

## **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 a fifteen-a-side (hereafter 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 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.