

GENERAL RULES

Défi sportif AlterGo 2024

School sports rules



TABLE OF CONTENTS

1.	PRINCIPES ET VALUES	4
2.	SPORTS & REGISTRATION	5
2.1.	Sports	5
2.1.1.	Individual events	5
2.1.2.	Team events.....	5
2.2.	Registration platform.....	5
2.3.	Registration limit	5
2.3.1.	Registration limit - Individual events.....	6
2.3.2.	Registration limit - Teams events	6
2.4.	Registration costs	9
2.4.1	Registration costs – Individual event.....	9
2.4.2.	Registration costs - Team event	10
3.	ADMISSION CRITERIA.....	11
4.	DIVISIONS.....	12
5.	PREREQUISITE	12
5.1.	For the school representative	12
5.2.	Sport relevant and rules.....	12
5.3.	For the athletes	12
6.	SCHEDULE	13
7.	GENERAL RULES.....	14
7.1.	Results and Medals Ceremony.....	14
7.2.	Delay	14
7.2.1.	Individual events	14
7.2.2.	Team events.....	14
7.3.	Dress code	15
7.4.	Companions.....	15
7.5.	Cases of disqualifications.....	15
7.5.1.	Non-compliance with admission criteria	15

7.5.2. Unfairness of players.....	15
8. Reimbursement for transportations and accommodations	16

1. PRINCIPLES ET VALUES

This competition is for athletes with functional limitations who do not have the opportunity to participate in a regular environment and/or with the RSEQ (non-inclusive).

Participation in Défi sportif AlterGo must be done in healthy and friendly competition environment. Although these sporting events encourage young participants to challenge themselves and to improve their performance, the emphasis is on the importance of participating in these competitive activities.

Key Word: Respect

Participants must be respectful of others as well as their individual differences.

We must not forget that these young athletes are in the process of learning instructions and rules.

Défi sportif AlterGo is an event that gives young athletes the opportunity to participate in a competitive activity in a friendly environment and live unforgettable experiences.

All the members of a team must play equally.

2. SPORTS & REGISTRATION

2.1. Sports

2.1.1. Individual events

1. Track and field
2. Mini-marathon
3. Rythmic gymnastics
4. Swimming
5. Boccia
6. Fonctional circuit

2.1.2. Team events

7. Ball hockey
8. Soccer
9. Baseball

2.2. Registration platform

For registrations, connect to the registration platform. Each school is responsible for its registrations.

2.3. Registration limit

Each schools and rehab centers, can register a limited number of young athletes. Refer to the table below for details.

Each athlete will be able take part in a maximum of **4 individual or team events**.
Exception : mini-marathon is not included in these events.

If an event only has one registration, the event will be cancelled. The athlete will be given the option to register in a different event.

2.3.1. Registration limit - Individual events

LEVEL	TRACK AND FIELD *	MINI-MARATHON*	BOCCIA	FUNCTIONAL CIRCUIT	RYTHMIC GYMNASTICS*	SWIMMING*
Elementary school	8 athletes / event	No limit	12 athletes	8 athletes	8 athletes / event	8 athletes / event
High school	8 athletes / event	No limit	12 athletes	8 athletes	8 athletes / event	8 athletes / event

*The registration limit does not apply for the athletes with a physical disability.

2.3.2. Registration limit - Teams events

BALL HOCKEY				
LEVEL	FIELD	NUMBER OF PLAYERS IN THE FIELD	MAXIMUM NUMBER OF PLAYERS / TEAM	MAXIMUM NUMBER OF TEAM/ DIVISION
Elementary school	Indoor	5 PLAYERS : 1 goalie 2 defensive players 2 offensive players	13 players	6 teams
High school	Indoor	5 PLAYERS : 1 goalie 2 defensive players 2 offensive players	13 players	A, B, C Divisions : 8 teams AA et D Divisions : 4 teams

SOCCER				
LEVEL	FIELD	NUMBER OF PLAYERS IN THE FIELD	MAXIMUM NUMBER OF PLAYERS / TEAM	MAXIMUM NUMBER OF TEAM/ DIVISION
Elementary school	Indoor	1 goalie 4 players	13 players	6 teams
High school	Outdoor	1 goalie 5 players	13 players	Division AA et D : 6 teams Division A, B, C : 8 teams

BASEBALL				
LEVEL	FIELD	NUMBER OF PLAYERS IN THE FIELD	MAXIMUM NUMBER OF PLAYERS / TEAM	MAXIMUM NUMBER OF TEAM/ DIVISION
Elementary school	Outdoor	6 players	9 players	4 teams
High school	Outdoor	6 players	9 players	4 teams

All team sports are divided by school level (elementary and high school).

Divisions are determined by registrations, the number of teams and the previous year's results. If a team has won the gold medal the year before, they have to register in a higher level. Defi sportif AlterGo can decide if there can be an exception.

At the high school level, a minimum of 3 teams per division is required; Défi sportif AlterGo's organizers could decide to modify the teams.

2.4. Registration costs

2.4.1 Registration costs – Individual event

REGISTERING FEES 2024 – INDIVIDUAL EVENT			
SPORT	FIRST 5 ATHLETES	6 TO 10 ATHLETES	11 AND + ATHLETES
Track and field	15 \$/ athlete	10 \$/ athlete	5 \$/ athlete
Fonctional circuit	15 \$/ athlete	10 \$/ athlete	5 \$/ athlete
Rythmic gymnastics	15 \$/ athlete	10 \$/ athlete	5 \$/ athlete
Mini-marathon	15 \$/ athlete	10 \$/ athlete	5 \$/ athlete
Swimming	15 \$/ athlete	10 \$/ athlete	5 \$/ athlete
Boccia	15 \$/ athlete	10 \$/ athlete	5 \$/ athlete

Examples:

- 4 athletes = 60\$ (4x15\$)
- 7 athletes = 95\$ (5x15\$)+(2x10\$)
- 18 athletes = 165\$ (5x15\$)+(5x10\$)+(8x5\$)

2.4.2. Registration costs - Team event

REGISTERING FEES 2024 – TEAMS EVENTS			
SPORTS	1ST TEAMS	2nd TEAMS	3rd TEAMS
Baseball	200.00 \$	100.00 \$	50.00 \$
Ball hockey	200.00 \$	100.00 \$	50.00 \$
Soccer	200.00 \$	100.00 \$	50.00 \$

3. ADMISSION CRITERIA

The athletes are divided by school levels: elementary or high school.

- Elementary: 5 to 12 years old (A 13 year-old participant still attending an elementary school may obtain a waiver and compete with his classmates)

- High school: 13 to 21 years old

Age will be determined as of January 1st 2024 of the current school year.

CATEGORY	LEVEL	AGES	YEAR OF BIRTH
Novice	Elementary	5 to 8	2016 to 2019
Benjamin	Elementary	9 to 12	2011 to 2015
Cadet	High school	13 to 15	2009 to 2011
Juvénille	High school	16 to 18	2006 to 2008
Adulte	High school	19 to 21	*2002 to 2005

* An athlete's age is counted as of January 1st. Students born after June 30, 2002 are eligible.

**Exception: A 13-year-old participant who is still attending a primary school may obtain a waiver and thus take part in the competition with his or her classmates.

4. DIVISIONS

The Défi sportif AlterGo team as well as the sports consultant will be responsible for establishing team divisions.

Schools can be evaluated by the competitions coordinator and/or a representative of Défi sportif AlterGo.

A grading scale is available for each section of a team sport in this document.

An error in classification will automatically disqualify the team.

A school can enroll only one team per sport. However, a school with elementary and high school athletes can register one team per level.

If a school is able to enroll more than one team in an event, the second team will be placed on a waiting list. If, according to registration, there is still space available to add teams, there will be a random draw.

5. PREREQUISITE

5.1. For the school representative

It is the responsibility of each school to review all information provided regarding the défi sportif.

5.2. Sport relevant and rules

The representative commits to sharing all the relevant information and rules with adults accompanying the students of their school.

5.3. For the athletes

Athletes competing in a regular league or in the regular RSEQ cannot take part in any of the team sports events at Défi sportif AlterGo.

6. SCHEDULE

All competitions are held from 10:30 a.m. to 1:30 p.m. except for group events (baseball, ball hockey and soccer) at the high school level taking place from 10:30 AM to 2:30 PM.

	Friday, April 26th	Monday, April 29th	Tuesday, April 30th	Wednesday, May 1st	Thursday, May 2nd	Friday, May 3rd
COMPLEXE SPORTIF CLAUDE-ROBILLARD						
Omnisport Sud		Track and field With physical disabilities Elementary	Track and field Without physical disabilities Elementary	Soccer Elementary B, C	Ball Hockey Elementary all divisions	Track and field With physical disabilities High school
Omnisport Nord		Slalom In wheelchair Elementary	Track and field Without physical disabilities Elementary	Soccer Elementary division B, C	Ball Hockey Elementary all divisions	Slalom In wheelchair High school
Salle de judo		Rythmic Gymnastics High school	Rythmic Gymnastics Elementary	Rythmic Gymnastics High school	Rythmic Gymnastics Elementary	
Pool				Swimming High School		Swimming Elementary
Outdoor track					Track and field Without standing physical disabilities High school	
Outdoor softball field		Baseball Primaire B	Baseball High school B			Baseball High school A
Synthetic outdoor field		Soccer High school division C	Functional circuit Elementary Soccer High school AA, A	Soccer Elementary division A	Functional circuit High school	Soccer High school B and D
Outdoor tennis court				Baseball Elementary and High school division C		
Michel-Normandin Arena		Ball Hockey High school AA and D	Ball Hockey High school A	Ball Hockey High school B		Ball Hockey High school division C
MAURICE RICHARD ARENA	Boccia Elementary & High school					
PARC JARRY	Mini-Marathon Elementary & High school					

7. GENERAL RULES

7.1. Results and Medals Ceremony

Official results are final and will be available on [Le Defi Sportif Altergo website](#) (24 hours after the competition).

The type of tournament for each team sport will be determined by enrolment. The finals will be organized as follow:

1st place against 2nd place = gold // silver

3rd place against 4th place = bronze // 4th place

In case the match for the bronze medal cannot occur for reasons beyond our control, the team in the 3rd position will receive the bronze medal. There will not have a bronze medal for a division with only 3 teams registered.

7.2. Delay

7.2.1. Individual events

In individual sports, **the athlete is disqualified if he or she is not on time for the event.**

7.2.2. Team events

For team events, a team is allowed a 5 minutes delay at the first match of the tournament. In the event of a late start, the team will play the remaining time in the match.

Match schedules must be respected at all times. Every match will start on time. A beep will indicate the start of each game. A team that is absent at the time of the

beep will be considered defeated. The opposite team will be the winner and will receive the points established for each sport.

7.3. Dress code

Sportswear is mandatory for each participant and highly recommended for the accompanist. **Jeans will not be tolerated for athlete and their guide on the competing surface.**

For team sports, **we encourage each team to wear a uniform** (ex. shorts and t-shirt). Each ball hockey, baseball, basketball, and soccer team must wear matching numbered jerseys.

7.4. Companions

Minimum companion ratio for the event:

- Intellectual disability: 1 for 8 athletes
- Physical disability: 1 for 5 athletes

Please plan to have female and male companions for the changing rooms.

7.5. Cases of disqualifications

7.5.1. Non-compliance with admission criteria

A poor ranking will result in the disqualification of the team.

7.5.2. Unfairness of players

All the members of a team must play equally. All the athletes must have been on the bench at least one time during a game. Volunteers will keep track of the players on the bench.

The sports consultant will be allowed to disqualify a team that does not respect this rule. After one warning, the team will lose the current game.

8. Reimbursement program for transportations and accommodations

The Défi sportif AlterGo offers schools and rehabilitation centres the opportunity to receive reimbursement for part of the transportation and/or accommodation costs for their participation in the Défi sportif AlterGo 2024.

The purpose of this programme is to provide financial support to schools and rehabilitation centres by covering part of the costs associated with travel and accommodation costs so that these aspects no longer represent a major constraint to the participation of young athletes in the Défi sportif AlterGo.

Thus, all schools and rehabilitation centres could obtain a partial reimbursement of the costs for each bus or rental vehicle and/or fees for each room rental* in an official Défi sportif AlterGo hotel (list available upon request) for a significant number of participants in the school component of the Défi sportif AlterGo 2024. It is also possible to receive a reimbursement for travel by public transit.

A payment of at least 20% of the invoice(s) before taxes will be reimbursed, after the analysis of the applications and subject to the availability of funds.

ELIGIBLE EXPENSES	INELIGIBLE EXPENSES
<ul style="list-style-type: none">• School bus rental• Rental of an adapted bus• Vehicle rental• Public transportation• Rental of a hotel room in an official hotel of the Défi sportif AlterGo	<ul style="list-style-type: none">• Gas• Taxi• Rental of a luxury or passenger bus• Meal• Airbnb• Deluxe Suite

Please note that these refunds are only for the transportation and/or accommodation of athletes and their companions. Only the nights before and after the competition day(s) in which the school participates can be refunded.

*A school must travel a minimum of 200 km to and from the school to be eligible for reimbursement for accommodation.

The Défi sportif AlterGo reserves the right to refuse certain requests deemed excessive.

You can download the refund request form: [Here](#)



Most recent update: January 18th, 2024

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