

**YORK REGION ATHLETIC ASSOCIATION
GIRLS RUGBY PLAYING REGULATIONS**

1. Season of Play:

Spring Sport

2. Division:

Varsity

All YRAA sports will be offered at two tiers of competition provided the following conditions are met:

- a) A minimum of eight (8) teams must declare for a given sport for the sport to operate as a YRAA sanctioned sports.
- b) If fewer than six (6) teams declare in either Tier 1 or Tier 2, the sport will run as Tier 1 only.
- c) Applications for exceptions should be made in writing to the Executive.

At the senior level, only teams competing in Tier 1 will be eligible to compete at OFSAA.

3. Eligibility:

- a) See YRAA eligibility and transfer form.

b) AGE DIVISION CATEGORIES

SCHOOL YEAR	AGE DIVISION				
	MIDGET		JUNIOR	SENIOR	
	Year of Birth	Date of entry to grade 9 (not prior to August of year listed below)	Year of Birth	Year of Birth	Date of entry to grade 9 (not prior to August of year listed below)
2010-11	1996	2010	1995	1991	2006
2011-12	1997	2011	1996	1992	2007
2012-13	1998	2012	1997	1993	2008
2013-14	1999	2013	1998	1994	2009
2014-15	2000	2014	1999	1995	2010
2015-16	2001	2015	2000	1996	2011
2016-17	2002	2016	2001	1997	2012
2017-08	2003	2017	2002	1998	2013

- c) **A student/athlete must be on the team roster at the proper age group (Mid/Jr/Sr) for a specific sport and tier, to be eligible to participate in that sport. The team roster must be completed on-line prior to the commencement of the competition, or as indicated in the particular sport playing regulations.**

4. **Governing Rules:**

- a) Played under I.R.B. C.R.U. and O.R.U. rules and guidelines.
- b) Six substitutions are allowed per game at the half time. If the coaches and captains are in agreement, more substitutions may be allowed.
- c) Any injured players may be substituted any time, however, that player may not return to the game and must be counted as part of the six substitutions.
- d) An ejection from a game or tournament makes that player ineligible for further competition until a Board of Reference is held
- e) Teams should see that the playing fields are correctly marked with minimum requirements being: goal lines, end zones, 22 metre lines, half way line.
- f) The O.R.U. requires that the goal posts be padded, and that flag posts be flexible (eg. PVC tubing). Referees may refuse to officiate games on improperly marked pitches.
- g) Scheduling:
For league play girls will play 25 minute halves and will have a scheduled 1 hour time slot for the game.

Start times:

Single games and Double Headers – 3:00 p.m.

Triple Headers – 2:30 p.m.

Quad Headers – 2:00 p.m.

- h) **Teams must occupy opposite sides of the field during the game and may not have coaches or players on the opposing team's sideline unless instructed to be there by the referee. The home team shall occupy the sideline closest to the school or fan seating with the visiting team on the sideline furthest from the school or fan seating.**
- i) First Aid: It is strongly recommended that all schools have athletic therapists on site for all home games.
- j) Scoring Method: A try is worth 5 points, a convert is worth 2 points, a penalty kick is worth 3 points and a drop kick is worth 3 points.
- k) **League Play and Tie Breaking:**

Win = 4 points, Tie = 2 points, Loss = 0

Bonus Point = keeping a losing score within 7 points

The maximum point differential will be twenty (20) points in any game. In the event of a tie in total points between two or more teams, after the season is complete, the following will be used to break the tie:

1. head-to-head
2. most wins
3. point differential between tied teams
4. point differential in all games (percentage used if games played is imbalanced)
5. fewest points against in all games
6. most tries scored (with a maximum of 4 trys per game)
7. most points for in all games

NOTE: In the event of a three-way tie, once the initial tie is broken, the remaining tie is broken going back to tie breaker 1 and proceeding through the tie breakers in order until the remaining tie is broken.

l) Playoff Format:

a) One Division League:

Teams ranking will be based on how each team finished the season.

Quarter finals will consist of 3rd place v 6th place and 4th place v 5th at a location to be determined. 1st and 2nd place teams will receive a "bye" to the semi final.

Semi Finals: 1st place plays the winner of 4th v 5th; 2nd place plays the winner of 3rd v 6th.

b) Two Division League:

The Championship semi final will consist of a cross over, where the 1st place team in each division will play the 2nd place team in the opposite division.

The Plate semi final championship will consist of the 3rd place teams in each division crossing over to play the 4th place teams in the opposite division.

c) Three Division League:

At the end of the regular season, the top placing team from each division, and one wildcard (the best 2nd place team based on winning percentage) will play off in the Championship semi final game. The convenor responsible for playoffs will draw, from a hat, the semi final match ups.

The remaining 2nd place teams, plus two wildcard teams (best two 3rd place record) will play off in the Plate semi final. The convenor responsible for playoffs will draw, from a hat, the semi final match ups.\

d) Four Division League:

The top team from each division will play in the Championship semi finals and the 2nd place team from each division will play in the Plate semi finals. Semi final match up will be determined by the following rotation:

Year 1: East v West, North v Central

Year 2: Central v East, West v North
Year 3: West v Central, North v East

e) Determining a Wild Card

Relative winning percentage will be used to determine the wild card team when comparing teams of equal ranking at the end of league play. In the event of a tie, the league's tie breaking procedures will be used. The best 3rd placed point total, based on winning percentage. In the event of a tie: using the league's tie breaking system.

5. Supervision of Teams/Individuals:

- a) All teams or individuals must have on site supervision by a member of the teaching staff or retired teacher from the school that they represent.
- b) This teacher shall be responsible to the YRAA for the conduct of his/her team and shall be the only person involved in all exchanges with officials, opposing teacher/coaches and members of school staffs.
- c) A non-teacher (community volunteer, parent, etc.) is permitted to assist in the coaching of an individual or team provided that a teacher is present and responsible.
- d) The teacher must be present on the bench for team sports or in the immediate vicinity for all other sports.
- e) Unless the staff member (as defined in Section 1 a) – above) of the competing school is present, the opposing teacher/coach and/or convenor shall not allow the game to begin or an individual to compete and the competition shall be forfeited.
- f) No teacher/coach shall officiate a game involving his/her team.
- g) It is the teacher/coaches' duty to ensure the accuracy of the information provided on the game sheets compared to the team's eligibility list.

6. Inclement Weather:

- a) In the event of inclement weather, games may be cancelled and rescheduled if:
 - i) the transportation company (bus) cancels the booking OR
 - ii) the school principal determines that the weather is unsafe for teams to travel OR
 - iii) **the host school teacher/coach, in consultation with the Athletic Designate and/or school administration, determines the playing environment to be unsafe (eg standing water on fields, excessive ice).**
 - iv) **when lightning or thunder is seen or heard in the area, play shall be suspended and participants shall seek appropriate shelter as outlined in the current OPHEA safety document. Play may be**

resumed once thirty (30) minutes has passed since the last observation of lightning or the sound of thunder. The decision to suspend play shall be made by the game official and/or teacher/coaches of the teams involved in the competition.

Whenever possible, it is recommended that a decision to cancel a game due to inclement weather be made by 1:00 p.m. the day of the game.

- b) Once this has happened the coach or AD of the school canceling shall:
 - i) notify the school(s) being played that they will not be able to play due to inclement weather
 - ii) contact the YRAA office that the game is being cancelled due to inclement weather
 - iii) make arrangements with the school(s) involved to reschedule the game(s) at a date that is acceptable to all parties and fits within the established master schedule. Should a mutually agreeable date to reschedule not be found within forty-eight (48) hours, the convenor will assign a date that fits in to the master schedule
- c) The YRAA office will:
 - i) keep a record of cancelled games in order to ensure that they are rescheduled
 - ii) notify the referee assignor that the games are cancelled and will be rescheduled so that unnecessary travel by officials can be avoided.

7. Criteria for Qualification to OFSAA

All teams regardless of classification (A, AA, AAA, AAAA) will have access to the YRAA championships. Following the championships, the highest placing team from each classification will advance to OFSAA. This may require a head-to-head playoff.

- i) If an A or AA classified school wins the YRAA championship, they will be the Association representative to OFSAA for their classification. In all other circumstances where there are two (2) or more teams at the A or AA levels, a separate playoff will be held to determine the Association representative at those levels.
- ii) If there are fewer than four (4) A or AA teams, these teams will be included in the existing league and playoffs.
- iii) When the top two (2) teams in a classification advance to the same standing, a head-to-head playoff will occur.
- iv) Where a classification is not represented in playoffs, the top team in each zone will play off or the top two (2) in league play (whichever applies).
- v) Awards will be provided as outlined in the Constitution (Article 12).

8. Additional Information:

- a) All games will have qualified Level 1 Rugby Officials appointed for league and playoff games by the referee-in-chief.

- b) In the event of a major problem erupting in a game, the game will be abandoned and the result of the game will be decided by the convenors pending written reports from both schools and the official, within 24 hours of the event.

9. Costs:

The financial cost of the operation of the league (officials, athletic therapy, etc.) and playoffs plus the assignor(s) fee(s) shall be shared equally by all schools participating in the league, regardless of classification (A, AA, AAA, AAAA) on a per team basis.

10. Reporting Scores:

For league games coaches are to report scores through the Sports Admin System. Login as a coach, click on the 'Games' tab, find the game you want to enter the score for then click on the yellow 'Edit' button beside the game and then enter the score beside the corresponding team.

For playoff games both teams are to email results@yraa.com with the results immediately following the game. The white copy of the score sheet, with the official's signature, is to be forwarded to the zone convenor.

11. Awards:

Tier 1:

A pennant and a trophy shall be awarded to the Championship team, with gold and silver medallions being awarded to the champions and the finalists respectively (twenty-six (26) gold and twenty-six (26) silver per division). A plaque shall be awarded to the Plate champions.

Tier 2:

A team pennant, 26 1st place and 26 2nd place medallions will be provided by the YRAA.

September 2010

Rugby

Higher Risk Sport

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Regulation rugby balls.</p> <p>Full fit interior mouth guard is required.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>Cleats must be consistent with laws of rugby.</p> <p>No jewelry.</p>	<p>Goalposts must be padded if in field of play.</p> <p>Playing area must be inspected regularly, be free from debris and obstructions, and be well removed from traffic areas.</p> <p>The playing surface must provide suitable footing and proper traction.</p> <p>Holes and severely uneven surfaces must be brought to the attention of the coaches, convenor, athletes, and officials.</p> <p>Notify appropriate school officials.</p> <p>Use collapsible flags or soft pylons to mark corners, mid-line and 22m (66') -line, or flags off the sidelines.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>Parents/guardians must be made aware of any off campus activity and the means of transportation used.</p> <p>Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic device) may affect participation (see Generic Section).</p> <p>A student athlete's fitness level must be commensurate with the level of competition.</p> <p>Tackling skill progressions must be taught and practiced prior to competition.</p> <p>Scrum skill progressions must be experienced prior to competition.</p> <p>Line-out lifting skill progressions must be taught and practiced prior to competition.</p> <p>Adequate liquid replacement must be accessible.</p> <p>Training must include flexibility, strength and cardiovascular-enhancing activities.</p> <p>Players must be physically prepared for contact.</p> <p>Prior to the first league game, 8 days of practices must have occurred.</p> <p>Athletes must be made aware of ways to protect themselves</p>	<p>Constant visual supervision during initial instruction and practice of contact skills.</p> <p>Subsequently, on-site supervision is required.</p> <p>Head coach must demonstrate knowledge of game, skills and strategies to principal or designate.</p> <p>Coaching expertise for the head coach derived from least one of the following:</p> <ul style="list-style-type: none"> • NCCP Competition Introduction – Part A or NCCP Level One Technical in Rugby if the latter is supported by the sport governing body • attendance at a rugby clinic or workshop within the last three years • past experience as a player or coach in that sport in the past 10 years <p>An individual who takes responsibility for providing first aid to injured athletes must be present during the entire practice/ competition</p>

Higher Risk Sport

Rugb

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>from:</p> <ul style="list-style-type: none">• UV rays (e.g., use of hat, sunglasses, sunscreen)• insects (e.g., repellent) <p>Before involving athletes in outdoor activity, teachers must take into consideration:</p> <ul style="list-style-type: none">• temperature• previous training• length of time athletes will be vigorously active <p>Athletes must receive instruction on safety procedures related to severe weather conditions (lightning, funnel clouds, severe winds, tornadoes [see Lightning Appendix]).</p> <p>Any exposed orthopaedic apparatus (e.g., knee brace, cast) that presents a safety concern to other players must be soft or padded. Such devices must be approved by the official prior to the commencement of the game.</p>	

Also see Generic Issues and Introduction to Activity Page Components Sections to view complete safety requirements.