.
- Responsibilities 37. A coach must :
- 1° Ensure that the installations and equipment meet the standards established in CHAPTER I;
 - 2° Ensure that the safety standards mentioned in CHAPTER II are followed.
 - 3° Have the following telephone numbers available :
 - Players or parents of players;
 - Police;
 - Ambulance service.
 - 4° In case of injury, ensure that a player can receive treatment.
 - 5° Ensure to send to the Federation, within 30 days, of the event, a report of any injuries incurred during a practice or during a game and requiring either ambulance or emergency room visit or a clinic within 24 hours.
 - 6° Forbid all forms of violent activities which are against the rules of the games or sportsmanship.
 - 7° Comply with the Coach code of ethics of the Federation reproduced in section A of APPENDIX 4.
 - 8° Comply with the player code of ethics of the Federation reproduced in section C of APPENDIX 4.
 - 9° Take reasonable measures to ensure that players are not under the influence of alcohol, drugs or other banned substances during a practice or a game.
 - 10° Make a commitment to a program of continuous training and proficiency regarding the coaching of football.

CHAPTER IV

STANDARDS RELATING TO THE TRAINING AND RESPONSIBILITIES OF OFFICIALS

- Membership 38. An official participating in activities sanctioned by the Federation must be a member of the Official association recognized by the Federation.
- Training 39. An official must have an official's certificate recognized by the Federation in order to officiate at a game sanctioned by the Federation.
- Training 40. Repealed.
- Official levels 41. An assigner shall assign an official to a game depending on his level recognized classification.
- Requalification 42. An official who has been inactive for a period of one year must requalify with the Federation. To requalify, he must follow a training course recognized by the Federation.
- Responsibilities 43. An official must :
- 1° Ensure that the premises, installations and safety equipment meet the standards set out in chapters I, V and VI.
 - 2° Ensure that the rules of the game are applied equally to all participants.
 - 3° Within 5 days of the event, send his assigner a report of all infractions of the present rules which occurred during a game.
 - 4° Comply with the Official code of ethics of the Federation reproduced in section B APPENDIX 4.
- Report 44. Within 5 days of its receipt, the assigner must forward the official's report to the Federation.

CHAPTER V

STANDARDS RELATING TO THE ORGANIZATION AND HOLDING OF A COMPETITION

- Responsibilities during a game 45. During a game, the home team must :
- 1° Ensure that the premises, installations and safety equipment meet the standards set out in chapters I, V and VI;
 - 2° Ensure that an ambulance service is on call;
 - 3° Ensure that no alcohol, drugs or other banned substances are taken inside or outside those areas reserved for the players, team personnel and officials.
- Responsibilities during a championship 46. During a championship, the organiser must :
- 1° Obtain Federation sanction;
 - 2° Ensure the eligibility of the players, coaches and officials;
 - 3° Identify the core personnel required to hold the championship;
 - 4° Ensure that the premises, installations and safety equipment meet the standards set out in chapters I, V and VI;
 - 5° Ensure that an ambulance service is on call;
 - 6° Ensure that no alcohol, drugs or other banned substances are taken inside or outside those areas reserved for the players, team personnel and officials;
 - 7° Within 10 days of the championship, forward to the Federation a report of all infraction of these regulations which occurred during the championship;
 - 8° Within 10 days of the championship forward a report to the Federation of all accidents or injuries which may have occurred during a game and requiring either an ambulance or a visit to the emergency room or clinic within 24 hours, and make the necessary recommendaitons, if any.

CHAPTER VI

STANDARDS RELATING TO THE PREMISES, THE SERVICES AND THE SAFETY EQUIPMENT REQUIRED FOR A COMPETITION

- Access 47. The entries to the playing area must be free of any obstacles which would impede rapid access to an ambulance.
- Spectators Area 48. The spectators area must be located at a distance of at least 4,6 m (5 yds) from the playing field. This area must be clearly demarcated.
- First aid worker 49. The home team must ensure the presence of at least one first aid worker on site during a game.
- The names of the two first aid worker will appear on the official score sheet.
- During a game , the first aid worker function can not be occupied by a coach from one or the other teams involved.
- See procedures and sanctions in case of absence of first aid in Appendix 10.
- Health Care Professional 50. During a championship, the organizer must provide at all times on the premises a health care professional also qualified as first aid within the meaning of this regulation.
- Emergency procedure 51. The home team or the organizer must make sure that anyone injured is taken to an hospital when required by the first aid worker or the health care professional.
- First aid kit 52. During a game, teams must have access to a first aid kit meeting the description in APPENDIX 2. This kit must be available on the players' bench.

CHAPTER VII

THE SANCTIONS FOR NON-COMPLIANCE WITH THE REGULATIONS

- Organizer 53. An organizer who contravenes this regulation may be refused, revoke or suspended the privilege by the Federation of presenting a championship sanctioned by the Federation.
- Official, coach or player 54. An official, coach or player who contravenes this regulation is liable to suspension by the Federation.
- Written report 55. An infraction must be reported to the Federation in writing within 10 working days of its occurrence, and the report must be signed by someone with the authority to enforce this regulation.
- Offense notice and infraction 56. The Federation must inform the offender, in writing of each infraction he is blamed and give him the opportunity to be heard within 30 days.
- Decision 57. The Federation must send by registered or certified mail a copy of its decision, to the person or team concerned, within 10 days from the date of its decision, and inform her that she may appeal or request review by the Minister.
- Request for revision 58. A person affected by a decision of the Federation may request the Minister to review the decision.
- This request for revision must be submitted to the Minister within 30 days of receipt of the decision.
- The decision for revision shall not suspend the execution of the decision unless the Minister decides otherwise.
- Appeal 59. The decision of the Federation may be appealed within 10 days by writing to the commissioner of the Federation and stating the facts and reasons for the appeal.

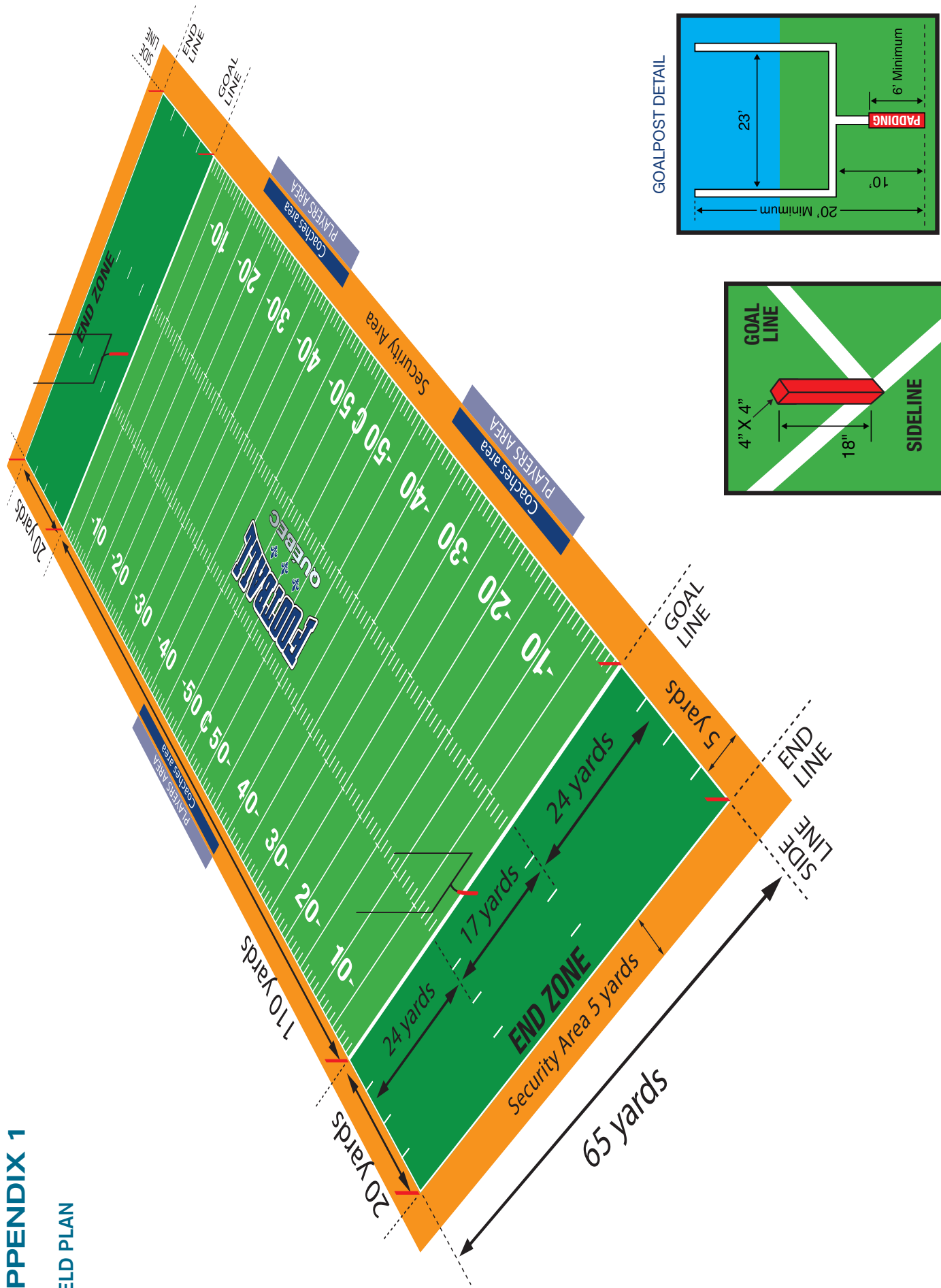
LIST DES APPENDICES

- Appendix 1 Field plan
- Appendix 2 First aid kit
- Appendix 3 Medical form
- Appendix 4 Extracts code of ethics of the Federation
- A) code of ethics of the coach
 - B) code of ethichs of the official
 - C) code of ethichs of the player
- Appendix 5 Abrogated
- Appendix 6
- A) Recommendations for the maintenance and adjustment of the player's protective gear
 - 1. Maintenance of the helmet. Some important information for the coach
 - 2. Procedure for adjusting a football helmet
 - 3. Procedure for adjusting shoulder pads
 - 4. How to establish a replacement and recertification program for football helmets.
 - B) Recommendations for the first aid worker
 - C) Other recommendations
- Annexe 7 Recommendation of the return to play protocol from the Corporation of the Quebec Athletic Therapists (CTSQ)
- Annexe 8 Accident report form
- Annexe 9 Coaching certification prerequisite

APPENDIX 1

APPENDIX 1

FIELD PLAN



APPENDIX 2

FIRST AID KIT

APPENDIX 2

FIRST AID KIT

Content approved by the Board of Sports Medicine Quebec



The contents of the kit should be updated after each workout, game or championship .

The minimum contents of a first aid kit are the following:

- 1° A first aid manual including new standards for CPR and DEQ approved by an organization known for its expertise in first aid;
- 2° The following instruments :
 - a) a pair of bandage scissors;
 - b) a pair of splinter tweezers;
 - c) 12 safety pins (assorted sizes);
 - d) a pair of shears and a battery screwdriver
- 3° The following bandages (or equivalent sizes) :
 - a) 25 adhesive bandages (25 mm x 75 mm) sterile, individually wrapped;
 - b) 25 gauze compresses (101,6 mm x 101,6 mm) sterile, individually wrapped,
 - c) 4 rolls of sterile gauze bandage (50 mm x 9 m) individually wrapped;
 - d) 4 rolls of sterile gauze bandage (101,6 mm x 9 m) individually wrapped;
 - e) 10 triangular bandages;
 - f) 4 pressure bandages (101,6 mm x 101,6 mm) sterile, individually wrapped;
 - g) a roll of adhesive tape (25 mm x 9 m);
 - h) 5 rolls of athletic tape (38 mm);
 - i) 1 eye bandage
- 4° Antiseptic :
 - a) 25 alcohol swabs to clean instruments;
 - b) small tube of triple antibiotic (ex : polysporin)
- 5° Following equipment for the immobilisation of a fracture :
 - a) splints for upper and lower limbs;
 - b) towels to insert in the splint;
 - c) tongue depressors for immobilization of finger
 - d) a blanket;
 - e) ice (box of bags for ice, ex. : ziploc).
- 6° A pocket mask with non-return valve.
- 7° 5 pairs of nitrile gloves by size placed in separate bags and identified
- 8° Telephone numbers of the ambulance and police.

APPENDIX 3

MEDICAL FORM

APPENDIX 3

THE MEDICAL FORM

FIELD PLAN

Football is a physical activity requiring important physical effort. In this questionnaire, we wish to verify your physical ability to play football, in order that you suffer no medical problems. We therefore ask you to answer these few questions honestly.

IDENTIFICATION

Name : _____ Age: _____

Address : _____ Height : _____

_____ Weight : _____

Tel : _____ Health Insurance No. : _____

STATE OF HEALTH

	YES	NO
1. Sensory affliction		
a) Do you have eyesight problems?	___	___
b) Do you wear glasses?	___	___
c) Do you wear contact lenses?	___	___
d) Do you have hearing problems?	___	___
2. Nervous system problems		
a) Do you suffer from fainting spells?	___	___
b) Do you have epilepsy?	___	___
c) Have you ever suffered a head injury (concussion)? If yes, when? _____	___	___
d) Do you suffer from brain or neurological disorders other than those mentioned above?	___	___
3. Respiratory problems		
a) Do you suffer from asthma or chronic bronchitis?	___	___
4. Kidney problems		
a) Have you ever suffered or do you suffer from any form of kidney disease?	___	___

	YES	NO
5. Muscular/skeletal problems		
a) Do you have limited movement of any of your limbs or of your spine?	___	___
b) Do you suffer from muscle weakness?	___	___
6. Systemic disorders		
a) Do you have diabetes?	___	___
b) Have you ever suffered from severe rheumatism?	___	___
7. Cardio-vascular problems		
a) Have you a cardiac or vascular problem?	___	___
b) Do you often have chest or heart pains?	___	___
c) Has your doctor ever told you that you have high blood pressure?	___	___
8. Skin problems		
a) Do you have any contagious skin disease?	___	___
9. Other conditions		
a) Are you taking any medication?	___	___
b) Have you ever undergone surgery? If so, when? _____	___	___
c) Have you suffered any type of injury what so ever in the last six months?	___	___
d) Do you suffer from any disease or ailment other than those mentioned above?	___	___
e) Do you suffer from any allergy? If so, which one? _____	___	___

For your own protection, we ask you to consult your physician if you have answered "yes" to one or more of the above questions and to send a copy of the medical report to your coach along with the doctor's recommendations.

List the injuries you have suffered which have kept you from playing your sport.

In accordance with article 22.1 of the safety regulations of the Québec Amateur Football Federation, you are obliged to inform your coach of any change in your state of health which might impair your ability to play football or which might endanger your physical well-being.

_____	_____	_____
Member's signature	Parent or legal guardian	Date

APPENDIX 4

EXTRACTS FROM THE CODES OF ETHICS OF THE FEDERATION

APPENDIX 4

EXTRACTS FROM THE CODES OF ETHICS OF THE FEDERATION

A) The Code of Ethics of the coach

B) The Code of Ethics of the official

C) The Code of Ethics of the player

“This does not eliminate the sources of pleasure for some, but rather justifies it in a broader context in order to avoid abuse others. To achieve these objectives, the principles of Sportsmanship (Fair Play) and ethical codes that we adopt are intended to promote a balance between freedoms and responsibilities of each and everyone”

Resolution ca091209 from Football Québec

A) THE CODE OF ETHICS FOR FOOTBALL COACHES

THE PRINCIPLES OF SPORTSMANSHIP (FAIR PLAY)

The Amateur football Federation of Quebec supports the principles of Sportsmanship (fair play) as advocated by the Canadian Amateur Football. These principles are :

- *Compliance with the rules.*
- *Respect for coaches and officials and their decisions.*
- *Respect for opponents.*
- *Giving every player an equal chance.*
- *Maintain self-control at all times.*

By promoting these principles in word and deed, we will improve everybody's football experience.

COACH'S COMMITMENTS

I am a football coach and in my involvement and my behaviors, I am an ambassador for Football in Quebec, to the general public and especially to my players. I support and promote the principles of Fair Play.

1. I am aware of the tremendous influence I exert on my players.
2. I recognize that the welfare of my players is the main element when I make any decision.
3. I watch at all times the physical safety of my players and ensure that they carry the football in a safe environment.
4. I understand the particularities and differences of each of my players and i see their respective consequences.
5. I make sure to establish a healthy environment for playing football and do not tolerate abusive language or authorities by or against my players.
6. I am courteous and respectful to my colleagues, supporters and officials.
7. I make sure that the player develops smoothly and that his choices reflect his abilities.
8. I ensure that the football players practice the values of Fair Play and mutual respect.
9. Never tolerate any form of cheating.
10. I know from the outset the rules that allow all my players a fair participation during training sessions or games.
11. I value participation and effort as much as performance and achievement.
12. I constantly develop and instruct myself to give my players high quality coaching.
13. I know the rules of the game of football and inform myself regularly on its developments.

14. I promote solidarity with all my players and with directors and other members of my organization.
15. I enact the early rules of good conduct and therefore constantly supervise the conduct of all members.
16. I favor self-transcendence, the desire to learn and I encourage social commitment of my players.
17. I value the work of officials and demand, without compromise, everyone's respect towards them.
18. When necessary, I will accept any constructive criticism of officiating using communication channels provided for this purpose.
19. I am opposed to any form of physical or verbal violence or abuse in football.
20. I never sacrifice safety or well being of my players for the benefit of my own prestige or my personal glory.
21. I respect the written and unwritten rules of football created to protect my players and ensure the smooth conduct of the games.
22. I will never deliberately break the rules.
23. I will not teach my players to behave intentionally in a manner contrary to the Fair Play or abusing an opponent unfairly.
24. The health of my players is a priority, so I will ensure that any injured players receives the necessary treatment without delay.
25. I ensure that guidelines and recommendations from the doctor or therapist in charge are followed exactly and without compromise.
26. I understand that the diagnosis and care of injuries are in no way my responsibility but are the responsibility of competent persons.
27. I know my responsibilities in this matter and never promote doping to my players.
28. I remain vigilant to intervene in situations which I consider a player violates the rules against doping.
29. I do not condone the use of prohibited substances and methods listed banned from the World Agency (WADA) and the CCES.
30. I promote health eating and will not tolerate the loss of weight except under the supervision of a medical authority competent.
31. I do not let the future of a player be compromised by waiving the rules of eligibility.
32. I demand nothing that could stop my players from doing well in their studies.

33. I strictly follow all the rules laid down on the recruitment of players.
34. I will not recruit any player already enrolled in a concurrent program.
35. I recruit stating honestly and frankly all the benefits my organization offers. I will not bring my competitors down in the eyes of players that I recruited.
36. I will not recruit a player if I know that I cannot keep my promises to him.

PENALTIES FOR NON COMPLIANCE

- 1) Verbal warning;
- 2) Written warning;
- 3) Complaint before the competent committee (club, league, commission, Federation).
- 4) Reprimand;
- 5) Suspension for a period to be determined by the appropriate committee, (club, league, commission, Federation).
- 6) Expulsion in case of recidivism.

B) THE CODE OF ETHICS FOR OFFICIALS

THE PRINCIPLES OF SPORTSMANSHIP (FAIR PLAY)

The Amateur football Federation of Quebec supports the principles of Sportsmanship (fair play) as advocated by the Canadian Amateur Football. These principles are :

- *Compliance with the rules.*
- *Respect for coaches and officials and their decisions.*
- *Respect for opponents.*
- *Giving every player an equal chance.*
- *Maintain self-control at all times.*

By promoting these principles in word and deed, we will improve everybody's football experience.

OFFICIAL'S COMMITMENTS

I am a football official and in my application and my behavior, I am an ambassador for football in Quebec, to the general public and players in particular. I support and promote the principle of Fair Play.

1. I know and apply the rules of the game of football with fairness and respect.
2. I take the time to explain the rules for young players during the game.
3. I can handle the game, taking into account the skill level and age of players.
4. I understand that my attitude and my behavior must command the respect of fans and attract the support of players and coaches.
5. I watch safety as much as fun in play.
6. I convey the importance of always being in good physical condition.
7. I work with coaches in order to establish a climate conducive to the smooth running of the game.
8. I condemn eating uncompromisingly and consider dangerous games as contrary to Fair Play.
9. I will not tolerate any form of violence and punish violations promptly.
10. I maintain a high level of concentration throughout the game.
11. I put the necessary effort to be steady and consistent for the duration of the game.
12. I answer calmly, politely and courteously any requests for explanations submitted by players and coaches.
13. I work constantly to improve myself and share my knowledge and my skills with other officials.
14. I am modest in the expression of my authority with the players.
15. In case of errors, I continue my work with calmness and serenity.

PENALTIES FOR NON COMPLIANCE

- 1) Verbal warning;
- 2) Written warning;
- 3) Complaint before the competent committee (club, league, commission. Federation).
- 4) Reprimand;
- 5) Suspension for a period to be determined by the appropriate committee, (club, league, commission, Federation).
- 6) Expulsion in case of recidivism.

C) THE CODE OF ETHICS FOR PLAYERS

THE PRINCIPLES OF SPORTSMANSHIP (FAIR PLAY)

The Amateur football Federation of Quebec supports the principles of Sportsmanship (fair play) as advocated by the Canadian Amateur Football. These principles are :

- Compliance with the rules.
- Respect for coaches and officials and their decisions.
- Respect for opponents.
- Giving every player an equal chance.
- Maintain self-control at all times.

By promoting these principles in word and deed, we will improve everybody's football experience.

PLAYER'S COMMITMENTS

I am a football player and in my involvement and my behavior, I am an ambassador for football in Quebec, to the general public and especially my parents. I support and promote the principle of Fair Play.

1. I respect my team and my sport as much on the field as off the field.
2. I respect my sport and the written and unwritten rules that govern it.
3. The good of my team comes before my own needs.
4. I accept the decisions of the officials and my coaches.
5. I always keep my composure and assume full responsibility for my actions.
6. I respect my coaches and conscientiously follow their guidelines.
7. I am aware that football is a game and not a fight.
8. I respect my opponent as much as my teammates.
9. I proudly wears the colors of my team and I respect the equipment it lends me
10. I refuse for myself nor will I tolerate among my teammates the use of drugs, medicines or any stimulants in order to improve performance.

PENALTIES FOR NON COMPLIANCE

- 1) Verbal warning;
- 2) Written warning;
- 3) Complaint before the competent committee (club, league, commission, Federation);
- 4) Reprimand;
- 5) Suspension for a period to be determined by the appropriate committee, (club, league, commission, Federation).
- 6) Expulsion in case of recidivism.

APPENDIX 5

ABROGATED

APPENDIX 6

RECOMMENDATIONS

APPENDIX 6

A) RECOMMENDATIONS FOR MAINTENANCE AND ADJUSTMENT OF PLAYER'S PROTECTIVE EQUIPMENT

1. MAINTENANCE OF THE HELMET

Some important information for the coach

A football helmet offers three basic protections. The interior stuffing of the helmet absorbs the force of contact, its roundness and its plastic shell made of polycarbonate divert and disperse the energy generated by contact.

As coaches, we have a responsibility to our players and we must ensure their protection by making certain that their helmets are free of any defects which may lead to serious head or neck injuries. To do this, we must follow the specific maintenance and care regulations of football.

- 1) Avoid piercing useless holes in the helmet. If you must absolutely pierce the helmet, still take every measure to avoid piercing useless holes.
- 2) Only the manufacturer can repaint the helmet to keep the warranty. Unapproved paint may shorten the life span of the helmet.
- 3) Clean football helmets with manufacturer approved agents only. Use of non approved agents such as paint, solvents or non-standard badge glue can void the manufacturer's guaranty.
- 4) At all times, verify all interior components of the helmet as well as all parts made of metal.
- 5) Replace the visor (face guard) if the metal is showing, if there is any breakage in the welding or if it has gotten out of shape.
- 6) Examine the helmet for any split, especially around the holes where the majority of these splits occur. Never use a split helmet.
- 7) Ensure that the helmet is properly adjusted (see the adjustment procedure in section 5.2).
- 8) Do not allow anyone under any circumstances to sit on a helmet. This is not a seat.
- 9) Have your helmet cleaned and recertified periodically to ensure that it is still meets the standards dictated by the NOCSAE (see section t.4).
- 10) Be the spokesman against spearing.

2. SOME IMPORTANT INFORMATION FOR THE COACH

Adjusting a helmet takes time. The equipment manager and the player should, as much as possible, work in a calm environment conducive to concentration, so that they can detect the smallest problems. These adjustment sessions should not be considered only as safety measures but also as an important educational lesson for the player and his football program.

- 1) Lay out the helmets by size. The assorted chin guards and internal protectors should also be grouped according to size to facilitate quick change.
- 2) Make sure that only the equipment manager, the player and at most one or two others are in the room at the time of the adjustment. The adjustment of the helmet will go better if the player is sitting down.
- 3) During the adjustment, in order to maintain the adjustment throughout the season, the player should always wet his hair in order to reproduce the sweating which will happen during games and practices. With regard to this, insist that players keep their hair at a reasonable length during the season.
- 4) With a measuring tape, measure the circumference of the head approximately one inch above the eyebrows to know the size of the head. This will determine the size of the helmet.
- 5) The chinstrap should be well centered and tightened to hold the helmet firmly. The front should move in unison with the headphones during lateral movement.
- 6) At all times, a good fitting helmet should be about one inch above the eyebrows.
- 7) If the player applies downward two-handed pressure (fingers interlinked) to the top of the helmet, the resulting pressure should be felt on the top of the head and not on the forehead. The exercise is considered a good indicator of the adjustment of the helmet.
- 8) The chin guards should be in firm contact with the cheeks.
- 9) The interior padding of the helmet should seem firm to the player and should contact as much of the head as possible. The back-border of the helmet should cover and protect the bottom of the neck.
- 10) The different procedures of a good fit must be maintained throughout the season.

3. PROCEDURE FOR ADJUSTING SHOULDER PADS

- 1) Begin adjusting the shoulder pads without the jersey to start.
- 2) First measure the player's shoulder width and refer to the chart below to determine the size of shoulder pads which is appropriate.
- 3) Try on the shoulder pads. Attach the straps and laces. Be sure that the sternum and the spine are well protected by the shoulder pads.
- 4) Front view :
 - a) The shoulder pads should be ½ inch wider than the shoulders on each side.
 - b) The shoulder pads should cover the pectoral muscles.
 - c) The neck protector (or collar) of the shoulder pads should be loosened about ½ inch in order to provide some freedom of movement for the neck.
 - d) Lifting the arms should not cause pinching of the skin at the neck.
 - e) The shoulder pads should cover the clavicle.
 - f) When attached, the two front sections should never overlap.
- 5) Side view :
 - a) Ensure that the AC canal of the shoulder pads covers the AC joint of the shoulder (AC acromioclavicular).
 - b) The caps of the outer ends of the shoulder pads should cover the deltoid muscles.
 - c) Ensure that the clavicle is well protected.
- 6) The player's sweater must always cover all equipment.

Measurement chart for football 14 years and over			Measurement chart for football 6-13 years		
With of shoulders	Chest Measurement	Size of Shoulder Pads	With of shoulders	Chest Measurement	Weight
15" - 16"	32" - 34"	Jr. Var. Small	10" - 11"	26" - 28"	60 - 80 pds
16" - 17"	34" - 36"	Jr. Var. Medium	11" - 12"	28" - 30"	80 - 100 pds
17" - 18"	38" - 40"	Small	12" - 13"	30" - 32"	100 - 130 pds
18" - 19"	42" - 44"	Medium	13" - 14"	32" - 34"	130 - 150 pds
19" - 20"	46" - 48"	Large	14" - 15"	34" - 36"	150 - 170 pds
20" - 21"	48" - 50"	X-Large	15" - 16"	36" - 38"	170 - 190 pds
21" - 22"	50" - 52"	2 XL			
22" - 23"	52" - 54"	3 XL			
23" - 24"	54" - 56"	4 XL			
24" - 25"	56" - 58"	5 XL			

4. HOW TO MANAGE REPLACEMENT AND/OR RECERTIFICATION OF HELMET

When you buy helmets from the NOCSAE (National Operating Committee on Safety in Athletic Equipment) recognized manufacturer, each will be stamped « NOCSAE ». But what happens to them when they're 15 or 20 year old?

It must be said that if the helmets have not been recertified during this period, they certainly do not meet NOCSAE, standards since these standards stipulate periodic recertification of helmets.

It is important to know that helmet recertification should be done not only on the basis of "the age of the helmet" but also on the basis of "the type of program" in which is used.

For example, helmets used in programs aimed at players in the 7-13 age group will require less attention than those used in a more competitive program for players in the 16-17 age group.

The main question for a football organization or association is how to keep an inventory of helmets in good condition. The answer is not easy since the ages of the players, the amount of use and the number of helmets in the inventory are all factors to be considered.

As a general rule, at a high level of competition and if the budget allows, a good system would involve the replacement of about 15% of the inventory each year. With such a rotational system, all the team's helmets would be replaced every seven years which is extremely to be wished.

At lower levels of play, a similar system of rotation would see 10% of the inventory replaced annually over ten years, which should be acceptable.

Nevertheless in the majority of cases, football teams's budgets do not allow setting up such helmet replacement programs. For them a program combining replacement and recertification is effective.

The table which follow is a useful guide for applying one or another of the inventory management programs described above and is based on the example of a football organization or association which has 100 helmets for a low levels program (13 years and under) and 100 helmets for a more competitive level of play (14 years and older).

REPLACEMENT PROGRAM ONLY

	Program 13 years and under	Program 14 years and older
Annually	10 helmets	15 helmets

REPLACEMENT AND RECERTIFICATION PROGRAM

	Program 13 years and under		Program 14 years and older	
	Replacement	Recertification	Replacement	Recertification
Annually	5	5	5	10

* The cost of recertifying a helmet is approximately one quarter of the replacement cost or less.

B) RECOMMENDATIONS FOR FIRST AID WORKER

Have in a binder :

- 1) Medical profile for each athlete
- 2) Action plan in case of emergency
- 3) Insurance form to fill out in case of injury
- 4) Telephone number of coaching staff
- 5) Photocopy of certificate of successful completion of the first aid CPR and AED

C) OTHER RECOMMENDATIONS

For supplements important information on safety in football we suggest that you regularly check the **SAFETY** section on the official website of the Federation Quebec Amateur accessed via this address **<http://footballquebec.com/sujet/secureite>**

APPENDIX 7

**RECOMMANDATION OF THE RETURN TO PLAY PROTOCOL FROM
THE CORPORATION OF THE QUEBEC SPORTS THERAPISTS (CTSQ)**

ANNEXE 7

RECOMMENDATION OF THE RETURN TO PLAY PROTOCOL FROM THE CORPORATION OF THE QUEBEC SPORTS THERAPISTS (CTSQ)

5.2.2 RETURN TO PLAY⁺⁺

Adapted from the Montreal Children's Hospital Concussion Kit 35 & Zurich Consensus statement on concussion in sport

Step 1

No Activity

- Requires that children and young adults be symptom free for several days (preferably 7) before they can move on to Step 2^{7,61}

Step 2

Light aerobic exercise, keeping intensity between 50-70% of maximum heart rate for 20 minutes⁶⁶

- Walking, swimming, stationary cycling

NOTE: It has been suggested in the literature that a rest period of 7 days could help decrease the severity of symptoms related to the concussion and increase cognitive performance upon recovery.⁶⁷ From Step 2 to 7, a minimum of 24 hours between steps is necessary.

Step 3

Light aerobic exercise (50-70% max heart rate for 20 minutes) and the addition of individual sport-specific drills

- Specific drills should be incorporated to the workout and should not include any plyometrics and rotation/change of direction exercises such as spins and jumps.

Step 4

Sport-specific exercise

- Drills that are sport-specific, done individually or with a teammate. Increase duration of exercise, resistance training can be incorporated. Should not include head impact activities. Possible to incorporate plyometrics and rotation/change of direction exercises such as light jumps and spins.

Step 5

Non-contact training drills

- Practice more complex drills, increase resistance training, increase level of skills (jumps, spins).

Step 6

Full practice with body contact

Step 7

Return to play

- Normal game-play with body contact.

If a particular step during the graded RTP protocol was to cause symptoms, athletes should rest (cognitive and physical) until symptom-free for a minimum of 24 hours before starting over at the previous step.

APPENDIX 8

ACCIDENT REPORT FORM



ACCIDENT REPORT FORM

Identification of injured player First Name : _____ Family Name : _____ Address : _____ Postal Code : <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> Phone : <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> Age : <input type="text"/> Sex : <input type="checkbox"/> M <input type="checkbox"/> F	Activity Sport : _____ Caliber : 6-10 yrs. old <input type="checkbox"/> 1 16-18 yrs. old <input type="checkbox"/> 2 11-15 yrs. old <input type="checkbox"/> 3 18 yrs. old + <input type="checkbox"/> 4 Situation : Training <input type="checkbox"/> 1 Competition <input type="checkbox"/> 2
Moment of the accident Date _____ Time _____	

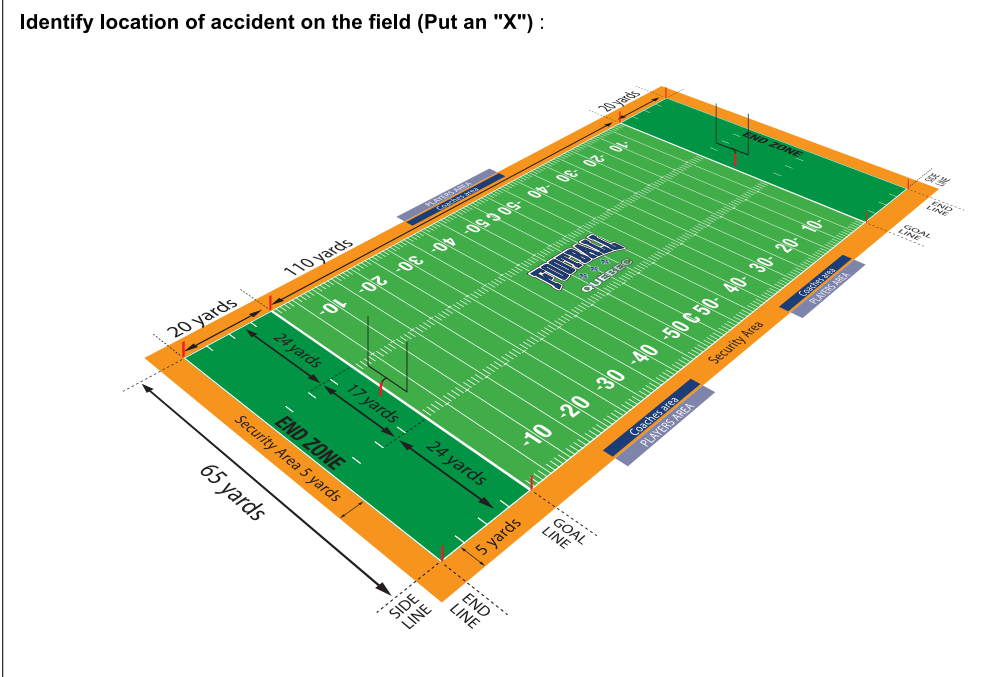
FOR MORE DETAILS ON HOW TO FILL IN THE FOLLOWING SECTION, PLEASE READ NEXT PAGE

Location of the accident _____ _____ _____ _____ _____ _____ _____	Identification of the parent/tutor in charge First name : _____ Last name : _____ Address : _____ _____ Postal code : _____ Phone : _____
--	--

Details of the accident

Was the helmet removed? : _____

Was there transportation in an ambulance? : _____ By who? : _____



INJURY

Body part

Nature of injury :

Concussion	<input type="checkbox"/>	Scratch	<input type="checkbox"/>	Type :	New injury	<input type="checkbox"/>
Contusion	<input type="checkbox"/>	Fracture	<input type="checkbox"/>		Recurring	<input type="checkbox"/>
Cut	<input type="checkbox"/>	Unknown	<input type="checkbox"/>		Aggravation of existing condition	<input type="checkbox"/>
Dislocation	<input type="checkbox"/>	Others (specify)	<input type="checkbox"/>		Comments :	_____
Sprain	<input type="checkbox"/>					_____

Witness(es) : _____ **Phone :** _____

<p>First aid :</p> <p>First aid given : yes no</p> <p>If so, by who : _____</p> <p style="margin-left: 40px;">Nom _____</p> <p style="margin-left: 40px;">Job title _____</p> <p>Referred by : Home <input type="checkbox"/> Medical clinic <input type="checkbox"/> Hospital <input type="checkbox"/></p>	<p>Person who filled this report form</p> <p>Name : _____</p> <p>Job title : _____</p> <p>Signature : _____</p> <p>Date : _____ Phone : _____</p>
---	--

FILLING THIS REPORT FORM:

This report must be completed each time there is an accident resulting in injury deemed significant(ambulance, concussions, etc.).

SCENE OF THE ACCIDENT

In this section, please provide the following information:

- Name the park, stadium, school or other ...
- Address (if possible)

To identify as precisely as possible the location of the accident, it is recommended that its indicated by X on the ground (see field diagram)

DESCRIPTION OF THE ACCIDENT

Please include in this section any information that may explain the mechanism of the accident by considering the chronology of events.

DESCRIPTION OF INJURY

Please check the boxes that identify the best location, nature and type of the injury. In the case of multiple injuries, more than one box may be used per item (location, nature, type). In this case, it is recommended to use different symbols (x, ✓, o) . The location, nature and type of each injury will be identified with the same symbol.

WITNESSES

It is recommended to identify the main witnesses of the accident, if any.

COMMENTS FROM THE FIRST AID WORKER THAT WAS ON LOCATION

APPENDIX 9

COACHING CERTIFICATION PREREQUISITES

APPENDIX 9

COACHING CERTIFICATION PREREQUISITES

Coach vs age group players	6-11/12 yrs. old	12/17 yrs. old	17-19/22 yrs. old	19-24/25 yrs. old	Recreational 18 yrs. old & 19 yrs. old + recreation
Head Coach	CSC	CC	CD	CD	CC
Coordinator	CSC	CC	CD	CD	CC
Position Coach	N/A	P - CC	P - CC	P - CC	P - CC

Coach vs age group players	6-11/12 yrs. old	12/17 yrs. old	17-19/22 yrs. old	19-24/25 yrs. old	Recreational 18 yrs. old & 19 yrs. old + recreation
All Coaches *	MH	MH	MH	MH	MH
All Coaches *	SF	SF	SF	SF	SF

CSC : COMMUNITY SPORT COACH	P - CC = POSITION SPECIFIC PORTION OF THE CC
CC : COMPETITION COACH	CD = COMPETITION DEVELOPMENT
MH : MAKING HEADWAY	SC=SAFE CONTACT

***Timeline :**

- Making Headway = Mandatory for Fall 2015
 - SC (SAFE CONTACT)
 - Mandatory as of march 31st 2016 : 50% of each team's coachign staff including the head coach
 - Mandatory as of march 31st 2017: 100% of each team's coaching staff;
- Each new coach joining a team will have a year to complete his Safe Contact course

APPENDIX 10

PROCEDURES AND SANCTIONS FOR FIRST AID WORKER DURING A GAME

APPENDIX 10

PROCEDURES AND SANCTIONS FOR FIRST AID WORKER DURING A GAME

AUTOMATIC EQUIVALENTS :

Anyone with training "Sports First Responder" will automatically receive certification from the Federation through a request for equivalence.

NB: Doctors, nurses and certified paramedics will be offered the opportunity to attend a refresher course of a day and obtain certification Rescue Football.

- The names of the 2 first aid workers will be placed on the game sheet (not a signature, only the name in print).
- Before the start of the game, the head referee will call the 2 first aid workers identified on the scoresheet. They will simply have to meet the ref.
- In the event that no first aid worker is present, the match can not be played.
- The wait time for the presence of a first aid worker will be 15 minutes.
- If only one first aid worker is on site, the game can be started. If the 2nd first aid worker arrives within the first 15 minutes, their presence is signaled to the referee. No sanction will be issued.
- When a first aid worker is not present, the official will have to complete a report indicating the details of his absence (team name, game #, league, people involved, etc.). This report (as the usual ref reports) will be sent to the assignee who will send it to the league and it will share with Football Quebec.
- If only one rescuer is on site, the game can be played without the latter having to consent to supervise the 2 teams. However the team that has not first aid will be given a penalty. Penalties will be issued, according to the Safety Regulation, to the head coach of the organization. Sanctions will be progressive in the case of a repeat offender team.
- The scale of penalties will be :
 - First offense: Official Warning from the Federation to the team and the head coach in question.
 - Second offense: Fine from the Federation to the team and head coach in question and notice of suspension at the next offense.
 - Additional offenses: Suspension of coach

