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RECRUITS & PROSPECTIVE STUDENT-ATHLETES FREQUENTLY ASKED QUESTIONS

GENERAL RECRUITING

1. How do I get recruited by a U SPORTS institution?

Prospective student-athletes should contact U SPORTS university coaches directly with your recruiting information. The coaches will be able to answer any specific questions and assist you further.

Contact information for coaches is listed in their athletic department directories on their university websites. University athletic department websites can be found on the U SPORTS website at <https://usports.ca/hq/member-universities>.

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2. What is a Prospective Student-Athlete?

Any athlete who is interested in enrolling and competing athletically for a U SPORTS school in a U SPORTS sport is considered a prospective student-athlete. This includes both Canadian and international athletes who are in high school, college or university, or a non-student.

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3. What is a Confirmed Recruit?

When a prospective student-athlete signs a U SPORTS Letter of Intent (LOI) or accepts the institution's offer of admission and is confirmed for the upcoming semester as a registered student, they become a confirmed recruit. Confirmed recruits cannot be further contacted for recruiting.

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4. Can prospective student-athletes or confirmed recruits participate in team practices during the off-season?

For league-based sports (applicable to many team sports), institutions that compete in U SPORTS league play cannot have prospective student-athletes participate in off-season practices. Once a prospective student athlete becomes a confirmed recruit, they are eligible



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to participate in team practices in the off-season (i.e., U SPORTS fall sports December 1 to August 15 and U SPORTS winter sports April 1 to August 15).

U SPORTS League sports are:

- Basketball
- Field Hockey
- Football
- Ice Hockey
- Rugby
- Soccer
- Volleyball

For event-based sports (applicable to many individual sports and some team sports), institutions that compete in U SPORTS event play (i.e., non-league play) may have prospective student-athletes participate in practices year-round, which includes off-season practices.

U SPORTS Event sports are:

- Cross Country
- Curling
- Swimming
- Track and Field
- Wrestling

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5. When I'm being recruited, are there limits to the number of official visits I can have at U SPORTS institutions?

Yes. Official recruiting visits are divided into Official On-Campus Visits and Official Off-Campus Visits.

An individual U SPORTS institution may provide an **Official On-Campus Visit** to you as a prospective student-athlete once every 365 days, with a maximum of two (2) in your lifetime. Similarly, a U SPORTS institution may also provide you an **Official Off-Campus Visit** once every 365 days, with a maximum of two (2) in your lifetime

An Official On-Campus Visit is when a prospective student-athlete is invited to an institution and receives financial assistance for the visit by an institution representative. The duration of this visit cannot exceed 72 hours from the time of arrival on campus until the time of departure from campus. Institutionally funded attendance at formal ID camps, evaluation camps and/or individual evaluation sessions (organized by an institution) is an Official On-Campus Visit.



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FOOTBALL: Football is more stringent on the number of visits permitted in a lifetime. Prospective student-athletes may only make a total of five (5) official visits to different U SPORTS institutions that offer U SPORTS Football, with only one (1) official visit per institution.

An Official Off-Campus Visit is when a prospective student-athlete meets with an institution representative for a meal exclusively outside of the boundaries of the university campus or buildings controlled by the athletic department.

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6. What is the football recruiting calendar and are there any blackout periods?

You can be in contact with a U SPORTS institution representative and visit institutions (officially or unofficially) at any time throughout the year, excluding U SPORTS Football blackout periods. There are also Quiet periods where coaches are not permitted to attend third-party recruiting camps.

The annual Football recruiting calendar is as follows:
(*All times are in Eastern Standard Time)

Open Period

12:01 AM August 1
11:59 PM Dec 21

East-West Blackout Period

12:00 AM May 7
11:59 PM May 14

Quiet Period

12:00 AM September 1
11:59 PM Feb 28

July Blackout Period, less Canada Cup

12:00 AM July 1
11:59 PM July 31

Holiday Blackout Period

12:00 AM Dec 21
11:59 PM Jan 3

Open Period

3 days prior to Game 1 until 1 day after Final Game at Canada Cup

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7. If I'm promised an athletic scholarship, does that guarantee I won't be cut from the team?

Athletic Financial Awards (AFAs) are allocated within the team at the coach's discretion and does not guarantee playing time.



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Written terms of an AFA help facilitate a clear understanding of the AFA provided and can be a valuable tool in resolving any disputes that might arise. If you believe there is a breach of an AFA agreement, you should speak with your athletic director with your concerns.

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8. Will my athletic scholarship follow me if I want to transfer at some point in my athletic career?

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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LETTER OF INTENT (LOI)

1. What is a U SPORTS Letter of Intent and where can I find more information about it?

A U SPORTS Letter of Intent (LOI) is a commitment between a prospective student-athlete and a U SPORTS institution with respect to you being part of that institution's U SPORTS athletic program for the coming academic year. The LOI is a national initiative that is designed to reduce and limit the recruiting pressures on prospective student-athletes, educate prospective student-athletes on the most applicable U SPORTS regulations, and assist coaches in their recruiting efforts.

Once a Letter of Intent is signed, a prospective student-athlete may no longer receive further recruiting contact and calls from institutions other than the one they've signed with.

NOTE: A U SPORTS Letter of Intent is not required for participation in U SPORTS, nor is it an offer of admission to an institution or an indication that admission will be provided.

More information on the U SPORTS Letter of Intent can be found on the U SPORTS website at: <https://usports.ca/hq/eligibility/letter-of-intent>.

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2. What happens after I sign my Letter of Intent (LOI)?

Once you confirm your selection and acceptance on U SPORTS Central, the action cannot be undone. The U SPORTS Central LOI Registry will be updated within 48-hours of you signing, and at which point all schools will become aware of your decision. Your decision will also be publicized on the U SPORTS website in the public registry that indicates your name, hometown, LOI school, and the date signed.

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3. Once I sign a Letter of Intent can I still be recruited by other institutions?

Once you sign a Letter of Intent, you become a confirmed recruit for your LOI school, and all other U SPORTS schools are obligated to stop recruiting you for the purpose of athletic participation. Accordingly, you now have an obligation to notify any athletic recruiter from other U SPORTS schools of the fact that you have signed an LOI. If another U SPORTS school continues subsequent contact with you, you are asked to make your best effort to notify your Athletic Director in a timely manner of this. A school that does not respect your signed LOI institution and continues its efforts in recruiting you is subject to sanction by U SPORTS.



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Further, if after having signed your LOI with one school you continue to initiate contact with a different school for the purpose of representing them in competition, the second school is obligated to notify your LOI school and discontinue communication until such time you have been granted a release from your original LOI school.

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4. What happens if I change my mind about attending the institution with which I signed a Letter of Intent with and I want to attend another U SPORTS school instead?

If you do not attend the institution with which you signed your LOI, the basic penalty is that you cannot receive an Athletic Financial Award (AFA) in your entering year at the U SPORTS school you attend. Under certain circumstances, failure to abide by the policies governing U SPORTS recruiting and eligibility can result in additional sanctions that may include suspension from participation and/or a reduction in the maximum number of years that you may participate in U SPORTS competition.

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5. Are there specific signing periods related to the Letter of Intent?

No, with the one exception that a Letter of Intent can only be entered into in the 12 months immediately preceding the academic year the prospective student-athlete expects to attend a U SPORTS school. Any additional timelines or restrictions that might be imposed on an LOI signing deadline are strictly at the discretion of the institution providing the Letter of Intent. However, it is not uncommon for a school to impose a reasonable time frame (or expiry date) beyond which an unsigned Letter cannot be signed and honoured.

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U SPORTS CENTRAL

1. What is U SPORTS Central?

U SPORTS Central (usportscentral.ca) is an online portal that assists U SPORTS in maintaining fair and level playing by enhancing our ability to collect, track, monitor information, and oversee and enforce compliance with our policies.

It also provides U SPORTS the ability to collect, track, and analyze historical data relating to our student-athletes. This makes U SPORTS better informed and educated when making decisions that impact the lives of our student-athletes and enables us to implement better tools for servicing their needs and elevating their experiences.

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2. Am I required to register with U SPORTS? If so, how do I do this and when should it be done?

In order to participate in U SPORTS competition, you must be registered on U SPORTS Central (usportscentral.ca). This process entails creating a personal and athletic profile that will follow you throughout your varsity career. There is a non-refundable one-time registration fee of \$50 CAD.

Prospective student-athletes can register as early in their high school careers as they see fit. Registration in high school is not a requirement but must happen on U SPORTS Central prior to becoming a confirmed recruit (including signing of a Letter of Intent) or before competing for a U SPORTS institution (whichever comes first).

FOOTBALL: For prospective student-athletes in the sport of football, registration on U SPORTS Central is a mandatory part of the football recruiting process and is required prior to taking an official visit to a U SPORTS institution. A U SPORTS ID must be provided to the university in advance of a football recruiting visit for tracking purposes. Failure to respect these regulations could result in sanctions

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3. How much does it cost to sign up for U SPORTS Central?

Student-athletes are required to pay a \$50.00 CAD registration fee on U SPORTS Central. This is a one-time fee and is non-refundable.



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Member institutions are not permitted to pay the registration fee on behalf of a prospective student-athlete, confirmed recruit, or student-athlete.

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4. Will my recruiting information be available on U SPORTS Central, and can I upload videos for recruiting purposes there?

Recruiting information, including athletic statistics and videos, cannot be uploaded onto U SPORTS Central. U SPORTS Central is not a recruiting database. For recruitment, you should contact university coaches directly with your recruiting information. The coaches will also be able to answer any specific questions and assist further.

Contact information for coaches is listed in their respective athletic department directories on their university websites. University athletic department websites can be found on the U SPORTS website at <https://usports.ca/hq/member-universities>.

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5. Can my parents or guardians create a U SPORTS Central account for me?

We recommend you, the athlete, register your own account on U SPORTS Central and record your U SPORTS ID. When an account is created, a confirmation email with your U SPORTS ID is sent to the email address used to register.

You are required to sign into your U SPORTS Central account each year during your Canadian university athletic career.

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

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