



LOSSA

Lake Ontario Secondary School Athletics

LOSSA BOYS RUGBY 7's PLAYING REGULATIONS 2023 – 2024 (revised June 2018)

All matches shall be played according to the International Rugby Board (IRB) Bye Laws, Regulations and Laws of the Game with Seven-a-side variations as framed by IRB. The overall winner of the Series will be determined by a play-off between the **top 4 teams** with the most Series points as set out below accumulated from the 3 series tournaments.

Game Duration

Each game will consist of 2-7 minute halves with a 2 minute break for half-time.

The coin toss for who kicks off will take place PRIOR to the end of the previous game.

Teams will shake hands off the field at the conclusion of the match.

ALL MATCHES WILL START EXACTLY AT THE ASSIGNED TIME.

Stage reached	Series points achieved
First Place	20
Second Place	18
3 rd Place	16
4 th Place	14
5 th Place	12
6 th Place	11
7 th Place	10
8 th Place	9
9 th Place	8
10 th Place	7
11 th Place	6
12 th Place	5

The teams competing are drawn into 4 pools as follows: (Round Robin)

Pool A	Pool B	Pool C	Pool D
A1-First Place Prior Tournament	B1-2 nd Place Prior Tournament	C1-3 rd Place Prior Tournament	D1-4 th Place Team Prior Tournament
A2-	B2-	C2-	D2-
A3-	B3-	C3-	D3-
			D4-

Points will be awarded for these matches on the following basis

Win = 3 points

Draw = 2 points

Loss = 1 points

No show = 0 points

*Each team in Pool A/B/C will be guaranteed FOUR games. TWO Pool and TWO Seeding Games.



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*Pool D will play THREE pool games and TWO Seeding Games. The team that comes in last in Pool D pool play will be eliminated from the Seeding portion of the tournament.

Divisions: New of June 2018 Motion

Midget (grade 9)

Junior (grade 10)

Senior Tier 2 (grade 11)

Senior (grade 12)

Format and Regulation – SIX Team Tournament

Stage reached	Series points achieved
First Place	20
Second Place	18
3rd Place	16
4th Place	14
5th Place	12
6th Place	10
7th Place	8
8th Place	6

The teams competing are drawn into 2 pools as follows: (Round Robin)

Pool E

E1 (pool winner previous)

E2

E3

E4

Pool F

F1 (pool winner previous)

F2

F3

F4

Points will be awarded for these matches on the following basis

Win = 3 points Loss = 1 points

Draw = 2 points No show = 0 points

*Each team will be guaranteed FOUR games. THREE Round Robin...ONE Seeding Game.

LOSSA Finals Day: Date TBA / UXBRIDGE SECONDARY SCHOOL

Top FOUR point total teams will be invited to “Championship Day”

Seed #1 vs. Seed #4 (Semi-Final #1)

Seed #2 vs. Seed #3 (Semi-Final #2)

Winner Final #1 vs. Winner Final #2 (Gold and Silver)

Loser Final #1 vs. Loser Final #2 (Bronze Medal)

Tournament Squads

An unlimited number of players can be used during tournaments 1, 2 and 3.

For Lossa Finals Day, coaches shall be required to submit a squad (max 12 players) for each game using the Lossa Game Sheet. A Match shall be played by no more than seven Players in each Team on the playing area. A Player may



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be replaced on account of injury or substituted. A Team may nominate no more than five replacements/substitutes. A Team can substitute or replace up to five Players. Temporary replacement for a blood injury to a Player is permitted. A Player who has been replaced through injury may not resume play in the same match, except if temporarily replaced for a blood injury. A Player who has been substituted may not resume play in the same Match except as a temporary replacement for a Player with a blood injury. No replacement or substitution may be made except with the permission of the referee, and only during a stoppage in play.