

BOYS & GIRLS RUGBY BY-LAWS

1. **General:**

There is no restriction on the number of players a team may dress.

Mouthpieces are mandatory.

It is strongly suggested that all rugby coaches have at least Level 1 Technical certification and at least Introduction to Rugby Referee certification.

It is the responsibility of the home team to modify the colour of their jerseys to provide a distinct contrast in case of a colour clash with the visiting team.

All visible jewelry must be removed prior to play. In the interest of player safety It is also recommended that other body piercing not normally visible also be removed.

Numbered rugby shirts are required for all NCSAA sanctioned play.

Coaches should strongly encourage all players to wear boots; that provide traction in all directions suitable for their position of play. Running shoes and some multi-purpose turf shoes may be dangerous in wet conditions. The referee is responsible for determining whether the players boots are suitable for the playing conditions of the day.

All players must wear boots that offer appropriate traction for the prevailing weather and field conditions. The referee is the final determiner as to whether the players footwear satisfies this requirement.

2. **Length of Games:**

All regular scheduled rugby games are to consist of two 30-minute halves with a five minute break between halves. Playoff games will consist of two 35-minute halves with a five minute break at half time. Timing of the game is the referee's duty.

3. **Substitution:**

There will be unlimited substitution for regular season games at all levels and for non-OFSAA league playoff games. Substitutions must occur during a stoppage in play and after notification to the referee. Only those players who have been trained in the front row **may substitute for a front row player**. For OFSAA qualifying Championship games, substitutions are limited to 7 per team. Any player may be substituted for blood without consequences to the total number of substitutions allowed. There is no time limit for the return of the player being replaced.

4. **Tie Games:**

During the regular season, tie games remain tied for the standings. During playoffs, in the event of a tie at the end of full time, teams will play two 5-minute periods of sudden death, 10 aside (5 player scrum). If the game is still tied, the following procedure shall be followed: each team will select one kicker from among the players on the field at the end of the overtime period. The spots shall be (a) midway between the side lines, on the 22 meter line, (b) on each side of the field at the intersection of the 22 meter line and the 15 meter line-out line. Flip a coin to see who has the choice to go first; start at middle, then left, right regardless of success (3 kicks). If still tied after rotation, repeat process.

5. **Play-offs:**

For safety reason, there will be no tie-breaker games played in Rugby.

In the case of two teams being tied for the last playoff spot, the following tie-breakers will be used:

- a) most wins
- b) game(s) played between teams tied
- c) fewest points allowed
- d) toss of coin

If 3 or more teams are tied, the procedures are to be followed until all ties are broken. Do not restart at (a) once the first tie is broken.

6. **HOME TEAM:**

The Home Team is Responsible for:

- Having the field lined (painted only) and the grass cut.
- Goal posts must be padded, dangerous sideline obstacles must also be padded.
- Flexible field flags, no rigid cone markers on the point of intersection of the touchline and the tryline. Twenty-two meter and centre markers are to be placed one meter from the sidelines.
- Two (2) flags for touch judges.
- Score sheet.
- Game ball.
- It is recommended that a restraining rope be erected 5 meters from the sideline to keep spectators away from the field of play (international rules).
- Visiting team bench must be permitted to have side of field away from school. Coaches are to remain in their bench area and are not to be on the opposite side of the field coaching. (Where both teams choose to be on the same side of the field, coaches are asked to go no further than the centre line.)

7. **Code of Conduct:**

- Each competing team must supply a competent (impartial) touch judge.
- Should a player or coach be ejected from the game for any reason, he/she will also miss the next regular season game or playoff game. No replacement will be allowed for the remainder of that game during which the offense occurred. Further, if there is no other approved adult supervision to ensure responsibility for team if the coach is ejected, the game will be forfeited regardless of the score.
- A player may be suspended for the season for dangerous play. In the case of ejections from the game, the referee and the players' coach must notify the convenor immediately following the game. The referee must indicate the name of the player and the infraction on the bottom of the official score sheet.
- No game shall be played without a qualified referee.