



# LOSSA

## Lake Ontario Secondary School Athletics

### **LOSSA GIRLS 7's RUGBY PLAYING REGULATIONS 2024 – 2025**

(revised Sept. 2014)

**Classifications: JUNIOR AND SENIOR**

**Official Rules:** Laws of the Canadian Rugby Union

**Competition Format:**

Three tournament dates selected and hosted biweekly by schools in the league who have the facilities to accommodate the tournament (minimum of two full size rugby pitches would be required for the each tournament date)

At the completion of the league dates a championship will be played. Teams will be grouped by overall league standings into three groups or divisions (premier championship plate)

**Eligibility**

All participants (coaches and athletes) must be eligible according to LOSSA standards and procedures. Any ineligible athlete or coach that participates in any league or playoff game will result in a forfeit for the team who played the ineligible participant.

**Eligibility sheets are due to the convener prior to the first league tournament**

Coaches may have an unlimited number of students on their roster provided they are all eligible for LOSSA competition. A team rostered for the championship day will consist of only those players who have participated (played) during the majority of league competition

**League Costs**

League costs will be determined by the convener (based on referee, physio, field permits) and divided amongst the teams participating, a bill will be sent to each participating school. League fees and Eligibility sheets will be submitted to the league convener no later than the first league tournament. Any team who does not abide by this guideline is ineligible, and will forfeit all games played. Cost of \$50 dollars per school.

**League Structure:**

There will be a round robin (style) tournament league structure.

Win=2 points / Tie=1 point / Loss=0 points

Teams will meet at a central location and each school/team will play a round robin schedule then a play-off format to determine placement for league standings, which will then be used to seed the subsequent tournaments and eventually the championship day.

(1 vs. 2) (3vs 2) (1vs 3)



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### **Length of Game/ties and conversions:**

Games will be 7 minute halves, with a 3 minute break at half time.

All conversion attempts must be drop-kicked (instead of having the option to place-kick). In the event there is a tie at the end of regular time, the teams will immediately change ends and one (1) five (5) minute sudden-death overtime interval will commence. If no points scored after this the score will be recorded as a tie.

### **Replacement of Player:**

There shall be a replacement of up to 5 players at any time during a half-the game or overtime, provided the referee is notified.

Injured players who are substituted shall not return to the game (except for those removed from the game in regards to bleeding).

Should a player be ejected from the game for flagrant abuse of the rules or abusive or profane language, **he/she** is no longer eligible for competition in the game and for that tournament date and no replacement will be allowed for the remainder of that game during which the offence occurred. Any such instances shall be reported to the LOSSA Board of Reference - Sanctions.

### **Roster and Game sheets:**

All coaches are responsible for providing an accurate roster and game sheet for each game. The game sheet will be signed by both coaches and the referee after the game, to verify accuracy.

Game scores and tournament results/standings will be emailed to the convenor.

Game sheets will be sent via fax within 24 hours after the games, by the host school.