



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-1

1. COMPETITION

1.1. CHAMPIONSHIP FORMAT

Each U SPORTS Sport Conference championship team shall meet in two (2) Preliminary Bowl Games, the Mitchell Bowl and the Uteck Bowl. The two winners will then advance to the Vanier Cup.

1.2. TEAMS

The participating teams for the **2022** Bowl Games will be:

- AUS Champion
- OUA Champion
- RSEQ Champion
- CW Champion

1.3. SCHEDULES OR ORDER OF EVENTS

The final schedule is at the discretion of the Host Committee working in consultation with the U SPORTS Office.

1.4. GAME TIMES

U SPORTS Office and the Host Organizing Committee are to determine game start times based on facility availability and broadcast/television requirements.

1.5. 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.

1.6. SEEDING AND DRAW (N/A)

1.7. FORMULAS AND FORMAT



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-2

U SPORTS maintain 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:

- 2022 – Mitchell Bowl: RSEQ at OUA / Uteck Bowl: CW at AUS
- 2023 – Mitchell Bowl: AUS at CW / Uteck Bowl: OUA at RSEQ
- 2024 – Mitchell Bowl: RSEQ at CW / Uteck Bowl: OUA at AUS

Note: 2024 will be the completion of the six-year rotation.

1.8. OVERTIME, TIMEOUTS & TIE-BREAKING

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

1.8.1. OVERTIME RULES

Fouls after Team B Possession – If Team B legally gains possession, the Team A series is over (except as noted in Item 3).

1. **If the team in possession commits a foul, it shall forfeit the right to score. In addition, the opponent may accept a score where such option normally applies.**
2. **Under no circumstances shall the down be replayed by reason of either team committing a foul after Team B had legally gained possession.**
3. **However, the Team A series may be extended by one play under any of the following situations:**
 - a. **Team A are entitled to possession by penalty.**
 - b. **Team B commits a foul with Team A in possession after Team A has legally regained possession.**
 - c. **Team B commits a foul which would normally be applied at the point where Team A legally regains possession.**
 - d. **Team A would normally be entitled to possession at the point the ball is dead, and Team B has committed Unnecessary Roughness or Rough Play during the play.**
 - e. **A Team B return kick is blown dead. Team A will be allowed one more play from the point at which the ball strikes the ground.**

If the Team A series has been completed the only penalties for which yardage may be applied in the subsequent series are Unnecessary Roughness, Rough Play or Objectionable Conduct.

1.9. SCORING AND STANDARDS (N/A)

1.10. RECORDS AND STATISTICS (N/A)

1.11. PROCEDURES



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.

2. CHAMPIONSHIP ROSTER

- 2.1. Each participating team at the Mitchell Bowl, Uteck Bowl, and Vanier Cup can declare up to forty-eight (48) players as part of their Championship Roster. The declaration of Championship Rosters shall be submitted within 1 hour of the conclusion of the Technical Meeting for the Event, and is declared using the institution's official Eligibility Certificate.

3. TEAM BENCH

A team can have a maximum of 70 team members in the team 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.

- 3.1. TEAM DESIGNATION (N/A)
- 3.2. INDIVIDUAL ELIGIBILITY(N/A)
- 3.3. INDIVIDUAL ENTRIES (N/A)
- 3.4. INDIVIDUAL RANKINGS (N/A)

3.5. 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.

3.6. TEAM RANKINGS (N/A)

4. EQUIPMENT AND FACILITY

4.1. 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.

4.2. RECORDING OF GAMES

4.2.1. GAME FILM



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-4

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) *.

Teams will have access to their opponent's game film for downloading once both teams have completed the upload process.

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.

4.2.1.1. HOST REQUIREMENT

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.

4.3. UNIFORMS

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.

4.3.1. U SPORTS LOGO

U SPORTS reserve the right to require participants in a U SPORTS Championship to wear a U SPORTS logo on their uniforms. These logos will be provided to each team in advance of the championship. The logo must be placed on the top, right chest area of each uniform.

4.3.2. CORPORATE LOGOS

Should any team have a corporate logo on their jersey, they must send a photo to the U SPORTS Office prior to the Technical Meeting for approval. Teams who do not provide this will not be approved to wear corporate logos on their uniforms and must remove prior to competition.



4.4. SHORTS, SOCKS, BRACES, EQUIPMENT & DRESS CODE

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).

4.4.1. GAME JERSEY 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.

4.4.2. 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.

4.4.3. 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

4.4.4. ACCESORY EQUIPMENT

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

4.4.5. TOWELS



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-6

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.

4.4.6. SHOES

Strong efforts should be made to wear clean shoes.

4.4.7. SIDELINE STAFF

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

4.4.8. 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.

4.5. HEAD GEAR AND HELMETS

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

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

4.5.3. 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.

4.6. CAPTAINS IDENTIFICATION (N/A)

4.7. 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.

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.

4.8. SPOTTERS BOOTH TRANSMISSION

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

4.9. 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.

4.10. FACILITY REQUIREMENTS (N/A)

5. RULES

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



- 5.1. Coin Toss, Visitor calls the coin toss to begin.
- 5.2. For the Vanier Cup the zero-tolerance principle is applied to the act of spiking the ball.
- 5.3. 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.
- 5.4. **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.**

5.5. Hovering – within 1 yd. and not withdrawing

Intentional no yards on punts after ball has landed on the field.

5.6. Wedge Blocking

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

5.7. 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

5.8. 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, except:



Any offensive player who moves across the formation and past the original point where the ball was snapped (centre) to block an opponent, must make initial contact with the opponent above the knee(s). Players in “I” formation may block below the knee on either side of formation. A player who crosses the formation before the snap, and comes to a full stop before the snap, may block below the knees.

Penalty: Unnecessary Roughness L15

Exception for running back blocking for passer during pass protection

- 5.9. The Mercy Rule does not apply.
- 5.10. The Referee is not required to hold the 20 second clock for defensive substitutions unless Team A substitutes on that play.
- 5.11. Excess Number of players by the 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
- 5.12. Hands to face penalty will mirror the current CFL Rule 4.3.5 Illegal Block Hands to the Face
- “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
- 5.13. 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.
- 5.14. The “targeting” rule will be applied as provided by the CANADIAN AMATEUR TACKLE FOOTBALL RULES, with the exception of the following:
- 5.14.1. 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... ”



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-10

- 5.14.2. Penalty for targeting will be 25 yards. No disqualification.
- 5.14.3. Any targeting penalty will be automatically reviewed by the respective disciplinary structure
- 5.14.4. Following the review process, the offending player and team must be informed within 48 hours of the infraction;
- 5.14.5. If the targeting ruling is upheld, the player will be suspended for the team's next scheduled game;
- 5.14.6. If the targeting rule is overturned, no additional penalty will be imposed;
- 5.14.7. 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

5.15. Manipulating the Clock

If in the sole judgement of the Referee a team is intentionally taking multiple fouls to run down the clock the time will be added back to the clock in addition to the penalty yardage applied for the foul. This rule applies to either multiple fouls on consecutive plays, or multiple fouls on one play.

5.16. Multiple holding during a safety touch

If while in the act of conceding a safety touch, a team deliberately, in the judgement of the official, commits a holding infraction, the score shall count, and the penalty applied at the point where the ball is next put into play.

5.17. The offensive lineman must have their facemask in alignment with upper body of the centre. Roughly 1 yard from the ball). This includes tight ends.

6. MEETINGS

6.1. TECHNICAL MEETING

A Technical meeting will be held in person prior to the first game at a U SPORTS National Championship. Time of the meeting is at the discretion of the Host Organizing Committee.

The Head Coach from each participating team, an Officials Representative (ideally the head official or Referee Coach/Supervisor), the U SPORTS Delegate, and members of the Host Committee must attend this meeting.



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-11

Note: A representative of the Official Broadcaster may be in attendance.

6.2. COACHES MEETING

An unofficial Coaches meeting may be organized and require a meeting room during the championship. Date and time of the meeting is at the discretion of the Host Organizing Committee working in consultation with the President of the Coaches Association.

Note: This is not be an official U SPORTS Sport Technical Sub Committee (STSC) meeting and thus any decisions affecting U SPORTS Policy or Regulations must be sent to the STSC. This is the responsibility of the President of the Coaches Association or their designate.

6.3. COACHES CLINIC

The host coach or designate may be responsible for arranging and organizing the Coaches Clinic at the U SPORTS Championship. The time of the clinic should be included in the bid package.

7. COMMERCIAL

7.1. MEDIA CONFERENCE

The date and time for a U SPORTS National Championship media conference is determined by U SPORTS and the Host Organizing Committee. Head Coaches and a minimum of 3 players must be in attendance.

8. OFFICIALS

8.1. FUNDED OFFICIALS

U SPORTS will cover the cost of travel for eight (8) officials to each Bowl Game and the Vanier Cup.

8.2. OFFICIALS ASSIGNMENT

Semi-Final Bowls:

Eight (8) officials will be assigned to each of the Bowl games, working through each Sport Conference's football assignors. Five (5) officials from the Sport Conference of the home team and three (3) from the competing Sport Conference as per the following:



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-12

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

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:

Eight (8) 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.

2022 Referee AUS
Umpire OUA
Head Linesman CW
Line Judge RSEQ
Side Judge CW
Back Judge RSEQ
Field Judge OUA
Standby Official (AUS)

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

8.3. QUALIFICATIONS OF OFFICIALS (N/A)

8.4. HOST RESPONSIBILITIES

1. To pay and provide accommodation (double occupancy or single occupancy during a Pandemic), meals (per diem), local ground transportation and game fees for the 8 funded officials. Any changes in accommodations by an official(s), resulting in additional costs, will be the responsibility of the individual(s) involved (example: a request of an official to stay on longer than required).
2. To provide, at their cost, local ground transportation for the Referee Coaches/Assignors/Evaluators to and from the championship venues, as required.
3. To arrange for accommodation for any Referee Coaches/Assignors/Evaluators at the same hotel as the other officials.



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-13

4. Per diems for game officials will be covered by the Championship Host Committee at the following approved U SPORTS rates: \$55.00 per day per official [(B)\$10.00, (L)\$20.00 and (D)\$25.00] unless complimentary meals are provided.
5. To provide a tournament accreditation pass to the assigned Referee Coaches/Assignors/Evaluators allowing them access to the venue and competition court. There should be designated seats provided to the Referee Coaches at either the scorer's table or at a raised media table close to or directly behind the scorer's table.

8.4.1. GAME DAY REQUIREMENTS

- 8.4.1.1. Dressing room and shower facilities at the competition site.
- 8.4.1.2. Towels for after game showers.
- 8.4.1.3. Refreshments for half time and post-game (water, Gatorade, fruit, cereal bars, etc.). These items can be left of their dressing room.
- 8.4.1.4. A separate room, with a large monitor, for post-game feedback for the referees and the Referee Coaches.

8.5. NSO RESPONSIBILITIES (N/A)

8.6. FEES

Referee: \$220/game

Officials: \$205/game

Standby Official: 80% of game fee (full fee if they enter the game for a minimum of one full offensive series)

8.7. STANDBY OFFICIAL

There will be one Standby Official.

8.8. 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. Conference 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



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-14

season. The Football Assignor will forward final selections to the U SPORTS Office no later than 30 days prior to the Bowl games and Vanier Cup.

8.9. ON-SITE OFFICIALS ASSIGNMENT

8.9.1. The (lead) Referee Coach(es) Assignor(s) / Evaluator(s) will attend the pre-championship Technical meeting. Only technical issues relating to officiating will be discussed. Opinions on the quality of officiating and individuals will not be discussed at this meeting. There will be no other meetings between coaches and Referee Coaches once the championship begins.

9. SEASON AND CHAMPIONSHIP AWARDS

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

9.1. ALL-CANADIANS

9.1.1. 27 First-Team and 27 Second-Team All-Canadians will be selected.

9.1.2. 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 Association will provide the names to the U SPORTS Office the first week of November. The President of the Coaches Association 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.

9.1.3. 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.

9.1.4. 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.

9.1.5. 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.



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-15

9.1.6. The RSEQ, CW 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 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.

9.1.7. 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:

- a. Identify the candidate by jersey colour and number.
- b. Identify the position he is playing: be specific. If necessary, locate him on the screen.
- c. Using as few words as possible, describe what the candidate does on the play (action)
- d. Examples - 25 yd. reception, trap block, open field tackle, sack, 50 yd. punt return.
- e. A standard title slide should be included with the Player's clip that includes the following information:
 - i. A picture of the athlete
 - ii. Their statistics for the season
 - iii. How the player is identified within the clip (circle, arrow etc.) including jersey number
 - iv. Summary of the clip

9.1.8. 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.

9.1.9. All Sport Conference representatives shall be allowed to vote for any All-Canadian candidate regardless of Sport Conference origin.

9.1.10. Statistics from regular season games only will be used as part of the All-Canadians selection process (8 game maximum).



- 9.1.11. The All-Canadian selection committee conference call meeting will be held the weekend of the conference finals (Saturday and Sunday).
- 9.1.12. 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.
- 9.1.13. 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.
- 9.2. OUTSTANDING PLAYER OF THE YEAR (HEC CRIGHTON TROPHY)
- 9.2.1. Refer to All-Canadian process
- 9.2.2. 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.
- 9.3. OUTSTANDING DEFENSIVE PLAYER OF THE YEAR (PRESIDENTS' TROPHY)
- 9.3.1. Except Down Lineman as above.
- 9.3.2. Refer to All-Canadians for process.
- 9.3.3. To win the national award the athlete must have won the same award in their sport conference, if such an award exists.
- 9.4. OUTSTANDING LINESMAN OF THE YEAR (J. P. METRAS TROPHY)
- 9.4.1. Down Lineman only.
- 9.4.2. Refer to All-Canadians for process.
- 9.4.3. To win the national award the athlete must have won the same award in their sport conference, if such an award exists.
- 9.5. ROOKIE OF THE YEAR (PETER GORMAN TROPHY)
- 9.5.1. Outstanding Freshman of the Year.
- 9.5.2. 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.



9.5.3. Refer to All-Canadians process.

9.5.4. 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.

9.6. STUDENT-ATHLETE COMMUNITY SERVICE AWARD (RUSS JACKSON)

9.6.1. Recipient who best exhibits outstanding achievement in three areas: athletic ability, academic achievement and citizenship.

9.6.2. Nominations must include a recording clip of his play. The recording should have a maximum of twelve (12) plays.

9.6.3. To win the national award the athlete must have won the award in their sport conference, if such an award exists.

9.6.4. An athlete can only win the award once.

9.7. COACH OF THE YEAR (FRANK TINDALL TROPHY)

9.7.1. 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.

9.8. VOLUNTEER ASSISTANT COACH (GINO FRACAS AWARD)

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

9.9. CHAMPIONSHIP TROPHY & U SPORTS PENNANT

9.9.1. VANIER CUP
Presented to the U SPORTS Champion.

9.9.2. MITCHELL BOWL (TROPHY ONLY)
Presented to a U SPORTS Semi-Final Champion

9.9.3. UTECK BOWL (TROPHY ONLY)
Presented to a U SPORTS Semi-Final Champion.

9.10. CHAMPIONSHIP MEDALS (N/A)



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-18

9.11. CHAMPIONSHIP MVP (TED MORRIS TROPHY)

9.11.1. Selected by a 3-person committee established by the Host. Best efforts should be made to include non-participating coaches attending the Championship.

9.12. CHAMPIONSHIP PLAYER OF THE GAME (BRUCE COULTER TROPHY)

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

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

10. COMMITTEES

10.1. AWARD SELECTION COMMITTEE

The Committee will be made up of the eight (8) coach representatives (2 per conference).

This committee will select the recipients of the following awards:

- All-Canadians (1st and 2nd Team)
- Outstanding Players of the Year
- Rookie of the Year
- Student-Athlete Community Service Award
- Coach of the Year

Note: If a Coach of the Year Nominee is part of the Award Selection Committee they will not have a vote in that category.

10.2. CHAMPIONSHIP MANAGEMENT COMMITTEE

10.2.1 Role of the Committee

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee during the U SPORTS National 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.

10.2.2 Composition of the Management Committee shall be:

1. Championship Convener



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-19

2. U SPORTS Delegate;
3. Head Official (or designate from officials' group);
4. President of the Coaches Association, or designate.

A quorum shall require all four members, or their replacement.

10.2.3 Disciplinary Action

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 uninvolved 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 , the U SPORTS Championship Management Committee shall have the authority 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 and communicated with U SPORTS immediately. 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.

10.3. JURY OF APPEAL (N/A)

10.4. DELEGATES (N/A)

11. APPENDICES

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

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;



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-20

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//hairlinell 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//hairlinell 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.

Note 2: 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 3: 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 motion, and irrespective of any



SEPTEMBER 2022

PLAYING REGULATIONS – FOOTBALL

PR/1-21

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.