

## **PLAYING REGULATION 11.0 – RUGBY(BOYS)**

1. **SAFETY GUIDELINES:** Each HSSAA Member School shall ensure that the current Physical Education Safety Guidelines - Secondary Inter School Module, outlined according to the following critical components: EQUIPMENT, CLOTHING / FOOTWEAR, FACILITIES, SPECIAL RULES / INSTRUCTION and SUPERVISION, be adhered to at all times. Specific details on the Critical Components will be provided at the Pre-Season Coaches Meeting.

2. **AGES:** All competitors shall meet the Junior and Senior age requirements as per Article XI, Section VII of the H.S.S.A.A. Constitution.

### 3. **EVENTS:**

There will be 15's competition for Junior and Senior H.S.S.A.A. Championships in the following divisions:

- Tier 1 – Senior
- Tier 2 – Senior
- Tier 1 - Junior
- Tier 2 - Junior

4. **ELIGIBILITY:** As per Article XI of the H.S.S.A.A. Constitution.

5. **ENTRIES:** Each H.S.S.A.A. Member School may enter one team per age category.

6. **RULE BOOK:** Games shall be played by the rules laid down in the Ontario Rugby Union Rule Book, with the exception of the modifications listed below.

a) **NUMBER OF PLAYERS:** Each team may dress an unlimited number of players for games.  
b) **SUBSTITUTION:**

- There shall be unlimited substitution for injury at any time during the game or overtime, provided the referee is notified. Injured players may not return to the game.
- Substitution for reasons other than injury shall be limited to six, at half time, unless agreement between both coaches has been made prior to the start of the game for unlimited substitution at half time. These substituted players may return to the game for injury replacement.
- There is no provision for replacement, other than for injury during overtime.
- Juniors may substitute during the second half of the regular season play at 3/4 time at the referee's discretion.

c) **LENGTH OF GAME:** Each game will consist of two 30 minute halves with a three minute intermission between halves.

d) **OVERTIME:** (PLAYOFF GAMES ONLY)

- Two 7 minute halves with one minute between halves.
- If still tied, the following procedure shall be used. Each team will select three players from the players on the field at the end of overtime. Those players shall be organized to kick at the goal posts from designated spots of the field. These spots are on the 22 metre line from a) centre, b) the intersection of the 15 metre line and the 22 metre line.

7. **OFFICIALS:** Only qualified O.R.U. officials will referee league and Championship games or tournaments. Games must be re-scheduled if a rated official is not available for a game. For all H.S.S.A.A. Championships, 3 officials are required.

8. **UNIFORM:**

- All team members must wear a numbered team jersey. (Home Teams are responsible for avoiding colour conflicts.)
- All players must wear an internal mouth guard.
- Junior competitors are permitted to wear proper rugby cleats to be inspected by the O.R.U. officials.

9. **STARTING TIME:** To be set by the Athletic Convenor prior to the preseason coaches' meeting.

10. **AWARDS:**

- For all divisions, : Senior/Junior, there will be:
  - a) Championship trophy for the winning team
  - b) medallions for Champion and Finalist (30 maximum)

11. **GHAC REPRESENTATION:** Refer to GHAC Agreement.

12. **GENERAL REGULATIONS:**

- a) **PLAYOFFS:** The playoff format will be determined by the Athletic Convenor and accepted by the coaches at the pre-season meeting.
- b) Goal post pads and flexible playing field marks must be used at all games. Dangerous projections near the playing area must be covered to ensure safety for the players.
- c) It is the responsibility of the Athletic Convenor to provide sideline care at each league and championship game. Games must be re-scheduled if a qualified First Aid person is not available.
- d) Any player ejected from a game by the referee will sit out the next scheduled league game. If this occurs during the last game, then the player will sit out the next playoff game. Two ejections will result in a disqualification for the rest of the season.
- e) A player ejected from a league or playoff game will be automatically prohibited from dressing for and participating in the next scheduled game. This does not include disqualification by personal fouls.
- f) Defaulted games will be scored 9-0 to coincide with the Canadian Rugby laws.
- g) **TIE BREAKING PROCEDURE:**  
Refer to Article XXII, Section IV- Application of Sport Specific Tiebreakers

## **PLAYING REGULATION 11.1 - RUGBY (MIDGET)**

1. **SAFETY GUIDELINES:** Each HSSAA Member School shall ensure that the current Physical Education Safety Guidelines - Secondary Inter School Module, outlined according to the following critical components: EQUIPMENT, CLOTHING / FOOTWEAR, FACILITIES, SPECIAL RULES / INSTRUCTION and SUPERVISION, be adhered to at all times. Specific details on the Critical Components will be provided at the Pre-Season Coaches Meeting.

2. **AGES:** All competitors shall meet the Midget Age requirements as per Article XI, Section VII of the H.S.S.A.A. Constitution.

3. **EVENTS:** There will be competition for a Midget Champion in both 7's and 15's.

4. **ELIGIBILITY:** All competitors must meet the eligibility requirements as per Article XI of the H.S.S.A.A. Constitution.

5. **ENTRIES:**

Each H.S.S.A.A. Member School may enter one team at the senior level in Tier 1 or Tier 2.

6. **RULE BOOK:** Games shall be played by the rules laid down by the Ontario Rugby Union Rule Book with the exception of the modifications listed below:

- a) **NUMBER OF PLAYERS:** Each team may dress an unlimited number of players for games.
- b) **SUBSTITUTION:**
  - There shall be unlimited substitution for injury at any time during the game or overtime, provided the referee is notified.
  - Injured players may not return to the game.
  - Substitution may take place at quarters (at approximately 15 minutes into each half and at the discretion of the referee), and at half time.
  - An unlimited number of players may be substituted at these times.
  - There is no provision for replacement, other than for injury during overtime.
- c) **LENGTH OF GAME:** Each game will consist of two 30 minute halves with a 3 minute intermission between halves.
- d) **OVERTIME:** (playoff games only)
  - Two 7 minute halves with one minute between halves.
  - If still tied, the following procedure shall be used. Each team will select three players from the players on the field at the end of overtime. Those players shall be organized to kick at the goal posts from designated spots on the field. These spots are on the 22 metre line from (a) centre (b) the intersection of the 15 metre line and the 22 metre line.

7. **OFFICIALS:** Only qualified O.R.U. officials will referee league and Championship Game or tournaments. Games must be rescheduled if a rated official is not available for a game. For all H.S.S.A.A. Championships, 3 officials are required.

8. **UNIFORMS:**

- All team members must wear a team jersey. (Home teams are responsible for avoiding colour conflicts)
- All players must wear an integral mouth guard.
- Competitors are permitted to wear proper rugby cleats to be inspected by the O.R.U. officials.

9. **STARTING TIME:** To be set by the Athletic Convenor prior to the preseason coaches meeting.

10. **AWARDS:**

- For all Senior Divisions, there will be:
  - a) Championship trophy for the winning team
  - b) medallions for Champion and Finalist (30 maximum)

11. **GHAC REPRESENTATION:** Not applicable.

12. **GENERAL REGULATIONS:**

- a) **PLAYOFFS:** The playoff format will be determined by the Athletic Convenor and accepted by the coaches at the pre-season coaches meeting.
- b) Playoff and tournament sites will be determined by the Athletic Convenor at the pre-season coaches meeting.
- c) Goal post pads and flexible playing field marks must be used at all games. Dangerous projections near the playing field area must be covered to ensure safety for the players.
- d) It is the responsibility Athletic Convenor to provide sideline care at each league and Championship game. Games must be rescheduled if a qualified First Aid person is not available.

## **PLAYING REGULATION 11.2 – RUGBY(GIRLS)**

1. **SAFETY GUIDELINES:** Each HSSAA Member School shall ensure that the current Physical Education Safety Guidelines - Secondary Inter School Module, outlined according to the following critical components: EQUIPMENT, CLOTHING / FOOTWEAR, FACILITIES, SPECIAL RULES / INSTRUCTION and SUPERVISION, be adhered to at all times. Specific details on the Critical Components will be provided at the Pre-Season Coaches Meeting.

2. **AGES:** All competitors shall meet the age requirements as per Article XI, Section VII of the H.S.S.A.A. Constitution.

3. **EVENTS:**

There will be competition for a Senior Girls Champion in 15's.

4. **ELIGIBILITY:** All competitors must meet the eligibility requirements as per Article XI of the H.S.S.A.A. Constitution.

5. A Junior aged player listed on the Senior team may not play more than one game at the junior level and retain her senior standing. Where a player plays at the junior level, her classification as Senior must be indicated on the game report. This listing of a player's name on the game report counts as having played in that game.

7. **ENTRIES:** Each of the H.S.S.A.A. Member Schools may enter one 15's team and two 7's teams to each of the Junior and Senior Divisions.

8. **RULE BOOK:** Games shall be played by the rules laid down in the Ontario Rugby Union Rule Book, with the exception of the modifications listed below.

a) **NUMBER OF PLAYERS:** Each team may dress an unlimited number of players for games.

b) **SUBSTITUTION:**

- There shall be unlimited substitution for injury(blood related) at any time throughout the game. The injured player may return to the game at any time.
- There shall be unlimited substitution for all players throughout the game.
- An unlimited number of players may be substituted at these times.
- A player who has been replaced must remain out of the half they have been removed from, but may return the next half.

c) **LENGTH OF GAME:** Each game will consist of two 30 minute halves with a five(5) minute intermission between halves.

d) **OVERTIME:** (PLAYOFF GAMES ONLY)

- Two 7 minute halves with one minute between halves.
- If still tied, the following procedure shall be used. Each team will select three players from the players on the field at the end of overtime. Those players shall be organized to kick at the goal posts from designated spots of the field. These spots are on the 22 metre line from a) centre, b) the intersection of the 15 metre line and the 22 metre line.

9. **OFFICIALS:** Only qualified O.R.U. officials will referee league and Championship games or tournaments. Games must be re-scheduled if a rated official is not available for a game. At all H.S.S.A.A. Championships, 3 officials are required.

10. **UNIFORM:**

- All team members must wear a team jersey. (Home Teams are responsible for avoiding colour conflicts.)
- All players must wear an internal mouth guard.
- Competitors are permitted to wear proper rugby cleats to be inspected by the O.R.U. officials

9. **STARTING TIME:** To be set by the Athletic Convenor prior to the preseason coaches meeting.

10. **AWARDS:**

- For all divisions, there will be:
  - a) Championship trophy for the winning team
  - b) medallions for Champion and Finalist (30 maximum)

11. **GHAC REPRESENTATION:** Refer to GHAC Agreement.

12. **GENERAL REGULATIONS:**

- a) **PLAYOFFS:** The playoff format will be determined by the Athletic Convenor and accepted by the coaches at the pre-season meeting.
- b) Playoff and tournament sites will be determined by the Athletic Convenor at the Pre-season coaches meeting.
- c) Goal post pads and flexible playing field marks must be used at all games. Dangerous projections near the playing area must be covered to ensure safety for the players.
- d) It is the responsibility of the Athletic Convenor to provide on site sideline care at each league and championship game. Games must be re-scheduled if a qualified First Aid person is not available.

## **PLAYING REGULATION 11.2 – RUGBY(JUNIOR GIRLS)**

1. **SAFETY GUIDELINES:** Each HSSAA Member School shall ensure that the current Physical Education Safety Guidelines - Secondary Inter School Module, outlined according to the following critical components: EQUIPMENT, CLOTHING / FOOTWEAR, FACILITIES, SPECIAL RULES / INSTRUCTION and SUPERVISION, be adhered to at all times. Specific details on the Critical Components will be provided at the Pre-Season Coaches Meeting.

2. **AGES:** All competitors shall meet the Junior age requirements as per Article XI, Section VII of the H.S.S.A.A. Constitution.

3. **EVENTS:**

There will be competition for a Junior Girls Champion in 15's.

4. **ELIGIBILITY:** All competitors shall meet the eligibility requirements as per Article XI of the H.S.S.A.A. Constitution.

A Junior aged player listed on the Senior team may not play more than one game at the junior level and retain her senior standing. Where a player plays at the junior level, her classification as Senior must be indicated on the game report. This listing of a player's name on the game report counts as having played in that game.

5. **ENTRIES:** Each of the H.S.S.A.A. Member Schools may enter one 15's team in the Junior Division.

6. **RULE BOOK:** Games shall be played by the rules laid down in the Ontario Rugby Union Rule Book, with the exception of the modifications listed below.

a) **NUMBER OF PLAYERS:** Each team may dress an unlimited number of players for games.

b) **SUBSTITUTION:**

There shall be unlimited substitution for injury (blood related) at any time throughout the game. The injured player may return to the game within 10 minutes of leaving the field. There shall be unlimited substitution for all players throughout the game, however, once a player is removed from the game, she cannot return to play unless she was removed for a blood injury (within 10-minute time frame), or there are no suitably trained front-row substitutions.

c) **LENGTH OF GAME:** Each game will consist of two 30 minute halves with a five(5) minute intermission between halves.

d) **OVERTIME:** (PLAYOFF GAMES ONLY)

- Two 7 minute halves with one minute between halves.
- If still tied, the following procedure shall be used. Each team will select three players from the players on the field at the end of overtime. Those players shall be organized to kick at the goal posts from designated spots of the field. These spots are on the 22 metre line from a) centre, b) the intersection of the 15 metre line and the 22 metre line.

7. **OFFICIALS:** Only qualified O.R.U. officials will referee league and Championship games or tournaments. Games must be re-scheduled if a rated official is not available for a game. For all H.S.S.A.A. Championships, 3 officials are required.

8. **UNIFORM:**

- All team members must wear a team jersey. (Home Teams are responsible for avoiding colour conflicts.)
- All players must wear an internal mouth guard.
- Competitors are permitted to wear proper rugby cleats to be inspected by the O.R.U. officials.

9. **STARTING TIME:** to be set by the Athletic Convneor prior to the preseason coaches' meeting.

10. **AWARDS:**

For all divisions, there will be:

- a) Championship trophy for the winning team
- b) medallions for Champion and Finalist (30 maximum)

11. **GHAC REPRESENTATION:** Refer to GHAC Agreement.

12. **GENERAL REGULATIONS:**

- a) **PLAYOFFS:** The playoff format will be determined by the Athletic Convenor and accepted by the coaches at the pre-season meeting.
- b) Playoff and tournament sites will be determined by the Athletic Convenor at the pre-season coaches meeting.
- c) Goal post pads and flexible playing field marks must be used at all games. Dangerous projections near the playing area must be covered to ensure safety for the players.
- d) It is the responsibility of the Athletic Convenor to provide on site sideline care at each league and championship game. Games must be re-scheduled if a qualified First Aid person is not available.