U SPORTS and CCAA eligibility-year tracker

Record each season against the official five-year limits published by U SPORTS and the CCAA. Your school and the association decide eligibility. This is a log, not a ruling.

NAME _____ DATE _____

SCHOOL AND TEAM _____ ASSOCIATION (U SPORTS, CCAA, OR BOTH OVER TIME) _____

SPORT _____ TODAY'S DATE _____

YEARS I RECORD

Academic year	School	Association	Listed on a scoresheet, entry form or eligibility certificate?	Year counted? (official decision)	Notes
Year 1					
Year 2					
Year 3					
Year 4					
Year 5					

OFFICIAL RULES I CHECKED

- [ ] I opened the current U SPORTS Policy 40 eligibility regulations
- [ ] I opened the current CCAA Operating Code, Article 5, if CCAA applies to me
- [ ] I asked my athletics compliance or eligibility officer to review this log

U SPORTS Policy 40.10.4.3.1 says an athlete shall be allowed to participate in U SPORTS competition for five academic years. CCAA Operating Code section 5.2 says a student who has competed five years in intercollegiate athletics at the post-secondary school level shall not be eligible to compete in CCAA National Championship Tournaments. Exceptions and transfer rules exist in both documents. Associations and schools decide. Official documents win.

SOURCES (CHECKED 2026-11-27)

U SPORTS Policy 40.10.4.3.1 (Eligibility Regulations, 2026–2027) says an athlete shall be allowed to participate in U SPORTS competition for five (5) academic years. https://en.usports.ca/HQ/Eligibility_files/Policy_40.10.1_to_40.10.6_Eligibility_Regulations_2026-2027.pdf (checked 2026-11-27)
CCAA Operating Code (2025–26, revised July 2025), Article 5, section 5.2, says a student who has competed five (5) years in intercollegiate athletics at the post-secondary school level shall not be eligible to compete in CCAA National Championship Tournaments.
https://www.ccaa.ca/information/policies_procedures/2025-26_CCAA_Operating_Code_-Jan._2026-.pdf (checked 2026-11-27)
The same CCAA section 5.1 says a student-athlete who represents their institution in an intercollegiate competition for any period of time in one league game is considered to have used one year of eligibility, and that the appearance of the student-athlete's name on a game sheet shall be interpreted as indicating participation in that game, not including exhibition games.
https://www.ccaa.ca/information/policies_procedures/2025-26_CCAA_Operating_Code_-Jan._2026-.pdf (checked 2026-11-27)