SPORT. ÉDUCATION. FIERTÉ.

RSEQ

SEASON
2025-2026

RECRUTING RULES AND GUIDELINES FOR COLLEGES AND CEGEPS

THIS DOCUMENT WAS CREATED FOR YOU : THE STUDENT-ATHLETE. IT WAS DESIGNED TO HELP ANSWER ANY QUESTIONS YOU MIGHT HAVE REGARDING INTERCOLLEGIATE SPORTS RULES AND IN PARTICULARLY THOSE REGARDING RECRUITING.

IN THE EVENT OF A DIVERGENCE BETWEEN THE DIFFERENT LINGUISTIC VERSIONS OF THESE REGULATIONS, THE FRENCH VERSION SHALL PREVAIL.

ELIGIBILITY

A student-athlete looking to become part of a college team must adhere to certain eligibility rules, most notably regarding age, number of years played at the college level, and student status (must be full-time).

ACADEMIC PERFORMANCE & ELIGIBILITY

A student-athlete who is part of a collegiate team must attain certain academic standards each semester to remain eligible.

RECRUITING

Recruiting is considered to be any type of act, contact, event, and/or communication of any nature directed directly to a potential recruit or a group of individuals, by anyone in connection with a college, with the intent or goal of having a student-athlete apply to their college.

On initial contact with the student-athlete and/or their parents, the recruiter must provide this official document summarizing the RSEQ's recruiting rules and guidelines.

It is strictly forbidden for any college representative to talk about another college in the league or of its representative while in the presence of a student-athlete or their parents.

When recruiting is being done off college property (site visits at homes, etc.), all college representatives from the visiting school can only give a potential recruit or their parents' information related to their college or team. Any kind or type of compensation (gifts, promotional items, meals, money, etc.) is strictly prohibited.

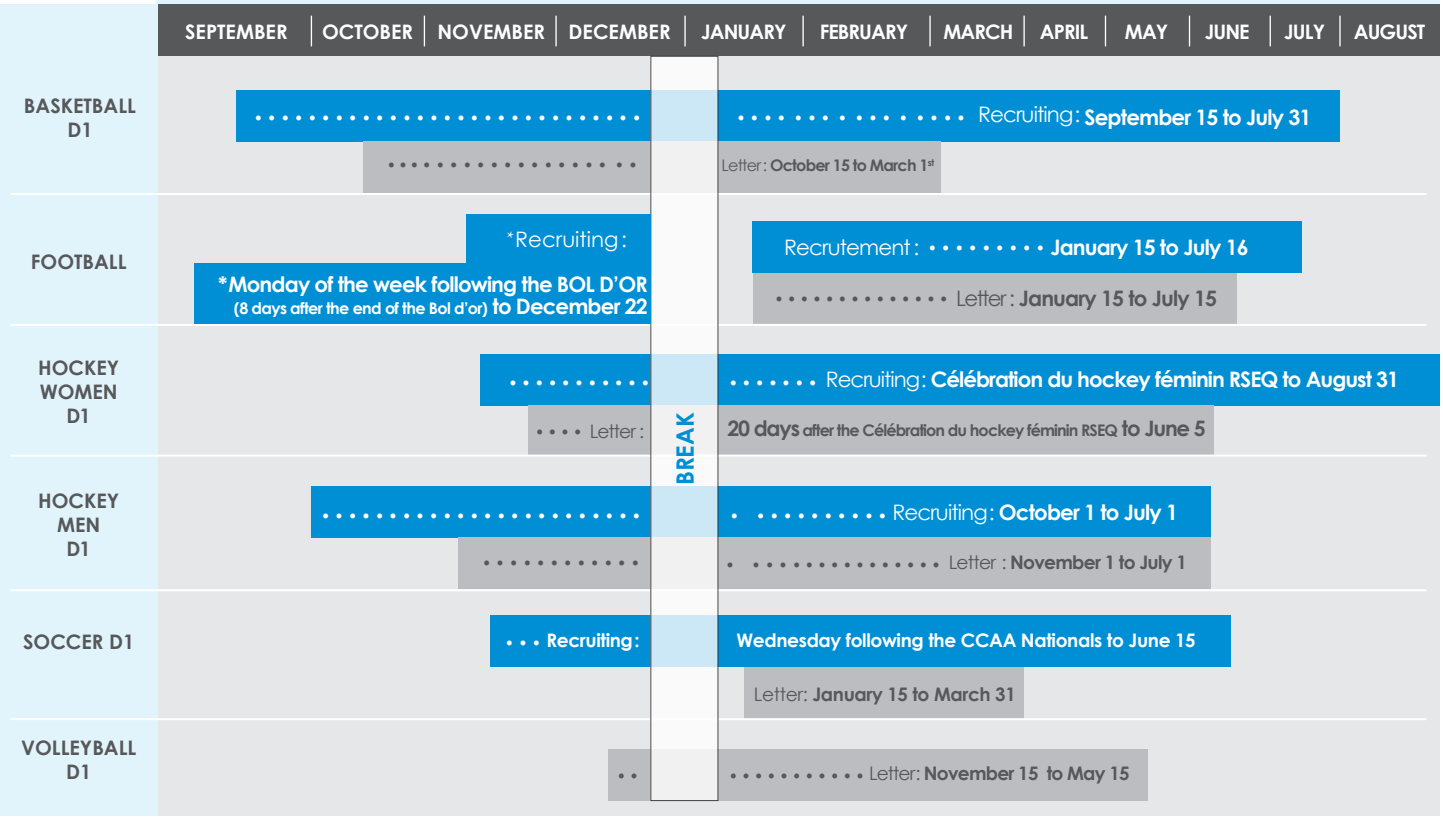
When recruiting efforts are made within the confines of the college, accommodations and travelling expenses of a prospective recruit living more than 150 km away from the College are the only form of compensation allowed. Any other kind or type of compensation (gifts, promotional items, meals, money, etc.) is strictly prohibited

LETTERS OF INTENT

Letters of intent apply to all provincial leagues (Basketball-D1, Football, Hockey-D1, Soccer-D1, Volleyball-D1). A letter of intent is not mandatory. The student-athlete who signs a letter of intent commits via their signature to attend the college for that upcoming Fall. A student-athlete who signs a letter of intent but then choses to rescind or nullify it will be required to sit out a portion of the following season on a "CONGÉ SPORTIF."

A signed letter of intent is not a guarantee of being accepted to the college in question. However, once the student is accepted, he or she is guaranteed a spot on the team's roster for the upcoming year.

RECRUITING & SIGNING OF LETTER OF INTENT PERIODS



No recruiting activities can be done between December 23 and January 2 (Inclusive) of each year. This break applies to all sports in all divisions, including those not listed in this table..

FINANCIAL AID

It is forbidden for colleges, as well as organizations or individuals linked to colleges, to directly or indirectly provide a student-athlete with any financial help or assistance.

This also specifically applies to the student-athlete recruiting process and includes any student/academic fees, books, supplies, lodging, transportation and meals. A reasonable allowance or per diem for meals while the student-athletes are traveling while in competitions is tolerated.

Exceptions from this rule are:

- Government-related financial aid as part of the CEGEP's financial aid pr ogram ;
- The support offered by school programs that are accessible to all students in a given pr ogram ;
- Bursaries offered by recognized sports federations ;
- Bursaries awarded to student-athletes at sports banquets and/or student academic award nights.
- Player transfer fees identified in leagues agreement or imposed by provincial, national or international federations.

TRANSFERS

After participating with a team, any student-athlete transferring schools will have to obtain a release before being able to play for their new team. In provincial leagues (Basketball-D1, Football, Hockey-D1, Soccer-D1, Volleyball-D1), a student-athlete who is given a release may be required to sit out a portion of the following season on a " CONGÉ SPORTIF. "

Should you think that you were not recruited in a fair manner and that the coach is not adhering to the rules of this document, please contact the RSEQ at: **recrutement@rseq.ca**