

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 VI, Section III](#) of the HSSAA Constitution.

EVENTS:

There will be 10's competition for Junior and 15's competition for Senior HSSAA Championships in the following divisions:

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

4. **ELIGIBILITY:** As governed by HSSAA Constitution [Article VI](#).

5. **ENTRIES:** Each HSSAA 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 rescheduled if a rated official is not available for a game. For all HSSAA Championships, 3 officials are required.

8. **UNIFORM:**

- All team members must wear a team jersey and shorts. Spandex shorts or tights may only be worn under shorts. (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:** As governed by HSSAA Constitution [Article XVI, Section XI](#)

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 rescheduled 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 XVI, Section III](#)- Application of Sport Specific Tiebreakers

PLAYING REGULATION 11.1 – 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 VI, Section III](#) of the HSSAA Constitution.

3. **EVENTS:**

There will be 10's competition for Junior and 15's competition for Senior HSSAA Championships in the following divisions:

- Tier 1 – Senior
- Tier 2 – Senior

Tier 1 - Junior

Tier 2 - Junior

4. **ELIGIBILITY:** As governed by HSSAA Constitution [Article VI](#).

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

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 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 Three (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 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 rescheduled if a rated official is not available for a game. At all HSSAA Championships, 3 officials are required.

8. **UNIFORM:**

- All team members must wear a team jersey and shorts. Spandex shorts or tights may only be worn under shorts. (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:** As governed by HSSAA Constitution [Article XVI, Section XI](#)

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 rescheduled if a qualified First Aid person is not available.

PLAYING REGULATION 11.2 – RUGBY 7s (BOYS and 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 and Senior age requirements as per [Article VI, Section III](#) of the HSSAA Constitution.

3. EVENTS:

There will be 7's competition for Junior and Senior HSSAA Championships in the following divisions:

- Senior Girls
- Senior Boys
- Junior Girls
- Junior Boys

4. **ELIGIBILITY:** As governed by HSSAA Constitution [Article VI](#).

5. **ENTRIES:** Each HSSAA 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.

- During any of the Pool Play days and Championship Final Day, each participating team must have a minimum of 10 uninjured players and up to a maximum of 14 uninjured players available.
- Teams are comprised of three forwards and four backs
- Teams are allowed to make a total of 3 (one-way) substitutions from a choice of 5 replacements. (7 starters and 3 to 5 replacements must be listed on the score sheet before each game.)
- Games are played in 2 – 7 minute halves with 1 minute for halftime.
- Championship Games are to be played over 2 – 10 minute halves with a 3 minute break for halftime.
- Conversions after a try are taken as a drop goal rather than a place kick and must be taken quickly (within 40 seconds)
- Yellow carded players are sin binned for 2 minutes.
- Line outs and scrums are contested by just 2 or 3 players.
- Pool Play days will be scheduled so that no more than 3 games are played by any team on any given day.
- Teams are awarded 3 points for a win, 2 points for a draw, 1 point for a loss and 0 for a forfeit/no show.

7. **OVERTIME:** (Playoff Games Only) Two 2 Minute halves with 1 minute between halves. If still tied, the procedure shall be used;

Each team will select 3 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 meter line.

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

9. **UNIFORM:**

- All team members must wear a team jersey and shorts. Spandex shorts or tights may only be worn under shorts. (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.

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

11. **AWARDS:**

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

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 rescheduled 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) TIE BREAKING PROCEDURE:

Refer to [Article XCI, Section III](#)- Application of Sport Specific Tiebreakers