

ROPSSAA 7s RUGBY

PLAYING REGULATIONS

1. DATE

- (a) The starting times for league games shall be determined by the Convenor on a school by school basis. Both teams must be able to be at the site and ready to warmup 30 minutes before game time. Games will be scheduled in 4-team, 5-team, **or** 6-team round robin format. Games are **14** mins in length with a halftime and 5 minutes between matches.
- (b) The Championship date(s) will be confirmed at the pre-season meeting.

2. LOCATION

- (a) The location of the finals will be at the school of the Convenor or at a site deemed suitable and announced by the Convenor at the pre-season coaches meeting.

3. ELIGIBILITY

- (a) All competitors must meet the eligibility requirements as per Article X of the ROPSSAA Constitution.
- (b) The age classifications for ROPSSAA rugby shall be,
 - (i) A Senior must not have reached their 19th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2023-2024 season, born in 2004 or later). Additionally for boys, the student must have reached his 15th birthday by January 1st of the year in which competition is held.
 - (ii) A Junior must not have reached their 15th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2023-2024 season, born in 2008 or later). In addition they must be in their 1st or 2nd year of high school.
 - (iii) The official birthdate shall be that recorded in the student O.S.R.
- (c) Team Eligibility
 - (i) Individuals are eligible for one level of competition only.
 - (ii) For teams sports, individuals must have participated in a least 50% of their team's league games to be eligible for playoffs. Players missing game due to injury (INJ), or awaiting transfer approval (ATA) must appear so designated on a game sheet to maintain their eligibility. Games missed due to injury are subject to review of a doctors note. Players under game or school suspension may not have their name included on a game sheet for participation percentages.

- (iii) All game sheets/rosters are to include the names of all those in the bench area (players, coaches, managers). In order to be in the bench area an individual's name must appear on the eligibility sheet. Players under game or school suspension may not sit in the bench area.
- (iv) Individuals are deemed to have played if their name appears on a game sheet. Individuals must be present at a game to be included on a game sheet.
- (v) A staff member must be present in the bench area from the start of the warm-up until the last competitor has left the area.

4. OPERATING STRUCTURE

- (a) Competition will be 7-a-side at the Junior Boys, Senior Boys, Junior Girls and Senior Girls levels
- (b) The Convenor will determine the number of conferences and the size of each conference.
- (c) All teams in each conference will play the same number of games.
- (d) In the event of a default the non-offending team will be awarded a 20 – 0 win.
- (e) The league will only have one play date per calendar week.
- (f) Tie Breaking Procedures
 - (i) League Play
Ties in games during league play shall stand.
 - (ii) Playoff Games
In the event of a tie at the end of regulation time in a playoff game, the World Rugby Law Variations for 7-a-side rugby will be used.
 - (iii) League and Tournament Standings

Tie-breaker games will not be scheduled to determine final standings.

Any team defaulting a game who is tied in league standing will automatically be given a lower position in the standings.

A) Two Teams

If two teams are tied in league or tournament standings, the following criteria shall be used to break the tie:

- 1) Result of game(s) between the tied teams. If the teams played each other twice and each team wins one game, aggregated scoring will be used to satisfy this priority.
- 2) Team with more wins in the season (league play).
- 3) Team with fewer losses in the season (league play).
- 4) Teams with better recorded point differential between common opponents.
- 5) Better offensive record (total points for versus common opponents).

6) Coin toss.

B) Three or more Teams

If three or more teams are tied in league or tournament standings, the following criteria shall be used to break the tie:

- 1) Result of game(s) between the tied teams. If the teams played each other twice and each team wins one game, aggregated scoring will be used to satisfy this priority.
- 2) Team with the better point differential between the tied teams (only if they have played each other).
- 3) Team with better recorded point differential between common opponents.
- 4) Better offensive record (total points recorded vs common opponents).
- 5) Coin toss.

(g) Playoff Structure

- (i) The Convenor will determine the playoff structure based on the guidelines laid out in the ROPSSAA Constitution. All playoff structures must be approved by the ROPSSAA Executive.

(h) Scheduled Games

- (i) Coaches are responsible for reviewing final league game schedules and playoff schedules as to locations, dates, and times to ensure their attendance.
- (ii) Failure to attend at the scheduled time will result in forfeiture of the game and/or loss of opportunity to compete. The defaulting team will cover all cost associated with the game as determined by ROPSSAA Council.
- (iii) Failure to fulfil game requirements leading to the abandonment of a game will result in a loss for that team. An incident report must be completed and submitted to the ROPSSAA Athletic office by the abandoning team within 24 hours of the game. No scores shall be entered until after a Board of Inquiry. A team abandoning a game may be required to cover any cost incurred as determined by ROPSSAA Council.
- (iv)
 - a) Schools must bring their own warm-up equipment and first aid kit.
 - b)
 - i) Schools must endeavor to arrive no earlier than 60 minutes before game time. Teams arriving earlier than this must be supervised by the head coach in an area where students from the home school do not congregate. Schools with team members who do not travel with the head coach (in taxis, cars, on foot, etc.) must inform players that they must wait for their head coach and should ensure that the head coach is the first to arrive at the host school.
 - ii) Schools arriving for an away game between 30 and 60 minutes before game time must accompany the head coach to the competition area and liaise with the host school. The visiting team will be provided a safe waiting area and change room

during this time and the visiting head coach must provide supervision of his/her players. Visiting athletes must bring all belongings with them to the competition area.

- iii) Visiting schools are entitled access to the competition area at the same time as the host school, and no later than 30 minutes before the game time (pertains to the first game).
- iv) Visiting schools are entitled access to a safe waiting area and change room at the completion of the competition.

5. ENTRIES

- (a) Each school may enter one team per age level. Each school must provide a representative to attend the pre-season meeting. Failure to do so will exclude that school from that year's league.
- (b) Each team may dress an unlimited number of players for the league games. The minimum number of players required to start a game is 6.
- (c) All teams in each conference will play the same number of games and the Convenor will attempt to keep the total number of league and playoff games played between a minimum of 12 and a maximum of 16.

6. EXPENSES

- (a) Expenses for all league and playoff games in addition to all competition expenses will be shared equally by the participating teams.

7. RULES AND OFFICIALS

- (a) Games shall be played as per World Rugby Laws of the Game: Rugby Union, 7-side Variations with the exception of modifications referred to below
- (b) Replacement and Substitution
Substitution in all games is unlimited. The referee must be notified and the referee will allow substitutions after stoppages in play, except penalties.
- (c) Officials and Coaches
Qualified referees will be appointed for each game. No match shall commence without a qualified official present.
- (d) Touch Judges
Each team will provide a touch judge (trained by the coaches) for all league, and playoff games. Touch judges should not show support from the sidelines. The home team is to provide the touch judge on the spectators side of the field, for both halves of play. Assistant referees to be centrally assigned to all Championship games.
- (e) Length of Game
 - (i) All regular season and playoff games will involve two, seven-minute halves.

- (ii) At the first sign of thunder and/or lightning the referee is to stop the game. All participants must go indoors. The weather stoppage to be a minimum of 30 minutes. In instances where the weather clears within 30 minutes the game to be continued. In instances where the game is not restarted after 30 minutes the game result to stand if at least 75% of the game was played. In instances where the game is not 75% played the game to be rescheduled.

(f) "Sin Bin"

- (i) Under Law 10 Foul Play: Anything a person does within the playing enclosure that is against the letter and spirit of the Laws of the Game. It includes obstruction, unfair play, repeated infringements, dangerous play and misconduct which is prejudicial to the game, a player may be temporarily suspended (Yellow card).
- (iii) Suspended players must stand on the dead ball line of their in-goal. They do not have access to coaches or spectators. In extreme conditions they may be brought additional clothing and water. Contact should be minimal.
- (iv) Temporary suspensions are for 2 minutes, judged by the referee's watch.
- (v) When players have been temporarily suspended (sin-binned) for 2 minutes, they cannot be replaced or substituted.

(g) 50 Point Rule

If a score exceeds a 50 point difference, the game score will be recorded as a 50 point differential (losing teams score +50).

8. AWARDS

- (a) ROPSSAA Gold Medallions (up to a maximum of 14) will be presented to each member of the winning teams in the Junior Boys, Senior Boys, Junior Girls and Senior Girls divisions. ROPSSAA Silver Medallions (up to a maximum of 14) will be presented to the individual members of the runner-up teams.
- (b) ROPSSAA trophies will be awarded to the Championship teams in Junior Boys, Senior Boys Tier One, Senior Boys Tier Two, Junior Girls, and Senior Girls.

9. UNIFORMS

- (a) All team members must wear a numbered team jersey. Visiting teams are responsible for avoiding colour conflicts. Players without a numbered jersey may not participate in the game.
- (b) All players must wear an internal mouth guard.
- (c) Athletes may not change their clothing in the competition area. For all outdoor sports, athletes must arrive dressed to compete. Visiting teams requiring the use of washroom facilities must send a staff member into the school with the team member(s). For all indoor sports, athletes must move to the designated locker room or change area to change their clothing.
- (d) Players may wear athletic "tights" under rugby shorts.

10. SCORING

- (a) Schools are to have their game sheets completed prior to the start of the game. At the conclusion of the game the referee and both coaches must sign the game sheet. The winning team is responsible for posting the game sheets to the ROPSSAA website.

11. EQUIPMENT

- (a) Each home team shall make available the necessary equipment for the successful staging of rugby games. The field must be suitably equipped with padded goal posts, 14 flexible flags and an appropriate game ball as per the current rule book.
- (b) Field markings to include; 5 yard line, 22 yard line, 10 yards from half, the in goal area (end zone), and 5 yards from side and end.

12. DEPORTMENT

- (a) Competitors and coaches are expected to behave in a sportsmanlike manner as per Article XVI, Section II of the ROPSSAA Constitution.
- (b) No games will be played unless a school staff coach is present and responsible for the competing team.
- (c)
 - (i) Any player ejected from a game sustains an automatic suspension from the next league or playoff game.
 - (ii) Ejection of any head coach/staff sponsor results in forfeiture of the game and/or match if there is only one school staff member eligible to coach as per Article X. If there are more than one eligible staff members on the bench at the time of ejection, the game will be allowed to continue and the ejected individual must leave the competition area (I.e. gymnasium/field).
- (d) At the time of an ejection(s) the referee will:
 - (i) Record the names.
 - (ii) Inform both teams.

At the completion of the game the referee will:

 - (iii) Record the ejected player(s) name(s) on the game sheet.
 - (iv) Submit report of the ejection to the referee assignor.
- (e) For a second ejection at any time during league and playoff games the player is automatically suspended for the remainder of the season and any playoffs.
- (f) At the Championship Games, team benches to be on the same side of the field. Team personnel are to remain on their own half of the sideline. Coaches are permitted to be on the sideline/dead-ball line but not on the field of play. For all other games, team benches to be on opposite sides of the field, with the home school taking the spectator side.

- (g) Players and spectators are expected to remain 5 meters and/or natural barrier mark back from the field of play at all times. Home teams to rope/pylon this line off on the home side.

13. JURY OF APPEAL

- (a) A Jury of Appeal constructed at the pre-season meeting will rule on all disputes which do not fall under the jurisdiction of the officials. This Jury will consist of the Convenor and four coaches from participating schools.

14. MEDICAL PERSONNEL

- (a) Schools are required to bring first aid kits to all games and tournaments.
- (b) An athletic therapist may be provided for both teams through a central booking procedure.
- (c) When a therapist is unavailable, the host school is required to identify to the official and the visiting coaching staff a designated individual who is current in first aid certification and will be responsible for first aid during the game. Current first aid credentials must be available for presentation should they be requested.