



## **LOSSA GIRLS 7's RUGBY PLAYING REGULATIONS 2025 – 2026**

(revised June 2025)

**Classifications: NOVICE, JUNIOR, AND SENIOR**

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

### **Competition Format:**

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

Depending on the number of teams, there may be two sites hosting on a tournament day. Tournament dates and locations to be set by convener by pre-season coaches meeting.

At the completion of the league dates a championship will be played. Teams will be grouped by overall league standings into Tier 1 and Tier 2 playoffs, depending on classification and/or standings. AAA and AA Tier 1 Senior playoffs will be played, if there are enough teams to accommodate their respective playoffs (minimum three teams).

### **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) on at least one tournament date.

If a school has both a Tier 1 and Tier 2 team, they must declare players for each team before each tournament date at an appropriate time determined by the convener.

### **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=4 points / Tie=2 point / Loss=0 points

Bonus Points = 1 point for four tries scored / 1 point for a loss of 7 points or less

Teams will meet at a central location and each school/team will play a round robin schedule across several dates to determine placement for league standings, which will then be used to seed the eventual championship day.

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

Games will be 7 minute halves, with a 1 minute break at half time.

All conversion attempts must be drop-kicked (instead of having the option to place-kick). If the score is tied at the end of a regular season round-robin game, the game will end in a tie. In the event there is a tie at the end of regular time for a playoff game, the teams will immediately change ends and one (1) five (5) minute sudden-death overtime interval will commence. If no points are scored after this, it will advance to kicks to decide the winner.

**Replacement of Player:**

Injured players who suffer head injuries 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, they are 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. The convenor shall post scores and updated standings to the LOSSA Website.

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