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1. CHAMPIONSHIP ROSTER

Each championship team can declare up to forty-eight (48) players on the U SPORTS Eligibility Form (no later than October 1). For bowl games including Mitchell Bowl and Uteck Bowl, and the Vanier Cup, roster sizes will increase to 48 players.

2. TEAM BENCH

A team can have a maximum of 70 people in the bench area including athletes, coaches and support staff.

Note: Any team member above the 70 is considered a spectator and will sit in the stands.

3. PARTICIPANTS

3.1 TEAMS

The participating teams shall be:

- Atlantic University Sport Representative
- RSEQ Representative
- OUA Representative
- Canada West Representative

Note: U SPORTS maintains a six-year rotation of which Sport Conferences play each other each year in the U SPORTS Semi-Final Bowl Games. Based on this rotation the match-ups for the next 3 years will be:

2021 Mitchell Bowl: AUS @ OUA / Uteck Bowl: CWUAA @ RSEQ

2022 Mitchell Bowl: RSEQ @ OUA/ Uteck Bowl: CWUAA @ AUS

2023 Mitchell Bowl: AUS @ CWUAA/ Uteck Bowl: OUA @ RSEQ

3.2 IDENTIFICATION (N/A)

3.3 INDIVIDUAL ELIGIBILITY (N/A)

3.4 INDIVIDUAL ENTRIES (N/A)

3.5 INDIVIDUAL RANKINGS (N/A)

3.6 TEAM ENTRIES

The teams representing each Sport Conference in the play-offs must engage in its final Sport Conference competition no more than eight (8) days in advance of the Preliminary Bowl Game in which it is to participate.

3.7 TEAM RANKINGS (N/A)

4. COMPETITION

4.1 CHAMPIONSHIP FORMAT

Each U SPORTS Sport Conference championship team shall meet in two (2) Preliminary Bowl Games - the Mitchell Bowl and the Uteck Bowl - with the two winners advancing to the Vanier Cup.



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4.2 SELECTION, SEEDING, DRAW, POOLS, TRIALS AND HEATS (N/A)

4.3 FORMULAS AND FORMAT (N/A)

4.4 PROCEDURES AND PROTESTS

Visiting teams are required to stay on their side of the 45-yard line during introductions and must return to their bench prior to the commencement of home team introductions.

4.5 SCHEDULES OR ORDER OF EVENTS (N/A)

The U SPORTS Office will work with the Host Committee to develop a schedule. Consideration will be given to travel of the two participating teams as well as media requirements.

4.6 GAME TIMES

U SPORTS Office and Host Organizing Committee are to determine the game start times for both Bowl games as well as Vanier Cup based on facility availability and television requirements.

4.7 PRACTICE TIMES / WARM-UPS

All practices for participating teams in the Bowl games should be scheduled at the site of the venue pending availability and arrival time of the teams.

All practices for participating teams in the Vanier Cup will be scheduled at the site of the venue pending availability. If the Vanier Cup is hosted in the same city as one of the participating teams, BOTH teams must practice at the designed times and at the designated venue as determined by the U SPORTS Office.

Please note all practices are open to the media.

4.8 OVERTIME AND TIME-OUTS

As per the Canadian Amateur Rule Book for Tackle Football (Article 6).

4.9 TIE-BREAKING (N/A)

4.10 SCORING AND STANDARDS (N/A)

4.11 RECORDS AND STATISTICS (N/A)

5. EQUIPMENT

5.1 BALL

The official game ball for the two (2) Bowl Games and the Vanier Cup shall be the Wilson F-2000. Twelve (12) game footballs will be provided for the Bowl Games.



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5.2 RECORDING Video Exchange Program

The Host of each Conference Championship Game and Bowl game shall video record the game, and make the video recording available via video exchange provider within 4 hours of the completion of the game and DV Sport will provide Video Exchanging Capabilities via DOT Exchange.

For the Bowl games, and the Vanier Cup, participating teams, in cooperation with Host team, shall ensure that the following items are forwarded to their opponents:

1. Depth charts of their three most recent games;
2. Rosters of their three most recent games; and
3. All games (SIDELINE and ENDZONE)*.

As soon as both game recordings have been uploaded to the video exchange provider, the two schools will be provided access to the footage. This access will not be granted until both recordings have been uploaded.

There will be no video recording of game or still pictures taken by another team scouting the game for any reason. Coaches may scout games but cannot video record that game or any other game.

When Canadian Football League Scout wishes to video/record university games for scouting purposes, they must seek and obtain permission from both teams involved in the game. The subsequent video recordings are not to be exchanged or loaned to any university coach without permission of both teams involved.

5.3 SPOTTERS BOOTH TRANSMISSION

Video transmission from the spotter's booth to the sidelines is permitted.

5.4 SPOTTER PHONES

Each team is responsible for providing their own headsets for each game. Teams are permitted to use an unlimited number of channels. If a team's headsets become inoperable, the opposing team is not required to stop using any of their headset lines.

6.0 UNIFORMS

6.1 U SPORTS reserves the right to require participants in a U SPORTS Championship to wear U SPORTS branded uniforms. These brands will be provided to each team in advance of the championship. The placement of brand will be prescribed by U SPORTS and may include jerseys, helmets, bibs, caps, etc.

6.2 U SPORTS football (Bowl games and Vanier Cup) teams will be required to grant permission for the placement of name plates on the back of player jerseys at the discretion of U SPORTS.

6.3 BIBS, SOCKS, SHIRT COLOR, TIGHTS AND TOWELS



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The intent of these guidelines is to present an appearance that is professional, consistent, clean and neat as possible. There must be uniformity to a teams' appearance (all team members must be dressed in a similar fashion).

6.4 Game Jerseys and Pants

Game shirts and pants should be worn as received from the manufacturer, with the following exceptions.

1. If modifications are necessary, they must be tailored; that is, they must be sewn by machine, and they must resemble the original design.
2. Sleeves may be tightened to tape or knots, but these must not be visible in normal body positions.
3. The team jersey must cover all pads and other protective equipment worn on the torso and upper arms, and be appropriately tailored to remain tucked into the uniform pants (where applicable) throughout the game.
4. Shirt body may be tightened by lacing on side panels only.
5. Any tape used to tighten a uniform part either must be clear, or must match the colours of that uniform part.

6.5 Leg Coverings

1. It is preferred outer leg covering be a one-piece stocking, which extends to the maximum length of the stocking (long socks must be pulled up to their maximum length). Short socks are permitted to be worn.
2. If a second sock is worn over the stocking it must be of main team colours or white.

6.6 Apparel

1. Apparel worn beneath the game uniform and which shows in game situations must be of main team colours, white or athletic grey.
2. The apparel must be tucked in where applicable.

6.7 Accessory Equipment

Other accessory equipment must match team colours, or be white, black or grey.

6.8 Helmets

Strong efforts should be made to wear helmets that are clean, well striped and decalated, and consistent with team colour scheme.

6.9 Shoes

Strong efforts should be made to wear clean shoes.

6.10 Towels

Any towel or other material used with the uniform must be consistent with the following:

1. Must be tucked into the front of the pants
2. Must not extend further than 12 inches.
3. Must not bear any "provocative" message or commercial identification.
4. Must be consistent with team colours, but not similar to an official's flag.



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6.11 Head Covering

1. Head coverings such as sweat bands and bandanas may be worn under helmets provided no portion is visible outside the helmet during play.
2. Bandanas and sweatbands must be worn in a fashion that does not display commercial identification or a provocative message.

6.12 Sideline Staff

Sideline staff is to wear clothing in team colours and be consistent with and appropriate for this level of competition.

6.13 Enforcing the Dress Code

1. While the Referee and Umpire meet with the head coaches, forty minutes prior to kick-off, the other field officials will do a walk around the field. These officials will note any dress code violations and will inform the appropriate equipment manager to rectify the violation prior to kick-off.
2. If a player starts the game with a dress code violation, that player will be given a warning. If the violation is not rectified the player will be assessed a 10-yard penalty and will be required to leave the game for three (3) plays.
3. Some of the violations can occur because of game situations (i.e. sock down or sweater out). The player will be asked at the appropriate time to correct the violation.
4. If the player ignores the official warning and continues to violate the dress code, that player will be assessed a 10-yard penalty and will be required to leave the game for three (3) plays.

7.0 HEAD GEAR AND HELMET

7.1 **Helmet Removal**

No penalty shall be applied for a helmet coming off during the course of play with the exception of when a non-ball carrying player continues to participate in the play after their helmet has come off. When the helmet of the ball carrier comes off the play is to be blown dead immediately.

Apply penalty for Illegal Participation as a Dead Ball Foul, L10 PBD & player not required to leave the field.

8.0 CAPTAIN'S IDENTIFICATION (N/A)

9.0 DEPTH CHARTS

Participating teams in the Vanier Cup must be prepared to provide depth charts to both the broadcasting and telecasting networks by noon EST, the day prior to the game. Failure to do so will result in a fine as per the non-compliance policy.

For the Bowl games, participating teams shall forward to their opponents' depth charts and rosters along with the recordings of the Conference Championship game.



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Final depth charts, starting line-ups and game rosters for the Vanier Cup must be released to the opponent team and broadcast network 1 1/2 hours prior to the start of the game. The exact time and location for the submission of the final depth charts, starting line-ups and game rosters to be confirmed at the television production meeting.

10.0 FACILITY AND MEET REQUIREMENTS (N/A)

11.0 RULES

U SPORTS football follows the Canadian **Amateur** Rule Book for Tackle Football with the following exceptions **as noted below**:

11.1 Coin Toss, Visitor calls the coin toss to begin.

11.2 That for the Vanier Cup the zero tolerance principle is applied to the act of spiking the ball.

11.3 **Players who align out of position by number must report to the referee. At the line of scrimmage, those players must each raise a hand to clearly indicate to the defense that they are out of position.**

11.4 **Ineligible players are permitted to go downfield beyond the neutral zone without making contact with an opponent provided that they do not interfere with an opponent prior to a forward pass being caught.**

11.5 BLINDSIDE BLOCKING

It shall be illegal for any player to deliver a forcible block on an opponent while moving back towards their own dead ball line anywhere on the field.

11.6 ILLEGAL BLOCK

It shall be illegal for a player of either team to block an opponent below the waist except when the block occurs in an area between the tight ends or tight end position, within 2 yards of the defensive side of the line of scrimmage extending back to the initial position of the quarterback or kicker. A player initiating a block below the waist in this area must be positioned in this zone at the snap of the ball for the block to be legal.

NOTE: If such an illegal low block also meets the criteria for an Unnecessary Roughness penalty such as but not limited to Clipping, Blocking below the Waist, Crack back Blocking, Chop Blocking, Cut Blocking or Peel Back Blocking the player shall be penalized only for the Unnecessary Roughness penalty.

11.7 WEDGE BLOCKING



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It shall be illegal for three (3) or more players to align shoulder to shoulder within two (2) yards of each other and move forward together in an attempt to block for a ball carrier. Applies only to kick-offs, not short K/O for recovery.

Penalty L10 PBH or PPB
CFL Rule 5, Section 2, article 6

11.8 Protection of Centre (Push Block)

It shall be illegal for defensive players to push-block a teammate towards the other team's dead ball line on any play where the offense lines up in a place kick formation including kicked convert attempts and field goal attempts.

Penalty: Unnecessary Roughness, L15

11.9 Blocking Below the Waist

On scrimmage plays and before the ball is kicked across the line of scrimmage, penalize as Illegal Block, L10 PLS or PBH, or option. No requirement for player entering the BBW zone to come to a complete stop before the snap.

Blocks below the waist may be made below the knees.

11.10 The Mercy Rule does not apply.

11.11 CFL Rule: 13 players in the offensive huddle. The following text is extracted from the CFL rulebook, Rule 1, Section 11, Article 4. - Substitution Procedure:

"A team that permits more than 12 players to participate in its huddle* or formation before the ball is snapped shall be subject to a penalty for illegal substitution."

Penalty (L5)

This ruling will apply regardless of the sweater number of the identified thirteenth player.

At any time on a play where a team is permitted to use eligibly numbered players at ineligible positions; and does not huddle; and assumes a kicking formation;

The play will not be whistled dead prior to the snap if a team has 13 men on the field. A flag at the snap, allow the play to occur, and penalize for Too Many Men, if necessary.

Application of the rule:

- Huddle:
- In this context, the penalty is applied once the referee identifies that Team A has 13 or more players in their offensive huddle. The referee is expected to throw his flag, blow his whistle and wave time out to stop the clock. The penalty is applied from the current line of scrimmage with downs continuing.



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- No Huddle:
 - Team A has lined up without a huddle. (e.g. hurry-up offense). Once the referee identifies that Team A has 13 or more players in their offensive formation, the referee is expected to throw his flag, blow his whistle and wave time out to stop the clock. The penalty is applied from the current line of scrimmage with downs continuing.
 - Team A has lined up without a huddle. (e.g. kicking formation). Once the referee identifies that Team A has 13 or more players in their offensive formation, the referee is expected to allow the play to continue, and throw his flag at the snap. He will allow the play to continue and penalize for Too Many Men (or option).

*Note: It has been defined by U SPORTS that the offensive huddle does not become official until the Quarterback enters the huddle.

11.12 The Referee is not required to hold the 20 second clock for defensive substitutions **unless Team A substitutes on that play.**

11.13 By Team on Offense (Team A):

Scrimmage & Kick formation (huddle or no huddle after play whistled in) – kill the play, apply L5 penalty (for Illegal Substitution) from PLS, down repeated

11.14 Roughing the Passer

Because the act of passing puts the passer in a particularly vulnerable position to injury, special rules against roughing the passer apply. Once the ball is released, defensive players must avoid all unnecessary contact with the passer. A player shall be penalized for any act of Unnecessary Roughness to the passer, including but not limited to:

- (a) Contacting the passer in an unnecessary manner, including stuffing him to the ground, violently throwing him to the ground, and landing on him with most of the defender's weight,
- (b) Any blow above the passer's shoulder,
- (c) All rushing defenders must attempt to avoid forcibly hitting a passer in the pocket, at or below the knees, either if their path to the passer was unrestricted, or if they are coming off a blocker,
- (d) Attacking the passer who, after releasing the ball, is either standing still or fading backwards and is obviously out of the play and remains out of the play,
- (e) When the quarterback slides feet first, all unnecessary contact must be avoided. The slide must be done in a timely manner to allow the defense to avoid such contact.
- (f) Contacting the passer if either the initial source of contact, or primary source of contact, is the defender's helmet.

11.15 Hands to face penalty will mirror the current CFL Rule 4.3.5 Illegal Block Hands to the Face



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“No player of either team may thrust his hands forward above the frame to contact the opponent on the neck, face, head or facemask. This does not apply to a ball carrier using a “stiff arm” or “straight arm” tactic where there is no grasping of the face mask **or blow to the head.**” PENALTY: L10

- 11.16 Teams be required to kick-off after making a field goal following the 3-minute warning in the fourth quarter.

A team scoring a field goal on a play that started after the 3 minute warning has been given in the 4th quarter will kick off from their own 45 yard line.

- 11.17 The “targeting” rule will be applied as provided by the CANADIAN AMATEUR TACKLE FOOTBALL RULES, with the exception of the following:

11.17.1 Rule 7 section 2 article 5 page 37 paragraph 2 will be read as follow:

“Targeting” means that a player takes aim at an opponent’s neck or head region with purposeful and forcible contact that goes beyond making a legal tackle, legal block, or play on ball...”

11.17.2 Penalty for targeting will be 25 yards. No disqualification.

11.17.3 Any targeting penalty will be automatically reviewed by the respective disciplinary structure

11.17.3.1 Following the review process, the offending player and team must be informed within 48 hours of the infraction;

11.17.3.2 If the targeting ruling is upheld, the player will be suspended for the team’s next scheduled game;

11.17.3.3 If the targeting rule is overturned, no additional penalty will be imposed;

11.17.4 When in doubt as to whether the targeting rule should be applied, the official will error on the side of caution and impose a 15 yard penalty to the offending team;

12.0 MEETINGS

12.1 COACHES TECHNICAL MEETING

A participating coach’s technical meeting will be held prior to the championship game. Date and time of the meeting is at the discretion of the Host Organizing Committee.



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12.2 COACHES ANNUAL MEETING

CUFCA meetings will be held, the week prior to Vanier Cup, as per the following (for a Saturday Vanier Cup game):

- Sport Conference meetings Wednesday
- Working Committees Wednesday
- CUFCA General Meeting (Plenary session) Thursday

12.3 COACHES CLINIC (N/A)

12.4 MEDIA CONFERENCE

The date and time for a championship press conference is at the discretion of the Host Organizing Committee, working in consultation with the U SPORTS Office. Head Coaches and a minimum of 3 players must be in attendance.

13.0 OFFICIALS

13.1 FUNDED OFFICIALS (N/A)

U SPORTS will fund the travel for seven (7) officials to each Bowl game and the Vanier Cup.

13.2 ASSIGNMENT

Semi-Final Bowls

Seven (7) officials will be assigned to each of the Bowl games, working through each Sport Conference's football assignors. Four (4) officials from the Sport Conference of the home team and three (3) from the competing Sport Conference as per the following:

Conference of the Home Team: Referee, Head Linesman, Side Judge, Field Judge

Conference of the Visiting Team: Umpire, Line Judge, Back Judge

Note: The on-site evaluator for each of the Bowl Games will be the assignor/evaluator from the conference hosting the Bowl game.

Vanier Cup:

Seven (7) officials will be assigned to the Vanier Cup, working through each Sport Conference's football assignors. Assignment of officials for the Vanier Cup are based on a 4-year rotation between the four Sport Conferences. The rotation may be adjusted at the discretion of the U SPORTS Office to accommodate the requirement for a bilingual referee when the Vanier Cup is hosted in the RSEQ.



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2020	Referee OUA Umpire AUS Head Linesman OUA Line Judge RSEQ Side Judge RSEQ Back Judge CWUAA Field Judge CWUAA	2021	Referee CWUAA Umpire RSEQ Head Linesman RSEQ Line Judge OUA Side Judge OUA Back Judge AUS Field Judge CWUAA
2022	Referee AUS Umpire OUA Head Linesman CWUAA Line Judge RSEQ Side Judge CWUAA Back Judge RSEQ Field Judge OUA	2023	Referee RSEQ Umpire CWUAA Head Linesman OUA Line Judge CWUAA Side Judge OUA Back Judge AUS Field Judge RSEQ

Note: The on-site evaluator for the Vanier Cup will be the assignor/evaluator from the conference hosting the championship game.

- 13.3 NEUTRALITY (N/A)
- 13.4 QUALIFICATIONS (N/A)
- 13.5 HOST RESPONSIBILITIES

To provide per Diems, accommodation (double occupancy) and on-site ground transportation for the 7 game officials.

- 13.6 NSO'S RESPONSIBILITIES
- 13.7 FEES

Semi-Final Bowls and Vanier Cup:

2019: Referee-\$200 Officials-\$185. (\$1495 total including 1 standby official)
2020: Referee-\$210 Officials-\$195. (\$1575 total Including 1 standby official)
2021: Referee-\$220 Officials-\$205. (\$1655 total Including 1 standby official)

- 13.8 STAND BY OFFICIAL
There will be one Standby Official.



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13.9 SELECTION PROCESS

The U SPORTS Office will work with each of the four Sport Conference football assignors to ensure the selection of officials for the Bowl games and Vanier Cup. Regional assignors shall screen possible candidates, and provide their selections to the U SPORTS Office and the on-site assignor of the host conference for the bowl games and Vanier Cup. Consideration is given to performance throughout the season. The Football Assignor will forward final selections to the U SPORTS Office not later than 30 days prior to the Bowl games and Vanier Cup.

13.10 ON-SITE ASSIGNMENT

It is the responsibility of the on-site evaluator to work in consultation with the Host Organizing Committee and the U SPORTS Office to ensure the necessary arrangements are made for the game officials.

14.0 SEASON AND CHAMPIONSHIP AWARDS

**Please refer to policy 60.20 for more details re standard championship awards.*

14.1 ALL-CANADIANS

- 14.1.1 27 First-Team and 27 Second-Team All-Canadians will be selected.
- 14.1.2 Nominations must be submitted using the U SPORTS on-line awards system.
- 14.1.3 The Selection Committee will be comprised of two delegates from each Sport Conference for a total of eight members (lowest finishing teams). President of the Coaches Executive will provide the names to the U SPORTS Office by October 19th. The President of the Coaches Executive will be privy to the All-Canadian and Major awards process and having voting privileges in the event of a tie. Conference representatives are not to vote for their own conference nominations.
- 14.1.4 Each Sport Conference must submit at least one All-Canadian nominee per position: The All-Canadian offensive team will consist of players representing the following positions: 1 Centre, 2 Guards, 2 Tackles, 4 Receivers, 2 Running Backs (may be Fullbacks and/or Tailbacks), and 1 Quarterback. Specific selection criteria are to be circulated annually.
- 14.1.5 Each Sport Conference must submit at least one All-Canadian nominee per position: The All-Canadian defensive team will consist of players representing the following positions: 2 Defensive Tackles (may be Nose tackles and/or Defensive Tackles), 2 Defensive Ends (may be Defensive Ends and/or Rush Ends), and 3 Linebackers (to include the nickel and sam positions), 1 Free Safety, 2 Halfbacks and 2 Corners. Specific selection criteria are to be circulated annually.
- 14.1.6 The All-Canadian specialty team will consist of players representing the following positions: 1 Punter, 1 Place Kicker and 1 Kick Returner. Specific selection criteria are to be circulated annually.
- 14.1.7 The RSEQ, CWUAA and AUS Sport Conferences will nominate a maximum of twenty-three (23) players for All-Canadian selection, along with the corresponding video clips. These twenty-three (23) nominees exclude the nominees for the Peter Gorman and Russ Jackson Awards. The OUA will nominate a maximum of thirty (30) players for consideration. Videos are to be all inclusive for all positions nominated (including Place Kicker, Punter and Kick Returner). Further, each



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Sport Conference is responsible for submitting a maximum of twenty-three (23) videos (30 from the OUA). Should a conference submit more than the allowable number, the conference representative is empowered to reduce the video to the allowable number.

- 14.1.8 Each All-Canadian/major award nomination must be limited to one (1) clip per player. The film must be uploaded to video exchange provider. Upload instructions will be circulated in advance of the deadline. The accompanying video is to be made up of a maximum of 12 plays. Each film should be labeled with the following information:
Candidate's name, position, jersey number, school
A maximum of 3 plays in which the candidate is playing out of position (i.e. - special teams) may be included in order to demonstrate versatility.

Instructions:

Identify the candidate by jersey colour and number.
Identify the position he is playing: be specific. If necessary, locate him on the screen.
Using as few words as possible, describe what the candidate does on the play (action).
Examples - 25 yd. reception, trap block, open field tackle, sack, 50 yd. punt return.

A standard title slide should be included with the Player's clip that includes the following information:

- a) A picture of the athlete
- b) Their statistics for the season
- c) How the player is identified within the clip (circle, arrow etc.) including jersey number
- d) Summary of the clip

- 14.1.8 Conference All-Stars are to be finalized and listed on-line (via the U SPORTS website awards system) by the Thursday prior to the conference semi-final game.
- 14.1.9 All Sport Conference representatives shall be allowed to vote for any All-Canadian candidate regardless of Sport Conference origin.
- 14.1.10 Statistics from regular season games only will be used as part of the All-Canadians selection process (8 game maximum).
- 14.1.11 The All-Canadian selection committee conference call meeting will be held the weekend of the conference finals (Saturday and Sunday).
- 14.1.12 The voting and/or rankings of each voting member of the selection committee will be circulated to all U SPORTS Head Coaches after the completion of the process.
- 14.1.13 To win the national award the nominees must have been named to the All-Star Team in their sport conference, if such a team is named.
- 14.2 OUTSTANDING PLAYER OF THE YEAR (HEC CRIGHTON TROPHY)
- 14.2.1 Refer to All-Canadians for process.
- 14.2.2 To win the national award the athlete must have won the player of the year award in their sport conference, if such an award exists.



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14.3 OUTSTANDING DEFENSIVE PLAYER OF THE YEAR (PRESIDENTS' TROPHY)

- 14.3.1 Except Down Lineman as above.
- 14.3.2 Refer to All-Canadians for process.
- 14.3.3 To win the national award the athlete must have won the same award in their sport conference, if such an award exists.

14.4 OUTSTANDING LINESMAN OF THE YEAR (J. P. METRAS TROPHY)

- 14.4.1 Down Lineman only.
- 14.4.2 Refer to All-Canadians for process.
- 14.4.3 To win the national award the athlete must have won the same award in their sport conference, if such an award exists.

14.5 ROOKIE OF THE YEAR (PETER GORMAN TROPHY)

- 14.5.1 Outstanding Freshman of the Year.
- 14.5.2 Only those individuals who come directly from high school or CEGEP to a maximum of 21 years of age as of September 1st of 1st year of U SPORTS eligibility.
- 14.5.3 Refer to All-Canadians for process.
- 14.5.4 To win the national award the athlete must have won the rookie of the year award in their sport conference, if such an award exists.

14.6 STUDENT-ATHLETE COMMUNITY SERVICE AWARD (RUSS JACKSON AWARD)

- 14.6.1 Recipient who best exhibits outstanding achievement in three areas: athletic ability, academic achievement and citizenship.
- 14.6.2 Nominations must include a recording clip of his play. The recording should have a maximum of twelve (12) plays.
- 14.6.3 To win the national award the athlete must have won the award in their sport conference, if such an award exists.
- 14.6.4 An athlete can only win the award once.

14.7 COACH OF THE YEAR (FRANK TINDALL TROPHY)

- 14.7.1 To win the national award the coach must have won the coach of the year award in their sport conference, if such an award exists.

14.8 VOLUNTEER ASSISTANT COACH (GINO FRACAS AWARD)

Funded and coordinated annually by Football Canada. Selection process is to be circulated annually by Football Canada.



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14.9 CHAMPIONSHIP TROPHIES AND U SPORTS PENNANT

14.9.1 VANIER CUP

Presented to the U SPORTS Champion.

14.9.2 MITCHELL BOWL (TROPHY ONLY)

Presented to a U SPORTS Semi-Final Champion

14.9.3 UTECK BOWL (TROPHY ONLY)

Presented to a U SPORTS Semi-Final Champion.

14.10 CHAMPIONSHIP MEDALS (N/A)

14.11 MOST VALUABLE PLAYER OF THE CHAMPIONSHIP GAME (TED MORRIS TROPHY)

In games that are televised, the primary lead broadcaster will make the selection of the Most Valuable Player.

14.12 PLAYER OF THE CHAMPIONSHIP GAME (BRUCE COULTER TROPHY)

14.12.1 Will be either a defensive or offensive player pending the Ted Morris selection.

14.12.2 In games that are televised, the primary lead broadcaster will make the selection of the Player of the Game.

15.0 COMMITTEES

15.1 CHAMPIONSHIP MANAGEMENT COMMITTEE

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee at the championship. The Management Committee shall apply U SPORTS Rules. The Management Committee may not, nor may any member, make an exception to any U SPORTS Rule or to a sanction imposed by U SPORTS. The Management Committee has no jurisdiction to consider or interpret U SPORTS Eligibility Regulations.

Composition of the Management Committee for Mitchell and Uteck Bowl shall be:

1. Convenor of Championship - non-voting chair;
2. U SPORTS Delegate;
3. Technical Delegate (assignor/evaluator of officials);
4. A 4th representative as appointed by U SPORTS.

A quorum shall require three members, or their replacement.

Composition of the Vanier Cup Management Committee shall be:

1. Convenor of Championship - non-voting chair;
2. U SPORTS Delegate;
3. Technical Delegate (assignor/evaluator of officials);



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4. President of the Coaches Executive, or designate.
A quorum shall require the four members, or their replacement.

If a member of the Management Committee was involved, directly or indirectly, in a decision or an interpretation of a U SPORTS Rule that is being appealed/protested to the Management Committee, that member shall be excused from the Management Committee. In this event, the remaining members of the Management Committee have the authority to appoint as a replacement for the excused member an individual who is independent, unbiased and not involved in the matter in dispute. The decision regarding whether a member of the Management Committee should be excused and replaced lies solely with the Management Committee.

Notwithstanding the procedures described in U SPORTS policy 90.70.4.1.1 (see below), the U SPORTS Championship Management Committee shall have the power and jurisdiction to take interim on-the-spot measures to address minor code of conduct issues (inappropriate or unsportsmanlike conduct that is not criminal in nature) that arise at U SPORTS Championships, in a timely fashion. The record of the incident, including the interim measures taken to address it shall be copied to the Athletic Director(s) of the affected school(s), and the U SPORTS office and Discipline Committee.

It is the expectation of U SPORTS that persons representing Member institutions, and/or U SPORTS, at U SPORTS Championships will behave responsibly, and with propriety, and in accordance with the laws of the land.

90.70.4.1.1 Procedures Regarding Misconduct

Where misconduct occurs at a U SPORTS Championship (including traveling to and from the event, practice days and competition days), the Chief Executive Officer, assisted by the event Convenor, shall:

- 1. Investigate the particulars of the incident that gave rise to the misconduct.*
- 2. Determine the amount and type of damage to property or injury to persons.*
- 3. Identify the persons and institutions responsible for the incident; and*
- 4. Summarize this information in a written report.*

The Chief Executive Officer shall provide a copy of the written report to the President, who may bring a complaint in accordance with U SPORTS Policy 90.40 - Discipline. A copy of the written report shall be provided to the Directors of Athletics of the institutions involved.

- 15.2 JURY OF APPEAL (N/A)
- 15.3 DELEGATES (N/A)

16.0 APPENDICES

16.1 ANNEX A - OFFICIAL NFL PLAYING RULES: RULE 12, SECTION 2, ARTICLE 7



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Article 7: Players in a Defenseless Posture. It is a foul if a player initiates unnecessary contact against a player who is in a defenseless posture.

(a) Players in a defenseless posture are:

- (1) A player in the act of or just after throwing a pass;
- (2) A receiver attempting to catch a pass; or who has completed a catch and has not had time to protect himself or has not clearly become a runner. If the receiver/runner is capable of avoiding or warding off the impending contact of an opponent, he is no longer a defenseless player;
- (3) A runner already in the grasp of a tackler and whose forward progress has been stopped;
- (4) A kickoff or punt returner attempting to field a kick in the air;
- (5) A player on the ground;
- (6) A kicker/punter during the kick or during the return (Also see Article 6(g) for additional restrictions against a kicker/punter);
- (7) A quarterback at any time after a change of possession (Also see Article 8(f) for additional restrictions against a quarterback after a change of possession);
- (8) A player who receives a —blindsidell block when the offensive blocker is moving toward or parallel to his own end line and approaches the opponent from behind or from the side, and
- (9) A player who is protected from an illegal crackback block (see Article 2);
- (10) The offensive player who attempts a snap during a Field Goal attempt or a Try Kick.

(b) Prohibited contact against a player who is in a defenseless posture is:

- (1) Forcibly hitting the defenseless player's head or neck area with the helmet, facemask, forearm, or shoulder, even if the initial contact of the defender's helmet or facemask is lower than the passer's neck, and regardless of whether the defensive player also uses his arms to tackle the defenseless player by encircling or grasping him;
or
- (2) Lowering the head and making forcible contact with the top/crown or forehead/llhairlinell parts of the helmet against any part of the defenseless player's body;
or
- (3) Illegally launching into a defenseless opponent. It is an illegal launch if a player (i) leaves both feet prior to contact to spring forward and upward into his opponent, and (ii) uses any part of his helmet (including the top/crown and forehead/llhairlinell parts) to initiate forcible contact against any part of his opponent's body.

Note: This does not apply to contact against a runner, unless the runner is still considered to be a defenseless player, as defined in Article 7 above.

Note1: The provisions of (2) do not prohibit incidental contact by the mask or helmet in the course of a conventional tackle or block on an opponent.

Note 2: A player who initiates contact against a defenseless opponent is responsible for avoiding an illegal act. This includes illegal contact that may occur during the process of attempting to dislodge the ball from an opponent. A standard of strict liability applies for any contact against a defenseless opponent, even if the opponent is an airborne player who is returning to the ground or whose body position is otherwise in



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motion, and irrespective of any acts by the defenseless opponent, such as ducking his head or curling up his body in anticipation of contact.

Penalty: For unnecessary roughness: Loss of 15 yards and an automatic first down. The player may be disqualified if the action is judged by the official(s) to be flagrant.