

NRHSAA GIRLS' RUGBY 2023 - 2024

1. SEASON OF PLAY

Girls = Spring Season

2. LEVELS OF COMPETITION

Senior Level (Varsity), Open

3. ELIGIBILITY

The following classifications shall apply for **Senior GIRLS' RUGBY**:

A/AA under - 951 students

AAA 951 and over

Each team may have an unlimited number of players.

The individual's birth certificate indicates that she has **not reached her 19th birthday by January 1st** prior to the start of the school year in which the competition is held.

A school/team must conduct a 'bona fide' high school program consisting of fifteen (15) practices, including eight (8) contact practices during a minimum four (4) week period under the supervision of a teacher as certified by the school principal.

4. ELIGIBILITY SHEETS

The eligibility sheets must be to the convener at least forty-eight (48) hours prior to their first league game.

5. GAME TIME

The game will not usually start before 3:30 pm (no earlier without Convener's knowledge and both Principals' permission).

6. HOME SCHOOL RESPONSIBILITIES

- Have the field correctly marked, corner flags in place (corner flags must be on the field, minimum height five (5') (or its metric equivalent) and rounded at the top), uprights padded, team benches out.
- Provide a suitable game ball.
- Ensure that the behavior of spectators is what is expected.
- Ensure that the field is in playable condition
- In the event that the game has been called off, the coach is to notify the Athletic Convener and the visiting coach as soon as possible, preferably before 12 noon. Official(s) WANT twenty-four (24) HOURS NOTICE or they may have to be paid.
- Have a second (2nd) set of shirts available for the home team to change into in the event that there is a conflict of team colors.
- As of April 2011, player benches must be on the same side of the playing field. Spectator areas will be on the opposite side of the players' benches. Where this cannot physically be possible, the players' bench areas must be clearly defined and spectator areas are not to be in those areas.

7. PAYMENT OF OFFICIALS

The officials will be paid at games. The home school is responsible for paying the full amount. The amount will be announced at the first meeting. The visiting team is responsible for transportation costs to and from the competition.

If a gate is charged at an NRHSAA league or play-off game then all expenses will be paid from the gate (referees, minor officials, linesmen, security, score keepers, etc.) and the remainder of the gate will be divided equally between the home and visiting team.

In the event a play-off game is played at a neutral site then the cost of officials will be shared equally between participating teams.

8. REPORTING SCORES

The home team will report the score on the www.NRHSAA.ca website.

9. OFFICIALS

All attempts must be made to use accredited officials.

10. OFFICIAL RULE BOOK

Zone/SOSSA/OFSAA policies plus the Rules of World Rugby will govern the playing of girls' rugby.

11. GAME FORFEITURES

The following policies are in place for game forfeitures:

- (1) Should a team forfeit a game with less than forty-eight (48) hours' notice, all costs associated with the game shall be charged to the forfeiting school.
- (2) Should a team forfeit a game, the forfeiting team will be given a loss as a result of the forfeit.
- (3) Should a team forfeit two (2) games during regular season play, the team shall be removed from the league and all points earned in games played against that team shall be removed from league standings.
- (4) A team that forfeits a game during the regular season loses all rights with regards to tie breaking procedures. (i.e. if the team is tied for third (3rd), the team will be relegated to fourth (4th) place).
- (5) A team that forfeits a playoff game shall also forfeit the right to play any further playoff games at the current or subsequent level of playoffs (i.e. when two (2) teams qualify for SOSSA).

12. LEAGUE AND PLAY-OFF FORMAT FOR NRHSAA GIRLS' RUGBY

The format for league competition and play-offs will be determined at the Conveners Individual Sport Body Meeting. All schools participating are to send a representative to the Conveners Individual Sport Body Meeting otherwise forfeit all **rights for input in** the league and play-off format.

Any game / match not played will be recorded by the convener as a win for the school who did not forfeit. In team sports where standings are used to determine play-offs, the win/loss achieved against teams that drop out will be taken away (not added) to teams that are still yet to play them.

13. PLAYING TIME FOR LEAGUE GAMES and PLAY-OFFS

All games, including semi-finals and finals consist of two (2) - twenty-five (25) minute halves with a (5) five minute rest period. If play-offs are on one day and consist of two (2) games, then to comply with the time restriction of eighty (80) minutes per day, all games will consist of two (2) halves of twenty (20) minutes with a five (5) minute rest period.

14. UNIFORMS AND EQUIPMENT

Uniforms shall conform to C.R.U. laws.

- All players must wear mouth guards at all times.
- All players must wear the same colored tops. No partial uniforms will be allowed.
- All tops must be numbered.
- Wearing tracksuit pants or sweat pants will be at the discretion of the referee only in adverse weather conditions.
- CRU approved shoes that are duly inspected by the official and are deemed to be safe be allowed.
- Jewelry, watches, rings, casts, etc., that could be a hazard to other players will not be permitted. If you are in doubt, contact the referee before the game.

15. REPLACEMENT OF PLAYERS

1. There shall be unlimited substitution for injury, at any time during the game or overtime, provided the referee is notified. Injured players shall not return to the game.
2. Should a player be ejected from the game any reason, she is no longer eligible for competition in that game and no replacement will be allowed for the remainder of that game during which the offence occurred. **Note:** If a player is ejected in a match, she must sit out the next match. This may include Zone and / or SOSSA playoffs.
3. There shall be unlimited substitutions at any time during the game or overtime, provided the referee is notified.

16. BLOOD INJURY

Any bleeding player must leave the field immediately for treatment. The player is allowed fifteen (15) minutes (and a substitute) to control the bleeding. At the end of fifteen (15) minutes and if the bleeding has not stopped the bleeding player may not return to play and the substitute becomes the permanent player.

17. TIE BREAKING PROCEDURES

These procedures shall be used when determining a play-off position when a league schedule leads to play-offs:

- (1) Record between tied teams;
- (2) Record against teams higher in the standings (1 above, then 2 above, etc.);
- (3) Record against teams lower in the standings (1 below, then 2 below, etc.);
- (4)
 - (a) Coin flip to determine playoff position only. The conveners will perform the coin flip. The school that is alphabetically highest will have "heads" in the coin flip. The convener will notify schools of the results.
 - (b) Playoff on a neutral field/court or a coin flip for home field will be conducted if both coaches agree, if it is to determine the final playoff position.
 - (c) In the event of a four (4) way tie, the conveners, in consultation with the NRHSAA executive and the schools involved, will determine a tie breaking procedure.

18. TIE BREAKING PROCEDURES FOR actual PLAYOFF GAMES: as of March 2013

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

- (i) Two (2) - five (5) minute sudden-death periods with one (1) minute between periods; teams shall play fifteen (15) players.
- (ii) If still tied at the end of the two (2) - five (5) minute halves, the following procedure shall be followed: best of three (3) kicks (order determined by a flip of a coin by the referee) by three (3) players for each team that were playing in the game immediately before the game ended.
Kicks may be a place kick or a drop kick.

These kicks shall take place from the following spots, in the following order:

- a) From the left side 15 meter line and 22 meter line intersection,
- b) From the middle of the 22 meter line,
- c) From the right side 15 meter line and 22 meter line intersection.

If still tied after three (3) kicks by each team, single sudden death kicks shall be attempted by a player from each team that was on the field at the end of the tied game.
These sudden death kicks shall be taken in the same progression as (a) to (c) above.

19. SUSPENSIONS

A player who receives two (2) yellow cards or one red card offenses in the same game, will receive an automatic one (1) game suspension and no substitution may enter that game.

Should a player be ejected from the game for any reason, he is no longer eligible for competition in that game and no replacement will be allowed for the remainder of that game during which the offence occurred.

A player is ineligible for Zone play if previously suspended for a breach of the rules while playing under the jurisdiction of the Ontario Rugby Union

20. ZONE QUALIFICATION TO SOSSA

One (1) champion from each Zone will go to SOSSA

NRHSAA GIRLS' RUGBY 2023 - 2024

NIAGARA REGION HIGH SCHOOL ATHLETIC ASSOCIATION RUGBY MATCH SHEET

Before the match begins: HOME TEAM must see that SECTIONS (A) and (B) on this sheet gets completed and signed by each coach and given to the referee before the match begins.

(A)

| | | |
|-----------|--------------------------------------|----------|
| DAY/DATE: | GIRLS ____ JR BOYS ____ SR BOYS ____ | LOCATION |
| | HOME TEAM: | |
| | VISITING TEAM: | |

(B)

| | |
|---|---|
| HOME TEAM: ELIGIBILITY I (HOME team coach) acknowledge that the student/athletes that played in the rugby match are the same student/athletes that appear on the school's eligibility list that was sent to the Rugby Convener prior to the start of the Rugby season. | VISITING TEAM: ELIGIBILITY I (VISITING team coach) acknowledge that the student/athletes that played in the rugby match are the same student/athletes that appear on the school's eligibility list that was sent to the Rugby Convener prior to the start of the Rugby season. |
| JUNIOR players(s) added for this match: | JUNIOR player(s) added for this match: |
| HOME COACH SIGNATURE: | VISITING COACH SIGNATURE: |

After the match ends: the referee must return this match sheet with SECTION (C) completed (if necessary) and signed, to the coach of the home team.

(C)

| |
|---|
| REFEREE'S NAME (print): |
| REFEREE'S SIGNATURE: |
| REFEREE'S COMMENTS: Please note in detail names and school of players who received RED / YELLOW Cards |

| | |
|--|--|
| HOME SCHOOL: | VISITING SCHOOL: |
| Player(s) who received RED / YELLOW Cards: | Player(s) who received RED / YELLOW cards: |

THE HOME TEAM MUST COMPLETE THIS MATCH SHEET and then scan and e mail it to the RUGBY CONVENER.