

SOSSA RUGBY – GIRLS’

Playing Regulations - Revised August 2023

1. Date

The SOSSA Rugby Championships shall be held during the last week of May unless extraordinary circumstances dictate a change.

2. Location

The location of the championship will be decided not later than the SOSSA Annual Meeting held in June of the school year prior to the Championship.

3. Eligibility

Please see Article VII and VIII of the SOSSA constitution.

4. Classifications

Please see Article VII, Section 7.03 and 7.05 of the SOSSA Constitution.

5. Tournament Structure and Procedure

The SOSSA Rugby Championship shall be as per Article VII. The following procedure shall take place at each game in the tournament:

- a) Normal rugby tradition shall be followed at the beginning of the game.
- b) At the completion of the game, the teams will clap each other off the playing field as per Rugby tradition.
- c) SOSSA Rugby shall adopt the minimum time between games in accordance with OFSAA playing regulations for rugby.

6. Entry

- a) Entries will be accepted from Zone Convenors or designates only.
- b) Each Zone is allowed one (1) entry into the SOSSA championship. The SOSSA convenor can round out the draw for the SOSSA championship as per constitution.
- c) Entries must be received by the SOSSA convenor no later than the Sunday prior to the Championship. No late entries will be accepted.

6. Entry, continued

d) The SOSSA convenor shall be responsible to ensure that the OFSAA entry(s) are submitted.

7. Expenses

As per Article IV of the Constitution

Those schools having entries are responsible for arranging and financing their own travel, meals and accommodation for the event.

The SOSSA championship report shall be forwarded to the SOSSA Administrative Director at the conclusion of the tournament.

8. Rules and Officials

The laws of the International Rugby Board shall govern play at the SOSSA tournament with the following exceptions:

a) Experimental Law Variations

All Experimental Law Variations will be adopted with the exception of Experimental Law Variation #3 - Pulling Down the Maul and Experimental Law #19 - Freedom for each team to match line outs. Experimental Law Variation # 3 and #19 are NOT part of the SOSSA playing regulations.

b) Replacement of Players

i) There shall be unlimited replacement at any time during the game or overtime, provided the referee is notified. Once replaced, the player cannot return.

ii) Injured players who are substituted for shall not 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, he/she is no longer eligible for competition in the tournament and no replacement will be allowed for the remainder of that game during which the offence occurred.

c) Roster Limits

That each team may bring any number of players to the Championship.

d) Playing Time

i) That SOSSA shall adopt the minimum time between games three (3) hours between start of games in accordance with OFSAA playing regulations for rugby.

8. Rules and Officials, continued

ii) If there is scheduled more than one game in one day: each game shall consist of two (2) twenty minutes halves with a five (5) minute rest period. In case of a tie in a semi final after regulation time, then the games(s) shall proceed directly to kicks as per the tie breaking procedures outlined in Section 8e(ii).

iii) iii) If there is scheduled more than one game in a day, the finals, if tied at the end of regulation time shall consist of two (2) five minute halves played with 10 aside (five forwards, five backs) with two (2) minutes between halves.

The ten players on each side must be selected from players on the pitch at the end of regulation time. *The remaining 5 players shall be directed to the end zone outside the dead ball line to remain there until the completion of overtime period. These players are eligible and can be selected to kick at the end of the overtime period if the teams are still tied at the end of the two (2) five minute halves, the game shall proceed to kicks as described in 8e(ii).*

iv) If there is scheduled one game in one day, the game shall consist of two (2) twenty-five minute halves, with a five (5) minute rest period. In case of a tie after regulation time the game shall follow the tie breaking procedure outlined in section 8 e(i).

e) Tie Situations

(i) In case of ties after regulation time on days which teams are scheduled to play one game, following a coin toss, there will be two (2) five minute halves played with 10 aside (five forwards, five backs) with two (2) minutes between halves.

The ten players on each side must be selected from players on the pitch at the end of regulation time. *The remaining 5 players shall be directed to the end zone outside the dead ball line to remain there until the completion of overtime period. These players are eligible and can be selected to kick at the end of the overtime period if the teams are still tied at the end of the two (2) five minute halves, the game shall proceed to kicks as described in 8e(ii).*

8. Rules and Officials, continued

- (ii) Kicks: each team will select up to three (3) players, from among the players on the field at the end of regulation period. These layers shall be organized to kick from designation spots at the same goalposts with wind at their backs. A best of three format shall be in the following sequence on the 22m line;
- a) Midway between sidelines and 22m
 - b) Left 15m line and 22m line
 - c) Right 15m and 22m line
- 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) and (c) above.

f) Player Equipment

All players must wear mouth guards at all times.

g) Suspension

A player is ineligible for SOSSA competition if previously suspended for a breach of the rules while playing under the jurisdiction of either the zone Association or the Ontario Rugby Union, assuming that the suspension period covers the SOSSA Championship dates.

9. Uniforms and Equipment

a) Uniforms, protective equipment and appropriate footwear must conform to IRB laws. Players shall wear identical rugby shirts (same colour and style), ruby shorts and socks. All players shall wear numbered uniforms.

All uniforms must be intact at the start of each game. The schools must provide a second set of uniforms in the event of a colour conflict. A coin toss shall decide which team shall change. All teams shall wear numbered jerseys.

b) All competitors may wear school insignia only on their uniforms within the competitive areas. No commercial or sports club insignia on uniforms shall be allowed. The brand name of the uniform manufacturer is permitted to be visible. Failure to abide by this regulation will result in disqualification.

A sports club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi sport program

c) Student- athletes must remain fully clothed in the appropriate team uniform in the competition area; AND use the designated locker room or change area to change to and from competition attire.

d) Any knee braces must be approved by the head official.

9. Uniforms and Equipment

e) All players must wear mouth guards at all times.

f) Fields shall be marked as directed by the iRB. laws; posts shall be sufficiently padded.

g) The tournament convenor shall provide game balls for the Championship.

10. Awards

Members of the Championship team shall receive SOSSA medallion (30) and the SOSSA trophy if available will be awarded to the winning team.

11. Deportment

Any school team entering SOSSA sponsored or approved competition must be under the control of a staff member of the school which it represents.

12. Medical Personnel

It is recommended that qualified First Aid personnel and equipment be available at the Championship site(s). Coaches shall provide all consumable medical supplies (ie. tape, band aids, etc.) for their athletes.

13. Appeals and Protests

If a school(s) wishes to proceed with a protest, see Article IX of the SOSSA Constitution.