



AUGUST 2023

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 **2023** 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 designated 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



AUGUST 2023

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 2 years will be:

- 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 current 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

Refer to rule exceptions noted in 11. Appendices – ANNEX B

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. PROVISIONAL CHAMPIONSHIP ROSTER

Each participating team at the Mitchell Bowl, Uteck Bowl, and Vanier Cup can declare up to fifty-two (52) players within one hour of the conclusion of the technical meeting. The declaration of Championship Rosters is declared using the institution's official Eligibility Certificate.

2.2. GAME DAY ROSTER

Head Coaches must identify the forty-eight (48) players on their final Championship Roster, and their final depth chart to the Host Organizing Committee two (2) hours prior to the advertised start time of the game.

2.2.1. The Host Organizing Committee will prepare the game sheet for both teams no later than 30 minutes prior to the advertised start time of the game. The Head Coach must sign off on the final game sheet.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-3

3. TEAM BENCH

A team can have a maximum of 70 team members in the team bench area including athletes, coaches and support staff. **This will be increased to 80 team members when the benches are on the opposite side of the field.**

Note: Any team member above the 70 **(80)** 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 and Vanier Cup.

4.2. RECORDING OF GAMES

4.2.1. GAME FILM

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.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-4

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 are required to have name plates on the back of player jerseys.

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 (Director of Sport) prior to the conclusion of their conference playoffs for approval by the CEO. Teams who do not provide this will not be approved to wear corporate logos on their uniforms and must remove / cover 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).



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-5

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. **There can be no knots to tighten the back of the jersey.**
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. ACCESSORY EQUIPMENT

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

4.4.5. 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.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-6

4. Must be consistent with team colours, but not similar to an official's flag.

4.4.6. SIDELINE STAFF

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

4.4.7. 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.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-7

4.6. CAPTAINS IDENTIFICATION (N/A)

4.7. DEPTH CHARTS

Participating teams in a Bowl Game or the Vanier Cup must be prepared to provide depth charts to both the broadcasting and telecasting networks by noon local time, the day prior to the game. Said depth charts can include up to fifty-five (55) players, from whom the final championship roster will be drawn. Failure to do so will result in a fine as per the non-compliance policy.

Final depth charts, starting line-ups and game rosters for Bowl Games and 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 is to be confirmed at the television production meeting, or technical meeting if there is not 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 - Refer to rule exceptions noted in 11. APPENDICES – ANNEX B

5.2. Spiking of the football – Spiking, throwing or kicking the ball after the play is only a penalty if:

- **Done to taunt an opponent, including an occupant of the opponent's bench area;**



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-8

- The ball strikes an opponent, occupant of an opponent's bench area, or official;
 - The action delays the game; or
 - The ball goes into the stands or out of the playing field
- 5.3. Reporting - Refer to rule exceptions noted in 11. APPENDICES – ANNEX B
- 5.4. Ineligible downfield - Refer to rule exceptions noted in 11. APPENDICES – ANNEX B
- 5.5. Hovering – refer to Amateur Rule Book.
- 5.6. Wedge Blocking – Refer to rule exceptions noted in 11. APPENDICES – ANNEX B
- 5.7. Protection of Centre (Push Block) - Refer to rule exceptions noted in 11. APPENDICES – ANNEX B
- 5.8. Blocking Below the Waist - Refer to rule exceptions noted in 11. APPENDICES – ANNEX B
- 5.9. Mercy Rule - Refer to rule exceptions noted in 11. APPENDICES – ANNEX B
- 5.10. Substitutions - Refer to rule exceptions noted in 11. APPENDICES – ANNEX B
- 5.11. Excess Number of players in huddle - Refer to rule exceptions noted in 11. APPENDICES – ANNEX B
- 5.12. Hands to face - Refer to rule exceptions noted in 11. APPENDICES – ANNEX B
- 5.13. Field Goal in the last 3 minutes - Refer to rule exceptions noted in 11. APPENDICES – ANNEX B
- 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... ”
 - 5.14.2. Penalty for targeting will be 25 yards. No disqualification.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-9

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 - Refer to rule exceptions noted in 11. APPENDICES – ANNEX B

5.16. Multiple holds during a safety touch - Refer to rule exceptions noted in 11. APPENDICES – ANNEX B

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.

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 an official U SPORTS Sport Technical Sub Committee (STSC) meeting and thus any decisions affecting U SPORTS Policy or Regulations



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-10

must be sent to the STSC. This is the responsibility of the President of the Coaches Association or their designate.

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. Bowl game media conferences may be held virtually with approval of the U SPORTS Director, Marketing and Communications.

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:

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.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-11

**2023 Referee RSEQ
Umpire CW
Down Judge AUS
Line Judge OUA
Side Judge AUS
Back Judge OUA
Field Judge RSEQ
Standby Official CW**

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 and the on-site evaluator. 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.
4. Game officials will be invited to the Vanier Cup awards banquet at the championship host's cost.
5. 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.
6. 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.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-12

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 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. 29 First-Team and 29 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, 2 Corners and **1 FB/TE/H-Back**. 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, 1 Kick Returner and **1 Rush/Cover**. Specific selection criteria are to be circulated annually.

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.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-14

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.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-15

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)



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-16

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 & BANNER)

Presented to a U SPORTS Semi-Final Champion

9.9.3. UTECK BOWL (TROPHY & BANNER)

Presented to a U SPORTS Semi-Final Champion.

9.10. CHAMPIONSHIP MEDALS (N/A)

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)



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-17

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
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.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-18

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 – Refer to Amateur Rule Book.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-19

ANNEX B – RULE VARIATIONS

Amateur Rule Book Reference	Variation
1.1.2.d & e Helmet	<p>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.</p> <p>Apply penalty for Illegal Participation as a Dead Ball Foul, L10 PBD & the player is not required to leave the field.</p>
1.3.2 Choice	Coin Toss, Visitor calls.
1.3.6 Tie Game	<p>Per Football Canada Amateur Rule Book.</p> <p>If Team B legally gains possession, the Team A series is over (except as noted in Item c).</p> <ol style="list-style-type: none"> 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: <ol style="list-style-type: none"> 1) Team A are entitled to possession by penalty. 2) Team B commits a foul with Team A in possession after Team A has legally regained possession. Team B commits a foul which would normally be applied at the point where Team A legally regains possession. 3) 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. 4) 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. 4. 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.
1.5.5 Mercy Rule	Does not apply.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-20

Amateur Rule Book Reference	Variation
1.12.2 Substitution Procedure	The Referee is not required to hold the 20 second clock for defensive substitutions unless Team A substitutes on that play.
1.12.3 Excess number of players	When Team A has more than 12 players in its huddle or formation before the snap the play shall be whistled dead. Penalize Team A for Illegal Substitution, L5.
3.2.2 Field Goal	After the 3 minute warning has been given in the 4th quarter, the team scoring a field goal will kick off from their own 45 yard line.
3.2.3 Safety Touch	If, in the judgment of the official, a team deliberately commits a Holding infraction while in the act of conceding a Safety Touch, the score shall count and the penalty shall be applied at the point where the ball is next put into play, or option.
4.3.1 Player Numbering	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 indicate to the defence that they are out of position.
5.2.5.d Wedge Block	General definitions according to the FC Rule Book, but only applicable to kickoffs. Does not apply to deliberate on-side kickoff.
6.4.5.b Ineligible Receivers Downfield on Forward Pass	Ineligible receivers are permitted to go downfield beyond the neutral zone without contacting an opponent provided they do not interfere with an opponent prior to a forward pass being touched.
7.2.6 Targeting	The penalty for Targeting is L25, no ejection. If an official is certain that one or more of the “action” criteria are met, but uncertain whether or not there was forcible contact to the head or neck area of the opponent, then the official is instructed to assess a 15-yard Unnecessary Roughness penalty.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-21

Amateur Rule Book Reference	Variation
7.3.4 Objectionable Conduct	A player, coach, or member of a team bench area who receives 3 Objectionable Conduct penalties in the same game shall be removed from play.
7.3.12 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. Penalize as Unnecessary Roughness, L15.
7.3.14 Hands to Face	No player may thrust their hands forward above the frame to contact an 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. Penalize as Illegal Block, L10.
7.3.16.b.4 Suplex Tackle	Add to the prohibited actions against a defenseless player: Lifting the defenseless player off the ground in such a fashion as to upend the body and drive the defenseless player's head and/or neck area into the ground. Penalize as Unnecessary Roughness, L15.
7.3.19 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 a 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 original point where the ball was snapped must make initial contact with the opponent above the knees unless the offensive player comes to a full stop before the snap. A running back who is inside the BBW Zone at the snap and blocking for the passer may block below the knees without restriction. Penalize as Unnecessary Roughness, L15.



AUGUST 2023

PLAYING REGULATIONS – FOOTBALL

PR/1-22

Amateur Rule Book Reference	Variation
7.4.g Objectionable Conduct	The requirement to be “removed from play” shall be interpreted as being required to leave the playing field, as if the penalized individual is Disqualified. The Official(s) involved in the decision shall submit an Incident Report to the Conference Referee In Chief.
8.7 Manipulating the Clock	If, in the sole judgment of the Referee, a team is intentionally taking multiple fouls to run down the clock, the game clock will be reset to the beginning of the play and the penalty applied at the point where the ball is next put into play, or option.