Champions Cup & X-Cup Rules 2019-2020
Official Rulebook & Tournament Guidelines
Section 1 – Player and Coach Conduct

1. Eligibility
   1. All players must be affiliated with the constituency
      a. Resident
      b. Building Soph
      c. Faculty Soph
   2. Eligibility for affiliates (Kings, Brescia, Huron)
      a. First Year Residents
      b. Sophs
      c. Council Members
      d. Up to 5 residents playing for the first time can be considered a “first year”
      e. All remaining first time, varsity and returning players will be marked and considered upper year
   3. Eligibility for Off Campus
      a. First year student
      b. Member of the board
      c. Off Campus Advisor
      d. Soph
      e. Up to 5 residents playing for the first time can be considered a “first year”
      f. All remaining first time, varsity and returning players will be marked and considered upper year
   4. Dismissal of player from tournament due to ineligibility results in automatic possession and first down (for non-penalized team).
   5. Varsity and student leader athletes are allowed to play and will be marked (at the discretion of the referee or the tournament coordinator) **limit to 2 on the field at a time (any combination)**
   6. The roster cap is set at 45 players and 7 coaches (coaches rules are explained further in 4.1). Any exception will be given at the discretion of the convenor.
   7. If the aforementioned eligibility guidelines are not followed the teams will be penalized as followed
      a. 1st offense- dismissal of player from tournament
      b. 2nd offense-Automatic possession and first down for non-penalized team
      c. 3rd offense dismissal of team from the tournament

2. Player Conduct
   1. The captains of offense and defense on the field at the time are the only players permitted to talk to the referees; all players must submit complaints to one or the other.
   2. No “Stiff arming” will be allowed
   3. Intentional standing picks, or any intentional contact to impede a defender from getting to the ball carrier is a 5-yard penalty and loss of down.
      a. If a player is stationary with two feet planted on the ground, any other player who is in motion must move around the former to the best of their ability. Failure to do so when the opportunity is present (as judged by the Referee) will result in a penalty
      b. When the ball carrier uses stationary teammates as a means of blocking the opponent from getting to the ball carrier, such stationary teammates are not to be penalized for obstruction unless they move from their spot.
      c. It is up to the ball carrier to avoid contact with a stationary defender.
d. If a Rusher has their feet planted on the ground at the snap, the Center must go around the Rusher. If the Center makes no attempt to go around the Rusher it will be a penalty.

4. The consequences of intentional physical contact (based on referees’ discretion):
   a. First offence of the tournament will result in a warning issued by the referee and a 15-yard penalty
   b. Second offense on the tournament will result in the player being ejected from the tournament and a 15-yard penalty

5. Increasing penalties for heckling
   a. 5 yards
   b. 10 yards
   c. 15 yards
   d. Game Ejection

6. After a Touchdown, players on the field are allowed to celebrate, however the celebrations must not be in a taunting manner towards the other team. This will be at the referee’s discretion, along with any resulting penalty.

7. No tolerance for players arguing and/or shouting at the referees.

8. In Game celebrations are allowed as long as they are not negatively directed towards the other team.

9. No Taunting or other unsportsmanlike conduct at the end of the game will permitted. The referees and tournament officials will decide on the resulting Penalty. Penalties for such an act may include:
   a. Yardage penalty at the start of the next game
   b. Automatic tie of the game just played
   c. Automatic loss of the game just played
   d. Suspension of player(s) for the next game
   e. Suspension of the coach(es) for the next game
   f. Suspension of team for the next game
   g. Suspension of player(s) for the tournament
   h. Suspension of coach(es) for the tournament
   i. Suspension of team for the tournament
   j. No name-calling abusive language directed toward and official, mascot, player, or coach on the other team at any time, ejection from the tournament without warning will result and any further disciplinary action is under the discretion of the referees plus a 10-yard penalty and automatic first down.

3. Equipment
   1. IMS-provided flags will be used by all with markings to make sure enough is showing. Teams are not allowed to bring their own flags.
      a. Flags must be returned at the end of the game, and if they are not returned there will be a fee
   2. If the referees can’t see the marking for the flag the play will be downed when the player gets possession of the ball. If Velcro flags are in use, the flag belt must be strapped on over any clothing.
   3. In the event that two teams have the same colour of jerseys the away team will be responsible for providing an alternate jersey colour for the game.
   4. A team can’t use flags that are the same colour as their jersey.
   5. NFL and CFL full regulation size ball must be used and must be in possession of referee before start of game to be checked.
6. No metal cleats, the player will be asked to leave the game until they have proper shoes. The Penalty for having metal cleats is:
   a. If on Offense- automatic change of possession
   b. If on Defense- 15 yard penalty and an automatic first down

4. Coaching and Bench Guidelines
   1. 7 coaches per team will be permitted to be on the sidelines during the games. These will be the coaches for the entire tournament. The sex of these coaches does not matter. (X-Cup men coaches will still be coaches, Champs Cup women coaches will still be coaches).
      a. 4 of the coaches must be
         i. Residents of the Residence
         ii. Sophs
         iii. Members of the Board
         iv. Faculty sophs associated with the Residence
      b. 3 of the coaches can be
         i. Previous coaches
         ii. Previous players
         iii. Previous sophs associated with the Residence
   2. There is a no tolerance policy for coaches or players on the sidelines arguing and/or shouting at the referees
   3. During game play 1 coach from each team is permitted to cross the 50 yard line in order to communicate with players on the field (5 yard penalty)
   4. Each team will be required to provide coaches or volunteers to do the yard-sticks during every game
      a. Home team will provide two in the first half and one in the second half
      b. Away team will provide one in the first half and two in the second half
   5. One coach is permitted to talk with the referees from the sidelines.
      a. Coach will be designated at the beginning of the game in the coin toss (coach can be present at toss)
         i. 1st time another coach talks to the official 5 yard penalty
         ii. 2nd time another coach talks to the official 15 yard penalty
         iii. 3rd time another coach talks to the official, ejection of coach
   6. All players and coaches from each team playing will be on the same side of the field. All spectators will be permitted on the opposite side of the field unless otherwise instructed.
   7. Coaches and Players on the sideline must stay within the designated area (all following infractions are 1st time (5 yards), 2nd time (15 yards), 3rd time (ejection)).
      a. Coaches stay off the field (except for permitted times).
      b. Players who are on the bench must stay off the field during play.
      c. No players on the bench will be allowed between the 20-yard line and End Zone on both ends of the field.
      d. No Coaches past the 10-yard line on both ends of the field.
Section 2- Gameplay and Rules

1. When the whistle is blown inadvertently by an official, the play shall stand unless the official decides that the whistle affected the result of the play. The official will decide which team is adversely affected by the whistle; that team may choose to let the play stand when the whistle blew or repeat the last play.
   a. If the official cannot decide which team is adversely affected or decides they were equally affected, the play shall be repeated.

2. Any play deemed unsafe by an official can be issued any penalty the official feels is just. This may include a tack on penalty.

3. In any situation where there is no clearly defined rule, NFL rules will be applied.

1. Gameplay
   1. 4 downs to gain 10 yards for a new set of downs.
   2. Defense must yell out 5 steamboats before anyone can rush the QB
      a. If the defensive player cannot be heard by the official, the official will count in their own head.
   3. 7 players on the field at one time
      a. 5 players must be first years
      b. 2 players can be upper years
   4. Each game will consist of two 21-minute halves.
      a. 18 minutes running time
      b. Last 3 minutes is last 5 plays
         i. The point after a touchdown and the following kickoff do not count as a play during the final 5 plays.
         ii. If a defensive penalty is committed and accepted during the last 5 plays, the penalty is enforced and offense is awarded an extra play.
         iii. If an offensive penalty is committed during the last 5 plays, the following options are given
            1. Declining the penalty; result of play stands
            2. Accepting the penalty; appropriate yardage is given and the defense chooses either:
               a. Awarding an extra play
               b. Losing a play
   5. 30 second play-clock
      a. Time will start when ball is put down after whistle is blown
   6. Two, 30-second time-outs per half. Unused time-outs cannot be carried into the second half. Time stops when the timeout is called, and resumes when the ball is snapped.
   7. If a player goes out of bounds, without interference, the player may not catch the ball or interfere in the play in any way.
   8. Team captains will play rock-paper-scissors or flip a coin to determine possession at the beginning of the game. The winning team can choose: kick, receive, defer, or endzone
   9. Teams will switch endzones at half.

2. Offense
   1. Any offensive formation is permitted, however there must always be a down centre to snap the ball.
   2. Players can be moving in any direction before the ball is snapped.
3. Players can position themselves right behind the line of scrimmage.

4. If an offensive player is offside at the time of the snap, the play will be blown dead.
   a. Defense will have the option to accept or decline the penalty.

5. The QB does not necessarily have to stand behind the player snapping the ball
   a. Snaps must be through the legs
   b. Snaps must be audible. Failure to audibly call a snap will result in loss of down.
   c. Snaps must occur immediately after the last audible. Double audibles are permitted, but delayed snaps will result in a loss of down.

6. Touch and go plays will be allowed
   a. The ball is snapped to QB, then the Centre runs it forward

7. First person to touch the ball (after the Centre) is designated the QB for that play.

8. Dropped snaps are played as if the ball was never dropped provided that it is the QB who picks up the ball
   a. The QB will only have until the 5 steamboats have elapsed to regain possession. If the QB does not regain possession within the 5 steamboats play will be blown dead.

9. The QB can run past the line of scrimmage before the 5 steamboats have elapsed.

10. At least one play per half, the QB must be a First-Year Student. This play must be a completed forward pass.
    a. An attempted forward pass as described above which is intercepted will count as a “completed” forward pass under the same rule.

11. Only one forward pass may be made per play.

12. Dropped pitches (tossed by the QB) are treated as incomplete passes and placed back to the line of scrimmage.

13. Backwards laterals are permitted.
    a. If a ball is lateralled before it crosses the line of scrimmage, the receiver can throw the ball forward
    b. If an attempted backwards lateral fails, and falls to the ground, it is a fumble and therefore the ball will be placed where it made contact with the ground.

14. During multiple hand-offs, if the ball is dropped, the next play starts at the point of the fumble.

15. Spinning and running with the ball is permitted, but jumping with the ball or to block the ball is not.

16. No diving or sliding for yardage
    a. Ball will be placed where the player left the ground
    b. Repeated violations will be penalized at referee’s discretion

17. If a knee touches the ground the ball carrier is downed

18. Any step out of the play area is considered out of bounds.

19. Blocking of the flag by the ball carrier is not permitted

20. Offensive Pass Interference will be a 10-yard penalty from the original line of scrimmage and a loss of down.

21. Touchdowns are worth 6 points
    a. 1 point conversion is from 5-yards out
    b. 2 point conversion is from 10-yards out
    c. If a penalty is committed and accepted during the conversion, yardage will be enforced and the offensive will still be going for the initially stated points
3. Defense

1. Any defensive formation is permitted
   a. All players must have their full bodies behind the line of scrimmage at the time of the snap.
   b. After the snap, only the feet must remain behind the line of scrimmage.
   c. Any defensive player that is on the field can count the steamboats
      i. If the steamboats are not at a volume that the referee can hear, the referee will go by their own count.

2. Any player can rush the QB after 5 steamboats. The rusher is not allowed to block the QB’s throwing motion, they must go for the QB’s flag. Blocking or attempting to block a throwing motion will be deemed an unsafe play and a penalty will be assessed.
   a. If the play results in a completed pass, an extra 5 yards will be added to the end of the play.
   b. If the play results in an incomplete pass, the ball will be advanced 5 yards and the down will be repeated.

3. Once the QB has given up the ball, the line of scrimmage may be crossed.

4. If a flag is pulled on a player that has not yet touched the ball there will be a 10-yard penalty and an automatic 1st down for Flag Interference, the play will continue with the player being downed by a 1-hand touch.

5. If a flag falls off without being pulled then the runner can be downed by 1-hand touch.

6. Defensive Pass interference is a 15-yard penalty with an automatic first down.

4. Kickoff/Punting

1. Kickoffs will be from the 40-yard line.
2. All kicks will be a change of possession.
3. If the ball goes out of bounds along the sidelines on a kickoff without being touched by the receiving team, the ball will be placed on the receiving teams 40-yard line.
4. There are no on-side kicks.
5. Punts are allowed. Punting rules are procedures are:
   a. Snapping ball is not necessary if the ball is being punted
   b. Punter must kick the ball before crossing the line of scrimmage
   c. All members of the kicking team must be behind the punter when the ball is kicked
   d. All receiving team players are restricted to be at least 10 yards away or further from the line of scrimmage at the time of the punt.
6. If a punt is dropped by the receiving team and picked up by the kicking team, it will be the receiving team’s possession and the ball will be placed where the kicking team touched it.
7. A 5-yard radius restraining zone will be maintained on all punt and kickoff returns until the ball is touched by the receiving team.
   a. If the ball bounces and rolls the receiving has 3 seconds to pick up the ball
8. The punt must be declared.
   a. If a punt is declared and is not carried out, the defense will have the option of taking the result of the play or having the punting team move back 5 yards and re-punt.
9. If the ball is kicked through the End Zone or if the returner gains possession within the End Zone and is then tagged or is downed before leaving the End Zone, the receiving team gets the ball from the 20 yard line. No points will be awarded to the kicking team.
10. During a punt or kickoff, if the ball is touched by the receiving team and continues in motion, then touches the ground it may be picked up and returned only if there is a clear pickup opportunity. This judgement will be made by the referee and will be the final decision. If any official on the field judges that there is any potential danger, in allowing the play to continue, then the play is blown dead and the ball will be spotted where it originally hit the ground.
   a. The player who touched the ball must be the one to pick it up. If any other player touches the ball, the play is dead.
   b. If the ball is touched and fumbled by a receiving player inbounds and between the goal lines, then continues in motion hitting the ground inbounds and between the goal lines, then continues in motion into the receiving teams End Zone where it becomes dead; the ball will be placed at the spot where it first hit the ground, receiving team’s ball.
   c. There will be NO ARGUING with the official’s decision on this issue. If arguments are made, the references will call all further plays dead immediately for the rest of the game.

Section 3- Organizer Notes & Playoffs

1. Notes
   1. The organizing committee will designate referees courtesy of Campus Recreation.
   2. In the initial round robin games, if the games finish as a tie, that is the way the games will stand. In playoff rounds the games will advance to sudden death, and plays carried out from the 5-yard line, each team will receive a chance for a play.
      a. If no team scores or both team score, the ball will move back to the 10 yard line and so on until the 25
      b. If 1 team scores and the other doesn’t, the game finishes

2. Playoffs
   1. In determining ranking the criteria is
      a. Wins
      b. Head-to-Head
      c. Point Differential
      d. Points Against
      e. Points For
   2. Points
      a. 2 points for a win
      b. 1 point for a tie
      c. 0 points for a loss
   3. Champions Cup Organizing Committee has final say on any rules, and amendments.

Section 4- Contact Information

For the 2019-2020 Champion's Cup and X-Cup Tournaments, the Organizing Committee will consist of the following members:

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michelle Lidka</td>
<td>Programming Coordinator</td>
<td><a href="mailto:mlidka@housing.uwo.ca">mlidka@housing.uwo.ca</a></td>
</tr>
<tr>
<td>Samatha King</td>
<td>Programming Coordinator</td>
<td><a href="mailto:Samantha.king@uwo.ca">Samantha.king@uwo.ca</a></td>
</tr>
<tr>
<td>Name</td>
<td>Position</td>
<td>Email</td>
</tr>
<tr>
<td>------------------</td>
<td>-----------------------------------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>Devon Anderson</td>
<td>Administrative Coordinator</td>
<td><a href="mailto:Dander64@uwo.ca">Dander64@uwo.ca</a></td>
</tr>
<tr>
<td>Jenna Schulz</td>
<td>Campus Rec Tournament Liaison and Tournament Convenor</td>
<td><a href="mailto:jschulz2@uwo.ca">jschulz2@uwo.ca</a></td>
</tr>
</tbody>
</table>