

## QUEBEC MIDGET AAA HOCKEY LEAGUE (LDHMAAAQ)



### *Information and Instructions for Parents or Guardians*

As the parents or guardians of a young hockey player, you know your role, having played it many times. In this document, the managers of the Quebec Midget AAA Hockey League (LDHMAAAQ) wish to inform you about some regulations and policies that may concern you as parents or guardians, and affect your child. You are required to review these regulations and policies. To show that you have done so, you and your child must then sign the document and forward it to one of the persons responsible for your child's team. You will find details about regulations, bylaws, the code of ethics, and various policies and activities on the League's website at [www.liguemidgetaaa.ca](http://www.liguemidgetaaa.ca) under the heading *Ligue, Informations et Règlements* [league, information and regulations].

#### CODE OF ETHICS

##### **Article 1.12 Code of ethics of the League:**

Purpose of the code of ethics: The purpose of the Quebec Midget AAA Hockey League, which encompasses Quebec's best hockey players aged 15, 16, and 17, is to develop these young players, while helping them to pursue their studies, as members of teams associated with educational institutions. The League has established a number of policies that will significantly enable it to achieve its development objective:

Mission: To allow optimum development of all Quebec Midget AAA Hockey League players.

Values: Respect, fairness and optimum development of youth (athletic, academic, social, and personal).

Principles with regard to discrimination: The League wholly subscribes to the basic principle that all persons are entitled to the recognition and equality of the rights and freedoms of the person, on a fully equal basis, without distinction, exclusion or preference on grounds that include but are not limited to race, gender, colour, religion, language, ethnic or national origin, sexual orientation, disability, social status, or any other ground for discrimination that is prohibited by law. The Quebec Midget AAA Hockey League is therefore committed to non-tolerance of any discriminatory behaviour, or any of the above-mentioned forms of discrimination.

This code of ethics has thus been developed to safeguard and promote these policies, while protecting the reputation and ensuring the viability of the Quebec Midget AAA Hockey League. The code of ethics defines the attitudes and behaviour deemed appropriate for healthy engagement in hockey in the League, and for its brand or corporate/public image.

Applicability of the code of ethics: This code of ethics applies to all members of the Quebec Midget AAA Hockey League, that is, anyone who plays a role in the League's management, operations, and activities, or on a team playing in the League.

Authority for and review of the code of ethics: This code of ethics comes under the authority of the management of the Quebec Midget AAA Hockey League. Regulations may be amended or added as approved at the annual general meeting of the Quebec Midget AAA Hockey League.

Guiding principles and basic values: The Quebec Midget AAA Hockey League's code of ethics is founded on four (4) guiding principles and highlights five (5) basic values:

- All Quebec Midget AAA Hockey League members are required to follow the League's regulations and those of Hockey Québec.
- This code of ethics serves to guide the conduct of Quebec Midget AAA Hockey League members, in terms of how they should or should not act in pursuit of the five (5) basic values highlighted: education, sportsmanship, safety, respect, and integrity.
- In all aspects of their work and their involvement in the League's operations and activities, members shall (in their behaviour and attitudes) incorporate and demonstrate the values targeted by the League. Members shall, at all times, ensure that they observe the spirit and specific requirements of this code of ethics. Each League member shall thus be personally responsible for adopting and observing the rules of conduct outlined in this code.

- The League’s mission, values, and rules, the code of ethics, and the safety and well-being of players, shall always take precedence. They shall never be sacrificed in favour of prestige, personal glory, or victory.

Operational procedures:

- Team managers are responsible for observing the code of ethics, making it known to their team members, reminding them that they must follow the ethical rules indicated and, if necessary, guiding their conduct in accordance with this code.
- League managers are responsible for observing the code of ethics, ensuring that these rules are followed, and taking appropriate steps to deal with non-compliance. To this end, it is the role of the disciplinary committee and League managers to evaluate each situation of non-compliance with the code of ethics, and to issue a warning, impose a penalty, or implement a disciplinary measure, depending on the seriousness of the situation, its consequences, or repeated offences.

**The following sections of the code of ethics concern you as parents or guardians, that is, Duties and obligations of players and parents/guardians.** Sections concerning managers, trainers, and officials may be found on the League’s website at [www.liguemidgetaaa.ca](http://www.liguemidgetaaa.ca) under the heading *Ligue, Informations, Règlements* [league, information, regulations], where you will find the code of ethics in its entirety.

**Duties and obligations of players**

To derive maximum benefit from involvement in hockey as part of the Quebec Midget AAA Hockey League, players must adopt attitudes and behaviour stemming from the sportsmanship and values advocated in the League.

Quebec Midget AAA Hockey League players shall observe the following ethical standards:

**Ethical standards of players**

- 1) They shall play for their enjoyment, remembering that hockey is not an end in itself, but a means for them to develop as players and as individuals. They shall avoid becoming discouraged when they lose and boastful when they win.
- 2) They shall strictly observe the rules of play and the code of ethics. They shall accept the decisions of officials, remembering that officials are there to apply the rule book, so that no player or team enjoys an advantage that is unfair, illegal, or inconsistent with the rules for playing hockey.
- 3) They shall exercise self-control to ensure that hockey, while being a rough sport, does not become brutal or violent. They shall be aware of their responsibility for the safety of their opponents.
- 4) They shall show respect for those involved, their teammates, the premises, officials, opponents, and fans. They shall avoid any form of discriminatory behaviour.

- 5) They shall conduct themselves in an exemplary manner on and off the ice, for the benefit of their organization and the League. They shall refrain from consuming any drug or alcoholic beverage.

**Duties and obligations of parents or guardians:**

It is important that close cooperation be established between parents or guardians, schools and sports. Parents or guardians concerned in their child’s development must become interested in their well-being and be aware of the educational values taught through sport. Therefore, they must cooperate in the use of hockey as an educational tool and a means of expression in order that their child benefit from the game.

To ensure that parents or guardians properly exercise their role in the Quebec Midget AAA Hockey League, they shall observe the following ethical standards:

**Ethical standards of parents or guardians**

- 1) Teach their children that an honest effort is worth as much as a win.
- 2) Never ridicule a child who has made a mistake or has lost a game.
- 3) Through their own example, encourage their children to respect the rules and solve conflicts without aggressiveness or violence.
- 4) Help their children in their search to upgrade their abilities and develop their sportsmanship.
- 5) Behave properly and use appropriate language.
- 6) Avoid any form of verbal violence aimed at players and support all efforts made in this respect.
- 7) Recognize their children’s good performance as well as that of their opponents.
- 8) Demonstrate respect for coaches, administrators, on and off-ice officials.
- 9) Never forget that their children are playing hockey for their own pleasure and not that of their parents.
- 10) Objectively judge their children’s capabilities and avoid projections.
- 11) Help their children to choose one or more activities according to their taste instead of forcing them to play hockey.
- 12) Avoid family discrimination aimed at their daughters.

## LEAGUE POLICIES

### **Rights to a player's services according to Hockey Québec:**

- An organization or a team shall sign players to which it has rights. These rights are granted by virtue of the fact that players legally reside in the team's recruitment territory.
- Each league has the responsibility of determining the recruiting territory allotted to each organization or team to foster balanced competition between the teams. Said territory must be approved prior to August 31; it remains in force until such time as a request for modification has been accepted by Hockey Québec.

### **Legal residence:** "Legal residence" is defined as follows:

The parents' usual residence, when parents live in the same house or, if one of the parents is deceased, the usual residence of the surviving parent.

- In cases where parents do not live in the same residence, the usual residence of the parent having legal custody of the player or, if both parents have legal custody, the usual residence of the parent with whom the player usually lives, or, if the player does not usually live with either parent, the player may play in the recruitment territory that covers the usual residence of one or the other parent.
- When legal custody of the player has been granted to a third person, the usual residence of that person.
- Where very unique family circumstances exist, a regional board of directors may determine a player's recruitment territory, where requested by or on behalf of the player before September 1. This decision shall be final and may **not** be appealed. No other change shall be authorized during the current year.

N.B. The term "legal custody" refers to custody of the player, granted by a court of law under one of the following circumstances:

- The application of the Divorce Act (Superior Court judgment)
- Legal separation (Superior Court judgment)
- Loss of parental authority (Superior Court judgment)
- When it is deemed the child's development is compromised (Youth Court judgment)
- When both parents are deceased (Superior Court judgment)

**The parents or guardians shall sign the declaration of legal residence in the document for that purpose. Making a false declaration may have the following consequences:**

- a) The player may no longer play for the organization (the team) to which a false declaration has been made.
- b) The player may be suspended for a period not exceeding one year.

## Policy concerning the use of photographs

The parent or guardian:

- Shall authorize the Quebec Midget AAA Hockey League to use photographs of their child as issued by the League and approved by the parent or guardian, to produce information, advertising, outreach, and promotional material about the Quebec Midget AAA Hockey League's activities for the current season.
- Shall waive and release the Quebec Midget AAA Hockey League from all claims on the grounds of copyright, distribution, privacy, or image rights, or for any other cause, resulting from the use of photographs issued by the League and approved by the parent or guardian.
- Shall release the Quebec Midget AAA Hockey League, as well as its executives, employees, representatives, and agents, from all liability for any resulting damage, loss, or inconvenience.
- Shall not be a member of any union, society, or association of authors, composers, artists, musicians, or other stakeholders likely to claim any interest whatsoever in the said photographs.
- Shall not have transferred the aforementioned rights to other parties who might be inconsistent with this Quebec Midget AAA Hockey League policy.
- **Shall attest thereto by signing the document.**

## LEAGUE REGULATIONS

### **Here are some articles of the League's regulations and policies that may concern you as parents or guardians, or affect your child:**

*Registration, Schooling requirements, Replacement of players, Minimum use of goalkeepers, Change of residence, Warm-up, Interaction with fans, Mouth protector, School suspension, Obligation to divulge, Use of social media, Anti-doping policy.*

**Registration:** To be eligible to play in the League, a Midget-age player shall attend a school or college on a full-time basis, and provide evidence of said attendance, unless special permission is granted by the League.

Definition of "FULL-TIME": Taking a full course load and meeting the requirements of the school or college.

**Article 2.4: Schooling requirements.** Before playing the first regularly scheduled game as an affiliate player for a Midget AAA League, a regular player shall sign the student player contract. This student player contract shall be accompanied by the report card and/or transcript from the Department of Education for the previous year (where applicable). If this situation arises during the year, the student player shall provide the most recent transcript for the current year. The League office shall receive these documents within five working days after the player's first game.

Any player who signs an affiliate player contract shall comply with Articles 2.04.1 and 2.04.2 (Hockey Québec Administrative Regulations) by the player's sixth game after January 10.

Before playing a first regularly scheduled game, a student player shall provide the team's academic advisor with an official copy of the player's course schedule. The player shall provide the team's academic advisor with proof of school attendance, that is, a photocopy of the official certificate used by the institution, on or before October 1. The player shall provide the team's academic advisor with proof of school attendance on or before January 10 of the following year.

The League office shall receive transcripts by registered mail, within five working days following the team's first game.

**Article 3.15 Replacement of players:** All changes made during the season shall be approved by the LDHMAAAQ hockey committee. The committee's decision shall be final and may not be appealed. If a team wishes to make a change, it shall submit its reasons to the Director General in writing, or through a conference call with the committee.

There may be a change of players when a player is cut from an LHJMQ team. In such cases, the players in the LHJMQ downward cascade shall be available to other LDHMAAAQ teams.

**There may be a maximum of one change for player development reasons.** In this case, the request for the change shall be forwarded to the hockey committee by November 1. The Midget AAA team is required to find another team of the player's calibre, that is, a Midget AA team if one exists, a Midget BB team if no AA team exists, a Midget Espoir team, or even a Junior AAA team if the player is of age.

The team shall also be required to give the player the opportunity to remain at the same school. Unless these conditions are met, no change may be authorized.

In cases involving disciplinary reasons and/or misconduct, unless there is a significant reason, before a change is made, there shall first be a meeting with the player, a warning to the player and the parent, and at least one sanction imposed on the player, **which shall involve a one-game suspension.** Following the initial meeting with the player and the parent or guardian, the LDHMAAAQ committee shall be informed thereof by providing a summary of the meeting.

When a player is released for disciplinary reasons and/or misconduct, the player's name shall not be submitted to be signed by another team. The player shall be released from all Midget AAA teams.

When a player has been released by a team during the season and signed by another team, unless there is a disciplinary and/or health reason evaluated by the hockey committee, the player shall finish the season with the new team, regardless of whether or not there is any downward cascade. Unless this procedure is followed, the team in default shall be sanctioned by the hockey committee.

The sanction may involve the payment of money or the team's loss of the right to sign players, or both.

**Article 3.16 Minimum use of goalkeepers** The teams undertake to allow each of their two regular goalkeepers to play one-third of the games for which they are available. This represents a minimum of fourteen (14) starts and 840 minutes if a goalkeeper is available for the thirty-eight (38) regular season games.

If a goalkeeper is absent owing to injury, illness, suspension, some other major reason, and/or for LHJMQ games, there shall be a reduction in the number of games for which the goalkeeper is unavailable to the Midget team. This reduction shall be based on the forty-three (43) regular season games, and the goalkeeper shall play at least one-third as a starter and in time. For example, if a goalkeeper plays seven (7) games with the goalkeeper's LHJMQ team, or is unavailable for that number of games, the thirty-eight (38) games shall be reduced by eight (8) games. This leaves thirty (30) games in which the goalkeeper shall start and play one-third of the time. The goalkeeper shall thus start in twelve (12) games and play 720 minutes.

**Article 3.18 Change of residence:** Starting in the month of August, any player who moves (or has moved) may not take part in any activity of the team in the player's new region (practices, regular and/or preseason games, selection camp, upgrading proficiency camp and/or training camp) without first signing the necessary documents, submitting the necessary proof, and obtaining the authorization of the hockey representative of the region where the player lived previously, as well as the hockey representative of the player's new region.

If the player comes from the same region, the team shall have obtained the permission of the region's official representative. Examples of the two (2) regional teams: Québec, Chaudière-Appalaches, Lac St-Louis, Laurentides-Lanaudière, and Richelieu.

We allow teams to play players whose Declaration of Residence form has been signed by the player or the player's parents and/or guardian. If it is prove that a false declaration has been made by a player and/or the player's parents or guardian, this may lead to the player's suspension for a full season. A change of residence for hockey purposes is also recognized when the player, the parent(s) and/or the legal guardian return to the same address where they lived during the player's Midget AAA trial period or the season following the Midget AAA trial period.

If the League receives a complaint, the Convenor's Office shall hear the team that finds itself in this situation. If the Convenor's Office decides that the team in question is acknowledged to be in default, the team shall be sanctioned in the amount of \$10,000, of which \$5,000 shall be paid to the team for which the player ought to have played, and \$5,000 to the League. Teams shall be responsible for verifying whether their players' addresses are valid and accurate.

#### **Article 9.1 Warm-up:**

**Article 9.1.1** Any misconduct without further incident, which involves failure to observe the red line, failure to observe warm-up time, and shooting one or more pucks at the opposing team's net, shall be sanctioned as follows:

- Each player in default (except for the goalkeeper) shall receive a Code **C98** (failure to observe warm-up), a 10-minute penalty to be served at the start of **the player's next game**.

- Each goalkeeper in default shall receive a Code **A98**, a 2-minute penalty that shall **necessarily** be served by a player designated by the coach, at the start of the team's next game.

- If there are no more than five (5) players on the penalty bench at the same time for a Code C98, the players shall be selected in the chronological order of the infractions. However, there may not be more than two defence players at the same time for a 10-minute penalty at the start of a game.

- If a team has more than five (5) players on the penalty bench, the other players shall serve their Code C98 10-minute penalty at the second game following the incident.

- If a player has earned a Code C98 for warm-up, as well as another C (10-minute penalty) during the same game, the player shall be suspended for the next game, since two 10-minute penalties in the same game automatically result in a suspension.

#### **Article 9.1.2 For any misconduct during warm-up, involving the following infractions:**

- shooting the puck at an opposing player;  
- crossing the red line with the player's stick, body, or skates (except accidentally if a player trips);  
- sticking or body-checking an opposing player, whether intentionally or not;

**there shall be an automatic suspension of ONE (1) GAME for each infraction + a disciplinary committee if necessary.**

**Article 9.1.3** For any misconduct during warm-up, involving other incidents not mentioned in Articles 9.1.1 and 9.1.2, the persons concerned shall be heard by the LDHMAAAQ disciplinary committee.

**If an incident occurs during warm-up, and the person in default cannot be identified, but it can be determined that a team member caused the incident, the team's convenor and head coach shall be summoned by the disciplinary committee, which is responsible for ensuring proper operational procedure.**

Warm-up incidents shall be reported to the Director General of the LDHMAAAQ. A team may file a complaint by following the procedure for this purpose. Any incident may be reported by an LDHMAAAQ representative.

**Article 10.2 Interaction with fans during a game** For the safety of both players and fans, if a player heads toward fans in an effort to engage with one, and/or actually engages with a fan, the player shall receive a 10-minute penalty for misconduct.

**Article 10.3 Mouth protector** For the greater protection, safety, and health of our players, each Midget AAA League player shall wear a mouth protector while playing. If a player fails to wear a mouth protector, the referee shall return the player to the bench.

**Article 15.4 School suspension** The notion of school suspension implies that the student has been removed from the classroom and is unable to take courses, and that this non-compliance with the rules has been **sanctioned by the principal of the institution attended**.

Note: This article thus differentiates between **expulsion from the classroom by a teacher and suspension** for misconduct that has been sanctioned by the principal of the institution attended.

Any suspension, sanctioned by the principal of an institution, shall **automatically** result in the player's suspension from the team for the duration of the suspension, or at least for the game following the suspension.

#### **Obligation to divulge:**

1. If a player is suspended from school, the player shall be required to inform the team's academic advisor and head coach.
2. If a player is suspended from school, the player shall be responsible for keeping, as proof, the document informing the team's academic advisor and head coach of the suspension from school.
3. The academic advisor and/or the head coach shall be responsible for immediately notifying the Director General of the League.
4. If a player is suspended from school, the player's suspension from hockey shall be served at the game following the day of the suspension from school.
5. If a player fails to report suspension from school, the player shall be suspended for four (4) games after the League becomes aware that the player sought to conceal the suspension from school.
6. If a player is suspended from school, and duly reports the suspension, but the team still decides to allow the player to play, the team's head coach shall be suspended for four (4) games.

## **Social media:**

### **Use of social media: Policy, guidelines and advice**

The Quebec Midget AAA Hockey League recognizes the importance of using social networks to establish ties, to participate in online discussions, and to communicate with family and friends. These platforms are immensely popular, especially among youth, including the target audience of the Quebec Midget AAA Hockey League.

This policy and these guidelines are generally designed to guide the involvement of League members in social media. They are in line with the League's internal policies, specifically Article 1.2 *Commitments*, Article 1.8 *Statements to the media* and Chapter 16 *Guide to communications procedures*. This policy and these guidelines are entirely consistent with the code of ethics and copyright, are opposed to harassment, and concern the use and management of online resources.

**Article 19.1: Application:** This policy and these guidelines apply to all Quebec Midget AAA Hockey League members, that is, all persons involved in the League, who play any role whatsoever in managing the League or a team, and in its operations and activities (players, coaches, officials, administrators, League and team representatives).

This policy and these guidelines shall be applied by all staff members associated with the League and a team, as well as on-ice and off-ice officials. The players' parents and guardians shall also review this policy and these guidelines.

#### **Article 19.2 Authority and responsibility for application:**

The management of the Quebec Midget AAA Hockey League shall be responsible for applying this policy and these guidelines.

**Article 9.3 Objectives:** Social media have enormous potential to enhance the relationships that can be established and maintained with family, friends, and colleagues. If used inappropriately, social media can also be detrimental to the Quebec Midget AAA Hockey League, and damage its reputation and that of its members.

For this reason, the League provides guidelines on the use of social media for all of its members, which they must apply, not only when acting on behalf of the League, but also when expressing their personal views on matters relating to the League and its members or activities.

Moreover, even if it does not relate directly to the League, the publication of personal content may have serious consequences.

This policy and these guidelines aim to provide a framework for the responsible use of social media by League members. When using social media, every League member acts, to some extent, as a representative of the Quebec Midget AAA Hockey League. The use of social media must thus be approached in the same way as emails or personal calls, that is, with moderation and sound judgment. When a comment is posted, it becomes public and generally cannot be retracted. The poster becomes responsible for the comment posted.

**Article 19.4: Social media:** Social media are defined as all types of online applications, platforms, and virtual media designed to facilitate interaction, collaboration/cooperation, and content sharing. Social media include social networking sites, such as Facebook, LinkedIn, and Foursquare; microblogging sites, such as Twitter and Tumblr; content sharing sites, such as Flickr, YouTube, and iTunes; personal or corporate blog, such as Blogger and WordPress; discussion forums, such as MSN Messenger, Yahoo Messenger, and Google Groups; online encyclopaedias, such as Wikipedia; and any other online platform for networking or interacting with others.

#### **Article 19.5: Guidelines**

**Article 19.5.1 Do not act as a spokesperson or representative:** Unless the Quebec Midget AAA Hockey League has authorized them to do so, social media users shall not state any position on behalf of the League.

**Article 19.5.2 Use social media ethically and in accordance with the law:** When League-related matters are addressed in social media, users shall be personally responsible for the content they post on these sites or any other platform for publishing content. Freedom of expression constitutes a basic right and is encouraged. However, such freedom shall be exercised in a manner consistent with other rights protected by law, such as the right of others to their privacy and reputation.

#### **Article 19.6: Responsibility and content subject to possible sanctions:**

**Article 19.6.1 Responsibilities:** It must be remembered that social media users remain, at all times, responsible for the content they post and the use they make of social media. All persons involved in the Quebec Midget AAA Hockey League should assume that they represent the League and its member teams at all times. They shall therefore demonstrate sound judgment in using social media.

Social media users shall be respectful and discreet. If a photograph or post is deemed inappropriate for any other medium, it must then also be deemed inappropriate for use in social media.

As in the case of visual or print media, the use of logos (of member clubs or the Quebec Midget AAA Hockey League) shall first be approved by the responsible organization.

If a social media user witnesses or becomes aware of negative or inappropriate information posted about the League or its members, the user shall refrain from commenting and is instead asked to notify League or team management.

**Article 19.6.2: Content subject to possible sanctions:** No controversial content shall be tolerated in social media regarding the League and its members. The following might constitute controversial content:

- Making statements critical of the Quebec Midget AAA Hockey League's staff, programs, employees, on-ice and off-ice officials, players, member clubs, owners or managers, sponsors, or any other stakeholders.
- Sharing or divulging confidential information, including but not limited to trade talks, waivers, injuries or other medical information, game strategies or plans, and any confidential information.
- Sharing or divulging photographs, videos, or posts that promote negative or criminal influences, including but not limited to drug or alcohol abuse, public drunkenness, pornographic comments and material, racism, bullying, sexual exploitation, and so on.
- Online activities inconsistent with Quebec Midget AAA Hockey League policies.
- Content that violates the basic rights of others, especially the right to their privacy and reputation, as well as inappropriate, derogatory, or defamatory comments and hate speech of any kind, which are inconsistent with the policies established by the Quebec Midget AAA Hockey League in this regard.
- Marketing, advertising, or spamming not related to the League's partners.

**Article 19.7: Disciplinary measures for non-compliance with the League's policy and guidelines:** The role of the Quebec Midget AAA Hockey League's disciplinary committee is to evaluate each situation involving non-compliance with this policy and these guidelines, and to issue a warning, impose a sanction, or implement a disciplinary measure, depending on the seriousness of the situation and its consequences, or repeated infractions.

**Article 19.8: Minor change:** The management of the Quebec Midget AAA Hockey League may make any minor change to this policy and these guidelines.

**Article 19.9: Advice on use of social media:**

**Article 19.9.1 Advice to users:** All social media users remain responsible, at all times, for the content they post and the use they make of social media. When a comment is posted, it becomes public and generally cannot be retracted. The poster becomes responsible for the comment. It should be noted that, once something is written, it may not be possible to delete it entirely.

It is strongly advised to think carefully before posting anything publicly, to review the Quebec Midget AAA Hockey League policy and guidelines, and to consider the following advice:

- ✓ Be professional, courteous, and respectful.
- ✓ Demonstrate caution and sound judgment.
- ✓ Use appropriate vocabulary, and avoid terms and expressions that may be interpreted as defamatory, racist, or prejudicial.
- ✓ Always assume that any message or photograph will be read and/or seen by friends, family members, teammates, coaches, opponents, the media, and potential employers or sponsors. It is necessary to be aware that a photograph posted in a private album or gallery will find its way into the public domain.
- ✓ Refrain from complaining about aspects of sporting life, coaches, or support staff members (long training hours, long trips).
- ✓ Think about long-range professional and personal goals when posting jokes, funny stories, or anecdotes. Potential employers and sponsors consult social media to evaluate individuals who will represent their organization.
- ✓ Those in the public eye must exercise vigilance to watch out for identity theft. Use passwords that are difficult to guess or hack. Use a combination of letters and numbers to give your account an added level of security.
- ✓ Be careful about following, liking, retweeting, and sharing messages from people who use offensive language, are disrespectful, or continually seek to provoke others by arguing ("flaming"), threats, or bullying. If you continue the thread, you may risk being associated with such people.

- ✓ Always take a moment to reconsider before posting information or a photograph. Is it appropriate? Will it be misinterpreted and become a source of distraction?
- ✓ Reread posts for typographical errors.
- ✓ Do not blame Twitter when things go wrong. Own your content, since Twitter is the platform, but you are responsible for how you use it.
- ✓ Unfollow or block Twitter or Facebook users who do not respect boundaries, but refrain from announcing this publicly.
- ✓ Refrain from public arguments or debates with people on social media platforms.
- ✓ If you are fluent in French and English, you may post in both languages.
- ✓ Retweet or share favourable posts about the Quebec Midget AAA Hockey League, a team, or an event. This will help to promote the League and the team identified.

It is strongly advised to consult League or team managers before posting anything about your team.

**By consulting the communications officer of their team, or the Director General of the Quebec Midget AAA Hockey League, social media users may obtain answers to their questions, as well as clarification of the policy and guidelines outlined in this document.**

This chapter was adopted by the Board of Directors of the Quebec Midget AAA Hockey League at its meeting of June 1, 2013, in St-Jean de Matha.

**Anti-doping policy:** The policy establishes a series of measures banning the use of prohibited substances and alcohol. Thus, in cooperation with Hockey Québec, the League has a program that includes use of control testing and a doping awareness campaign.

**Declaration form:** Players shall complete or update this document at the start of (or during) the season if they use medication or consume supplements (non-pharmaceutical products) such as vitamins, nutritional products, protein powders, ergogenic aids, homeopathic preparations, traditional remedies, amino acids, herbals and their extracts, essential fatty acids, probiotics and minerals, or synthetic copies of any of these products.

For more information about the Anti-doping Policy, go to the League's website at [www.liguemidgetaaa.ca](http://www.liguemidgetaaa.ca), click on *Ligue, Informations et règlements* [League, Information and Rules], where you will find this policy.

**All players must sign the anti-doping policy consent form. Players (and their parent or guardian) shall also sign the declaration form regarding the use of medication and/or supplements.**

## INFORMATION

**The Quebec Midget AAA Hockey League's regulations and policies are designed to carry out the League's mission of providing all players with a framework that promotes the development of young people in three (3) areas:**

**Development as hockey players**

**Development in terms of academic achievement**

**Development as individuals**

**Quebec Midget AAA Hockey League management:** A board of directors is responsible for the League's operations. The key executive positions are: president, vice-president, administrative secretary, director general, technical director, directors of communications and media relations, director of education, hockey committee, disciplinary committee, and other positions as needed. The Convenors' Office, made up of a representative of each team in the League, advises the Board of Directors on all aspects of the League's operations, and on the recruitment of candidates to exercise the duties of administrators.

**League information:** Website: [www.liguemidgetaaa.ca](http://www.liguemidgetaaa.ca)

**To obtain information, before contacting League management, you must contact one of the managers of your child's team.**

**League management information:** Georges Marien, Director General – Email [gmarien@liguemidgetaaa.ca](mailto:gmarien@liguemidgetaaa.ca) or write to the head office address: Ligue de développement du hockey Midget AAA du Québec, 7450, boul. des Galeries d'Anjou, bureau 210, Montréal (Québec) H1M 3M3 Tel.: Office: 514-252-3079 ext. 3840, Fax: 514-252-3158