



LOSSA

Lake Ontario Secondary School Athletics

LOSSA GIRLS RUGBY PLAYING REGULATIONS 2023 – 2024

Classifications: Senior Girls & Junior Girls

Official Rules: Laws of the Canadian Rugby Union

Competition Format:

Eligibility

1. 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. Coaches may have an unlimited number of students on their roster provided they are all eligible for LOSSA competition.
2. League fees and Eligibility will be submitted to the league convenor no later than the first league game. Any team who does not abide by this guideline is ineligible, and will forfeit all games played without properly completed and submitted fees, eligibility, and/or appropriate transfer numbers
3. NOTE: Any team that forfeits a regular season game will be ineligible for playoffs. A forfeit is different from a re-scheduled game or a game that has been cancelled by the convenor.

League Structure

1. Divisions:
The convenor will put together a schedule (divisions etc.) and have it approved by the coaches at a coaches meeting and vote or via a coaches email vote prior to the start of the season.
2. Length of Game:
Game will be 25 minute halves, with a five minute break at half time.
3. Replacement of Players
 - (i) For LOSSA league and playoff games, rosters shall be unlimited and rolling substitution shall be used. (Substitutions in line with World Rugby standards).
 - (ii) If a player leaves the game for any reason other than a serious injury (head) they shall be permitted to re-enter the game. Injured players who are substituted for shall return to the game (except for those removed from the game under Law #6, Para. 8, section (d) regarding bleeding).
 - (iii) Should a player be ejected from the game for flagrant abuse of the rules or abusive or profane language, she is no longer eligible for competition in the game and no replacement will be allowed for the remainder of that game during which the offense occurred. Any such instances shall be reported to the LOSSA Board of Reference - Sanctions.

4. Tie Situations:

- (i) Result of games between tied teams.
- (ii) Point differential between teams involved (max 12)
- (iii) Point differential for entire season (max 12)
- (iv) Trys scored
- (v) Trys against
- (vi) Flip a coin

5. 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 sheets and rosters will be sent to the convenor via fax or interoffice mail 24 hours after the game. Scores will be called or emailed to the convenor immediately following the game.

6. Officiating:

No coach or student of the female rugby team is permitted to referee a league game of their own school. However, a qualified referee not affiliated with the team (but can be of the same school) may officiate.

Playoff Structure:

1. Playoff Structure:

The top 4 teams from each division will play off in either A/AA playoffs or AAA/AAAA playoffs. In the event that only one team exists at either level, if the team has accumulated enough points to finish in the top eight of the league, they will be nominated by the convenor as the OFSAA representative at their respective level.

2. Playoff Pools:

2 playoff pools will be created as follows:

Pool A	Pool B
1 st East	1 st West
4 th West	4 th East
3 rd East	3 rd West
2 nd West	2 nd East

The higher seeded team will retain home field advantage in the 1/4 finals. The 2 teams remaining in each pool after the quarter-finals will play each other in the semi-finals. Teams that win their semi-final match will advance to the championship final.

3. Tie Situations:

Teams shall re-toss to select the right to kick or choice of end prior to overtime periods. This procedure shall be used for playoff games only.

- (i) Two (2) five-minute periods with one (1) minute between periods. Teams shall consist of fifteen (15) players.
- (ii) If still tied at the end of the two (2) five-minute halves, the following procedure shall be followed: single sudden-death kicks by any of the fifteen (15) players on the field at the end of the overtime period, who shall be organized to kick at the goal posts from a spot anywhere inside the 22-metre line. A coin toss shall be used to determine which team kicks first.

Coaching Requirement (voted on June 2017)

To coach girls rugby in LOSSA all affiliated coaches must complete and send to the convenor proof of completion of the following online modules before the start of the season:

WORLD RUGBY: Rugby Ready Module

WORLD RUGBY: Concussion Protocol and Management