



RUGBY

2019-20 Playing Regulations

Updated 2019/05/22

Rule changes for 2019-20

The following articles have been repealed, amended or added:

- 1.2 Number of student-athletes (amended)
- 3.2 League format (amended)
- 3.3 Championship (amended)
- 5.1 Minor officials, game staff and responsibilities (amended)

All modifications to the rules are in red.

The French language text will be used in case of a dispute of interpretation.

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1. RULES AND REGULATIONS

The playing rules and regulations are those of the Quebec Rugby Federation (QRF-Senior), the Canadian Rugby Union and the U SPORTS Rugby Playing Regulations, most recent editions, with the following exceptions, additions and particularities:

1.1 Technical zones (Modified May 2018)

During a game, a maximum of 25 student-athletes, five (5) coaches, and five (5) therapists, whose names appear on the official team roster, can be present in the technical zone.

Each team must identify with a pink bibs those who can leave the technical zone.

One (1) therapist can follow the game three (3) meters away from the side line.

1.2 Number of student-athletes (Amended May 2019)

In women's rugby, the 10 student-athletes listed as substitutes can participate in the game.

In men's rugby, each team can dress and play 23 student-athletes and must identify six (6) front row student-athletes, the left and right props, and the hooker.

Coaches must submit their roster, including numbers, at least 60 minutes prior to the start of the game.

1.3 Injury / Hit to the head

In case of an injury or hit to the head, the student-athlete must leave the game according to the World Rugby rule (Request from a coach or demand from the referee) and can be immediately replaced. He or she cannot come back in the game.

1.4 Spikes

The use of spikes on synthetic turf field will follow the host institution's rules. Spikes must be no longer than 12 mm.

1.5 Game interruption

If a game is interrupted for reasons out of both teams' control, it will be replayed if the interruption happens before the end of the first half. If the first half is over when the game is interrupted, the game is considered as played and the score at the moment of the interruption will be the final score.

1.6 Overtime (Championship games only)

In women's rugby, teams must play two (2) complete periods of 10 minutes. Each overtime period is preceded by a five (5)-minute break. The team who wins the draw can choose the possession of the ball or the side of the field they will play on.

If the tie persists, two (2) periods of five (5) minutes will be played and the first team to score will win the game. A two (2)-minute break will precede each overtime period. The team who wins the draw can choose the possession of the ball or the side of the field they will play on.

If the tie persists, each team selects five (5) kickers. Kickers must be on the field at the end of the last overtime period. A draw will determine the first team to kick. Kicks are done alternating between both teams, at center field, on the 22 meters line. The team with the most successful kicks wins the game.

If the tie persists, the same kickers proceed until one team is ahead of the other with the same number of attempts. After three (3) attempts and if all attempts are successful, we go back five (5) meters for each additional attempt.

In men's rugby, teams must play two (2) complete periods of 10 minutes. Each overtime period is preceded by a two (2)-minute break. The team who wins the draw can choose the possession of the ball or the side of the field they will play on.

If the tie persists, two periods of five (5) minutes will be played and the first team to score will win the game. A two (2)-minute break will precede each overtime period. The team who wins the draw can choose the possession of the ball or the side of the field they will play on.

If the tie persists, each team names one (1) kicker who will attempt three (3) kicks. Kickers must be on the field at the end of the last overtime period. A draw will determine which team will go first and kicks will be done alternating from the 22 meters line first from center, then from the hash marks on the left (15 meters from the throw-in line), then from the hash marks on the right (15 meters from the throw-in line). The team with the most successful kicks wins the game.

If the tie persists, the same kickers proceed with the same sequence (center, left, right), at 32 meters, until one team is ahead of the other with the same number of attempts. For each additional sequence of 3 attempts, kickers go back ten (10) meters.

1.7 Warm-up

A warm-up session can be held while a preceding game is being played as long as it is done without any balls and in the back half of the end zone.

A minimum warm-up time of 20 minutes on the field of play must be allocated to both teams before each game.

2. ELIGIBILITY

Eligibility rules in use are those of U SPORTS and the RSEQ University Sector, most recent editions.

3. COMPETITION

3.1 Team composition

N/A

3.2 League format (Amended May 2019)

Womens: each teams plays against each other once for a total of seven (7) regular season games.

Note: Starting in 2019-2020, the league format consists of two (2) sections of four (4) teams. Each team will face the teams of its own section twice for a total of six (6) games. Section "A" will be made up of the top four teams in the 2018-2019 regular season standings. Section "B" will consist of the last four (4) teams in the 2018-2019 regular season standings. Starting in 2020-2021, the relegation match (see article 3.3) will allow a team from section "B" to access section "A".

Mens: each teams plays against each other once for a total of six (6) regular season games.

3.3 Championship (Amended May 2019)

Womens: the championship format is as follows:

- Quarterfinals 1 : 2nd ranked section B vs 3rd ranked section A
- Quarterfinals 2 : 1st ranked section B vs 4^e ranked section B (Relegation match)
- Semifinals 1: 4th remaining seed team vs Highest remaining seed
- Semifinals 2: 3rd remaining seed team vs 2nd remaining seed team
- Final: Lowest remaining seed vs Highest remaining seed

Consolation final:

- Consolation Semifinals 1 : 3rd ranked section B vs 2nd remaining seed team (Losing team quarterfinals)
- Consolation Semifinals 2 : 4^e section B vs 1st remaining seed team (Losing team quarterfinals)
- Consolation Final : Lowest remaining seed vs Highest remaining seed

Mens: the top four (4) teams in the standings following regular season play advance to the RSEQ championship according to the format below:

- Semifinals 1: 4th ranked team vs 1st ranked team
- Semifinals 2: 3rd ranked team vs 2nd ranked team
- Final: Lowest remaining seed vs Highest remaining seed

4. STANDINGS

4.1 Standings

The score for a victory by default is 21-0.

Womens: points are allocated as follow:

- Two (2) points for a victory
- One (1) point for a tie
- Zero (0) point for a loss

Mens: points are allocated as follow:

- Four (4) points for a victory
- Two (2) points for a tie
- One (1) point for a loss by seven (7) points or less
- Zero (0) point for a loss by more than seven (7) points
- Addition of one (1) point for four (4) tries or more

4.2 Tie breaker

The tie breaking procedures in use are those of the RSEQ University Sector Rules, most recent edition.

5. HOST INSTITUTION'S RESPONSABILITIES

The host institution's responsibilities are as defined in the latest edition of the RSEQ university sector's rules, with the following exceptions, additions, and particularities:

5.1 Minor officials, game staff and responsibilities (Amended May 2019)

The host institution must provide line judges if the QRF can't assign any to the game.

The host institution must provide a statistician in order to complete the game sheet, including the tracking of the game's most valuable players.

5.2 Medical services

Medical services required are as defined in the latest editions of the national/provincial sport federation and the RSEQ University Sector's rules, with the following exceptions, additions and particularities:

- A certified first aid respondent must be in attendance at each game.

5.3 Game statistics and post-game requirements

All host teams are expected to follow the accepted procedure as described in the document to that effect.

5.4 Video recording and sharing

- Film angle must include every student-athletes on the field and video recording must be continuous;
- The camera must be located in the center of the field on a platform with a height of at least two (2) meters;
- All schools must use the Vidswap exchange system to upload video of their respective regular season and playoff home games;
- Games must be uploaded by the home/host school before noon the following Monday after the game.

6. OFFICIALS

The by-laws, policies and procedures pertaining to the officials are those defined in the memorandum of understanding of the provincial sports organisation's referee appendix and the RSEQ University Sector Rules, most recent editions with the following exceptions, additions, and particularities:

- Should the QRF not be able to assign an official, it is the host institution's responsibility to find a referee for the game. The host institution must communicate the name of the official minimum four (4) days prior to the game;
- One (1) referee and two (2) line judges are assigned for each game.

7. DISCIPLINE

Issues related to discipline will be handled in accordance with the RSEQ Organizational Policy and University Sector Rules, most recent editions, with the following exceptions, additions and particularities:

- A student-athlete sent off for a second time in the same season is suspended for a minimum of three (3) games and cannot play until the commissioner's approval.
- A student-athlete sent off for the third time is suspended for an indefinite time and will stay as such until the sanction has been announced by the commissioner.

7.1 Yellow Cards (New article May 2018)

Anyone receiving two yellow cards in the same game will automatically be suspended for one game. None of these yellow cards will be counted as yellow cards and this will not be considered a direct red card.

A total of three (3) yellow cards results in an automatic one game suspension. A total of five (5) yellow cards results in an automatic one game suspension. From the 6th yellow card and onward, a minimum of an automatic one game suspension will be applied and the student-athlete's behavior/conduct will be subject to further review by the convenor.

All yellow cards are erased after the last regular season game. A student-athlete who receives a third yellow card in the final match of the regular season may play in the first game of the playoffs without any penalty. A student-athlete receiving a 5th, 6th

and following yellow card in the last game of the regular season will automatically be suspended for the first playoff game.

7.2 Automatic penalties

The infractions below are subject to the following automatic penalties:

- Physical or verbal abuse towards an official or opponent – Minimum 4 game suspension
- Threats (gesture or verbal) towards an official – Minimum 6 game suspension
- Hitting an opponent with the elbow, the hand, the arm or the fist – 2 game suspension
- Tripping – 2 game suspension
- Holding or pushing an opponent who is not in possession of the ball – 2 game suspension
- Hitting and opponent with the knee – 3 game suspension
- Dangerous tackle (including tackling with outstretched arms) – 3 game suspension
- Dangerous charging – 3 game suspension
- Causing an orderly or spontaneous scrum or maul to collapse – 3 game suspension
- Hitting an opponent with the head – 4 game suspension
- Spitting on an opponent – 4 game suspension
- Stomping on an opponent (one or two feet towards the ground) – 4 game suspension
- Kicking (horizontal swing with one or two feet towards the opponent) – 4 game suspension
- Biting an opponent – 6 game suspension
- Grabbing testicles or hitting at or close to the eyes – 8 game suspension

In the event that a penalty would be moderated (positively or negatively), World Rugby's disciplinary penalty range will be consulted.

8. AWARDS

8.1 Championship

- Champions banner (1)
- Caps (30)
- Gold medals (40) et silver medals (40)
- Trophy (In women`s rugby only)

8.2 All-star teams

- The selection of All-star teams is done by a coaches' vote as mentioned in the latest version of the RSEQ university sector's rules;
- There are two (2) All-star teams (1st and 2nd) made up of fifteen student-athletes;
- The line-up for these teams is as follow: one hooker, one scrum half, one fly half, one back, two props, two centers, two wings, two second rows, two third rows and one #8 OR three #6, #7, #8.

8.3 Individual awards

The selection of Individual Awards is done via coaches' or administrators' vote as defined in the latest edition of the RSEQ university sector's rules.

- Athlete of the year
- Rookie of the year
- Coach of the year
- Leadership and community involvement

9. APPENDIX

- N/A