



AGREEMENT TO THE CODES OF ETHIC OF THE MAJOR PLAYER'S

Extract of the book of the administrative regulations of Hockey Quebec 2025-2026

Name of the M.H.A : _____

Article 10.4 of Hockey Quebec's Administrative Regulations provides that each player must read and sign the «Major Player's Code of Ethics». Failure to respect or abide by an obligation in said Code of Ethics could lead to a sanction.

To benefit optimally from the practice of sport or leisure, the player, athlete, participant must have an attitude and behavior that stems from the purest spirit of sport or of camaraderie.

The practice of sport aims, first, at the development of interpersonal and intrapersonal skills. The important thing is not winning or losing, but the way in which the player practices the discipline (sports or leisure). He (She) must never lose sight of the fact that it is a game. In this sense, any player, athlete, participant agree to:

1. Play responsibly

- A. Playing for fun, remembering that the practice of sport or leisure is not an end, but a means.
- B. Familiarize yourself with the rules of the game and the sportsmanship charter.
- C. Accept and respect the decisions of the officials at all times.
- D. Respect at all times officials, opponents and their supporters who must not become enemies.
- E. Always remain in control.
- F. Be of exemplary conduct on and off set using language free from insults, vulgar expression or profanity.
- G. Respect his coach and his leaders and follow their instructions when they do not go against his well-being.
- H. Commit all one's strength to the game, avoiding discouragement in failure and vanity in victory.
- I. Abstain from any consumption of alcohol or drugs on and off-stage during matches and/or practices.
- J. Refuse and do not tolerate the use of drugs, medications or any stimulants for the purpose of performance enhancement.

2. Integrity in dealing with others.

- A. Commit to behave in accordance with the Federation's Integrity Protection Policy.
- B. Read the guidelines offered on the site <http://www.sportbienetre.ca/>.
 - a. Know that no abusive, harassing, neglectful, violent, or inappropriate behavior is tolerated, and promptly report to the coach or a person in authority any such act committed at another person's place or to himself.
- C. Use social networks, the internet and other electronic media in an ethical manner that respects colleagues, coaches, and managers, not using them to provoke the opponent or another member.
- D. Ensure that everyone is treated with the same respect, dignity and consideration(i.e., without discrimination).

3. Respect

- A. Ensure that everyone is treated equally, regardless of age, ancestry, color, race, citizenship, ethnic origin, place of origin, language, creed, religion, athletic potential, disability, family status, marital status, gender identity, gender expression, sex, or sexual orientation.
- B. Preserve the dignity of each person when interacting with others.
- C. Comply with applicable principles, rules, or policies.

By signing this Player's Code of Ethics,

- A. I certify that I have read this document and understood the obligations attached to it.
- B. I agree to respect the Player Code of Ethics and accept that any breach relating to it could result in a sanction.

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I have signed this Code of Ethics freely and with full knowledge.

Name of the major player (print)

Signature of the major player

Place / Date: _____