



# LOSSA

## Lake Ontario Secondary School Athletics

### **LOSSA BOYS RUGBY PLAYING REGULATIONS 2023-2024**

(revised June 2019)

#### **Classifications:**

Tier 1: Junior and Senior

Tier 2: Junior and Senior

**Official Laws:** World Rugby U19 Laws Variations

#### **Competition Format:**

Tier 1: To be determined at pre-season coaches meeting

Tier 2: To be determined at pre-season coaches meeting

#### **Length of Games**

Novice: 25 minute halves    Junior 25: minute halves    Senior: 30 minute halves.

Ties will stand for league games.

#### **League Scoring**

Win- 4 Points

Tie- 2 Points

>4 Tries- 1 Bonus Point

Loss< 7 points- 1 Bonus Point

#### **Tie Breaking Format (Standings)**

1. Result of games between concerned teams
2. Point differential between common opponents to a maximum of 20 points/game
3. Least number of tries conceded between common opponents
4. Most number of tries scored between common opponents
5. Coin Flip

#### **PLAY-OFFS**

- LOSSA Championship location; Wanderers RFC and Vikings RFC (Alternate Years)

#### **NOVICE PLAYOFFS**

- All Novice Teams make the playoffs
- Playoff Format to be determined at Pre-Season Coaches' Meeting.

#### **JUNIOR AND SENIOR PLAYOFFS**

- Playoff Format to be determined at Pre-Season Coaches' Meeting.

#### **Overtime (if required)**

According to World Rugby U19 Laws: 5.1 Each half of an Under 19 match lasts 35 minutes playing time. Play in a match lasts no longer than 70 minutes. After a total of 70 minutes playing time, the referee must not allow extra time to be played in the case of a drawn match in a knock-out competition."

**Novice** - 1/4s and 1/2s—Straight to Kicks (Part C)—if there are two (2) matches in one (1) day.

- if only 1 (one) game then Part A, B and C

**Junior** - 1/2s and Finals (Part A, B and C)

**Seniors** - 1/2s and Finals (Part A and C)



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A) **Overtime (if required)—Not Sudden Death**

- 2 x 5 minutes (1 minute break)
- ONLY INJURY SUBSTITUTIONS

**IF STILL TIED....**

- 5 minute Break

B) **Sudden Victory**

- Maximum of 2 x 5 minutes
- ONLY INJURY SUBSTITUTIONS

**IF STILL TIED...**

C) **OFSAA KICKING FORMAT**

Each team will select up to three (3) players, from among the players on the field at the end of **REGULATION**. These players shall be organized to kick from the designated spots at the same goal posts with the wind at their backs. A best of three format shall be used. Kicks may be place kicks or a drop kick. Referee will conduct a coin toss (the team that travelled the furthest will call). Winner of the coin toss will decide to kick first or second.

The kicks shall be in the following sequence on the 22m line:

- Midway between sidelines on the 22m
- Left 15m line and 22m
- Right 15m line and 22m

If tied at the end of three kicks, then it becomes Sudden Death—teams must match the result of the first kick or a winner is declared.

The kicks shall be in the following sequence on the 22m line:

- Midway between sidelines on the 22m
- Left 15m line and 22m
- Right 15m line and 22m

**UNTIL A WINNER IS DECLARED!**

### **OTHER RUGBY INFORMATION**

**Forfeits** Winner receives 20 points for/0 points against plus 1 Bonus Point, LOSER receives 0 points for/20 points against in the official standings.

### **Substitution Format**

LOSSA Boys Rugby will follow the Rugby Canada Age Grade Variations for Club Rugby.

### **Safety Regulations**

All players must wear mouth guards.

### **Athletic Therapist**

It is highly recommended that a certified Athletic Therapist be available at all Games.

### **Field Markings**

The home team is responsible for having the field lined as per the World Rugby guidelines. Failure to meet these requirements may result in default of the game.



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### **Touch Judges**

Each team will supply a COMPETENT touch judge to run touch on their sideline for all league games.

### **Team/Coach Locations**

Opposing teams will be on opposite sides of the field from each other. When this is not possible, teams and coaches must remain on opposite sides of the centre (except for the touch judge).

### **Yellow Card Length**

- Midget—5 minutes
- Junior—7 minutes
- Senior—7 minutes

### **Disqualification from a Game**

A PLAYER THAT IS EJECTED FROM A GAME DUE TO A RED CARD VIOLATION WILL BE SUSPENDED FOR THE NEXT LEAGUE/PLAY-OFF GAME AND ANY EXHIBITION OR TOURNAMENT GAMES UP UNTIL THAT

GAME IS PLAYED. ALL OTHER EJECTIONS FROM GAMES WILL BE REPORTED TO THE CONVENOR AND LOSSA. ALL EJECTIONS CAN RESULT IN SUPPLEMENTARY DISCIPLINE BY LOSSA.

Players that receive two (2) Yellow Cards for Dangerous Play + Misconduct (World Rugby Laws—10.4) will be given a Red Card, ejected from the Game and be suspended for the next League/Play-Off Game and any Exhibition or Tournament Games up until that game is played. All ejections from games will be reported to the Convenor and LOSSA. All ejections can result in supplementary discipline by LOSSA.

Players that receive two (2) Yellow Cards and one (1) or both of the Yellow Cards ARE NOT for Dangerous Play + Misconduct (World Rugby Laws—10.4), will be ejected from the Game but will NOT face further suspension.

### **Game Sheets**

All teams shall use the LOSSA Rugby Game Sheet. The HOME team is responsible for keeping score and submitting the game sheets.

### **Reporting Scores**

It is the home team responsibility to report scores via email to the convenor(s) on the evening of the games. All game sheets shall be sent by courier to the convenor(s) the next day.

### **League Fees**

League Fees will be determined by the Convenor. This money will cover the cost of referees for all Semi-Finals and Championship Finals as well as on-site Physiotherapist for Semi-Finals and Championships Finals.

### **Match Officials**

Through coordination of the LOSSA Boys' Rugby Convenor, Match Officials will be assigned by "Match Official Assignor". The "Match Official Assignor" will set Match Official Game Fees with consultation of the LOSSA Boys' Rugby Convenor. "Match Official Assignor" will bill schools directly for Match Official Fees for Home Games, Pre-Quarter Home Games (if required) and Quarter Final Home Games (if required).