



The following articles have been amended, added or repealed:

- 3.1 Composition of teams (modified May 2024)
- 5.1.2 Ambulance (modified May 2024)
- 8.2.1 All-Star Team requirements (added May 2024)

NOTES: All rule changes are indicated in red.
 The French version will be used in case of conflict of interpretation.

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1 Rules

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 Objectional Conduct based on discriminatory remarks

Instead of removal after the first objectional conduct based on discriminatory remarks, the student-athlete will be disqualified after a second Discriminatory Objectionable Conduct (DOC). The process will be as follows:

1. When an individual commits their first DOC, they will be subject to a 10-yard penalty and warned by the official;
2. The head coach of the offending individual will also be advised of the DOC;
3. When an individual commits their second DOC, they will be subject to a 10-yard penalty and disqualification from the game;
4. ALL Objectionable Conduct penalties are subject to review by the Referee-in-Chief and the RSEQ;
5. In no way do the changes remove an official's discretion to disqualify an individual for an egregious Objectionable Conduct foul.

1.2 Uniforms

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

1.3 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.

1.4 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.

1.5 Team Lineups (for Broadcast Partner)

Teams must send their rosters and depth charts of 48 student-athletes for televised games to the Program Coordinator according to the following schedule:

Monday through Friday evening games: by noon the same day

Saturday: before noon the previous Friday

Sunday: before 8:00 p.m. the previous Friday

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.

1.6 Gameday Protocol

Host institution must email to the provincial scheduler, M. Kevin Riopel (kevin.riopel@hotmail.com), the gameday protocol 48 hours prior to the game.

1.7 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.

1.8 Gameday Timelines

Gameday timeline is described below:

- Kickoff occurs 10 minutes after official start time;
- 30 minutes before kickoff: 30 minutes countdown begins on the 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 official.

1.9 Starting Time

All games must begin at ten 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.

1.10 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 minutes mark. Teams are expected back on the field ready for the kick-off.

1.11 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.

1.12 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 those 15 minutes exclusive time frame following a game.

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

1.13 Use of Electronic Transmitting Devices during Games

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

2 Eligibility

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 (modified May 2024)

Each team may have up to 52 players in uniform on its roster for a regular season and championship game.

The team rosters in effect are those of U SPORTS, most recent editions, with the following exceptions, additions and particularities:

2025-2026: maximum of 105 players

2026-2027: maximum of 100 players

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 as follows:

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

3.2.1 Weekday Games

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 Last Weekend of Regular Season

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

3.3 Championship Format

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

First semi-final: the first-place team will host the fourth-place team;

Second semi-final: 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:

Two (2) points for a win, zero (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 Institutions Responsibilities

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 (modified May 2024) The host team has to provide an ambulance on site. **If the ambulance has to leave, the game continues.**

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

5.3.1 Technical Requirements

Shot/Angle of View:

- 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 (2) 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 Video Exchange Platform

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

5.3.3 Timeline

- All game films must be put online immediately following the game;
- All regular season and championship games shall be available for download to all members and officials via the agreed upon online exchange system;
- Film transfers must be done normally even if one of the teams does not play the following weekend;
- Film transfers before the first game of the regular schedule must be agreed upon by the teams involved.

5.3.4 Penalties if Technical Requirements / Timetable Not Met

Sanctions are as defined in the RSEQ University Sector Rules, most recent edition, with the following exceptions, particularities and additions:

- In the event of a problem, it is the responsibility of the institution to contact the teams involved and the Commissioner.

6 Officials

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

7 Discipline

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 Championship

Championship Caps: 100

Gold medals: 60

Championship banner: 1

Dunsmore Cup: 1

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

8.2 All-Star Team (modified 2023-05)

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 :

8.2.1 (added May 2024) In order to qualify for the All-Star team process, the student-athlete must have participated in at least five (5) games on the regular season schedule.

8.2.2 Composition :

Offense	Defense	Special Teams
1 Quarterback	2 Defensive Ends	1 Punter
2 Running Back	2 Defensive Tackles	1 Kicker
1 Fullback/Tight End	2 Linebackers	1 Return Specialist
4 Receivers	1 Sam Linebacker	1 Rush/Cover Specialist
2 Tackles	2 Defensive Half Backs	
2 Guards	2 Corners	
1 Centre	1 Safety	

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:

- Athlète par excellence (Trophée Jeff Russel);
- 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;
- Defensive rookie of the year;
- Special team player of the year
- Assistant coach of the year.

8.3.1 When there is a tie between candidates, a re-vote shall be taken with the involved student-athletes.

8.3.2 Commemorative Plaques

The major awards winners shall be presented with commemorative plaques.

8.3.3 Press Conference

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.

Appendix 1 - Playoff Revenue Sharing

1. Semifinals

Following the semifinal 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 semifinal 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.

2. 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 semifinal 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.

Appendix 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 Cups :

RSEQ @ AUS : 7 500 \$

RSEQ HÔTE : 0 \$

RSEQ @ OUA : 5 000 \$

RSEQ @ CW : 10 000 \$

Vanier Cup :

RSEQ HÔTE : 5 000 \$

RSEQ @ OUA : 10 000 \$

RSEQ @ CW : 15 000 \$