



**FOOTBALL**

# 2019-20 Playing Regulations

Updated 2019/06/17

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## Modifications 2019-20

The following articles have been abrogated, amended or added. All modifications indicated in red.

- 1.13 Direct electronic communication with on-field players (Abrogated May 2019) REF : Football Canada Rules, Section 1 – Article 2/g;
- 3.5 Preseason practices (Abrogated May 2019) REF : U SPORTS Recruiting Regulations, Article 40.10.7.11.1.9;
- 3.6 Out-of-Season Practice (Abrogated May 2019) REF : U SPORTS Recruiting Regulations, Article 40.10.7.11.1.10;
- 5.3 Video recording and sharing (Modified June 2019)
- 7.1 Convenor’s Authority (Abrogated May 2019) REF : RSEQ Organizational Policy, Article 10.3;
- 7.2 Convenor’s and Referee in Chief’Authority (Abrogé mai 2019) REF : RSEQ Organizational Policy, Article 10.3;
- 7.3 Administrators or coaches using external sources to express their grievances (Abrogated May 2019) REF : RSEQ Organizational Policy, Appendix I RSEQ Code of Ethics and the Members Deontology Code.

The French language text will be used in case of a dispute of interpretation.

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## TABLE OF CONTENTS

1.	Rules and Regulations.....	2
2.	Eligibility .....	3
3.	Competitive Structure .....	4
4.	Scoring .....	4
5.	Host Team Responsibilities .....	5
6.	Officials .....	6
7.	Discipline .....	6
8.	Awards .....	6
9.	Appendix 1   Playoff Revenue Sharing .....	8
	Appendix 2   Travel compensation Mitchell/Uteck Bowl and Vanier Cup .....	9

## **1. RULES AND REGULATIONS (Article 1.13 abrogated May 2019)**

The playing rules and regulations are those of the Canadian Rule Book for Tackle Football and the U SPORTS Football Playing Regulations, most recent editions, with the following exceptions, additions and particularities:

### **1.1 Jersey colors**

The home team shall wear dark jerseys and the visiting team light jerseys.

### **1.2 Equipment waiver form**

Head coaches have to sign off on an equipment waiver form accepting responsibility if their student-athletes are in violation of an amateur football equipment regulation.

### **1.3 Team lineups (for game programs)**

Teams are required to exchange a list of 65 potential student-athletes 72 hours prior to the game in order for the host school to produce a game program.

### **1.4 Team lineups (for broadcast partner)**

Teams are required to forward a potential 50 man depth chart and roster to the RSEQ office and RSEQ television broadcast partner by noon on Friday prior to the televised game. However, teams may submit up to a 55-man potential dress roster and depth chart by identifying those that will be confirmed dressed only by game-day with an asterisk.

### **1.5 Gameday protocol**

Host institution must email to the provincial scheduler, Dino Marzinotto (fdmarzin@hotmail.com), the gameday protocol 48 hours prior to the game.

### **1.6 Team lineups (for game reports & statistics)**

Both teams must submit their respective final lineups in duplicate to the official scorer no later than 30 minutes before game time.

### **1.7 Gameday timelines**

Gameday timeline is described below:

- Kickoff occurs 10 minutes after official start time;
- 30 minutes before kickoff: 30 minutes countdown begins on game clock;
- 35 minutes before kickoff: Captains-Officials meet for coin toss;
- 40 minutes before kickoff: home Head Coach meets with officials;
- 45 minutes before kickoff: visiting Head Coach meets with officials.

### **1.8 Starting time**

All games must begin at ten (10) minutes after the scheduled hour for kickoff (as outlined in article 1.7). Non-televised regular season game start times will be determined by the host team in cooperation with the visiting team.

### **1.9 Halftime**

The halftime period is 20-minutes (including television games) and begins as soon as the referee whistles the end of the first half. The second half kick-off will be at the 20-minute mark. Teams are expected back on the field ready for the kick-off.

### **1.10 First and third quarter time breaks**

An obligatory 90-second break is to be observed at the end of the first and third quarters for all games.

### **1.11 Postgame protocol**

Immediately on completion of the game, coaches meet with their respective teams (2-3 minutes), followed by players and coaches lining up to shake hands.

The RSEQ television rights holder has exclusive rights from 30 minutes before kickoff until 15 minutes following the end of the game and has first right to all interviews with players and coaches during that 15 minute exclusive time frame following a game.

Coaches are required to make themselves and players available for interviews during this broadcast window.

### **1.12 Use of electronic transmitting devices during games**

The use of electronic transmitting devices, namely between the sideline and booth for the purpose of still picture and video sharing, is allowed.

## **2. ELIGIBILITY (Modified May 2019)**

Eligibility and recruiting rules in use are those of U SPORTS and the RSEQ University sector, most recent editions.

### **3. COMPETITIVE STRUCTURE**

#### **3.1 Team Complement**

Team complement rules in use are those of U SPORTS Football Playing Regulations, most recent edition.

#### **3.2 League Format**

One (1) division of five (5) participating teams:

Each team plays an eight (8) game regular season schedule.

Each team plays four (4) home games and four (4) away games in a balanced schedule:

- All five (5) teams play each other twice, once home, once on the road;
- Each team will have two bye weekends.

3.2.1 The home team must have the approval of the visiting team in order to host a local game on a day other than Friday, Saturday or Sunday.

3.2.2 Home games during the last weekend of regular season play must be held on the Saturday.

#### **3.3 Playoff / Championship Format**

The top four (4) teams following regular season play qualify for the playoffs:

- Semi-final 1: the first place team will host the third place team;
- Semi-final 2: the second place team will host the third place team;
- Dunsmore Cup: both winners play each other at the home of the highest ranked team.

#### **3.4 Preseason Games**

Each team is permitted one (1) exhibition game in the two (2) weeks before the start of the regular season.

### **4. SCORING**

#### **4.1 Standings**

Standard point system shall be used for league standings, as follows:

- 2 points for a win, 0 point for a loss
- A win or loss in overtime does not affect scoring

## 4.2 Tie breaking procedure

The tie breaking procedures in use are those of the RSEQ University Sector Rules, most recent edition.

## 5. HOST INSTITUTION'S RESPONSABILITIES

The host institution's responsibilities are those of the RSEQ University Sector Rules, most recent edition, with the following exceptions, additions and particularities:

### 5.1 Safety and emergency measures

The safety measures in use are those of the « Règlement de Sécurité de la Fédération de Football Amateur du Québec. », most recent edition, with the following exceptions, additions and particularities:

5.1.1 The host team has to provide a doctor on site.

5.1.2 The host team has to provide an ambulance on site.

### 5.2 Game statistics and post-game requirements

All host teams are expected to follow the accepted procedure as described in the document to that effect.

### 5.3 Video recording and sharing (Modified June 2019)

#### 5.3.1 Film Quality Standards

- Schools are required to digitally videotape in HD all home games and **provide the GameStrat feed to the visiting team**;
- Preceding each series and after a scoring play, a full and accurate two-second shot of the score clock is required by the wide angle camera All sequences must start at least two (2) seconds prior to each play;
- **Two angles of view** : a sideline and end zone view;
- **Sideline**: shall include every player on the field for every play. The cameraman shall zoom in to include both widest receivers, the offensive backfield to the deepest defender. No zooming in while the play is ongoing;
- **End zone**: shall zoom in to include two yards on either side of the Offensive tackle (or Tight end) and must include the deepest offensive player in the backfield to the defensive linebackers. The cameraman can zoom out after the snap to keep as many of the players in the angle as possible following the ball.

#### 5.3.2 Film / Video Exchanges

The film exchange platform used shall be the one determined by U SPORTS.

#### 5.3.3 Timelines and Procedures

- All game films must be put online immediately following the game;

- They must be made available for download to all member teams and officials via the adopted on-line exchange system;
- Normal exchange procedures are to continue whether or not a team's opponent has a bye week;
- Film exchange before the first regular season game shall be by agreement between the two head coaches and/or their representatives.

#### 5.3.4 Sanctions if film quality, timelines and procedures are not respected

The sanctions are those of the RSEQ University Sector Rules, most recent edition, with the following exception, addition and particularities:

- In the event of a problem, it is the responsibility of the institution to contact the other teams concerned as well as the convenor.

## 6. OFFICIALS

The by-laws, policies and procedures pertaining to the officials are those defined in the memorandum of understanding of the provincial sports organisation's referee appendix and the RSEQ University Sector Rules, most recent editions.

## 7. DISCIPLINE (Articles 7.1, 7.2 and 7.3 abrogated May 2019)

Issues related to discipline will be handled in accordance with the RSEQ Organizational Policy and University Sector Rules, most recent editions.

## 8. AWARDS

### 8.1 Championnat

- Championship banner (1)
- Caps (75)
- Gold medals (60)
- Dunsmore Cup

The winning institution may purchase additional caps and/or medals at their own cost.

### 8.2 All-star team

The process and selection of the all-star team are those defined in the RSEQ University Sector Rules, most recent editions, with the following exceptions, additions and particularities:

- **12 Offensive Players:** 1 Quarterback, 1 Running Back, 1 Fullback/Halfback/Tight End, 4 Receivers, 2 Tackles, 2 Guards, 1 Centre;
- **12 Defensive Players:** 2 Defensive Ends, 2 Defensive Tackles, 2 Linebackers, 1 Sam Linebacker, 2 Defensive Half Backs, 2 Corners, 1 Safety;
- **3 Special Teams Players:** 1 Punter, 1 Kicker, 1 Return Specialist.

### **8.3 Major awards**

The process and selection of the major awards are those defined in the RSEQ University Sector Rules, most recent editions, with the following exceptions, additions and particularities:

- Most outstanding player of the year (Jeff Russell Trophy);
- Rookie of the year;
- Coach of the year;
- Leadership & community involvement award;
- Outstanding lineman of the year;
- Outstanding defensive player of the year;
- Offensive rookie of the year (other than Rookie of the year)
- Defensive rookie of the year (other than Rookie of the year)
- Special team player of the year
- Assistant-coach of the year.

8.3.2 The major awards winners shall be presented with commemorative plaques.

8.3.3 The press conference unveiling the major awards takes place on the Friday preceding the Dunsmore Cup in the host city. All the head coaches and student-athletes who are recipients must be present.

8.4 The convenor is involved in the process and selection of the awards, namely by having a vote.

## 9. APPENDIX

### 1. Playoff revenue sharing

#### Semi-finals

Following the semi-final games, host teams pay a dividend which shall be shared as follows:

1. 15% of the gross gate revenues, capped at \$7500, awarded to RSEQ University Football;
2. 20% of the gross gate revenues to be shared in the following fashion:
  - 6 500\$ if the visiting team is from a different city than the host team or 2 500\$ if the team is from the same city. This sum is guaranteed by each host team who will have to cover the difference should its gross gate revenues for its semi-final be insufficient; **OR**
  - 40% of the total amount given out by the two host teams, providing that the amount of the minimum guarantee has been attained;
  - In the cases where the minimum guarantees are attained, a sum equalling 20% of the total amount given out by the two host teams will be awarded to RSEQ University Football.

#### Dunsmore Cup

Following the Dunsmore Cup, the host team pays a dividend which shall be shared as follows:

1. 15% of the gross gate revenues, capped at \$7500, awarded to RSEQ University Football;
2. 20% of the gross gate revenues to be shared in the following fashion:
  - 6 500\$ if the visiting team is from a different city than the host team or 2 500 \$ if the team is from the same city. This sum is guaranteed by each host team who will have to cover the difference should its gross gate revenues for its semi-final be insufficient; **OR**
  - 70 % of the total amount given out by the host team, providing that the amount of the minimum guarantee has been attained;
  - In the cases where the minimum guarantees are attained, a sum equalling 30% of the total amount given out by the two host teams will be awarded to RSEQ University Football.

## **2. Travel compensation Mitchell/Uteck Bowl and Vanier Cup**

The financial amounts to help compensate travelling fees for the Dunsmore Cup champions to the national championship games are as described below:

### **Mitchell/Uteck Bowls**

- RSEQ@AUS : 7 500 \$
- RSEQ HOST : 0 \$
- RSEQ@OUA : 5 000 \$
- RSEQ@CW : 10 000 \$

### **Vanier Cup**

- RSEQ HÔTE : 5 000 \$
- RSEQ@OUA : 10 000 \$
- RSEQ@CW : 15 000 \$