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U SPORTS CENTRAL

1. I'm having trouble logging on to my U SPORTS Central account, what should I do?

Avoid creating another U SPORTS Central account. Ensure you are logging in at the right place:
<https://usportscentral.ca/StudentCentre/EditProfile>

Try one (or all) of the following:

- Ask your institution's athletic department for assistance regarding your U SPORTS ID
- Click "Forgot U SPORTS ID?" and follow the prompts (if you do not remember which email address is associated with your profile, try all the addresses you and/or your parents have)
- If you have access to your email, search your emails for your confirmation of registration from U SPORTS Central – your U SPORTS ID is provided in that email

If none of the above resolve your issue, email U SPORTS for further assistance:
office@usports.ca

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2. Should I create another account if I can't access my original U SPORTS Central account, or if I have transferred to another U SPORTS school?

No, a duplicate U SPORTS Central account should never be created. As a student-athlete, you are only required to register for a U SPORTS Central account one time. There is a non-refundable, one-time \$50 registration fee.

If you have participated in U SPORTS any time after 2015 or have received a U SPORTS Letter of Intent, you likely have already registered on U SPORTS Central. Therefore, try accessing your existing account with the troubleshooting tips provided in [Question 1 of U SPORTS Central FAQs](#). Make sure to record your U SPORTS ID in a safe place, as you'll need to log in to your account each year you are a U SPORTS student-athlete.

If you have transferred to another U SPORTS institution, you will keep the same U SPORTS Central account you've been using at your previous U SPORTS school. If you are transferring from a non-U SPORTS school and do not have an account, you would need to register for the first time.



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NOTE: The email address associated with your U SPORTS Central account can be updated. To do so, simply sign into your U SPORTS Central account and update your personal information accordingly.

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3. I've created more than one U SPORTS Central account, what should I do now?

Speak with your athletic department for further assistance and they will contact the U SPORTS national office to resolve it. Your accounts may be merged into one single account, or the new account may simply be deleted. It's important to only have one registered profile on U SPORTS Central because multiple accounts can create confusion with your eligibility records.

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4. Can I update my email address associated with my U SPORTS Central profile?

Yes, the email address associated with your U SPORTS Central account can be updated. To do so, simply sign into your profile and update your personal information accordingly.

It is important the email address on your account stays up to date. Your email address is used for communication purposes including for a U SPORTS Letter of Intent (if applicable), to retrieve your forgotten U SPORTS ID if required, and registration confirmation when your account is first created.

When registering for your account for the first time, we recommend you register your own account using your active email address. You will need your U SPORTS Central ID to sign into your account annually throughout your U SPORTS athletic career, so ensure to record it for safe keeping.

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5. How do I update my academic history or personal information on my U SPORTS Central account?

You can update this information by logging into your U SPORTS Central account and updating your academic history and personal information as required. The information here would include your name, address, emergency contact, email address, etc.

Official eligibility records can only be updated by a U SPORTS institution.



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6. How do I fix my eligibility record listed on my account if it's wrong?

If you identify an error with your eligibility record on U SPORTS Central, you can speak with your school's athletic department for further assistance. If a correction is required, they will contact the U SPORTS national office to have your record updated.

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7. I'm unable to access my Acknowledgment & Consent on U SPORTS Central, or my coach told me I haven't completed it when I thought I did. What's going on?

As a student-athlete, you are required to complete the U SPORTS Acknowledgement & Consent process each year before you participate with your team that season. This can be accessed **after July 15th** annually for the associated season. Simply sign into your U SPORTS Central account after July 15th and follow the prompts to complete your Acknowledgement & Consent process.

Example: For the 2022-2023 athletic season, your Acknowledgment & Consent process is available after July 15th, 2022.

If you do not see your Acknowledgement & Consent, it's possible you are trying to access it before July 15th for the upcoming season, or you may have more than one U SPORTS Central account. Check in with your coach or athletic department for what U SPORTS ID they have recorded for you and compare it to the one you were logging into. If they don't match, you likely have more than one account and should work with your school to resolve it (see [Question 3 of U SPORTS Central FAQs](#) for more information on multiple accounts).

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CURRENT STUDENT-ATHLETES FREQUENTLY ASKED QUESTIONS

GENERAL TRANSFER RULES

1. What are the transfer rules, and do I have to sit out if I transfer to a U SPORTS school from another U SPORTS school? Do the transfer rules apply to all sports?

If you transfer to a U SPORTS school after being assessed a year of eligibility, you may be subject to a 365-day sit-out period between when you were last listed on a game sheet with your departing university and when you can first be listed on a game sheet with your receiving university.

There are some exceptions to this 365-day sit-out, which include: graduate student-athletes who are proceeding from an undergraduate to a master's degree; student-athletes competing in swimming, track and field, or cross country; and student-athletes repatriating from a non-Canadian post-secondary degree granting institution team.

If you're transferring with the same academic year, note that you're not able to compete for multiple institutions. That's to say that even if you were not to have been charged with a year of eligibility, you're not able to participate for a new university for that entire academic year. For more information, please see [Question 9 of General Transfer Rules FAQ](#).

In the sport of football, if you participate in one institution's training camp, you will not be eligible to participate for another institution's football team in the same competitive season.

See [Question 2 of General Transfer Rules FAQs](#) for more information regarding transfer rule exemptions.

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2. Are there any exemptions available to U SPORTS transfer restrictions?

There are some notable transfer rule exemptions to the 365-day sit-out, which include:

- If you are a track & field or cross country student-athlete
- If you are a swimming student-athlete
- If you are progressing to a graduate program from undergraduate studies
- If you are repatriating to U SPORTS from a non-Canadian post-secondary degree granting institution (Canadian Citizens or permanent resident status in Canada)

NOTE: These exemptions are available as a one-time use only, and some have additional parameters.



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If you think you may qualify for any of the above exemptions, speak with your U SPORTS coach or athletic department. They will be able to assess and determine your transfer status and provide appropriate guidance.

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- 3. I'm thinking about transferring universities, but I don't want to tell my coach yet. Can I contact other coaches from other universities, and will my current coach find out? Are there any periods of time that I'm not allowed to contact other institutions?**

You can reach out to other coaches from other universities at any time. However, once you do, the coach at your potential transfer school will let their Athletic Director know that they've been contacted by you. From there, the Athletic Director will then notify the Athletic Director at your current school. Therefore, we recommend you inform your current coach before contacting other coaches, because they will find out once the initial contact has been made to another coach.

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- 4. If I have a good reason for transferring to another U SPORTS institution, do I still have to sit out 365 days?**

All transfer student-athletes after being assessed a year of eligibility are subject to a 365-day sit out period, between when you were last listed on a game sheet with your departing university and when you can first be listed on a game sheet with your receiving university.

For extenuating circumstances, there is a route for Compassionate Appeals that an Athletic Director at any U SPORTS school could put forward on your behalf if compassion may be required. If you believe you would be a good candidate for this, you should discuss it directly with your coach or Athletic Director at either transfer school. Your institution's Athletic Director will determine if there are sufficient grounds to submit a Compassionate Appeal on your behalf; student-athletes cannot submit a Compassionate Appeal directly to U SPORTS.

NOTE: Submission of a Compassionate Appeal does not guarantee relief will be granted.

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- 5. If I received an Athletic Financial Award (AFA) but paid it back, or if I didn't receive an AFA at all, am I free to transfer to another U SPORTS school without restriction?**



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This was a one-time bridge transfer policy that was introduced for transfers going into the **2021-2022 season only**. It was an accommodation made due to the cancelled 2020-2021 season from the pandemic. Meaning, this bridge transfer policy only pertained to student-athletes transferring from the 2020-2021 year to the 2021-2022 year, and **no longer applies going forward**.

Since we are past the 2021-2022 season, all transferring student-athletes are subject to traditional U SPORTS transfer rules, and an AFA has no impact on the transfer restrictions anymore.

See [Question 1 of General Transfer Rules FAQs](#) for more information regarding transfer rules.

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6. I've been cut from my university team; can I transfer to another U SPORTS school without having to sit out?

Being released from a team does not exclude you from the transfer rules. All transfer student-athletes after being assessed a year of eligibility are subject to a 365-day sit out period, between when you were last listed on a game sheet with your departing university and when you can first be listed on a game sheet with your receiving university.

For extenuating circumstances, there is a route for Compassionate Appeals that an Athletic Director at any U SPORTS school could put forward on your behalf if compassion may be required. If you believe you would be a good candidate for this, you should discuss it directly with your coach or Athletic Director at either transfer school. Your institution's Athletic Director will determine if there are sufficient grounds to submit a Compassionate Appeal on your behalf; student-athletes cannot submit a Compassionate Appeal directly to U SPORTS.

NOTE: Submission of a Compassionate Appeal does not guarantee relief will be granted.

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7. When I was recruited, I was promised a 4-year athletic scholarship but now my coach is telling me I won't get it anymore, are they allowed to do that? Can I transfer without penalty now?

Athletic Financial Awards (AFAs) are offered at the discretion of each individual school and can come with conditions to dictate the terms. You can be offered an AFA verbally or with a contract and it may be single- or multi-year in length. Written terms of an AFA help facilitate a clear



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understanding and can also be valuable in resolving any disputes that might arise. If you believe there is a breach of an AFA agreement, speak with your Athletic Director about your concerns.

The status of your AFA does not exclude you from the transfer rules. All transfer student-athletes after being assessed a year of eligibility are subject to a 365-day sit out period, between when you were last listed on a game sheet with your departing university and when you can first be listed on a game sheet with your receiving university.

As it relates to transfer with extenuating circumstances, there is a route for Compassionate Appeals that an Athletic Director at any U SPORTS school could put forward on your behalf if compassion may be required. If you believe you would be a good candidate for this, you should discuss it directly with your coach or Athletic Director at either transfer school. Your institution's Athletic Director will determine if there are sufficient grounds to submit a Compassionate Appeal on your behalf; student-athletes cannot submit a Compassionate Appeal directly to U SPORTS.

NOTE: Submission of a Compassionate Appeal does not guarantee relief will be granted.

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8. If I transfer to another U SPORTS institution, does my athletic scholarship follow me to my new school?

Schools can offer Athletic Financial Awards (AFAs) if they choose and are at their own discretion for being involved with their athletic program. They are also determined by several institutional factors. As a result, your AFA would not follow you to another school. However, you can be offered an AFA at your new transfer school if they choose to do so.

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9. Can I play for two different universities in the same season if I transfer mid-season?

No. You cannot participate in U SPORTS competition at one school and then participate at another U SPORTS school in the same season or academic year. It doesn't matter if you have consumed a year of eligibility or not in that year, you are still not eligible to participate in U SPORTS at two different schools in the same academic year.

In the sport of football, if you participate in one institution's training camp, you will not be eligible to participate for another institution's football team in the same competitive season.

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10. I'm a student-athlete at a non-Canadian post-secondary degree granting institution (such as the NCAA or NAIA), what transfer rules apply to me?

All transfer student-athletes are subject to U SPORTS transfer rules and a 365-day sit-out period from the date you last participated at your former institution. This applies when transferring to U SPORTS from a non-Canadian post-secondary school (i.e., NCAA or NAIA) as well. There are some exceptions to this sit-out period available, including those who are repatriating to Canada (Canadian Citizens or Permanent Residents in Canada), graduate student-athletes who are proceeding from an undergraduate to a master's degree, and student-athletes competing in swimming, track and field, or cross country.

If you have exhausted your eligibility according to that jurisdiction's terms of attendance regulations, you are not eligible to participate in U SPORTS. If you have eligibility remaining within your former jurisdiction, then you may be eligible to compete in U SPORTS.

Contact your prospective U SPORT school to have your eligibility assessed based on your specific transfer situation. They will be able to answer any questions you may have and assist further.

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GENERAL ELIGIBILITY – ACADEMIC REQUIREMENTS

1. How many credits do I need to be enrolled in to be eligible as a U SPORTS student-athlete?

In the semester in which you complete within U SPORTS, you must be enrolled in a minimum of three (3) courses that are recognized towards a degree (minimum 9 degree-granting credit hours or equivalent, as confirmed by the registrar). However, if there are circumstances within your academic program which would warrant an exception to this ruling and where the university continues to declare you as a full-time student in that semester (such as graduate students, exchange students, registered special needs students, and co-op students), you may still be eligible.

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2. As a current U SPORTS student-athlete, is there a certain average I must maintain in order to be eligible to compete in the following season?

If you have been charged with a year of eligibility in a recognized sport of U SPORTS, you must be a student in good academic standing in order to be eligible for competition.

Being a student in good standing requires a minimum of three (3) degree-granting full courses, or six (6) degree-granting half courses, or eighteen (18) degree-granting semester hours during the academic year at a degree-granting institution. If there are circumstances within your academic program which would warrant an exception to this ruling and in which the university continues to declare you a full-time student (such as graduate students, registered special needs students, and co-op students), may still be considered as successfully meeting this standard.

If you are no longer a student in good standing, you would not be eligible to participate in U SPORTS. You would need to successfully complete these academic requirements to re-establish yourself in good academic standing in order to be eligible for participation.

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