## PLAYING REGULATION 11.0 – SENIOR 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.

3. **EVENTS:**
There will be a fifteen-a-side (here after referred to as "15s") competition for Senior HSSAA Championships in the following divisions:
Tier 1 – Senior
Tier 2 – Senior

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 laws established in the Ontario Rugby Union Rule Book in accordance with the laws outlined by World Rugby, 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 ONLY.
- 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 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 up to 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 RO 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 at the discretion of the referee. (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 RO 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 – SENIOR 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 up to 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 – JUNIOR RUGBY (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 age requirements as per Article VI, Section III of the HSSAA Constitution.

3. **EVENTS:** There will be ten-a-side (hereafter referred to as "10s") competition for Junior HSSAA Championships. Divisions and alignment will be determined prior to the Pre-Season Coaches Meeting at the discretion of the Athletic Convenor with consultation for the Rugby Sports Advisory Committee.

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 laws established in the Ontario Rugby Union Law Book in accordance with the laws outlined by World Rugby, with the exception of the modifications listed below.

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

b) **SUBSTITUTIONS**:

- There shall be unlimited substitutions 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 an agreement between both coaches has been made prior to the start of the game for unlimited substitution at half. These substituted players may return to the game for injury replacement ONLY.
- There is no provision for replacement, other than for injury during overtime.
- Teams 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 10 minute halves with a two 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 RO 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 at the discretion of the referee. (Home Teams are responsible for avoiding colour conflicts.)
• All players must wear an internal mouthguard.
• Competitors are permitted to wear proper rugby cleats to be inspected by the RO 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 (25 maximum)

11. **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 with a red card by the referee is required to sit out the next scheduled league or playoff game. Two ejections will result in a disqualification for the rest of the season.
e) Yellow cards are recognized as two-minute penalties; however, a red card warrants an immediate ejection from the current game.
f) Defaulted games will be scored 9-0 to coincide with the Canadian Rugby laws.
g) Scrums are composed of five players. Those in the front row must have experience at that position and have been coached about the technical expectations of playing in the front row.
h) The conversion is a drop-kick in direct line with the placement of the ball during the try. This can be taken as close or as far back as desired. Kickers have 60 seconds to complete the kick.
i) The scoring team kicks the ball to the opposing team at a subsequent restart.

12. TIE BREAKING PROCEDURE: Refer to Article XVI, Section III- Application of Sport Specific Tiebreakers