

# 2026 C SPRRING & SUMMER HANDBOOK



*"See you at the top"*



## 2026 Spring & Summer Circuit Handbook & Guide

Welcome to the upcoming season. This handbook is designed to inform and outline in detail the rules relating to the 2026 circuit season. Each Team and Coach who is participating in the event is expected to fully review this document. Coaches are to inform their respective parents & spectators of the Code of Conduct which will be strictly enforced. Physical copies will also be with the Game Day Check-in staff and Game Directors of each venue for reference.

A warm welcome, again – *“see you at the top”*





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## Important Dates, Club Checklist & Circuit Contacts

2026 PROVINCIAL QUALIFIERS & NATIONAL CHAMPIONSHIPS			
REGION	TOURNAMENT	LOCATION	DATE
CENTRAL	QC Hoops Summit	Montreal, QC	Resumes in 2027
CENTRAL	ON Hoops Summit	George Brown College, Toronto, ON	April 24 <sup>th</sup> – 26 <sup>th</sup>
ATLANTIC	ATL Hoops Summit	Halifax Grammar, Halifax, NS	May 22 <sup>nd</sup> – 24 <sup>th</sup>
WEST	BC Hoops Summit	Kitsilano S.S., Vancouver, BC	June 1 <sup>st</sup> – 3 <sup>rd</sup>
WEST	AB Hoops Summit	Calgary, AB	Resumes in 2027
NATIONAL CHAMPIONSHIPS (stay tuned for Nationals Gala updates)		Toronto, ON	July 16 <sup>th</sup> – 19 <sup>th</sup>

- 45 – 60 Days Prior = Registration Deadline
  - 7 – 14 Days Prior = 1<sup>st</sup> draft of schedule will be released + Coaches Welcome Package
  - 15 – 21 Days Prior = Final call for official team rosters
  - 5 – 10\* Days Prior = Final schedule is locked + Add/Drop forms be submitted
  - 2 – 3\* Days Prior = Final Instructions by Chief of Staff or Director of Communications will be sent out
  - 1 - 3 Days Prior = Follow Instagram (@canadahoopscircuit) for any final instructions/updates
  - During Event Deadline for entry withdrawal from event Team submission final deadline Rosters MUST be uploaded Full payment is due. Coaching/Scheduling request submission deadline Schedule draft review \*depending on release Final Schedule review \*depending on release date
- Follow:** @canadahoopscircuit on Instagram or @CanHoopsCircuit on X (formerly Twitter)

\*Dependent on release of schedule





## CHC Contacts:

Board of Governors & Regional Directors

[canadahoopscircuit@gmail.com](mailto:canadahoopscircuit@gmail.com)

Paul Ekeocha	CEO, Executive Director, Regional Director, BC & Chairman of the Board
TBA	COO, Executive Vice-President & Executive Governor
TBA	CFO, Regional Director, AB (Men's & Women's) & Executive Governor
Neal Foreman	Regional Director, ON (Men's) & Executive Governor
TBA	Regional Director, ON (Women's) & Executive Governor
John Murphy	Regional Director, ATL (Men's & Women's) & Executive Governor

## Operations, Governance & Accounts:

Ms. Kristen	Chief of Staff & Special Liaison to the Executive
Ms. Linda	Director of Communications, Media/Public Relations & Legal Affairs
OOPR	Office of Oversight & Professional Responsibility (Outside Firm)

## Videography, Photography & Social Media

Taijon E.	TGMix Productions, Videographer & Multimedia
Jake R.	Photography & Social Media
Reid P.	Graphics



# CANADA HOOPS CIRCUIT

## History

Launched in June 2021, Canada Hoops Circuit: Presented by Under Armour is a national circuit series of tournaments that showcase the top talent of student-athletes - right in their own "backyard".

It serves to bring together the top club teams in each province to compete against each other at provincial marquee events - Hoops Summit; giving these student-athletes access to post-secondary coaches, who would not necessarily have seen them at the high school level.

Each provincial qualifier will produce a tournament champion, who will receive an automatic entry into the CHC National Championships. At-large or wild card berths are also up for grabs with invitations to Nationals announced the week following the last provincial qualifiers.

## CHC Mission Statement

***The mission of Canada Hoops Circuit is to provide student-athletes from coast-to-coast, who are committed to championing a culture of excellence, growth and development within themselves, the opportunity to showcase their talents at marquee tournaments across Canada, with the goal of being exposed to and be seen by post-secondary/post-grad institutions and programs.***

## Goals of CHC

The goals of CHC are to allow athletes from coast-to-coast to compete with their spring & summer teams with the opportunity to showcase their skills and bragging rights for which province has the best basketball! These tournaments also offer local [and national] post-secondary coaches the ability to watch and potentially recruit Atlantic athletes to their programs.

*Our Summits* also encourages Canadian student-athletes to stay home in their own "backyard". By facilitating relationships between secondary students and post-secondary coaches, it serves to promote Canadian universities to Canadian students. Basketball in Canada is equally competitive to that in the U.S. and *BC Hoops Summit* promotes the pursuit of university education and playing careers in USports, CCAA and beyond.





## Competition Rules & Format

### COMPETITION RULES & FORMAT

**Effective April 1, 2026 – revised March 16, 2026**

1. Full FIBA rules with slight modifications.
2. Games will consist of **FOUR 10-minute stop time quarters**. Target Score of +7 – **see Target Score format rules on p.8**
3. Running time may occur in the following scenarios: a) tournament is behind schedule b) score is 30+ points in any quarter; will revert to stop time if score is less than 30 points
4. Pre-game warm-ups will be a minimum of 8 minutes with a maximum of 20 minutes; Halftime will be 6 minutes, with 1 minute at each quarter break. The warmup and halftime break can be shortened at the discretion of the Game Director(s) and/or Tournament Convenor/Director if running behind.
5. The second listed team in the draw is the home team and should wear their light coloured uniforms. Teams **MUST** bring both uniform tops to all games (if available). Teams should sit on the Home/Away bench, as shown on the front of the score-clock and warm up in front of their bench.
6. All players will be disqualified at FIVE PERSONAL FOULS – Bonus is after 5 team fouls
7. Timeouts must be called through the score table. Teams will get TWO 60-second time-outs in the 1<sup>st</sup> half (no carry-over) and THREE in the 2<sup>nd</sup> half – under 2 minute timeout FIBA rules apply in the 4<sup>th</sup> quarter. Each team will receive ONE time-out in OT period (*only if applicable*).
8. Games will use a shot clock (where available; however, **teams that deliberately stall will be given a 10 second warning (at the referee's discretion)**. 8 second backcourt rules in effect.
9. All teams should bring their own warmup balls – **home team supply's game ball**.
10. Zone defense is permitted at our events.
11. Full court pressing is **NOT** permitted by a team while leading by 30+ points in the 4<sup>th</sup>.
12. **Pool tie breakers are: 1) head to head, 2) points differential between tied teams (max 20 pt/game), 3) total points scored, 4) coin toss**
13. Athletes are only allowed to play on one team in the tournament and must be rostered.
14. Players must have played at least one previous game in the event to be eligible for any championship game.
15. Games are NOT permitted to start without a rostered coach or team manager on the bench.
16. There is a **5 minute** forfeit rule in effect for the league. If a team is not onsite and ready to play within five minutes of the designated game time, the Tournament Convenor/Director or Game Director may, at his/her discretion thereafter, rule a forfeit (20-0 Final Score).
17. **FIRST INITIAL & FULL SURNAMES** of players must be listed on the scoresheet.
18. All decisions made by the Tournament Convenor/Director(s) **ARE FINAL!!**
19. **Forfeit = 5 minute grace period** will be granted from the original game time, after which, the present team will be awarded the win with the score being recorded as 20-0
20. **CHC exercises the right to combine divisions if it deems it necessary, e.g., U17 + U19**



## Target Score Format

### TARGET SCORE – EXPLAINED

#### Provincial Qualifiers (e.g., Summits) & National Championships:

- At the first stoppage of play with 4:00 minutes or less left in the 4<sup>th</sup> quarter, +7 is added to the winning team's total – creating the Target Score.
- Shot clock remains in effect if being used or a 10 second warning will be given by the officials

## Wild Card Berths/At-Large Bids – Nationals

### WILD CARD BERTHS

- 2 per region (Provincial Host + Tournament Champion)
- If no provincial host exists in that region, a 2<sup>nd</sup> berth will be granted (Eg: Quebec)
- Wild card berths & at-large bids will be announced the week of June 2<sup>nd</sup> (men's & women's)
- Teams will be given **48 hours** to accept their Wild Card invitation
- CHC exercises the right to adjust the # of teams permissible to Nationals within the purview of the Board of Governors and in the best interest of the circuit & CHC

## Coach/Player Ejection

Unsportsmanlike and technical fouls will follow FIBA & USports guidelines.

Any coach or player involved in or ejected for fighting or verbal abuse of officials will have to leave the gym/court immediately and without protestation. Upon this ejection, the coach or player will be suspended the very next game, regardless of that game significance (Eg: Bronze Medal or Championship Game, etc.).

Appeals for ejections may be submitted in writing to the Tournament Convenor/Director(s) & General Managers within 30 minutes of the game being completed ([canadahoopscircuit@gmail.com](mailto:canadahoopscircuit@gmail.com)). Decisions on appeals are **FINAL** and will be rendered both in writing and in person to the ejected parties. **Please note:** at least 3 CHC Board of Governor members will be part of the appeals process, along with the TC/TD & GM – this panel will be ones to render decisions on appeals

**COACHES/PLAYERS... DO NOT PUT YOURSELF IN THIS SITUATION!!**





## Code of Conduct – Coach, Player, Parent & Spectators

Canada Hoops Circuit has adopted a **ZERO Tolerance Policy**. Inappropriate behavior will not be tolerated.

There shall absolutely be **ZERO TOLERANCE of disrespect, fighting and/or abusive language** to other teams, officials, game directors, support staff at facilities and volunteers. Any player and/or coach who conduct themselves in this manner will be promptly dismissed from further participation in the tournament.

Each coach is responsible for the conduct of the team's players, coaches, parents and fans/spectators on and off the court and must promote the best sportsmanship, win or lose.

The Game Director(s), any game official or Tournament Convenor(s) can and will remove a player, coach, parent or attendee from a game, tournament, or venue for non-compliance with the **ZERO Tolerance Policy**.

Game play will not resume until that person(s) has left the facility. Failure to leave **within 3 minutes** will result in a forfeit by the team involved – **NO REFUNDS** to removed individuals or forfeited teams.

Canada Hoops Circuit may take any such other corrective action it deems appropriate to assure proper sportsmanship, the safety and well-being of all participants, and the integrity and standards of the event.

All teams, coaches, players, and attendees are subject to such rulings and corrective actions.

Any player and/or coach (head of assistant) ejected from a game for fighting and/or abusive language will be suspended for their next game, including their head coach. Appeals can be made to the tournament Convenor with referee's/officials approval. **No referee/officials approval, no appeal shall be heard.**

If a player receives a 2<sup>nd</sup> technical foul, they must remain in the gym at the end of their bench. **Exception:** if a player needs to leave the gym to cool down, they **MUST** be accompanied by a coach and/or team manager.

A 2<sup>nd</sup> technical foul is treated the same as an ejection and the above rule applies. A coach may appeal this to the Tournament Convenor, **ONLY** – not to the Game Director.

**We expect coaches to help reinforce the above to their teams, parents and own fans/spectators. Cheer loudly, demonstrate respect and sportsmanship for opponents, referees/officials and have fun!**



## CHC Waiver of Release

### **Parent/Legal Guardian OR Coach/Team Manager Waiver & Declaration:**

I, hereby consent as the parent/legal guardian and/or Coach/Team Manager to participate in the 2025 Canada Hoops Circuit and its provincial qualifiers and National Championships, running April – July 2025: QC Hoops Summit, ON Hoops Summit, ATL Hoops Summit, BC Hoops Summit, Midwest Hoops Summit, AB Hoops Summit & the National Championships. I understand that during the course of the tournament, injuries and/or illness (eg: flu, cough, virus - COVID-19, etc.) of any kind may occur, unexpectedly. I am aware of this and accept any and all responsibilities/liabilities; therefore releasing CHC, its Coaches/Staff, personnel, entities and affiliates from any and all responsibilities and liabilities. I hereby also give my consent for the player's picture(s) or likeness (with no monetary value and/or awarding) to be included in any photographs, videos, marketing or promotional material that will enhance the profile of both the player, provincial Hoops Summits, and/or Canada Hoops Circuit. I also declare, as of the date of this signed document, that my child has a clean bill of health – including not having COVID-19 or ordered to be in self-isolation and/or quarantine by Provincial Health and their guidelines/mandates.

### **Player Waiver & Declaration:**

As a player, I consent to be a participant in the 2025 Canada Hoops Circuit and its provincial qualifiers and National Championships, running April – July 2025: QC Hoops Summit, ON Hoops Summit, ATL Hoops Summit, BC Hoops Summit, Midwest Hoops Summit, AB Hoops Summit & the National Championships. I understand that during the course of training, injuries and/or illness (eg: flu, cough, virus - COVID-19, etc.) of any kind may occur, unexpectedly. I am aware of this and accept all responsibilities/liabilities; therefore releasing CHC, its Coaches/Staff, personnel, entities and affiliates from any and all responsibilities and liabilities. As was consented above by my Parent and/or Legal Guardian, I permit my picture(s) or likeness (with no monetary value and/or awarding) to be included in any photographs, videos, marketing or promotional material that will enhance my profile as a player, provincial Hoops Summits, and/or Canada Hoops Circuit. I also declare, as of the date of this signed document, that I have a clean bill of health – including not having COVID-19 or ordered to self-isolate and/or quarantine by Provincial Health and their guidelines/mandates.

**The above was declared and attested to upon completion at time of online registration**





## Application of Rules

The Tournament Rules & Format may be modified whenever Canada Hoops Circuit deems it to be in the best interests of the event. All teams, coaches, players, and attendees will be bound by any such change.

## Player Eligibility

Age guidelines (Effective September 1, 2025) – Men’s & Women’s

### ELIGIBILITY

- **NO PLAYER** who has played post-secondary ball shall be permitted to play – adherence to the USports, CCAA & NCAA rules of eligibility (if redshirt, then player is permitted as their “clock” would not have started)
- The above is in alignment with the eligibility rules for the Circuit across Canada
- Appeals about eligibility can be made 5 days prior to the commencement of the tournament in writing to [canadahoopscircuit@gmail.com](mailto:canadahoopscircuit@gmail.com) ATTN: Executive Director and Competition & Seeding Chair – Subject: Eligibility
- Player Add/Drop forms **MUST** be submitted **48 hours PRIOR** to the commencement of any Summit or National Championships based off extenuating circumstances, e.g., injury replacement, illness, etc.
- Once a Summit or National Championship commences, **rosters are locked and no further roster editions will be permitted**, unless a team’s roster has been **depleted down to 5 players** due to injury, illness, etc.; meant to provide competitive balance and ensure integrity.

Players must be rostered. In addition to the age eligibility requirements, each team/player has attested to the waiver & declaration at time of team online registration. These waivers & declarations are kept on file with Canada Hoops Circuit prior to the first game. Canada Hoops Circuit can suspend participation privileges for any team and player without a proper signed and attested Waiver & Declaration.

## Proof of Player Eligibility

### *Team Responsibility:*

Proof of player eligibility is the responsibility of the team manager or coach. Canada Hoops Circuit will check eligibility at time of team check-in at each of its tournaments/events. A coach must be able to



document age eligibility in the event of a challenge by another team or if requested during a spot check by Canada Hoops Circuit prior to or any time during tournament play.

*Documentation Required for Eligibility:*

As a condition of participation, each team is required to have age documentation available for each player for review at any time during an event. Proof of age must be available for review by Canada Hoops Circuit representatives at all games. **Failure to have such information available may result in player ineligibility, game forfeiture, and/or team removal from the event.**

There must be a photo ID and proof of birthdate along with a student card to be presented upon check-in or during spot checks. Other acceptable forms of documentation and age include: clean photocopies of birth certificates, school documentation which reflects date of birth, current driver's license, and current passport. Digital documentation may be acceptable subject to review by Canada Hoops Circuit representatives – any questions on this can be directed to [canadahoopscircuit@gmail.com](mailto:canadahoopscircuit@gmail.com)

U19 division & CEGEP players that are over age must provide school ID proof of 2026 graduation.

## **Player Eligibility Protest Procedure**

*Scope:*

The following Player Eligibility Protest procedure applies to all CHC tournaments/events.

*Who Can Protest:*

Player Eligibility Protests can be submitted only by a coach or manager of a team participating in the same division as the team with the player(s) whose eligibility is being challenged. For a team to submit a Protest, the team must have their entire team already rostered.

*What Can Be Protested:*

1. Player is beyond age maximum
2. Player is not in compliance with finals eligibility

*When Can Protest Be Made:*

*Pre-Game Protest:*

A protest of player eligibility may be made at any time prior to a game. Any Pre-Game Protest should be submitted as soon as possible so that it may be considered in a timely manner.

*Post-Game Protest:*

Any post-game protest of player eligibility must be made within 15 minutes of the conclusion of a game between the protesting team and the team with the player(s) whose eligibility is being challenged.

*Protest Limitations.*

After 15 minutes from game completion, no other player eligibility protests will be considered. A team



is deemed to waive any opportunity to protest any player's eligibility not within these protest periods.

*How to File Protest:*

All protests must be filled out on the digital online form.

If a protest is filed post game, the player to which the protest is directed must provide their ID within 1 hour of notification of the protest. If the proof of eligibility is not produced, the game will be considered forfeited.

*Protest Upheld:*

If a Pre-Game Protest – the player will be prohibited from participating in remaining games for that specific team.

If a Post-Game Protest is upheld – that game will be forfeited by the team with the ineligible player. No prior games will be forfeited as teams participating in prior games will have waived their protest opportunity by failing to timely submit an Eligibility Protest. The team will be allowed to continue to participate in the event without the ineligible player(s).

*Player Reinstatement:*

If a player is ruled ineligible for the sole reason that the team did not have any eligibility documentation for the player, the player can subsequently be ruled eligible if such documentation is later provided. The reinstatement is for competition subsequent to the documentation being provided and no prior action will be modified or set aside.

**Player/Team Eligibility Protest**

*Ruling Binding:*

Any Player Eligibility Protest ruling made by Canada Hoops Circuit is binding upon all coaches, players, and attendees of the event. There is **NO** appeal of any upholding or denial of a Player Eligibility Protest.

Canada Hoops Circuit shall apply the Player Eligibility Rules in such manner as Canada Hoops Circuit and its Game Directors, Tournament Directors, General Manager or Tournament Convenor deem appropriate to uphold not only the letter but the spirit of such rules. Canada Hoops Circuit will impose such additional sanctions, suspensions, or other corrective action it deems appropriate under the facts and circumstances of noncompliance with the player eligibility rules. All coaches, players, and attendees shall be bound by any such application of the rules and corrective action imposed by Canada Hoops Circuit.

Consistent violation of the eligibility rules may lead to permanent suspension from Canada Hoops Circuit tournaments and events.



## Conflict Resolution Hierarchy

Should any conflict or appeals rise, the following hierarchy shall be implemented and followed:

- Game Director(s)
- CHC Ambassador & Concierge
- Tournament Director(s)
- General Manager
- Tournament Convenor(s)
- CHC Board of Governors

## Game Forfeit Policy

Teams participating in an event expect their opponent to be as diligent and conscientious as their team in being on time and prepared to participate in ALL scheduled games. Tournament play requires games to be played early morning and late evening, which may not always be convenient for the participating teams, but that is the nature of the event nonetheless. One of the most disappointing experiences for a team is to have the opponent fail to show for a scheduled game. To minimize the occurrence of forfeited games and to address the matter with the participating teams, Canada Hoops Circuit has adopted this Game Forfeit Policy:

*There is a 5 minute forfeit rule in place for Canada Hoops Circuit tournaments. If a team is not onsite and ready to play with 5 players and a Coach or Adult on the bench within FIVE minutes of the scheduled start time. The Tournament Director or Court Monitor may, at his/her discretion thereafter, rule a forfeit (20-0 Final Score shall be recorded).*

### *Teams Forfeiting Game:*

When a team forfeits a game in any tournament, the following rules apply:

The team receives a loss for the scheduled game and a score of 20-0 shall be recorded.

A team forfeiting any game is still expected to play all subsequently scheduled games.

The team forfeits any team or individual awards given for participation in the forfeited game.

### *Teams Having Game Forfeited:*

Most game forfeits are beyond the control of Canada Hoops Circuit. Since gym rental and officials must still be paid in the event of a game forfeit, most event operators do not offer any refund or credit in the event of a forfeit.





Canada Hoops Circuit will attempt to schedule or find a new opponent in the case of an early forfeiture notification.

The Forfeit Policy rules may be modified or waived by Canada Hoops Circuit in the event of extenuating circumstances. Factors considered will include communications from the teams as to their unavailability to play the scheduled game, the timing of such communications, the circumstances causing the forfeit, and such other considerations deemed relevant by Canada Hoops Circuit.

Any decision by Canada Hoops Circuit as to the application of the Forfeit Rules shall be binding upon all teams and participants.

## **NATIONALS WITHDRAWAL POLICY**

National Championships are an important part of our programming and the culmination of each provincial qualifiers. Team who have qualified are expected to attend said championships in the spirit of competition, fairness and integrity. Should a team who has qualified for Nationals, pull out less than 40 days prior to the start of Nationals will be subject to a \$500.00 fine – 38.5% of the entrance fee to Nationals.

Any questions or clarity needed on this point can be directed to the Chief of Staff at [canadahoopscircuit@gmail.com](mailto:canadahoopscircuit@gmail.com)



## Payment & Refund Policy

**All team fees are due prior to the commencement of any Canada Hoops Circuit tournament or events.**

Payment is due 60 Days prior to the tournament or Event. Teams will not be scheduled if payment and completed registration (including rosters) has not been received in FULL.

Payments can be processed directly at [www.canadahoopscircuit.ca/register](http://www.canadahoopscircuit.ca/register). Payment inquiries should be sent to [canadahoopscircuit@gmail.com](mailto:canadahoopscircuit@gmail.com)

Team entries that are admitted after the registration deadline are subject to a **\$100.00 CAD surcharge per team.**

Refunds for canceled team/individual registrations will **NOT** be granted – in lieu of a refund, a team may be provided a team credit for subsequent tournaments and events, which can be used in the current season or the immediate season of play after (eg: 2026)

There will be a **\$75.00 charge assessed per team** to process each request.

There will be **no refunds** processed for teams/individuals who withdraw, cancel, or forfeit games/participation of a tournament or event

All refunds (if granted and deemed extenuating) will be processed within 30 days of each specified event. If no refund is provided, a team credit may be applied – this is at the discretion of the Director of Communications and the respective Regional Director

In a circumstance in which the weather or events outside of our control causes game cancellations, there will be **no refunds** granted.

Notice of withdrawal must be sent to [canadahoopscircuit@gmail.com](mailto:canadahoopscircuit@gmail.com)

### ***Late Withdrawal***

Any withdrawal after the entry deadline for a Tournament will be considered as a late Withdrawal.

### ***The Entry Fee for a Late Withdrawal will be handled as follows:***

If a fully paid entry is not secured to replace the withdrawing team, no amount of the Entry Fee will be refunded or credited.





If the entry has been accepted without full payment of the Entry Fee, any amount due under this Withdrawal Policy must be paid prior to the acceptance of the team's entry in any subsequent tournament.

#### ***No Duty to Find Replacements***

Canada Hoops Circuit assumes no duty or responsibility to find a replacement entry for any Late Withdrawal.

If no replacement team is found then the entry fee is completely non-refundable, no team credit will be provided and the withdrawing team may be subject to an additional 50% of the entrance fee charge in order to covers associated costs that Canada Hoops Circuit still incurs.

### **Canada Hoops Circuit Pilot Programs**

Our youth skills camps and coaches' super-clinics are designed to further develop skills both on and off the court. Youth campers will be taught fundamental skills from the 3 phases of basketball: offense, defense and transition. Coaches will be introduced to hot button topics around the basketball world and be provided with tools and resources to further aid in their development as a coach.

#### **Youth Skills Camp Breakdown:**

- Ball-handling
- Shooting & Transition Offense
- Passing
- Defense

#### **Coaches Super Clinic Topics:**

- Being a Transformational Coach vs. a Transactional Coach
- Building an Offensive System Through 3 Phases
- Practice Planning
- Refining & Developing a Coaching Philosophy in 5 Questions
- Includes: Group Exercises & Breakout Rooms

### **Canada Hoops Circuit – Mentorship Program**

**CHC MENTORSHIP PROGRAM** - [canadahoopscircuit@gmail.com](mailto:canadahoopscircuit@gmail.com) to sign up, a Learning Facilitator will be assigned to you - 3 hours a month via Zoom, \$74.99 +HST





**Canada Hoops Circuit**

[www.canadahoopscircuit.ca](http://www.canadahoopscircuit.ca)

[canadahoopscircuit@gmail.com](mailto:canadahoopscircuit@gmail.com)

**Instagram:** @canadahoopscircuit

**X:** @CanHoopsCircuit

**YouTube:** @canadahoopscircuit

**TikTok:** @canadahoopscircuit

**#TheNorthernRising**  
**#ChampionsBuiltHere**

