



## **GMAA Rugby Handbook**

### **GENERAL RUGBY RULES**

#### **Section 1: Sports Committee**

The Rugby Sports Committee shall consist of the chairperson of the above sport and all the coaches for that season of the above sport. The chairperson shall call one meeting prior to the opening of the season. A mid or post season meeting may be called at the discretion of the chairperson of the above sport or at the request of 1/3 of the coaches involved in this sport.

#### **Section 2: Team Entry and Classification**

2.1) All official team entries must be submitted on S1 by the deadline

2.2) Classification:

Rugby 10s or Rugby 15s

Boys or Girls

Bantam, Cadet, or Juvenile

Division 3 (D3), Division 4 - Level 1 (D4.1), or Division 4 - Level 2 (D4.2) JB ONLY

#### **Section 3: Player Registration & Eligibility**

3.1) Player Registration is due on S1 prior to the teams' first game.

3.2) Acceptance of risk forms must be sent to GMAA prior to the teams 1st game. All players must submit an acceptance of risk form. If the GMAA has not received a player's acceptance of risk form before they play their first game, the player in question will be considered ineligible and the game will automatically be defaulted.

3.3) The Bantam player registration form must also include the weight of the player. The bantam weight limit is 145 lbs. on weigh-in, with a maximum of 152 lbs. during the season.

3.4) Any supplemental registrations must be accompanied by the acceptance of risk.

3.5) All weight (bantam) and eligibility requirements will remain the same for both 10s & 15s leagues; the only change will be the number of players on the field.

3.6) Any team playing an ineligible player will lose the game(s) played by this player by default. The coach will also be sent to the Coaches Code of Ethics Committee.

#### **Section 4: Uniform (also refer to Governing Rules – Rule VI, Section 5)**

4.1) Rugby or soccer cleats may be used.

4.2) Teams must wear team jerseys with numbers on the back.

4.3) World Rugby approved equipment may be worn.

4.4) All items of jewelry (including hair accessories) are strictly forbidden and must be removed. Using tape to cover jewelry is not acceptable.

#### **Section 5: Scheduling & Starting Time**

5.1) The schedule shall be drawn up by the coaches or SAC Reps at a scheduling meeting. Each team is required to have one representative present to do the scheduling (see Governing Rules –

Rule VI, Section 6). No scheduling may take place before the meeting begins and no division information will be given out prior to the scheduling meeting.

5.2) Teams should play a minimum of four (4) and a maximum of six (6) regular season games.

5.3) League games have priority over any exhibition game and/or outside tournament. They will not be postponed because of any conflicts in playing dates.

5.4) There must be at least one free day between each regularly scheduled game.

5.5) There must be a minimum of 4 teams in a level in order to draw up a schedule of games for that level, otherwise the level will be eliminated and/or combined with another level.\*

\*Exception: If fewer than four (4) teams register for D3 and at least four (4) teams register for D4.1 all teams will play an interlocking regular season schedule. Please see section 8.5 for special playoff structure.

5.6) Coaches are encouraged not to adjust or alter the schedule for any reason other than a school closure. Changes to the schedule can be made during the (5) five working days after the schedule is posted on the website ([www.gmaa.ca](http://www.gmaa.ca)), assuming both schools involved agree to that change. Both coaches must call the GMAA to confirm the change. No changes will be accepted after noon the working day before the scheduled game (except in emergencies). If changes are made after the 5-day grace period, a \$10 charge will be applied to the team requesting the change.

5.7) Starting times will be agreed upon by the coaches at the scheduling meeting. Please note that Spring Season games must start later as a general rule, due to in-class ministry exams. This especially affects the Juvenile teams.

## **Section 6: Governing Rules & Rule Modifications**

The game shall be played to Under 19 variations of World Rugby Laws, with the following exceptions:

6.1) A staff member (see Rule VI, Section 4 of General Governing Rules for clarification) must be present and at the bench at all GMAA games (i.e. for each complete game). The staff member must sign the game report. Penalty - Forfeiture of game.

6.2) All rugby coaches must be trained. This means rugby coaches must take the level I technical and level I theory course.

6.3) Both schools are to have an athletic therapist at all games. The therapists will be required to sign the scoresheet. If one school does not have a therapist present, they will receive a \$100.00 fine. Of the \$100, the office will reimburse \$50 to the school who provided a therapist. If neither team has a therapist present, the game will be declared a double forfeit.

6.4) Ball: Size 5 ball be used at the Cadet and Juvenile levels.  
Size 4 ball be used at the bantam level.

6.5) Any player whose name appears on the Official Score sheet is considered to have officially participated in that game.

6.6) Completion of Game: A regular game will be completed after at least three quarters of the game has been played. If less than three quarters of a game has been played and the referee ends the game, the game will be rescheduled and played over from the beginning.

Completion of Playoff Games: In all sports for playoff games ONLY, a game must be completed from where it stood from the moment it was stopped, at the discretion of the losing team. The same game sheet must be used to complete the game. No players may be added to the lineup.

6.7) No spectators or other students may be on or around the team bench.

6.8) Replacements are made only when the ball is dead and only with the permission of the referee. Once an injured player, who has been replaced, has been carefully examined by their athletic therapist and is considered physically able to continue, they may return at a stoppage of play. A player who has been replaced may return to the field when the ball is dead and only with the permission of the referee.

A If a player re-joins or a replacement joins the match without the referee's permission and the referee believes the player did so to gain an advantage, the player is guilty of misconduct. **Sanction:** Penalty.

6.9) The following rule will be applied at the bantam level, and the cadet girls level. The scrum half of the side not putting the ball into the scrum may not advance beyond the tunnel until the ball comes out of the scrum. Should the ball be won by the side not putting in the ball - the same condition applies to the opposing scrum half.

6.10) Mercy Rule: If the point differential in the game reaches 30pts, the game can be terminated at the discretion of the losing coach. The score for that game shall read 30-0. Coaches are encouraged to continue to play and use the scrimmage as a learning situation.

6.11) At the coaches' discretion, if first (or second) row players are not adequately trained by World Rugby regulations, at any point in the game the coach can ask the referee to automatically go to uncontested scrums.

Referees will mark on the game sheet when a team does not have properly trained and designated front row players (based on the ratio in Law 3.5 of the World Rugby laws) and they request to play uncontested scrums at the beginning of the game. The GMAA will then follow up with those schools to see what the issue is. The second time a team requests to have uncontested scrums at the beginning of the game, sanctions may apply.

## **Section 7: Regular Season Games**

7.1) Number of Players:

A minimum of 13 players must be on the field at all times. If the number of players drops below 13 the game will be defaulted by the team that is unable to continue.

A maximum of 23 players may be dressed and play. Additional team members may sit on the bench but must be dressed in street clothes.

7.2) Individual Players (i.e. players' names and dates of birth) must be registered on S1 prior to the first regular season game.

7.3) Playing time Rugby 15s:

a) 4 quarters of 15 minutes running time.

b) Quarter time - is 1 minute, the players are to be on the field where the play is stopped, subs may come on, but the coach should remain on the sideline.

c) Half time - is five minutes.

The whistle to end quarter time shall be blown when play is stopped at a time closest to the 15-minute mark. The 2nd and 4th quarters shall resume as a continuation of the 1st or 3rd quarters including the amount of playing time left in that half. Injury time should be included in all games.

7.4) Ties in Games: A winner must be declared for every game. If at the end of regulation time the score is tied, the following overtime procedure shall be followed:

- a) If time permits, 2 x 5-minute halves shall be played, no golden goal. If teams are still tied, they would then go to kicks. If time does not permit, teams would go directly to kicks to determine the winner.
- b) Each team shall designate a kicker. Alternate kicks for goal will be taken until one is successful and the other is not.

7.5) Officials:

a) All officials for school scheduled games shall be assigned by the Rugby Referees' Association or by the GMAA. As much as possible all playoff games will be covered by 1 referee and two assistant referees (subject to availability).

b) The GMAA must notify the home school at least 48 hours before any game for which no referee will be available. The home school is then responsible for finding a qualified referee. If they are unsuccessful, the home team will default the game. If the home school is not notified at least 48 hours before the game and is unable to obtain the services of a qualified referee, the game must be rescheduled at no penalty to the home school.

c) Every school with a team entered in a GMAA Rugby league must have access to at least one Level I certified referee. The GMAA will try to organize an annual Level 1 referees' clinic approximately one week after the pre-season Rugby coaches' meeting if numbers warrant such a clinic.

### **Section 8: Championships & Playoffs (see Rule XI Secondary Governing Rules)**

8.1) Division 3 Championships: If possible, Division 3 finals will be played as a "showcase" on a neutral site having adequate spectator accommodations. If there is no "showcase", the games will be played at the home of the higher seed.

8.2) Ties in Standings: Because the season is very short, there is no time to play a tiebreaker game. The following shall therefore apply in all spring sports:

- a) The higher place will go to the team which defeated the other in the game(s) between the tied teams.
  - b) The win % of the teams involved in the tie shall be calculated. The higher place will go to the team with the better win %.
  - c) Point differential in the games between the tied teams.
  - d) Total points against in the games between the tied teams.
  - e) Total points against over the entire season.
  - f) The team which wins a coin toss shall advance.
- A forfeit cannot be used to break a tie and eliminate a team from the playoffs.

8.3) Overtime in playoff games shall be two periods of five (5) minutes and then kicks if needed.

8.4) Field: during the playoffs, if the field is not properly marked with paint (not flags or cones), a school cannot host playoff games. If the opposing team and the referee show up, and the field is not properly lined, the home team will default the game.

8.5) If teams are playing an interlocking regular season schedule, the playoffs will be determined based on the following principles:

- In a league with one section (5-6-7 teams), the top 3 teams compete for the D3 banner, and the 4<sup>th</sup> and 5<sup>th</sup> place teams compete for the D4.1 banner.

- In a league with two sections (8-9-10-11-12-13-14 teams), the top 2 teams from each section compete for the D3 banner and the 3<sup>rd</sup> place teams from each section compete for the D4.1 banner.
  - In a league with three sections (15+ teams), the top teams from each section compete for the D3 banner and the 2<sup>nd</sup> place teams from each section compete for the D4.1 banner.
- This only applies when there are not at least 4 teams registered in Division 3.

## **Section 9: Duties of Home School & Visiting Schools**

### 9.1) Home team responsibilities

- a) The host school must have properly secured post pads for the goal posts. No game may begin unless these pads are in place. Penalty is default of game and the related costs.
- b) The home team shall supply a game ball and the scoresheet.
- c) The official scoresheet must be printed off S1 by the HOME COACH (listing both teams) and given to the referee before the game starts.
- d) The home team must upload the results and scoresheet to S1 the night of the match.
- e) All participating schools are required to provide a safe, suitably marked and adequately sized playing field for all league games. If the referee deems a playing field to be unsafe, the home team will default the game. In the regular season, the referee may not use absence of lines as a criterion to rule that the field is unsafe.
- f) Arrange for staff to control spectators.

### 9.2) Visiting team responsibilities

- a) Visiting teams must be supervised from the time they arrive to the time they leave the field.
- b) All game sheets are to be signed by both staff members, both team therapists and the referee at the end of the game.

## **Section 10: Discipline of Players**

10.1) Referees may, without prior warning, send a player off the field for fixed and definite period of time (COOLING-OFF PERIOD) if their conduct or type of play makes it necessary. This is NOT AN EJECTION and should be used only when the referee feels that it would prevent a more serious situation from developing. The player may not be replaced on the field by another eligible player. The referee shall determine the length of any such COOLING-OFF PERIOD, i.e. 10 minutes, 15 minutes, the remainder of the half or the balance of the game.

### 10.2) Yellow Cards:

- a) Yellow Cards for GMAA 15s rugby (4 quarters of 15-minutes): the team will play shorthanded for 8 minutes.
- b) Yellow Cards for GMAA 10s rugby (4 quarters of 12-minutes) the team will play shorthanded for 5 minutes.
- c) Any player receiving their 2nd yellow card in the same game will receive an automatic red card and a minimum one game suspension. The team will play shorthanded for the remainder of the game.
- d) Any player receiving a 3rd yellow card during a rugby season will receive an automatic 1 game suspension

10.3) Red Cards: The team will play shorthanded for the remainder of the game. In addition, depending on the length of the season, the player in question will automatically be suspended from the next one or two GMAA rugby matches or tournaments (see Governing Rules Section).

10.4) Both coaches must be notified of any action taken by the referee. N.B. Ejection MUST BE REPORTED to both coaches and on the game report - An ejection carries an automatic one to

two game suspension, depending on the length of the season, which will be reviewed by the discipline committee and may be increased or reduced.

10.5) The ejection of any player from a game will result in a suspension of that player from at least one to two game, depending on the length of the season. It is the coaches' responsibility to keep that student out for the next game until an official letter is sent to the school outlining the details of the suspension.

### **Section 11: Discipline of coaches**

11.1) If a team coach abuses, or incites the abuse, of referees during the game, or after it is over, the referee must immediately issue a verbal warning to the coach or coaches. This warning given must be recorded on the game sheet.

11.2) If this abusive behavior persists the coach should be issued a red card. If a red card is issued to a coach, the coach must immediately leave the playing facility and take no further part in the game.

11.3) If a coach receives a verbal warning in two games during the season it will result in a minimum 1 game suspension. A third verbal warning during the season will result in a minimum 2 game suspension. A red card will result in a minimum 2 game suspension. \*\*Any ejection of a coach will be sent to the Coaches Code of Ethics Committee.

11.4) Any team playing an ineligible player will lose the game(s) played by this player by default. The coach will also be sent to the Coaches Code of Ethics Committee.

## **BANTAM RUGBY 10s SPECIFIC RULES**

The game shall be played to Under 19 variations of World Rugby Laws, with the following exceptions that have been Adapted for GMAA Bantam 10s.

**1. Participants:** Ten players on the field: 5 forwards, 5 backs.

### **2. Weigh In**

- a) The weigh-in of the team members must be done within 48 hours prior to that team's first regular season game.
  - b) The athletic director/SAC Rep must be present during his school team's weigh-in.
  - c) The weigh-in weight of the players must be included on the player registration form.
  - d) The player registration form which states the players' name, date of birth and weigh-in weight must be signed by the principal or vice-principal and team coach.
  - e) The bantam weight limit is: - 145 lbs. on weigh-in, with a maximum of 152 lbs. during the season to be verified prior to the bantam final. Teams will be asked to submit a "Championship Weight Form" prior to the Championship Game with the new weights.
- Penalty for using an ineligible player is FORFEITURE OF GAME

**3. Kick-Offs:** The ball only needs to travel 5m, the receiving team therefore only needs to be 5m back from the half-way line

### **4. Scrum: (5 Person)**

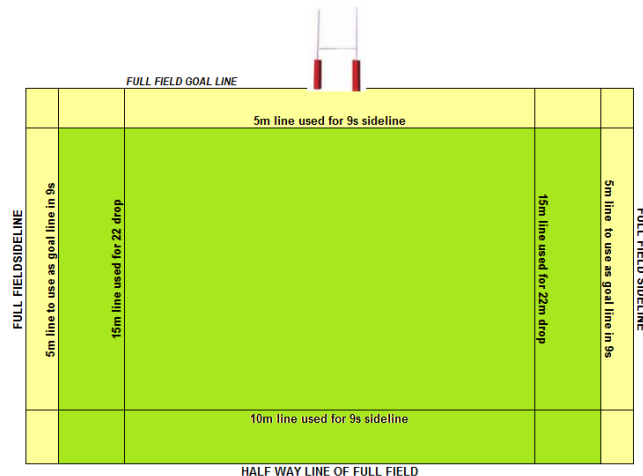
Each team has five players in the scrum. Two props, a hooker and two locks.  
After the ball has been put into the scrum and the initial push once the ball has been won by one of the hookers the referee will call no more push. If a team continues to push a free kick will be awarded to the other team.  
The scrum half of the team not winning the scrum must be positioned at the tunnel behind an imaginary line running through the center of the scrum and cannot advance beyond that point until the ball has left the scrum.  
The scrum cannot wheel more than 45 degrees. If it does the scrum will be re-set and the team putting the ball into the scrum will once again do so.

**5. Conversions:** All conversions will be taken from in front of the posts and will be a drop kick or place kick at the discretion of the kicker.

### **6. Lineouts:**

Four players of each team form the Lineout.  
They stand in a line (one behind the other), one meter apart, and must not interchange positions.  
The front player stands 3 meters from the touch-line.  
Players not participating in the lineout, with the exception of the scrum half and defending hooker must be 5m back from the lineout.  
A designated player throws the ball into the Lineout.  
There must be a defensive opponent to this thrower in the normal position at the lineout  
The jumper must NOT be supported by team-mates.

**7. Playing Area Field Dimensions:** Half-field as represented by the following diagram.  
Length: between sidelines (approximately 58m long), 5m line is the goal-line (note short in-goal).



Width: 5m line to 10m line (approx 35m wide).

- 8. Game Duration:** 4 x 12 min – 5-minute half time, with 2 minutes between quarters. A winner must be declared for every game. No regular season game may end in a tie. If at the end of regulation time the score is tied, the following procedure shall be followed:
- If time permits, 2 x 5-minute halves shall be played. If teams are still tied, they would then go to kicks. If time does not permit, teams would go directly to kicks to determine the winner.
  - Each team shall designate a kicker. Alternate kicks for goal from 15m will be taken until one is successful and the other is not.
- 9.** No kicking for points for penalties.
- 10.** The Ball: Size 4 to be used for all games.
- 11.** Unlimited substitutions at the quarters only, unless for injury.
- 12.** A minimum of 8 players must be on the field at all times. If the number of players drops below 8 the game will be defaulted by the team who is unable to continue.
- 13.** Teams may dress an unlimited number of players.
- 14.** The 15m line will be used for all purposes as if it is the standard 22m line.
- 15.** A player can be sent to the sin bin for five minutes. The sin-binned player shall stand behind the dead ball line of the opposition's In-Goal area. During this time, or when a team has fewer than 10 players the scrums will remain with 5 players in each.
- 16.** On Penalties and Free kicks the defending team must drop back at least 5m
- 17.** All penalties awarded between the 15m (22m) lines become free kicks



## **CADET & JUVENILE RUGBY 10s SPECIFIC RULES**

The game shall be played to Under 19 variations of World Rugby Laws, with the following exceptions that have been Adapted for GMAA Cadet and Juvenile 10s.

**1. Participants:** Ten players on the field: 5 forwards, 5 backs.

### **2. Scrums: (5 Person)**

- a) Each team has five players in the scrum. Two props, a hooker and two locks.
- b) The scrum half of the side not putting the ball into the scrum may not advance beyond the tunnel until the ball comes out of the scrum. Should the ball be won by the side not putting in the ball - the same condition applies to the opposing scrum half.
- c) The scrum cannot wheel more than 45 degrees. If it does the scrum will be re-set and the team putting the ball into the scrum will once again do so.

### **3. Lineouts:**

Three players of each team form the Lineout.

Players not participating in the lineout, with the exception of the scrum half and defending hooker must be 10m back from the lineout.

A designated player throws the ball into the Lineout.

There must be a defensive opponent to this thrower in the normal position at the lineout

### **4. Playing Area Field Dimensions: FULL FIELD**

**5. Playing time:** 4 x 12 min – 5 min half time, with 2 min between quarters.

**6. Ties in Games:** A winner must be declared for every game. If at the end of regulation time the score is tied, the following overtime procedure shall be followed:

- a) If time permits, 2 x 5-minute halves shall be played. If teams are still tied, they would then go to kicks. If time does not permit, teams would go directly to kicks to determine the winner.
- b) Each team shall designate a kicker. Alternate kicks for goal from 22 m will be taken until one is successful and the other is not.

### **7. Ties in Standings**

Because the season is very short, there is no time to play a tiebreaker game. The following shall therefore apply in all spring sports:

- a) The higher place will go to the team which defeated the other in the game(s) between the tied teams.
- b) The win % of the teams involved in the tie shall be calculated. The higher place will go to the team with the better win %.
- c) Point differential in the games between the tied teams.
- d) Total points against in the games between the tied teams.
- e) Total points against over the entire season.
- f) The team which wins a coin toss shall advance.

A forfeit cannot be used to break a tie and eliminate a team from the playoffs.

**8. The Ball:** Size 5 to be used for all games.

**9.** Unlimited substitutions at the quarters only, unless for injury.

**10.** A minimum of 8 players must be on the field at all times. If the number of players drops below 8 the game will be defaulted by the team who is unable to continue.

**11.** A maximum of 23 players may be dressed and play. Additional team members may sit on the bench but must be dressed in street clothes.

**12. Discipline of players:**

Yellow Cards for GMAA 10s rugby (4 quarters of 12-minutes) the team will play shorthanded for 5 minutes.

During this time, or when a team has fewer than 10 players the scrums will remain with 5 players in each.

Red Cards: when a player is ejected from a GMAA rugby game their team will play shorthanded for the remainder of the game. In addition, depending on the length of the season, the player in question will automatically be suspended from the next one to two GMAA rugby matches or tournaments (see Governing Rules Section). Coaches must enforce this rule. The discipline committee may decide to levy a greater penalty depending upon the circumstances. N.B. Ejection MUST BE REPORTED to both coaches and on the game report. Referees must contact GMAA the following morning to report the ejection. A written report must follow.

## **RUGBY 7s TOURNAMENT SPECIFIC RULES**

**1. Playing time:** Two-halves of seven (7) minutes running time for all games. In the event of a tie, a 3 ½ minute sudden-death period shall be played followed by kicks if necessary.

Substitutions will follow the world rugby rule (maximum of 5 per match & player may not re-enter).

**2. Teams:** GMAA member schools may enter a maximum of two 7's teams per age category but only one will be guaranteed. All GMAA member entries will be accepted before any non-member teams up to the maximum (based on the availability of facilities).

**3. Weight Limit:** The bantam weight limit is 152lbs. on the day of the tournament.

**4. Discipline:** A cooling-off period may also be used in the Rugby 7's tournament. However, a player who has been ejected during the tournament will not be permitted to return to play during that tournament.

**5. Staff member:** A school must send 1 staff member who may assume responsibility for more than 1 team from that school in the Rugby 7's tournament.

**June 2023**