



Niagara Catholic Athletic Association

# CONSTITUTION

Niagara Catholic District School Board



# Niagara Catholic Athletic Association Playing Regulations - Updated September 20, 2025

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## Niagara Catholic District School Board Mission Statement

The Niagara Catholic District School Board, through the charisms of faith, social justice, support, and leadership, nurtures an enriching Catholic learning community for all to reach their full potential and become living witnesses of Christ.

### Play Like a Champion Today!

*Play Like a Champion today* views sport as a ministry, and challenges coaches and the entire Catholic school community to develop the whole athlete: physically, mentally, and spiritually. The goal is to enhance our Catholic school athletic experience.

- Develop the **skills** and the **morals** of high school athletes.
- Maximize their athlete's performance by setting targeted, appropriate **goals**.
- Understand the critical role that **team community** plays in sports.
- Instill a sense of **accountability** and **ownership** in their athletes.
- Recognize and address signs of **abuse**, including **steroid use**, **hazing**, **bullying** and **sexual misconduct**.
- Build strategic, beneficial **partnerships** with parents.

*Play Like a Champion Today* utilizes the **GROW** approach—a **formula for success**:

GOALS + RELATIONSHIPS + OWNERSHIP = WINNING

- **Athletes** experience less "burn out"; stay active for more years in sports.
- **Coaches** gain an increased sense of purpose and pride in contributing to their school's Catholic mission.
- **Parents** report greater satisfaction with their child's athletic experience.
- **School administrators** enjoy the benefits of professionally trained coaches committed to the Catholic identity of their school.

### Extension of the Classroom

The Niagara Catholic District School Board through the Niagara Catholic Athletic Association (Niagara Catholic Athletic Association) supports a philosophy of athletic competition that is guided by the highest standards of good sportsmanship and fair play. The Niagara Catholic Athletic Association athletic program complements formal classroom learning and is an integral part of the total program of Catholic Education. Student athletes, parent(s)/guardian(s), administrators, staff coaches, volunteer coaches, support staff and spectators must recognize that participation in sports and co-curricular activities is an "extension of the classroom." As such and where necessary, in compliance with current legislation and in keeping with the Board Mission, Vision and Values, the Niagara Catholic Athletic Association Constitution will be applied in conjunction with other Board Policies and Procedures.

## ARTICLES

### ARTICLE 1 - NAME

The Association shall be known as the Niagara Catholic Athletic Association (Niagara Catholic Athletic Association), a member of the Southern Ontario Secondary Schools Association (SOSSA) under the Ontario Federation of Schools Athletic Association (OFSAA).

### ARTICLE 2 – AIMS AND OBJECTIVES

The Niagara Catholic Athletic Association aims to facilitate student athletic development through inter-school athletic competition, conducted on a sound organizational and ethical basis built on a foundation of Faith and Learning. Through its offerings, the Niagara Catholic Athletic Association plays an integral part in the personal formation and development of student athletes, preparing them for citizenship, service, and leadership. The purpose of this constitution is to assist in the promotion of and the development of the whole person intellectually, physically, socially, and spiritually as referenced in the *Play Like A Champion* philosophy.

### ARTICLE 3 – APPLICATION

#### 3.1 General

The Niagara Catholic Athletic Association constitution governs the playing of member schools in the Niagara Catholic District School Board with links to the SOSSA and OFSAA constitutions. Schools are expected to promote, supervise, and conduct themselves within the athletic program of the member schools.

In all Niagara Catholic Athletic Association matters, the articles in the constitution shall be applied first. Sport specific playing regulations will be referenced as required. It is the responsibility of the school to review annually the Niagara Catholic Athletic Association constitution and to understand the articles within this document as they pertain, relate, and differ from SOSSA and OFSAA Constitutions.

### ARTICLE 4 - MEMBERSHIP

The Niagara Catholic Athletic Association shall consist of all secondary schools within the Niagara Catholic District School Board. The Zone 2 member schools include Blessed Trinity, Denis Morris, Holy Cross, Lakeshore Catholic, Notre Dame College, Saint Francis, Saint Michael, and Saint Paul.

### ARTICLE 5 – FINANCES

#### 5.1 Niagara Catholic Athletic Association FEES

The Niagara Catholic Athletic Association levy of \$50 plus .50 cents per student must be paid annually by the member schools to the Niagara Catholic Athletic Association convenor by November 15<sup>th</sup>. The FTE numbers as of October 31<sup>st</sup> of the current school year are used for school population. The Niagara Catholic Athletic Association levy and other monies received will support Niagara Catholic Athletic Association SOSSA/OFSAA Sanctioned Sports.

#### 5.2 SOSSA Fees

All member school must pay SOSSA fees each school year to be eligible to participate in SOSSA, OFSAA Championships and Festivals. Please refer to the SOSSA constitution for SOSSA fee requirements.

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## ARTICLE 6 - SPORTS

### 6.1 SOSSA/OFSAA Sanctioned Sports

The Niagara Catholic Athletic Association convenor(s) shall co-ordinate inter-school competition in the following sports.

| Team Sports   | Individual with a Team Component Sports |
|---|---|
| Boys' Baseball  | Co-ed Cross Country                     |
| Boys' Basketball  | Boys' Golf                              |
| Girls' Basketball                                       | Girls' Golf                             |
| Boys' Curling   | Co-ed Swimming                          |
| Girls' Curling  | Co-ed Track and Field                   |
| Girls' Field Hockey                                     | Co-ed Wrestling                         |
| Boys' Field Lacrosse                                    | Co-ed Badminton                         |
| Boys' Football  | Co-ed Tennis                            |
| Boys' Hockey  |   |
| Girls' Hockey   |   |
| Boys' Rugby   |   |
| Girls' Rugby  |   |
| Girls' Slo-Pitch  |   |
| Boys' Soccer  |   |
| Girls' Soccer   |   |
| Co-ed Ultimate  |   |
| Boys' Volleyball  |   |
| Girls' Volleyball                                       |   |
| Additions to the above listed will be directed by OFSAA |   |

### 6.2 Non SOSSA/OFSAA Sanctioned Sports

| Team Sports   | Individual with a Team Component Sports |
|---|---|
| Boys' Junior Hockey   | Boys' Rowing                            |
| Boys' Junior Soccer*  | Girls' Rowing                           |
| Girls' Junior Soccer  |   |
| Girls' Field Lacrosse   |   |
|   |   |
| Co-ed Cheerleading  |   |
| Co-ed Volleyball  |   |
| Co-ed Touch Football  |   |
| <p>Note: Not all non-SOSSA/OFSAA Sanctioned Sports are offered at each high school.</p> <p>Any consideration to include a sport as a Niagara Catholic Athletic Association approved non-SOSSA/OFSAA sanction league must complete Appendix F – Addition of non-SOSSA/OFSAA Sport League form.</p> |   |

## ARTICLE 7 - EXECUTIVE COMMITTEE

The Executive Committee consists of the Program Chairs of Health and Physical Education (or principal designate) from each high school, a Senior Administration Representative, a Secondary Principals' Representative, and the Niagara Catholic Athletic Association Convenor. The Program Chair of Health and

Physical Education (or principal's designate) from each school will be responsible for issues pertaining to matters within the Niagara Catholic Athletic Association.

## 7.1 Executive Responsibilities

### Program Chairs of Health and Physical Education

- Attend all Niagara Catholic Athletic Association meetings.
- Stand on Niagara Catholic Athletic Association committees and/or board of references.
- Voting member of the executive committee.
- Responsible for the transfer process at their respective school (or principal designate)
- Liaison to the Niagara Catholic Athletic Association on behalf of the administration and coaches at their respective school.
- Liaison to their school administration and coaches on behalf of the Niagara Catholic Athletic Association
- Hold a coaches information meeting prior to each sport season for all coaches of that respective season.

### Secondary Principals' Representative

- Attend Niagara Catholic Athletic Association meetings.
- Non-voting member of the executive committee.
- Selected by member school principals at the first secondary schools' principals' meeting of each school year.
- Liaise to the Niagara Catholic Athletic Association on behalf of the secondary principals.
- Liaise to the secondary principals on behalf of the Niagara Catholic Athletic Association.

### Senior Administration Representative

- Attend Niagara Catholic Athletic Association meetings.
- Non-voting member of the executive committee.
- Liaison to the Niagara Catholic Athletic Association on behalf of Senior Administration.
- Liaison to Senior Administration on behalf the Niagara Catholic Athletic Association.

### Niagara Catholic Athletic Association Convenor

- Chair all Niagara Catholic Athletic Association meetings.
- Non-voting member of the executive committee.
- Oversee the day to day running of the Niagara Catholic Athletic Association.
- Maintains and updates the constitution.
- Maintains and updates the sport specific rules and regulations.
- Liaise with the executive committee, sport convenors, principals, and coaches.
- Submit motions at the Niagara Catholic Athletic Association meetings.
- Collects the Niagara Catholic Athletic Association levy by November 15 of each school year.
- Serves as a reference for all standing committees.
- Serves as a reference and link to SOSSA and OFSAA.

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### Niagara Catholic Athletic Association Sport Convenor

- Create the league/playoff tournament schedule.
- Book sport officials.
- Ensure scores are entered by coaches on the Niagara Catholic Athletic Association website.
- Hand out the Niagara Catholic Athletic Association (Zone 2) trophy at Championship games.
- Notify the Niagara Catholic Athletic Association Convenor and SOSSA convenor of Zone 2 Championship teams.

### ARTICLE 8 - MEETINGS

- I. Members of the Executive Committee will be expected to participate in scheduled meetings.
- II. Meetings may be conducted in a variety of formats (e.g., video conference, face to face, conference call, etc.) as deemed appropriate by the Niagara Catholic Athletic Association.
- III. Meetings are open to the Niagara Catholic Athletic Association executive committee, the principal representative, the senior administration representative, and the Niagara Catholic Athletic Association convenor.
- IV. A quorum of 50% plus one must be present for the meeting to occur.
- V. Motions will be carried with at least 60% support from present members at the meeting.
- VI. Each school present has one vote for constitutional changes.
- VII. The Niagara Catholic Athletic Association Convenor will make the minutes of each Niagara Catholic Athletic Association meeting available to the Principal and Program Chair of Health and Physical Education/Sports at each school.

### ARTICLE 9 - STANDING COMMITTEES

The Niagara Catholic Athletic Association may, from time to time, deem it necessary to establish Boards of Reference or Committees to fulfill the work of the association. The following standing committees will be in place.

#### 9.1 Transfer Committee

The Transfer Committee will consist of four members: Three (3) Program Chairs of Health and Physical Education and the Niagara Catholic Athletic Association Convenor. The Niagara Catholic Athletic Association Convenor will chair the committee.

In the case of unique and or sensitive transfer concerns, no Program Chair of Health and Physical Education/Co-curriculars can be involved in the decision of a transfer from their own school.

#### 9.2 Sanctions and Protest Committee

The Sanctions and Protest committee will consist of three (3) Program Chairs of Health and Physical Education (voting members, not associated with the school of the students under review, using an alphabetical rotation of member schools) and the Niagara Catholic Athletic Association Convenor (resource to committee). A chair will be selected among the voting members.

In time sensitive situations, the Sanctions and Protest Committee may resolve an issue through e-mail and or by phone rather than a physical meeting. Approval must be received from all parties involved.

The Sanctions and Protest Committee decisions will be determined by a majority vote.

## 9.3 General Appeals Committee

The General Appeals Committee will consist of three (3) voting members: a Program Chair of Health and Physical Education/Co-curriculars (not associated with the school of the students under review, using a rotation of alphabetical listing of member schools), a Principal (not associated with the school of the students under review, using a rotation of alphabetical listing of member schools) and a Superintendent of Education. The Niagara Catholic Athletic Association Convenor will act as the resource to the committee. A chair will be selected among the voting members.

The General Appeals Committee decisions will be determined by majority vote.

## ARTICLE 10 – POLICY MAKING

### 10.1 Changes to the Niagara Catholic Athletic Association Constitution

~~The Niagara Catholic Athletic Association constitution can be amended or changed at the time of a Niagara Catholic Athletic Association Executive meeting. Playing regulations may be amended or changed at Niagara Catholic Athletic Association meetings prior to the commencement of the season.~~

Amendments to the Niagara Catholic Association Constitution can be proposed via a motion by:

- i) A Niagara Catholic Athletic Association Executive Member
- ii) The Niagara Catholic Secondary School Principals
- iii) The Niagara Catholic Senior Administrative Council

Voting of constitutional motions can take place at a Niagara Catholic Athletic Association Executive meetings. Playing regulations may be amended or changed via a motion at a Niagara Catholic Athletic Association meeting prior to the commencement of the season.

### 10.2 SOSSA and/or OFSAA policy that automatically become Niagara Catholic Athletic Association policy

Any motion that is passed at SOSSA and/or OFSAA that affects the Niagara Catholic Athletic Association Constitution and/or Niagara Catholic Athletic Association SOSSA and OFSAA sanctioned sport playing regulations will automatically become a Niagara Catholic Athletic Association policy.



## By-Laws

### By-Law I: ELIGIBILITY

#### Section A - School classification (as per OFSAA)

For all **senior team sport** championships coordinated by Niagara Catholic Athletic Association/SOSSA/OFSAA, schools shall be classified on student populations as follows:

- A 500 or less students
- AA 501 – 950 students
- AAA 951 and above students

For all **junior team sport** championships coordinated by Niagara Catholic Athletic Association/SOSSA, schools shall be classified on student populations as follows:

- A 799 or under students
- AA 800 students and over students

- I. A school appealing for a change in classification must do so to the SOSSA Executive with written support from the Niagara Catholic Athletic Association. The motion will be dealt with by the SOSSA Executive and its decision will be forwarded to OFSAA.
- II. SOSSA shall hear appeals based on school composition. Schools wishing to appeal on any other basis (location of school, team composition, and level of competition and OFSAA success) shall be appealed through SOSSA to OFSAA.
- III. Appeals to SOSSA to move down a classification, shall be as a school.
- IV. There shall be no sport specific downward movement.
- V. Appeals to SOSSA, shall be submitted by May 15<sup>th</sup> prior to the September of the year of the Appeal. Appeals shall be submitted each year.

#### Section B - Declaration of Competition

- I. The school's declaration of level of competition for the current school year shall be based on the October 31<sup>st</sup> enrollment of the previous school year.
- II. Any school electing to compete in a higher classification of activity must complete Appendix C – Declaring Up In Competition Form and submit it to the Niagara Catholic Athletic Association convenor prior to seeking approval from SOSSA.
- III. Please see Section 7.06 Declaration of Competition of the SOSSA constitution for reclassification submission deadlines.

#### Section C - Individual/Team Sports

For Niagara Catholic Athletic Association sport leagues, a school may enter only one team per sport. Should a school wish to have a "B" or second team that school shall apply to the Niagara Catholic Athletic Association through a motion at a Niagara Catholic Athletic Association meeting for permission to do so. The Niagara Catholic Athletic Association may consent in sport leagues where there may not be enough schools participating.

## Non SOSSA/OFSAA Sport – Team Eligibility and Roster Regulations

Any school that registers multiple teams within the same league shall be required to establish a distinct eligibility list and roster for each team entered.

Athletes shall be permitted to participate on only one team roster and eligibility list per league.

Athletes registered on the eligibility list and roster of one team shall be ineligible to compete for any other team from the same school within that league.

To represent a school in a SOSSA/ OFSAA sanctioned sport a student must:

- I. be eligible for competition under the Niagara Catholic Athletic Association CONSTITUTION and playing regulations.
- II. be certified eligible by the principal of the school.
- III. be registered and in attendance as a regular student in day classes of the school for the school for which he/she plays and achieves the following **course requirements**:
  - a. Students who have **fewer than twenty-two (22) credits** must be taking courses which define them as full-time students under the Ministry of Education definition. Namely, a student in a traditional school must be registered in a minimum of six (6) full day school credit courses; and in a semester school, a student must register in a minimum of three (3) full day school credit courses in the semester in which he/she participates.
  - b. Students who have achieved **twenty-two (22) or more credits must** be registered in at least four (4) non-semestered full day school credit courses over the school year or registered in at least two (2) full day school credit courses per semester.
  - c. Students in a system/alternative education program who intend to return to their home school upon completion of the program will be eligible to compete for their home school until the sport season is completed.

Students may be exempt from the above course requirements if they have an accommodated timetable or course load as directed by a regulated mental health professional with education and training to assess, diagnose, and treat mental health conditions (i.e., Psychiatrist, Psychologist, Clinical Psychiatric Nurse) and supported by medical documentation. A request for an exemption, with a letter from a regulated mental health professional confirming the student is under their care and that an accommodated timetable or reduced course load is required, must be presented to the Association for approval prior to or during the applicable competition season. In such cases, the student in a non-semestered school must be registered in a minimum of 2 full day credit courses; in a semestered school, a student must be registered in a minimum of one (1) full day school credit course in the semester in which he/she participates. (OFSAA 2020)

**NOTE:** If a student no longer is enrolled in scheduled classes before the completion of a sport season, that student will become ineligible for further competition within Niagara Catholic Athletic Association for the remainder of that sport season.

- IV. be enrolled as a day student on or before September 20<sup>th</sup> of the current school year, or has enrolled at least ten (10) school days prior to the contest concerned; and in attendance at least seventy-five (75) per cent of the regular school days intervening between the date of registration and the date of the contest except where school is legally closed by a municipality and except where there is a disabling illness; meets the following age requirements:

### By-Law II: TRANSFER STUDENTS

#### Section A - Transfer Policy

The Niagara Catholic Athletic Association has adopted the OFSAA Transfer Policy as a whole. For all sports, the OFSAA Transfer Policy (most current version) will apply to every student athlete who moves from school to school and/or board to board. The OFSAA transfer rules stipulate that every student who has been registered as a transfer from another school within the previous 12 months is ineligible for all events until deemed eligible through the transfer review process. Students may appeal their ineligibility at the following three levels:

- (a) Niagara Catholic Athletic Association (through the school Health and Physical Education Program Chair).
- (b) Southern Ontario Secondary Schools Association (SOSSA) through their school principal.
- (c) Ontario Federation of School Athletic Association (OFSAA) through the SOSSA representative.

#### Section B - Transfer Procedures

- II. All transfer students must complete the most updated OFSAA Transfer Form from the OFSAA website.
- III. Students must ensure that all pertinent documentation accompanies their form/application. Incomplete applications will not be accepted by the Transfer Committee chair. If all the necessary documentation needed is not submitted, the student will not be reviewed until the next Transfer Committee meeting.
- IV. All transfers for a given meeting must be received by the Transfer Committee chair by the deadline date for the Transfer Committee scheduled meeting. If all the necessary documentation needed is not submitted by the deadline, the student will not be reviewed until the next Transfer Committee meeting.
- V. The dates and submission deadlines of Transfer Committee meetings for Niagara Catholic Athletic Association, SOSSA and OFSAA will be published by the first day of the school year on the Niagara Catholic Athletic Association website.
- VI. Transfer meeting results will be available to Program Chairs of Health and Physical Education within a 48-hour period from the transfer meeting date.
- VII. If a member school plays a student who has not been deemed eligible by the Transfer committee, then that school will forfeit all games in which that student has played and subject to sanctions based on SOSSA and OFSAA eligibility requirements. (Refer to OFSAA By Laws - By Law 5 – Eligibility for Competition, Sections 3 and 4)

## By-Law III: SANCTIONS

The Sanctions and Protest Committee shall receive and adjudicate reports regarding any violations of Niagara Catholic Athletic Association Constitution and matters that might discredit the aims, objectives and values espoused by the Niagara Catholic Athletic Association, e.g., game ejections, game misconducts.

### Section A - Sanction Procedures

Within two (2) school days, a written request for the convening of the Sanctions and Protest Committee shall be made to the Niagara Catholic Athletic Association Convenor by the Principal. This request must include documentation outlining the infraction or breach of regulation, which has occurred. It is the responsibility of the principal to ensure that all documentation has been received by the Niagara Catholic Athletic Association Convenor.

If the Sanctions and Protest Committee determines that the matter is within its jurisdiction, it shall inform all parties involved in the alleged violation of the date of the hearing and request any documentation and/or other information that may be deemed necessary. Parties to the matter shall be given as much notice as possible to the date of the hearing.

Penalties imposed by the Sanctions and Protest Committee may include, but are not limited to removal of awards, removal of records and standings, suspensions from future Niagara Catholic Athletic Association competition.

The Sanctions and Protest Committee will render decisions made to the school Principal to be communicated as appropriate.

Decisions made by the Sanctions and Protest Committee may be appealed to the General Appeals Committee.

## By-Law IV: PROTESTS

The Sanctions and Protest Committee shall receive and adjudicate protests pertaining to matters of suspension and competition within all sports. i.e., a game sheet report, playing field, ineligible player.

### Section A - Protest Procedures

A written request for the convening of the Sanctions and Protest Committee shall be made to the Niagara Catholic Athletic Association Convenor by the Principal. The request must include documentation supporting the reason for protest and a **\$75.00 fee**. This fee will be reimbursed to the principal requesting the convening of the Sanctions and Protest Committee should the Committee rule in their favor. A ruling otherwise will result in this fee being forfeited to the Niagara Catholic Athletic Association. Any monies received will be deposited into the Niagara Catholic Athletic Association account.

The Sanctions and Protest Committee will determine whether the matter is within its jurisdiction. The Niagara Catholic Athletic Association Convenor shall inform the principal of the date of the hearing and request any documentation and/or other information that may be deemed necessary. The principal shall be given as much notice as possible to the date of the hearing.

Penalties imposed by the Sanctions and Protest Committee may include, but are not limited to removal of awards, removal of records and standings, suspensions from future Niagara Catholic Athletic Association competition if required.

The Sanctions and Protest Committee will render decisions made to the school Principal to be communicated as appropriate.

Decisions made by the Sanctions and Protest Committee may be appealed to the General Appeals Committee.

### By-Law V: GENERAL APPEALS

The General Appeals Committee shall be used as a method of appeal of the decisions of the Sanctions and Protest Committee and to resolve any other issue that does not fall under the jurisdiction of any other standing committee.

#### Section A - General Appeals Procedures

A written request for the convening of the General Appeals Committee shall be made by the Principal to the Niagara Catholic Athletic Association Convenor within two (2) working days of the occurrence of the issue under dispute. The request must include documentation supporting the reason for protest and a **\$150.00** fee. This fee will be reimbursed to the principal requesting the convening of the General Appeals Committee should the Committee rule in their favor. A ruling otherwise will result in this fee being forfeited to the Niagara Catholic Athletic Association. Any monies received will be deposited into the Niagara Catholic Athletic Association account.

The Niagara Catholic Athletic Association Convenor shall inform the principal of the date of the hearing and request any necessary documentation and/or other information that may be deemed necessary. The principal shall be given as much notice as possible to the date of the hearing.

Penalties imposed by the General Appeals Committee may include, but are not limited to removal of awards, removal of records and standings, suspensions from future Niagara Catholic Athletic Association competition, notification to appropriate sport governing bodies, and appropriate restitution.

The General Appeals Committee will inform the principal of the decision(s).

Decisions made by the General Appeals Committee may be appealed by the school Principal to the Senior Administrative Council, excluding the Superintendent of Education that served as a member of the General Appeals Committee. Further appeal may be made to the Director of Education.

### By-Law VI – EJECTIONS and SUSPENSIONS

In this regulation, tournament games and/or exhibition games mean games played outside of the Niagara Catholic Athletic Association league and playoff schedule, SOSSA and OFSAA competition.

- I. If a Niagara Catholic Athletic Association player and/or coach in a tournament or exhibition game commits an infraction that would have led to an ejection or suspension if it had occurred in Niagara Catholic Athletic Association league or playoff play, the Niagara Catholic Athletic Association would treat the offense in the same manner as if it had occurred in Niagara Catholic Athletic Association competition.
- II. An ejection or suspension assessed by tournament officials or exhibition game officials for a player and/or coach, but not served in full during the tournament and/or exhibition game, consistent with the requirements of the Niagara Catholic Athletic Association constitution and playing regulations, shall be completed at Niagara Catholic Athletic Association league game, playoff game or tournament games whichever occurs first following the incident in question.
- III. Player and coach ejections and/or suspensions incurred in Niagara Catholic Athletic Association league play, playoff game or tournament games may be served in the next Niagara Catholic Athletic Association league, playoff, or tournament play, whichever occurs first, but not in exhibition games.
- IV. Upon request by the Niagara Catholic Athletic Association convenor and/or Program Chair of Health and Physical Education, coaches shall provide a copy of tournament and/or exhibition game sheets or any related reports by tournament and/or exhibition game officials.
- V. Any ejections, suspension or disciplinary action in Niagara Catholic Athletic Association play shall be carried forward into SOSSA/OFSAA competition. The coach and/or Niagara Catholic Athletic Association convenor shall be responsible for notifying SOSSA and/or OFSAA of the suspension or disciplinary action.
- VI. Any outstanding player or coach suspensions at the end of a season, must be served in the following season, beginning with the team's first Niagara Catholic Athletic Association scheduled league game or the team's first scheduled tournament event, whichever occurs first. If a graduating student obtains a suspension which remains unfulfilled at the end of a sport season, they shall complete the suspension in the next sport in which they seek to compete.
- VII. A principal may request an exception to the suspension, when if carried out in the next sport in which they seek to compete or coach, may hinder further participation for the player or coach.
- VIII. In all cases it is the responsibility of the coach to inform the Niagara Catholic Athletic Association convenor immediately of any incident that relates to this regulation. Any player who plays in a game or games while under suspension within the meaning of this regulation, will be considered an ineligible player.
- IX. Any coach who deliberately chooses not to abide by this regulation, will be referred to the Sanctions Committee for ruling.
- X. Any coach removed from a game is not permitted to remain within the playing area (tournament, league, playoffs, or any exhibition games). If an ejected coach is the only teacher-staff member present when the ejection occurs, the game is over and the game is considered a forfeit.
- XI. A suspended coach and/or player are permitted to be at any practice or team function while serving their suspension.

### By-Law VII MOTIONS

#### Section A - Submitting a Motion

All proposed amendments and changes to the Niagara Catholic Athletic Association Constitution and/or playing regulations must be submitted on the Appendix A - Niagara Catholic Athletic Association Notice of Motion

Form. All motions must be received by the Niagara Catholic Athletic Association Convenor two weeks prior to the Niagara Catholic Athletic Association Meetings.

The Niagara Catholic Athletic Association Convenor will circulate copies of all proposed amendments and changes to each Principal and Program Chair of Health and Physical Education/Co-curriculars one week prior to the Niagara Catholic Athletic Association Meeting. Principals and/or Program Chairs of Health and Physical Education/Co-curriculars are to discuss the proposed amendments and changes with those coaches within the school who have a stake in the outcome prior to the Niagara Catholic Athletic Association Meeting.

### Section B - Voting on Motions

Mover and/or seconder will speak to the motion. If the mover and or seconder is not available to attend, the program chair of that school may speak to the motion. If there is no one available to speak to the motion, it will be tabled.

Members may speak for or against the motion one time only. NOTE: clarification of an issue is not considered a response.

After members have had an opportunity to respond, the mover and/or seconder may respond.

A quorum of 6 member Niagara Catholic Athletic Association schools must be present for constitutional changes. Each member school has one vote per motion. The Program Chair of Health and Physical Education/Co-curriculars (or Principal's designate) will vote on each of the motions on behalf of their school. All notices of motion which affect the Constitution, in order to be carried, must have a 60 percent vote of those casting votes. Abstaining votes are not counted "for" or "against" a motion.

### By-Law VIII – TEAM SELECTION

Student-athletes are encouraged to experience a variety of sports. Sports that are "in-season" are to have priority over sports that are not. It is recommended that team selection occur after:

- The first day of school for fall sports;
- November 1<sup>st</sup> for winter sports;
- March 1<sup>st</sup> for spring sports.

### Section A - Declaration of Play

Schools within the Niagara Catholic Athletic Association must declare their intention to run a sport following the timelines below.

Fall Sports – September - See Appendix G

Winter Sports - October – See Appendix H

Spring Sports - January – See Appendix I

### Section B – Declaring Up in Competition

A school who wishes to compete in a higher classification for an activity it to complete Appendix C – Declaring Up in Competition and submit to the Niagara Catholic Athletic Association convenor prior to submitting a reclassification in writing to SOSSA.



See Section 7.06 of the SOSSA constitution for submission deadlines.

## By-Law IX - SCHEDULING

### Section A - League and Playoff Structure

The Niagara Catholic Athletic Association will have junior and senior league and playoff structures. The following playoff structure will be implemented for all Niagara Catholic Athletic Association playoffs. The highest seeded regular season team will be home.

- Four team playoffs will consist of 1 vs 4 and 2 vs 3. The winner of both games will compete for the Niagara Catholic Athletic Association Championship.
  - Three team playoff consists of 1st place receiving a bye and 2nd place playing 3rd place. The winner of 2nd vs 3rd will play 1st place for the Niagara Catholic Athletic Association Championship.
  - Two team playoffs will consist of 1st vs 2nd for the Niagara Catholic Athletic Association Championship.
1. **8 Team Leagues-** Every team plays each other once, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.
  2. **7 Team Leagues-** Every team plays each other once, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.
  3. **6 Team Leagues-** Every team plays each other once, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.
  4. **5 Team Leagues-** Every team plays a home and home, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.
  5. **4 Team Leagues-** Every team plays a home and home, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.
  6. **3 Team Leagues-** Every team plays a home and home, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.
  7. **2 Team Leagues-** League home and home will be played, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.
  8. **1 Team League-** Exhibition games will be played. The team moves on to SOSSA.

### Section B – Changes to League (Passed March 31, 2022)

Program chairs can make structural changes to leagues to accommodate unique circumstances such as weather, travel, safety, and other unforeseen circumstances. Program chairs from the schools that have a team in the sport league will have a vote to accept the change. Sixty percent (60%) is required for the change to be accepted. The season structural change will remain only for that specific sport season.

### Section C - Stages of Scheduling

Schedules will be distributed to all participating schools. For fall, winter and spring sports, errors/omissions by the convenor must be corrected within three school days.

#### Game Start Times:

- i. Athletic convenors will attempt to schedule games using school venues with a 3:15 pm starting time with a +/- 15 minutes. Second part of a double header will start following the first game. Specific situations may require an earlier or later start time.



- ii. Non-Board owned facilities – Start times to be determined by the sport convenor with approval of the association convenor and the senior administrator overseeing athletics. Consideration given to official availability, the time required for completion of the contest, and compliance with any curfew imposed by the facility.
- iii. No revisions to game start times will be made by the sport convenor, unless approved by both Principals, the senior administrators of both high schools and approval of the official assignor.

~~No revisions will be made by the Niagara Catholic Athletic Association Convenor, unless approved by both Principals.~~

If referees are unable to accommodate the new schedule, the original game, date, and time will stand.

Tournaments are to be scheduled around the league/play-off schedule. Teams that are not able to compete for reasons that are not deemed “extenuating” by the convenor and/or Niagara Catholic Athletic Association Executive will result in a forfeit.

### Section D - Niagara Catholic Athletic Association TO SOSSA

Regardless of the SOSSA format, when the Niagara Catholic Athletic Association is sending two teams to SOSSA, the final Niagara Catholic Athletic Association playoff game must be played.

### By-Law X – MEDICAL REQUIREMENTS AND INSURANCE

All student athletes, prior to participation in a tryout, practice or game for any and all school teams, must submit to the school a completed Niagara Catholic District School Board Athletic Participation Form.

Any student athlete who receives an injury requiring treatment by a physician must obtain the approval of a physician prior to resuming participating in any sport.

All student athletes are to be provided information regarding concussion protocol.

All student athletes are to be provided information regarding student accident insurance and log whether they accept or decline the insurance. <http://www.niagaracatholic.ca/studentaccidentinsurance/>

### By-Law XI - TRANSPORTATION

Where applicable, Principals are to adhere to the Niagara Catholic Volunteer Drivers Policy and Administrative Procedures. See Niagara Catholic District School Board – board forms for the most up to date forms.

### By-Law XII - SAFETY

The Ontario Physical Activity Safety Standards in Education (OPASSE) represent the minimum requirements for safety standards that must be followed in school-based physical activities. It is the responsibility of the Principal, the Health and Physical Education Program Chair and coaches, to ensure that the safety guidelines are met for their respective Interscholastic sport.

### By-Law XIII - SUPERVISION OF SCHOOL TEAMS/INDIVIDUALS

School teams/individuals must be under the supervision of a coach who has been approved by the principal of the school which it represents.

Teacher coaches or Teacher Supervisors are in direct charge of school teams/individuals and responsible for the conduct of the competitors and students associated with the team/sport (including try-outs, practices, league, exhibition, and tournament play). A teacher representing the participating school must be present at each practice/competition for its entirety.

Principals are to ensure that approval of all outside coaches follows the Niagara Catholic Volunteering in Catholic Schools Policy and Procedures, No. 800.9 and Accessibility Customer Service Policy and Procedures, No. 800.8.1. and Appendix J.

When a volunteer coach is used, there must be a teacher supervisor present in the designated coaching area.

If a teacher coach or teacher supervisor is not present, the competition shall not be started. After a 15-minute grace period, the offending team shall forfeit the game.

### By-Law XIV - PAYMENT OF OFFICIALS

The home team is responsible for payment of game officials for all league games and playoff games.

If a team defaults a game/match and the officials were not contacted in time, that team will pay for the referee(s) if the home team had to pay.

If a gate is charged at a Niagara Catholic Athletic Association league or playoff game then all expenses will be paid from the gate (referees, minor officials, linesmen, security, scorekeepers, facilities, etc.) and the remainder of the gate will be divided equally between the home and visiting team. Any profits will be divided 60% to the home and 40% to the visiting team.

### By-Law XV - REPORTING SCORES

~~It is the responsibility of the home team to ensure the score and game sheet has been submitted on to the website before noon the day following the game.~~

**Triplicate copies of sport scoresheets will be used beginning the Fall 2025 Sport Season.**

**The winning team is to submit the score and scoresheet onto the NCAA website within 48 hours of the game ending unless stated earlier by the convenor (ex. Final games of the season and/or playoff games).**

In the event of a tie breaker for standings a team loses all rights with regards to tie breaking procedures should a tied team fail to submit game sheets (i.e. if the team is tied for 3<sup>rd</sup>, the team will be relegated to 4<sup>th</sup> place).

## By-Law XVI - Game Forfeitures

The following process is in place for game forfeitures:

- I. A team that forfeits a game with less than 48 hours' notice will result in all costs associated with the game charged to the forfeiting school.
- II. A team that forfeits a game will be given a loss as a result of the forfeit. The non-forfeiting team will receive the win and associated points.
- III. A team that forfeits a game will be given the sport specific loss score as a result of the forfeit.
- IV. A team that forfeits two (2) games during regular season play shall be removed from the league and all points earned in games played against that team shall be removed from league standings.
- V. A team that forfeits a game during the regular season loses all rights with regards to tie breaking procedures (i.e. if the team is tied for 3<sup>rd</sup>, the team will be relegated to 4<sup>th</sup> place).
- VI. A team that forfeits a playoff game shall also forfeit the right to play any further playoff games at the current or subsequent level of playoffs.

## By-Law XVII - TIE BREAKING PROCEDURES

The following progressive method of determining play-off position will be used in all sports where a league schedule leads to a playoff:

- I. ~~Record between tied teams~~ Head to head record between tied teams
- II. Number of wins between tied teams.
- III. Sport specific rules - see sport specific regulations.
- IV. Record against teams higher in the standings (1 above, then 2 above, etc.)
- V. Record against teams lower in the standings (1 below, then 2 below, etc.)
- ~~VI. Sport specific rules - see sport specific regulations.~~
- VII. Coin flip to determine play-off position only.
- VIII. The Niagara Catholic Athletic Association Convenor will perform the coin flip. The school that is alphabetically highest will have "heads" in the coin flip. The Niagara Catholic Athletic Association convenor will notify schools of the results.
- IX. Play-off on a neutral field/court or a coin flip for home field if both coaches agree if it is to determine the final play-off position.
- X. In the event of a three-way tie in standings, the association convenor will flip three coins, the odd team out becomes the highest team ranked (of the three tied teams). The remaining two tied teams will use the tie breaking procedure again from the beginning to break the tie.
- XI. In the event of a four-way tie, the Niagara Catholic Athletic Association Convenor in consultation with the Niagara Catholic Athletic Association Executive and the schools involved will determine a tie-breaking procedure.

## By-Law XVIII – HOSTING SOSSA AND OFSAA CHAMPIONSHIPS

The responsibility of convening SOSSA championships will be shared equally by all member schools within the Niagara Catholic Athletic Association.

Where more than one school is interested in hosting the same championship the championship will be awarded on a rotational basis between interested schools within the host Niagara Catholic Athletic Association.

Facilities shall be considered when choosing a site for a SOSSA Championship. The Niagara Catholic Athletic Association Executive will determine if a site meets the requirements to hold a SOSSA Championship.

If a school hosts an OFSAA Championship, the school has the first right of acceptance or refusal of the SOSSA Championship for that activity, in the same school year, as the OFSAA Championship.

### By-Law XIX - GENDER EQUITY AND TRANSGENDER POLICY-

The Niagara Catholic Athletic Association supports the dignity of all students as participating athletes. The Niagara Catholic Athletic Association support student athlete participation on a team of their lived gender and encourages equitable programs for girls and boys in co-curricular activities in terms of funding, practice time and facilities. The Niagara Catholic Athletic Association will continue to provide equitable opportunities for students in cocurricular activities. Please see OFSAA bylaws for more information. [www.ofsaa.on.ca](http://www.ofsaa.on.ca)

### By-Law XX – RECRUITMENT POLICY

Please see OFSAA bylaws for more information. [www.ofsaa.on.ca](http://www.ofsaa.on.ca)