



**YORK REGION ATHLETIC ASSOCIATION  
BOYS' AND GIRLS' RUGBY 7'S PLAYING REGULATIONS**



1. Season of Play:      Fall Sport
2. Divisions:            Junior/Senior Boys and Girls
3. Eligibility:
  - a)      See YRAA transfer form.
  - b)      **AGE DIVISION CATEGORIES**
    - Junior Boys**      School Year: **2024-25**  
Year of Birth must be no earlier than: **2009**  
Date of Entry to grade 9 must be no earlier than August of: **2020**
    - Junior Girls**      School Year: **2024-25**  
Year of Birth must be no earlier than: **2008**  
Date of Entry to grade 9 must be no earlier than August of: **2020**
    - Senior**              School Year: **2024-25**  
Year of Birth must be no earlier than: **2005** and no later than:  
**2009**  
Date of Entry to grade 9 must be no earlier than August of: **2020**
  - c)      A student/athlete must be on the team roster at the proper age group (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.
5. Governing Rules:
  - a)      Ontario and Canadian Rugby Rules
  - b)      There are 14 players limited to each team declared. Unlimited substitutions are allowed per game and may be made at half time. Student-athletes may not re-enter the game once they have been submitted with the exception of a blood substitution of any member of the tight five.
  - c)      Any injured players may be substituted at anytime. The injured player may not return to the game and must be counted as part of the six substitutions. Exceptions to this law are stated in the CRU law book and are related to blood.
  - d)      All players must have numbers on their uniforms so that the referee and coaches can identify individual players.
  - e)      Players ejected from an individual league game or tournament would be ineligible to play any more games until they have attended a recognized YRAA Board of Reference. Game Sheets must be used for each game with disqualification reports attached, to be used as necessary.
  - f)      Playing field must be correctly marked. Goal lines, sidelines, 22m lines, half line,



**YORK REGION ATHLETIC ASSOCIATION  
BOYS' AND GIRLS' RUGBY 7'S PLAYING REGULATIONS**

10m line and end zone are minimum requirements. Referees may refuse to start a game on an improperly lined field.

- g) 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 side-line closest to the school or fan seating with the visiting team on the sideline furthest from the school or fan seating.
- h) ORU requires that goal posts must be padded and the flag posts must be flexible (eg. PVC tubing) and one metre back from the touch line for safety.
- i) Scheduling: Tournament Days will be scheduled by the YRAA Office
- j) Scoring Method:
  - Try - 5 points,
  - Convert - 2 points
  - Penalty Kick - 3 points
  - Drop Kick - 3 points
- k) League Play and Tie Breaking:
  - i) Teams will be ranking to start the season. Rankings are based on previous year results and coaching input
  - ii) Teams will be divided into groups of 4 based on their rankings. (Teams ranked 1, 2, 3 and 4 in tier 1; teams ranked 5, 6, 7 and 8 in tier 2 and so on until all the teams are place in a tier)
  - iii) Teams will play within their tier in a single day tournament. The number of tournaments in a season is up to the discretion of the convenors and YRAA Coordinator
  - iv) The top placing team in a tier from a single day tournament will move up a tier for the next tournament
  - v) The bottom placing team in a tier from a single day tournament will move down a tier for the next tournament
  - vi) The top team in tier 1 after the final tournament will be the YRAA Champion.
  - vii) Tie breakers.
    - a) Head to Head competition
    - b) Fewest points against during tournament day
    - c) Point differential for tournament day

6. 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



**YORK REGION ATHLETIC ASSOCIATION  
BOYS' AND GIRLS' RUGBY 7'S PLAYING REGULATIONS**



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 all games 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.

7. 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.
- b) The YRAA office will:
  - i) keep a record of cancelled games in order to ensure that they are rescheduled so that unnecessary travel by officials can be avoided.

9. 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 a rugby game the coach(es) from either school competing cannot referee that game. If the appointed referee does not show up, the game will be cancelled and rescheduled at a later date.



**YORK REGION ATHLETIC ASSOCIATION  
BOYS' AND GIRLS' RUGBY 7'S PLAYING REGULATIONS**



- c) 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 the written reports from both schools and the official, within twenty-four (24) hours of the event.
- d) In the event of spectator interference, the game will be stopped and if the problem cannot be resolved, the game will be abandoned and the result of the game will be decided by the convenors pending the written reports from both schools and the official within twenty-four (24) hours of the event.
- e) Junior division teams shall not use a “shortened” line-out during the regular season, unless it is agreed upon by both coaches prior to the start of the game. During playoffs, junior teams may use a shortened line-out.

10. 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) on a per team basis.

11. 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.

12. Awards:

A pennant will be given to each championship team