



FIRST NATIONS EDUCATION COUNCIL
INTER-SCHOOL
GAMES

18th EDITION

MAY 2026

21 TO 24
UNIVERSITÉ LAVAL, QUEBEC



PARTICIPANT'S HANDBOOK



**18TH EDITION OF THE FIRST NATIONS EDUCATION
COUNCIL INTER-SCHOOL GAMES**



Important Dates

December 19, 2025	Due date for the Delegation Registration Form and for the 2000\$ deposit
January 19, 2026	Start of room reservation at our two competition hotels (Hôtel Universel and Hôtel Classique). Please make your reservation quickly after this date.
April 3, 2026	Due date for: - List of participants - Registration form for each individual athlete - Registration form for each individual chaperone
April 29, 2026	Online Coach Meeting – The link for this meeting will be provided prior to the event.
May 12, 2026	Due date for validations of registrations and billing. After this date, all reserved rooms and meals will be billed, even for absentees. It is also the deadline to order meals for your arrival on Wednesday night.
May 20, 2026	Delegation arrivals
May 21 to 24 2026	2026 FNEC Inter-school Games
June 24, 2026	Due date for payments regarding the 2026 Inter-school Games



Main Changes in 2026

1. Although some details still remain to be finalized, we hope to get rid of meal coupons starting this year. Coupons will be digitally scanned using a bracelet.
2. We are simplifying your registration process:
 - 2.1. If you are staying in Laval University residences, there is no need to provide us with a rooming list. We will generate this list ourselves from your participant list, and you will be able to make any changes on-site.
 - 2.2. The “Participant List” document will now combine registrations for both individual and team events. You will therefore only need to validate a single document.
3. We are keeping the events that were introduced in 2025 (including javelin throw) and are adding middle-distance for everyone. Either 800m or 1200m depending on the category.
4. The rooms in Laval University residences are becoming increasingly scarce. We are therefore adding a second competition hotel. You will now have the choice between Hôtel Universel (at a lower rate than last year), Hôtel Classique, or Laval University residences.
5. We are taking on a major technological challenge: providing each delegation with its own schedule. No more late-night headaches for coaches!



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Introduction

We are pleased to present you with the *Participant's Handbook* for the 18th edition of the First Nations Education Council (FNEC) Inter-school Games.

This document contains what you need to know to take part in this annual sporting event.

If you have any questions, contact David Gill, Games coordinator, at dgill@cepn-fnec.com, or at 418-842-7672.

FNEC Inter-school Games

Launched in 2008, the FNEC Inter-school Games bring together several hundreds of students between the ages of 10 and 18, at the end of each school year. This event gives athletes and their coaches the opportunity to take part in friendly competition in various disciplines including track and field, floor hockey, basketball, volleyball, and starting in 2022, obstacle course racing.

In addition to encouraging students to stay in school, the Games promote perseverance and healthy lifestyle habits including physical activity and good nutrition.

Since the Games began, organizers have noted a continual increase in the number of school sports teams. The high level of preparation among students in the competitions is a testament to their hard work and commitment throughout the school year. Coaches and athletes all agree that this event fills an important need among First Nations communities!



Eligibility Criteria

Age and grade level:

- The FNEC Inter-school Games are **reserved** for students **between the ages of 10 and 18 as of May 21, 2026**, and in Grades 5 and 6 and Secondary I to V.
- Students enrolled in college or adult education are not eligible, even if they are 18 years of age or under.

Note:

Any team that contravenes this regulation will be disqualified and every game in which the athlete in question played will be recorded as a loss.

The FNEC Inter-school Games are for students in:

- FNEC-member communities with schools.
- FNEC-member communities without schools.
- FNEC-member communities whose schools do not offer all grade levels.

*Students attending an **elementary or secondary school** outside their community can participate in the FNEC Inter-school Games, but they must obtain permission from the FNEC representative for their community prior to registering.*

- Non-member communities that want their schools to participate.

In the event that we would need to limit the number of registrations, registrations from FNEC-member communities will take priority over those from non-member communities.

Registration Approval

How to register in the FNEC Inter-school Games:

For FNEC-member communities with schools

All registration applications must be approved by the community's FNEC representative before being officially submitted.

For FNEC-member communities without schools or whose schools do not offer all grade levels



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Students wanting to participate in the Inter-school Games must be community members and their application must be approved by the FNEC representative for their community. These students will automatically be registered under the band council banner.

Non-member communities

Communities who want to take part in the Inter-school Games but are not members of the FNEC must obtain approval from their band council chief.

Supervisors, Chaperones and Coaches

One chaperone per group of six students is required.

Supervisors, chaperones and coaches must watch over and take care of the participants they are responsible for around the clock and ensure their safety.

Supervisors, chaperones and coaches must fill out their own registration form and submit it along with the school's registration form by **April 3, 2026**.

Supervisors, chaperones and coaches must provide their cell phone number so we can reach them during the Games and give them instructions during sports competitions if necessary.

Chaperones who wish to do so will have the chance to participate in the trail race.

Please note that the accompanying persons who participate in the competitions must ensure that the supervision of their youngsters is not compromised.



Accommodation

Accommodation at Laval University Residences

Given the large number of participants expected, it will not be possible to accommodate all delegations in the Laval University residences.

- **FNEC member communities** that have submitted their **delegation registration form by December 19, 2025** will be given priority for accommodation in the Laval University residences.
- If too many FNEC member communities complete the form on time and wish to stay in the residences, **a draw will be held**. The results will be communicated **no later than the week of January 12, 2026**.
- Accommodation will be in **double-occupancy rooms only**, with no exceptions.
- When submitting your accommodation list, please indicate if you require an additional room for storing equipment or food, or for holding meetings.

Hotel Accommodation

Delegations that are not housed in the Laval University residences will have access to **blocks of rooms reserved in two partner hotels** located near the campus: **Hôtel Universel Québec** and **Hôtel Classique**.

- **FNEC member communities** that have not submitted their registration form before **December 19, 2025**, as well as **all non-member communities**, will stay in a hotel, provided they make the request.
- If no request is made, we will assume that the delegation prefers to make its own accommodation arrangements.
- Hotel reservations will open on **January 19, 2026**, and blocks will be held until **March 31, 2026**.

Hôtel Universel Québec

- Located within walking distance of Laval University.
- Block of **135 rooms with two double beds (quadruple occupancy)** reserved at a rate of **\$159 + taxes per night**.



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- All accommodation costs are the responsibility of the delegations.
- Reservations must be made by the delegation's **Chef de Mission**, by writing to coordo@groupejgs.com between January 19 and March 31, 2026.
- The **rooming list** must be submitted to the hotel **no later than Friday, April 24, 2026**.

Hôtel Classique (new option for 2026)

- Located around 8 minutes by bus from the Laval University Campus.
- Block of **50 rooms with two double beds (quadruple occupancy)** reserved at a rate of **\$189 + taxes per night**.
- All accommodation costs are the responsibility of the delegations.
- Reservations must be made by the delegation's **Chef de Mission**, by writing to Inevau@hotelclassique.com between January 19 and March 31, 2026.
- The **rooming list** must be submitted to the hotel **no later than Friday, April 24, 2026**.
- **Please note:** Delegations choosing to stay at Hôtel Classique will be responsible for providing their own daily transportation between the hotel and the university campus.

Meals

Eleven meals will be provided during the event, from **Thursday morning (breakfast)** to **Sunday noon (lunch)**.

We are once again offering the **food truck format** in 2026, with an even greater variety and more healthy options. Meals will be served under a large tent located near the PEPS at Laval University.

New in 2026: Delegations now have the option to **order a Wednesday evening meal**, available **upon request only**.

To do so, please email dgill@cepn-fnec.com and indicate the **number of meals required**, at the latest on **May 12 2026**.

Each meal will be billed at **\$13.50** and added to the **delegation's final invoice**.



Thursday Night: Pool and Movie

Last year's Thursday evening free time was very popular, but many participants seemed quite tired.

For 2026, we're simplifying things and focusing our energy on **two main activities**:

- **Swimming at the PEPS pool**, with space for approximately **250 participants**
- **Movie night**, for those who prefer a quieter evening

Dinner on Thursday will be served on campus.

Any meals consumed off campus, as well as transportation logistics for those leaving campus, will remain the responsibility of each delegation.

Transport for Delegations Residing Off-Campus

If your delegation is not staying at the Laval University residences, you will be responsible for transporting your youth from your accommodation (Hotel Classique or other) to Laval University every morning of the Games. The same applies for the return trip at the end of each day.

If this poses a problem, please do not hesitate to inform us so that we can help you find a solution.

Registration Fees

Registration fees include participation in the FNEC Inter-School Games, meals at Laval University, and, where applicable, accommodation in the university residences.

Registration fees for **FNEC member communities** are as follows:

- **\$247** per participant, chaperone, coach, or attendant staying **in the Laval University residences**;
- **\$159** per participant, chaperone, coach, or attendant staying **at a hotel or elsewhere** (accommodation at your own expense).

Registration fees for **non-member communities** are as follows:

- **\$297** per participant, chaperone, coach, or attendant staying **in the Laval University residences**;
- **\$209** per participant, chaperone, coach, or attendant staying **at a hotel or elsewhere** (accommodation at your own expense).



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Note:

Since FNEC member communities pay an annual membership fee, their registration fees for the Inter-School Games are lower than those of non-member communities.

Delegations staying in hotels, whether they are FNEC members or not, must make their own reservations and cover their own accommodation costs.

Payment

A **\$2,000 deposit is required upon registration**, on **December 19, 2025**, to secure your participation in the Inter-school Games.

Cheques are payable to:

First Nations Education Council
Subject: 2026 FNEC Inter-school Games

You have until **June 24, 2026**, which is one month after the event to pay your registration fees in full.



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Team Sports

Participants in the FNEC Inter-School Games can participate in two team sports, no matter the age group. Please note that from now on, we no longer limit participation to a single team sport.

Age Groups

10–12-year-olds

13–15-year-olds

16–18-year-olds

Team Sports

Basketball	Volleyball	Floor Hockey
All age groups	All age groups	All age groups
(boys, girls and mixed)	(boys, girls and mixed)	(boys and mixed)

Sports Team Registration Information

- The 10-12 yo category plays mini-volleyball, in order to promote longer exchanges and make the game more fun, therefore:
 - Matches will be played 4 vs 4
 - It will be played on a badminton sized court on a 2-meter net
 - The second contact must be caught and thrown in one fluid motion
 - Three contacts must be played before sending the ball to the opposite sideThese changes only apply to the 10-12 age group. Other age groups play regular volleyball. For more information on mini-volleyball, [click here](#).
- It is possible for the same player to participate in up to two sports at a time. However, this will inevitably cause some scheduling conflicts. The minimum number of players must be



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respected for each match. Therefore, coaches must have substitute players for every multi-sport player on their team.

- We are aware that the team's line up might change over the course of time, but you must ensure that any changes or additions do not affect the age group in which the team is registered because this has an impact on the number of officials required, the schedule of competitions, as well as the translation, revision, and printing of documents.
- A team can only play one player a year older than the age group in which it is registered; for example, a 13-year-old on a team registered in the 10–12-year-old age group.
- Even though the number of registrations is beyond our control, we would ideally like to have three teams per age group in the same sport to make for better competition. If only one or two teams are registered in a category, the sports consultant will contact these teams to discuss the available options.

Track and Field

Participants can choose any number of track and field events from the ones offered.

The 10-12 age group is divided into three independent categories, one for each age as of May 21, 2026. This will allow athletes of 10, 11 and 12 years of age to compete with other athletes of more similar physical development level. There will be independent podiums for each age.



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Age Groups				
10-year-olds	11-year-olds	12-year-olds	13–15-year-olds	16–18-year-olds
		All age groups (boys and girls)		
Individual events		The 100m ⁽¹⁾		
		The 200m ⁽¹⁾		
		The 800m (10-12 years and 13-15 years only) ⁽¹⁾		
		The 1200m (16-18 years only) ⁽¹⁾		
		Long jump		
		Shot put		
		Javelin throw		
		Trail race (2, 4, or 6 km depending on the category)		
Team event		4 x 100 m relay ⁽²⁾		

(1) It is strongly recommended to register to a **maximum of two** individual races.

(2) Each school can enter a **maximum of 2 teams** of the same gender and age group in the **4 x 100 m** relay.



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Obstacle Course Racing (Ancestors' Challenge)

A “supersized” version of the Ancestors’ Challenge will now be presented as an event at the Inter-School Games. The format will be eliminatory, that is, the number of participants will decrease as the competition progresses.

Age Groups

10-year-olds 11-year-olds 12-year-olds 13–15-year-olds 16–18-year-olds

All age groups (boys and girls)	
Days 1 and 2 (Exact schedule to be determined)	Qualification Round (Participants show up at any time and are allowed a maximum of two tries to achieve the fastest possible timed performance)
Day 3	Finals (The 5 best participants of the qualification round are invited to the finals, for each category)



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Rules of Conduct

RESPECT

- No form of violence, bullying or vandalism is tolerated.
- Language must be appropriate and polite at all times.
- Mutual respect is essential between FNEC employees, officials, supervisors, chaperones and coaches, as well as participants.

CLEANLINESS of the site

- All areas must be kept clean at all times: PEPS, residences, Laval University campus, etc.
- Supervisors, chaperones and coaches must remind their participants to put garbage in garbage cans after meals and snacks.
- We ask for your cooperation in keeping all areas clean during the FNEC Inter-school Games.

ACCOMMODATION

- Curfew is set at 10:00 p.m. and at 10:30 p.m. on Saturday.
- Laval University will be staffed by security officers around the clock to ensure the safety and well-being of everyone. Their instructions must be heeded.

SUPERVISORS, CHAPERONES and COACHES

- Supervisors, chaperones and coaches from each community must make sure that all members of their delegation conduct themselves appropriately and that there are no disorderly disturbances on or off Laval University campus.
- Supervisors, chaperones and coaches are under obligation to watch over, take care and ensure the safety of the participants they are responsible for around the clock.

SMOKING, VAPING, CONSUMPTION of ALCOHOL, DRUGS, FOOD and BEVERAGES

- Smoking and vaping are strictly forbidden in the PEPS and the student residences.
- Consumption of drugs or alcohol is forbidden at all times. Anyone who violates this rule will be immediately ejected and will never be allowed to return to the Inter-school Games.



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- Consumption of energy drinks is not tolerated.
- Food and beverages are not permitted on the sport's courts.

FNEC and PEPS EQUIPMENT LOANS

- Sports equipment is available on loan.
- To borrow equipment, you must fill out a loan form available at the information office.
- You will be billed for the estimated value of any unreturned equipment.

SECURITY

- Laval University is responsible for night security at the student residences and the PEPS; however, the FNEC also has someone in charge of security. If there is an incident or a problem, you will be directed to this person who will analyze the situation with you before a final decision is made with the project officer in charge of the FNEC Inter-school Games.

ATTENTION

- Communities agree to take full responsibility for any damage or disturbance caused by a member of their delegation, and to reimburse any repair costs related to the incidents.
- Depending on the seriousness of the incident, the community in question may receive a penalty and a one-year suspension from participating in the Inter-school Games.

Cancellation Policy

May 12, 2026 is the **final deadline** to make any changes to your participant list.

After this date, your invoice will become **final** — meaning that even if some participants do not attend, they will still be billed.

Any **complete cancellation of participation** made **after May 12, 2026** will result in the **full billing of all incurred costs** (meals, accommodations, etc.).



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We will do our best to cancel as many invoices as possible with our suppliers, **but no guarantee can be made.**

Please note that if your delegation is staying somewhere other than the Laval University residences, your **contract with that establishment takes precedence**, and you must comply with its cancellation policy. The FNEC will **not be responsible** for any cancellation fees charged by the hotel or other accommodation provider.

If you cancel your participation **before May 12, 2026, 50% of the \$2,000 deposit** paid at the time of registration will be refunded.

Any cancellation **after this date** will result in the **loss of the full deposit.**

We kindly ask all delegations to **respect the established deadlines** and avoid last-minute changes, as these can have significant impacts on event logistics (competition scheduling, official assignments, document printing, etc.).

Parental Consent Form and Medical Information

This form must be filled out by the parents or guardians of each participant, and submitted by **April 3, 2026**, so that the medical information of each participant is readily available in case of an emergency.

The participant's age as of May 21, 2026, which is the first day of the FNEC Inter-school Games, must be indicated on the form. This enables us to place them in the correct age group.

Health Insurance Card

Participants, supervisors, and coaches must have their health insurance card with them during the FNEC Inter-school Games:

1. in case of a medical emergency;
2. as proof of age if requested (e.g. by an opposing team).