

## 1. **OFFICIAL RULE BOOK**

[Laws of the Game | World Rugby Laws](#)

[Playing Regulations | Ontario Federation of School Athletic Associations](#)

The laws will be those of World Rugby Laws of Rugby Union and the Canadian Rugby Union.

Ejection(s) of any participant from a CISAA game (player, coach, spectator) will be reported to the CISAA Director. Ejection from the game will result in a minimum suspension of ONE (1) league game (includes playoff and championship games). Further sanctions may apply if the circumstances require a review by the CISAA Director or the formation of an Investigations and Outcomes Committee.

Additionally;

- a) The rules for 7 aside Rugby will be the rules of World Rugby 7 a side rugby with CISAA modifications. See Addendum 2 (pages 12-17)
- b) The rules for U14 Touch Rugby (6 aside) are outlined in Addendum 3 (pages 18-20).
- c) Scrum
  - i. Within the under 19 laws is the stipulation that the scrum is contested with a limit of a 1.5 meter drive.
  - ii. The cadence has once again been changed to ‘Crouch-Bind-Set’.
  - iii. In addition the referees may introduce the ball with non-verbal communication. Referees protocol will include:
    - i. When on the non-put in side of the scrum the referee initiates eye contact and point to the scrum half as an indication to put the ball in the scrum.
    - ii. When on the put-in side of the scrum, the referee will point to the tunnel as an indication to put the ball in the scrum
    - iii. Additionally, the referee may use ‘yes 9’ in order to introduce the ball into the scrum, dependent on the needs of the athletes in the game.
  - iv. Scrums will become uncontested if either team cannot field a suitably trained front row or if the referee orders.
  - v. A match organiser may stipulate the conditions under which a game may start with uncontested scrums.

- d) Substitutions  
SR 15's level only
  - i. once a player is substituted from the game, he may only return to the game to replace an injured player.
- e) Red Cards result in immediate expulsion from the game and a suspension from the next CISAA game. The red card must be reported to the convenor.
- f) For Jr. 15's & Sr. 15's, the yellow card length will represent one quarter of the half-length according to World Rugby. This will result in a 9-minute penalty (35-minute halves)

## 2. OFFICIALS

- a) Home teams must provide referees for every game that are qualified to a minimum of Level I and be full members of their referees' society.
- b) The game will not be played if a qualified referee is not available.
- c) Each team must provide one trained touch judge.
- d) For all Senior Division I 15's regular season games and playoffs, every effort must be made to secure two **currently registered Assistant Referees** in addition to the registered referee.
- e) If a **currently registered referee** is not available, the game must not be played.

## 3. LENGTH OF GAME

- a) Duration of matches  
15 aside
  - i. Senior and Junior leagues will play 35 minute halves.
- 7 aside  
  
7's rugby is to be played using a multi-game format. THREE games per team is ideal, two is the minimum per team per event. Sample multi game schedules are designed to avoid back to back games (see Addendum 1-pages 8-10)
  - i. Senior and Junior leagues will play two-7 minutes halves with a 2 minute half-time (timing would be set for 20 minutes per game in the schedule)
- U14 Touch (boys 6 aside)
  - i. Game length will be 2- 15 minute halves with teams playing a maximum of two games per event. Event schedule to allow for 40 minutes per game.
  - ii. If three games are necessary, then it is to be 2- 12 minutes halves per game.

- b) Abandoned Match:
- i. If, for any reason, a match must be abandoned (ie. lightning storm, serious injury, darkness, etc.) before full time, it will be considered a complete match and results will be official if the abandonment takes place at any point following the completion of the first half of play. Every effort must be made to complete the match even if a delay is necessary.
  - ii. In an abandoned game, the time limit of the delay will be 30 minutes. The referee is the only one that has the ability to make a decision on whether the game will be abandoned and will keep track of the 30 minute time period. Following the 30 minute delay, and if the game can still not be played, the game will be won by the team that was in the lead when the game was ruled abandoned.

#### 4. **STANDINGS & TIE BREAKERS**

(refer to Article 17: CISAA Tie Breakers)

(refer to Article 15: Forfeits and Cancellations)

- a) Senior D1 15's League ONLY (For 7's, please see Addendum 2)

Win 4 points

Tie 2 points

Loss 0 points

- i. 1 bonus point for scoring 4 or more tries in one game
- ii. 1 bonus point for a loss by 7 points or less
- iii. defaults recorded as 20-0 win with the bonus point.

- b) Junior DI 15's  
In League Play and League Standings

Win 2 points

Tie both teams receive one point

Loss 0 points

- c) Forfeitures  
If a team in League play is forced to forfeit, the team(s), which they were scheduled to play will be awarded the maximum points & point differential (see Article 15)

- d) Ties in league standings will be broken as follows;
- i. point total from win/loss/tie record in league play
  - ii. if still tied, result of head to head competition between tied teams
  - iii. if still tied, point differential in head to head competition between tied teams
  - iv. if still tied, fewest points against in head to head competition between tied teams
  - v. if still tied, point differential using all league games in that season
  - vi. if still tied, fewest points against in all league games in that season

- vii. if still tied, seeding is decided by a coin-flip.

#### Process

- i. In the event that two or more teams are tied and the process is able to successfully rank the teams and no ties now exist, this ranking will be used to seed the teams.
- ii. If the process is only able to reduce the number of tied teams by one or more and a tie still exists;
  - the teams that are no longer tied will assume their new ranking
  - the process involving only the remaining tied teams shall commence again from the beginning with ‘a. i.’

## 5. **ELIGIBILITY**

(refer to Article 13: Eligibility for CISAA Participation)

(refer to Appendix 2: OFSAA Participation)

World Rugby and Rugby Ontario’s player welfare guidelines restrict age-banding over three years for contact rugby.

As such, Junior teams may consist of athletes in grades 9 and 10 and who are under 16 years of age as of midnight Dec. 31 of the current school year.

Senior teams may consist of athletes in grades 10 to 12 who are 16 years of age or older as of midnight Dec. 31 of the current school year.

- a) The Athletic Director must be made aware of a coach’s intention to use a player in a higher level league game.
- b) Players competing in games should be regular practicing members of the team.
- c) Ineligible Players - Penalty for Use
  - i. Where an ineligible player competes in a game, that game shall be automatically counted as a loss for the school for which she competes.
- e) Eligibility Rosters must be sent in for all Senior D1 15’s OFSAA bound teams to the convenor before the first CISAA league game.

## 6. **UNIFORMS**

- a) All player’s equipment/clothing must conform to the regulations as stated by World Rugby.
- b) All rugby jerseys must be numbered.

## 7. **EQUIPMENT and SAFETY**

(refer to Appendix 12: Emergency Action Plan)

(refer to section 11 in this document; OPHEA Safety Guidelines)

- a) **Players Equipment**
  - i. Only approved rugby cleats or the equivalent may be worn
  - ii. Boots with a toe stud are legal
  - iii. Goggles may be worn as a corrective eyewear alternative.
    - This eyewear must be designed to serve as a corrective vision alternative and not intended as eye protection.
  - iv. All players must wear mouth guards,
- b) All rugby posts must be properly padded.
- c) Home teams must provide touch flags if the referee does not provide their own.
- d) Flags marking the field should be of a flexible design and 5' in height.
- e) Each team should provide its own first aid kit.
- f) **Medical coverage**  
The home team must have a qualified therapist dedicated to cover each game. This person is responsible for the care of both teams unless the visiting team has its own person available.
- g) Schools should make sure that there are no objects close to the side of the field, or on the field, that could cause injury to players.
- h) The host school should provide extra ice for injury purposes.

## 8. **PLAYOFFS, CHAMPIONSHIPS & END OF SEASON EVENTS**

(refer to Article 18: Playoffs and Championships for general details)

### **For Sr./Jr. 15's:**

- a) **Playoff/Championship Tie Breakers**
  - i. In the semifinals and final, if the game is tied at the end of regulation time, the game will be decided by the following penalty-kick tie breaking format.
  - ii. Only players that are on the field at the end of regulation time are eligible to kick in the tiebreaker format.

#### Format of kicks:

- i. Coaches on each team can select up to 3 kickers from the players remaining on the field at the end of regulation time.
- ii. All kicks will be taken from the 22 metre line, centre placement, left placement, right placement, in that order.
- iii. Kicks will be taken sequentially (Team A followed by TEAM B) from each placement point.

- iv. The team with the most successful kicks out of the 3 placements will be declared the winner.
- v. If the kicks are tied after the first round of 3 kicks, then the above process will be repeated until a winner is declared.

**For 7's:**

- a) Playoff/Championship Tie Breakers
  - i. If the game is tied at the end of regulation time in a knockout game, the following tie breaker will be use;
    - One five (5) minute sudden death overtime period where the first team to score a try wins the game
  - ii. If the game is tied at the end of the overtime period, the game will be decided by the following penalty-kick tie breaking format.
  - iii. Only players that are on the field at the end of regulation time are eligible to kick in the tiebreaker format.

Format of kicks:

- i. Coaches on each team can select up to 3 kickers from the players remaining on the field at the end of regulation time.
- ii. All kicks will be taken from the 22 meter line, center placement, left placement, right placement, in that order. Note that the kicks must be drop kicks and the kicks from the left and right side will be taken 15m in from the sideline.
- iii. Kicks will be taken sequentially (Team A followed by TEAM B) from each placement point.
- iv. The team with the most successful kicks out of the 3 placements will be declared the winner.
- v. If the kicks are tied after the first round of 3 kicks, then the above process will be repeated until a winner is declared.

**9. CONVENOR, COACH & HOST RESPONSIBILITIES**

(refer to Article 3: Code of Conduct)

(refer to Appendix 5: Sport & League Convenor Responsibilities)

(refer to Article 19: CISRR)

- a) All players & coaches must shake hands at the end of the game.
- b) Good sportsmanship is expected of all players and coaches and foul/poor language on and off the court is not acceptable. If a player(s) become rough/rude on the field, then the coach should "bench" player long enough to cool temper & attitude.
- c) Host schools must;
  - i. send results of any league matches to convenor
  - ii. report any yellow cards awarded to the convenor and report any red cards to the convenor and the CISAA Director
    - a) In the event that a player is sent off, the player will miss the next league game.
    - b) If this happens to the same player a second time, the player will be

- suspended for the balance of the season.
- c) The coach and player may appeal this suspension with the Convenor and CISAA Board of Inquiry.
- d) Coaches must;
- i. be responsible for providing a medical kit.
  - ii. understand the guidelines for the prevention of injury as laid down in the Canadian Rugby Union's Laws
  - iii. provide adequate and proper training to avoid unnecessary injury.
  - iv. be aware of the dangers of playing any boy who is less than 100% fit
- e) Game Management:
- i. When the point spread reaches 20 points, coaches must make a change in strategy; some options include:
    - Substituting top players
    - Allow opposing team to field the kickoff
    - Uncontested scrums
    - Discourage counter-rucking
  - ii. In the event of an unbalanced game, coaches are encouraged to discuss strategies at the end of the first half

## 10. **AWARDS**

(refer to Appendix 18: CISAA Awards)

- a) CISAA Plaques (or trophies)  
A CISAA plaque will be awarded to the champion at each level. Where a trophy has been introduced, no CISAA plaque is required.

The Headmasters Trophy- awarded to the Senior Division I 15's Champions and was introduced by St. Andrew's College.

- b) CISAA Medals
- |           |  |
|-----------|--|
| SR and JR | Individuals on the championship and finalist teams will receive CISAA gold and silver medals.                        |
| U13 / U14 | Individuals on the championship, finalist, and third place teams will receive CISAA gold, silver, and bronze medals. |

## 11. **OPHEA SAFETY GUIDELINES**

(High Risk Activity)

All CISAA member schools are required to meet the safety standards set out by OPHEA as a minimum for participation in inter-school sport. The CISAA may, at its discretion, require additional safety standards.

See the OPHEA safety guidelines for RUGBY at the following link:

<https://safety.ophea.net/elementary/interschool/rugby-flagtouch>

<https://safety.ophea.net/secondary/interschool/rugby-tackle>

## **Addendum 1. World Rugby Under 19 Laws**

### Law 2 The Ball

The ball at school boy level should be;

Under 13 and 14 - size four

Under 15 and 16 - size five

### Law 3 Number of Players

If a team nominates 22 players it must have at least six players who can play in the front row in order that there is replacement cover for the loose head prop, hooker and tight-head prop.

If a team nominates more than 22 players it must have at least six players who can play in the front row in order that there is replacement cover for the loose head prop, hooker and tight-head prop. There must also be the three players who can play in the lock position.

A player who has been substituted may replace an injured player.

If a lock forward is sent to off, one that of the remaining 14 players should be replaced by substitution to ensure a complete, suitably trained, front five is left on the field of play.

### Law 5 Time

At U-19, each half will last for 35 minutes playing time. Play in a match must not exceed 70 minutes. After a total of 70 minutes playing time the referee must not allow extra-time in the case of a drawn match in a knockout competition.

At U-15, each half will last for 30 minutes and total playing time should not exceed 60 minutes.

Each half of an under 13 or under 14 match will last for 25 minutes and playing time should not exceed 50 minutes.

### Law 14 Ball on the ground – No tackle

A player is assumed to have fallen willfully, unless the referee is absolutely certain that the fall was accidental.

No advantage will be played from this situation.

### Law 15 Tackle

No player may fall on or over the tackled player.

No player may fall on or over the players lying on the ground after a tackle, with the ball between them or near them.

### Law 16 Ruck

Rucks may move forward provided that players are on their feet.

Any player, at any stage in the ruck, who has caused or causes an opponent to have his shoulder(s) lower than his hip joint must be penalized immediately by awarding a free kick.

Referees should be particularly vigilant of any attempt by the team not in possession to collapse the ruck

#### Law 17 Maul

Any player at any stage of the maul who has caused or causes an opponent to have his shoulder(s) lower than his hip joint must immediately be penalised by awarding a free kick.

Referees should be particularly vigilant of any team not in possession attempting to collapse the maul.

Charging in an unsafe manner is considered dangerous and should be penalised under law 10.

Particular attention should be paid to the correct body positions of players joining the maul (shoulders above hips).

The referee should take note of the defenceless position of any players in the maul. He/she should pay close attention to the method of entry into the maul to ensure that defenceless players are not charged unfairly. Players who fail to observe this requirement should be penalised under law 10.

#### Law 19 Touch and Line-Out

No support or lifting will be allowed in any form of rugby played at under 15 level and below i.e. players must have returned to the ground after jumping before support players may bind. However, at under-16 and above, support (not lifting) may occur in accordance with the laws of the game. The bind of supporting players however, must be on the waist, though it is no longer necessary for them to have their fingers pointing skywards.

#### Law 20 Scrummage

In the interests of safety, referees should talk of the scrum down through the following sequence;

1. Crouch
2. Touch
3. Pause (Hold or Wait)
4. Engage

In an 8-person scrum the formation must be 3-4-1, with a single player, nominally the No. 8 pushing and bound on to the two locks. The locks must bind with their heads on either side of the hooker.

Throughout the duration of a scrummage there must be 8 players from each side in the scrummage, except when the numbers are reduced by;

1. A player ordered from the field
2. Injury

Even allowing for the exceptions there must NEVER be less than five players from each team in a scrummage.

The composition of the incomplete scrummage shall be as follows;

- For a team 1 short - both teams MUST use a 3-4 formation.
- For a team 2 short - both teams MUST use a 3-2-1 formation.

For a team 3 short - both teams MUST use a 3-2 formation.

When a normal scrum takes place the players in the front row positions and the locks must have been suitably trained for these positions.

However in respect of the three front row positions and the two lock positions, should a team;

- be unable to provide suitably trained replacements for an injured player or players,
- be unable to field suitably trained players at the commencement of or during the match,
- have one or more of the five designated players sent off under law 10 and be unable to replace them with suitably trained players from the remaining players,

The referee must order uncontested scrummages or simulated scrummages, which is a normal scrum except;

- There is no contest for the ball
- The team put in the ball must win the ball
- Neither team is permitted to push.

They shall not be more than eight players in the scrum.

Referees should be vigilant to ensure that the hookers are in a hooking position.

Any player who at any stage of the scrum has caused or causes an opponent to have his shoulders lower than his hip joint must be penalized immediately.

Front row coming together should touch the opponent's upper arm and then pause before the engagement. (As previously stated)

In the event of one front row being stronger than the other, the referee should be mindful to instruct the stronger pack to reduce the power of their shove sufficiently to ensure the opposing front row are able to stay on their feet.

The No. 8 is the only player who can pick the ball up at the base of the scrum.

It is illegal to push the opposing scrum more than 1.5 meters from the original line of scrum towards either goal line.

A player must not hold the ball willfully at the scrum once control is established at the base of the scrum.

At under-15 level and below the scrum-half is not allowed to follow the ball or his opponent round the scrum.

If a scrum wheel reaches 45 degrees the referee must stop play. If the wheel is unintentional the referee will order another scrum where the scrum has stopped. There is no turnover at the under-19 age level.

### Scrum Law Interpretation

There seems to be wide-spread misunderstanding about the scrum in the Under 19 game. Many schools and clubs are reporting that Society Referees are giving turnovers.

Please note the following:-

- Scrum going through 45 (non-deliberately) - no turnover but re-scrum to side in possession.
- Scrum stationary with ball at base of scrum - no turnover but free kick.
- Scrum stationary with ball in second row - no turnover but re-scrum to side in possession.

### Law Safety

Any facet of play that the referee deems unplayable - should be stopped immediately.

The referee could deem that any player attempting to “squeeze” the ball is in a dangerous position and could immediately stop play and restart the game with a scrummage to the side in possession. Since some teams will have been coached this technique, it would not be unreasonable to tell coaches in advance that this is how the “squeeze” will be refereed in advance.

## Addendum 2:

**RULES FOR 7-A-SIDE RUGBY****1. Rules**

All rules of World Rugby Laws of Rugby Union (Seven-a-Side Variation) will be followed except the following:

3.4 - does not apply.

3.12 – does not apply.

5.6 – if extra time is required at the championship tournament, only 1 extra period of 5 minutes will be played and the first team to score will win. If the extra period of 5 minutes does not determine a winner then it will go to kicks as outlined in 10e above. Note that the kicks must be drop kicks and the kicks from the left and right side will be taken 15m in from the sideline.

**2. Rosters**

Each school will submit their roster for each tournament. This can be done on the day of the tournament. Listed players do not have to play, but all players who are dressing for the tournament must be listed.

**3. Scheduling**

a) All games will take place at tournaments. Ideally all teams in a league will attend the same tournament. If the league grows to the point where it is impossible for all teams to attend the same tournament, then the league should strive to hold two tournaments on the same day to accommodate all teams.

b) Ideally, teams will only play 3 games in any one tournament, though a 4<sup>th</sup> game may be necessary in some championship tournaments, or a team may request a 4<sup>th</sup> game at a regular season tournament. There are also instances where just two games will be required on a playdate, based on league format & the set-up of the host school. Note that the maximum playing time for any day is 90 minutes in accordance with IRB policy as adopted by Rugby Canada, May 6, 2004.

c) Each team should play 2 league games against each opponent prior to the final championship, though the league format may not always allow for this. Other exhibition games can be played. The league games are used to seed each team in the championship tournament. Win = 2 points, Tie = 1 point, Loss = 0 points. Teams must identify which tournaments they will attend prior to the season starting so that games can properly be identified as league or exhibition.

**4. Multi-game formats for regular season play** (maximum of 3 games in one day)

FIVE TEAMS	
One Surface	
1, 2, 3, 4, 5	
2 pm	1-2
2:20	3-4
2:40	5-1
3 pm	2-3
3:20	4-5
2 GAMES EACH	

SIX teams- one surface required		
	3 games per team	2 games per team
2:00 PM	4-2	
2:20	5-1	
2:40	3-6	
3:00 PM	1-4	1-2
3:20	2-3	3-4
3:40	6-5	2-5
4:00 PM	1-3	1-6
4:20	5-4	3-5
4:40	2-6	4-6

SEVEN TEAMS- L1 in 3 days (1 SURFACE)		
L1- all teams play 6 games		
2 GAMES PER PLAYDATE FOR ALL TEAMS		
ALL 7 TEAMS	ALL 7 TEAMS	ALL 7 TEAMS
3-7	5-1	5-7
6-5	2-3	2-1
2-5	7-4	7-6
4-6	6-3	4-3
1-4	5-4	1-6
3-1	1-7	4-2
7-2	6-2	3-5

<b>EIGHT TEAMS</b>			
ALL teams play 3 games each			
	1 field		2 fields
2:00 PM	8-1		1 - 2    3 - 4
2:20	3-4		5 - 6    7 - 8
2:40	1-7		1 - 3    2 - 4
3:00 PM	4-2		5 - 7    6 - 8
3:20	1-6		1 - 4    2 - 3
3:40	7-2		5 - 8    6 - 7
4:00 PM	8-3		
4:20	7-5		
4:40	4-6		
5:00 PM	5-8		
5:20	6-2		
5:40	3-5		

<b>NINE TEAMS- THREE DAYS (2 SURFACES)</b>						
L1- 8 GAMES						
2 or 3 GAMES PER PLAYDATE FOR ALL TEAMS						
	Playdate 1		Playdate 2		Playdate 3	
	Host=		Host=		Host=	
	ALL 9 TEAMS		ALL 9 TEAMS		ALL 9 TEAMS	
2 pm	7-2	6-4	3-2	7-9	3-6	9-2
2:20	5-3	9-8	6-5	4-8	4-7	8-5
2:40	2-6	7-1	1-9	7-3	1-6	3-9
3 pm	3-4	5-7	2-4	5-9	4-5	2-8
3:20	8-1		6-7	1-3		9-6
3:40		9-4			2-5	8-7
4:00	8-3	5-1	1-2	6-8	4-1	

TEN TEAMS- THREE DAYS (2 SURFACES)						
L1- 9 GAMES						
3 GAMES PER PLAYDATE FOR ALL TEAMS						
	Playdate 1		Playdate 2		Playdate 3	
	Host=		Host=		Host=	
	ALL 10 TEAMS		ALL 10 TEAMS		ALL 10 TEAMS	
2:00 PM	1-8	3-7	10-8	7-2	6-7	3-10
2:20	4-6	10-2	1-4	9-3	4-2	1-5
2:40	7-5	9-8	6-10	8-5	7-8	9-10
3:00 PM	3-2	10-1	4-9	2-1	4-5	6-1
3:20	8-4	6-9	3-8	5-6	9-7	8-2
3:40	7-2	5-10	7-1			1-3
4:00 PM	1-9	6-3	5-9	2-6	8-6	10-4
4:20	2-5		10-7	3-4	2-9	5-3

### **5. Championship Tournament**

a) The champion from the previous year will host the championship tournament if they have appropriate facilities to handle the number of teams and games that will need to be played. If the previous champions cannot host, then an alternative will be decided upon as soon as possible.

b) The Championship tournament will be attended by all teams and the structure will follow the formats in Section 5 below.

c) The point totals from the season will be used to seed the teams, but then the points are wiped clean and a team is awarded 2 points for each win – note that ties are not allowed at the championship tournament. The team with the highest point total on the day is the champion.

In the event of a tie at the end of the tournament, the tie-breaking procedures will proceed as follows:

- i) If two teams are tied, then the winner of the head-to-head competition wins.
- ii) If three or more teams are tied, then the point differential for every game in the tournament will be used (note that the maximum point differential for any one game will be 20 points).
- iii) If this does not break the tie, then the difference in number of tries scored for every game in the tournament will be used.
- iv) If this does not break the tie, then the team that has scored the highest number of points in every game in the tournament will win (with a maximum differential of 20 points).

- v) If this does not break the tie, then the team that has scored the highest number of tries in the tournament will win.
- vi) If this does not break the tie then the tie stands.
- vii) Note that if there is a three-way tie, and the tie is broken for one team, then that team is removed and the process starts again from i above.

## 6. Championship Tournament Structures

3 Teams
1 <sup>st</sup> vs 3 <sup>rd</sup>
Break
2 <sup>nd</sup> vs 3 <sup>rd</sup>
Break
1 <sup>st</sup> vs 2 <sup>nd</sup>

4 Teams
1 <sup>st</sup> vs 3 <sup>rd</sup>
2 <sup>nd</sup> vs 4 <sup>th</sup>
Break
1 <sup>st</sup> vs 4 <sup>th</sup>
2 <sup>nd</sup> vs 3 <sup>rd</sup>
Break
3 <sup>rd</sup> vs 4 <sup>th</sup>
1 <sup>st</sup> vs 2 <sup>nd</sup>

5 Teams
1 <sup>st</sup> vs 3 <sup>rd</sup>
2 <sup>nd</sup> vs 4 <sup>th</sup>
3 <sup>rd</sup> vs 5 <sup>th</sup>
1 <sup>st</sup> vs 4 <sup>th</sup>
2 <sup>nd</sup> vs 5 <sup>th</sup>
3 <sup>rd</sup> vs 4 <sup>th</sup>
1 <sup>st</sup> vs 5 <sup>th</sup>
2 <sup>nd</sup> vs 3 <sup>rd</sup>
4 <sup>th</sup> vs 5 <sup>th</sup>
1 <sup>st</sup> vs 2 <sup>nd</sup>

6 Teams (2 pools / 1 Field)
1 <sup>st</sup> vs 4 <sup>th</sup> (Pool A)
2 <sup>nd</sup> vs 3 <sup>rd</sup> (Pool B)
4 <sup>th</sup> vs 5 <sup>th</sup> (Pool A)
3 <sup>rd</sup> vs 6 <sup>th</sup> (Pool B)
1 <sup>st</sup> vs 5 <sup>th</sup> (Pool A)
2 <sup>nd</sup> vs 6 <sup>th</sup> (Pool B)
Break
Pool A 3 <sup>rd</sup> vs Pool B 3 <sup>rd</sup>
Pool A 2 <sup>nd</sup> vs Pool B 2 <sup>nd</sup>
Pool A 1 <sup>st</sup> vs Pool B 1 <sup>st</sup>

6 Teams (2 Pools / 2 Fields)	
Pool A	Pool B
1 <sup>st</sup> vs 4 <sup>th</sup>	2 <sup>nd</sup> vs 3 <sup>rd</sup>
Break	Break
4 <sup>th</sup> vs 5 <sup>th</sup>	3 <sup>rd</sup> vs 6 <sup>th</sup>
Break	Break
1 <sup>st</sup> vs 5 <sup>th</sup>	2 <sup>nd</sup> vs 6 <sup>th</sup>
Break	Break
Pool A 3 <sup>rd</sup> vs Pool B 3 <sup>rd</sup>	Pool A 2 <sup>nd</sup> vs Pool B 2 <sup>nd</sup>
Pool A 1 <sup>st</sup> vs Pool B 1 <sup>st</sup>	

7 Teams (2 Pools / 1 Field)
a) 1 <sup>st</sup> vs 4 <sup>th</sup> (Pool A)
b) 2 <sup>nd</sup> vs 6 <sup>th</sup> (Pool B)
c) 5 <sup>th</sup> vs 7 <sup>th</sup> (Pool A)
d) 3 <sup>rd</sup> vs 6 <sup>th</sup> (Pool B)
e) Winners of games a) and c)
f) 2 <sup>nd</sup> vs 3 <sup>rd</sup> (Pool B)
g) Losers of games a) and c)
Championship: Winner of e) vs Pool B 1 <sup>st</sup>
Consolation: Winner of g) vs Pool B 2 <sup>nd</sup>

7 Teams (2 Pools / 2 Fields)	
Pool A	Pool B
1 <sup>st</sup> vs 4 <sup>th</sup>	2 <sup>nd</sup> vs 6 <sup>th</sup>
5 <sup>th</sup> vs 7 <sup>th</sup>	Break
Break	3 <sup>rd</sup> vs 6 <sup>th</sup>
1 <sup>st</sup> vs 5 <sup>th</sup>	Break
4 <sup>th</sup> vs 7 <sup>th</sup>	2 <sup>nd</sup> vs 3 <sup>rd</sup>
Break	Break
1 <sup>st</sup> vs 7 <sup>th</sup>	4 <sup>th</sup> vs 5 <sup>th</sup> (Pool A)
Break	Break
Pool A 3 <sup>rd</sup> vs Pool B 3 <sup>rd</sup>	Pool A 2 <sup>nd</sup> vs Pool B 2 <sup>nd</sup>

8 Teams (2 Pools / 2 Fields)	
Pool A	Pool B
1 <sup>st</sup> vs 4 <sup>th</sup>	2 <sup>nd</sup> vs 3 <sup>rd</sup>
5 <sup>th</sup> vs 8 <sup>th</sup>	6 <sup>th</sup> vs 7 <sup>th</sup>
Break	Break
1 <sup>st</sup> vs 5 <sup>th</sup>	2 <sup>nd</sup> vs 6 <sup>th</sup>
4 <sup>th</sup> vs 8 <sup>th</sup>	3 <sup>rd</sup> vs 7 <sup>th</sup>
Break	Break
1 <sup>st</sup> vs 8 <sup>th</sup>	2 <sup>nd</sup> vs 7 <sup>th</sup>
4 <sup>th</sup> vs 5 <sup>th</sup>	3 <sup>rd</sup> vs 6 <sup>th</sup>
Break	Break

Pool A 1 <sup>st</sup> vs Pool B 1 <sup>st</sup>	
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Pool A 3 <sup>rd</sup> vs Pool B 3 <sup>rd</sup>	Pool A 2 <sup>nd</sup> vs Pool B 2 <sup>nd</sup>
Pool A 1 <sup>st</sup> vs Pool B 1 <sup>st</sup>	

Addendum 3: **RULES FOR CISAA U14 - TOUCH RUGBY (6-a-side)**

Rules are based on [Federation of International Touch \(FIT\) Rules](#)

Additionally/Highlight of Updates:

- a. As per the F.I.T. rules, dropped balls are turnovers.
- b. As per the F.I.T. rules, overtime at the Championship Tournament will result in a 2-minute 4 v 4 period. If the game is still tied, the game is played 3 v 3 until a try is scored.
- c. As per the CISAA modified rule, no diving for the try line.
- d. As per the CISAA modified rule, the goal is for every team to have 3 games on each play date. Each game is 2 x 12-minute halves.

1. POSSESSION

A coin toss determines first possession. The winning team chooses an end or possession. Possession alternates at each half, and teams switch ends for the second half.

2. NUMBER OF PLAYERS

Teams consist of 6 athletes on the field at one time.

3. FIELD SIZE

Dimensions are recommended to be 50m wide and approximately 60 - 70m long (not including deadball zones at each end). Size may vary, but it's recommended that half of a rugby or soccer field is used, with the width of a full-size field used as the length of a touch field. This will allow for one full-size field to act as two touch fields for tournament purposes.

Flags or pylons should be used to mark halfway (big pylons or flags), 10m either side of halfway (small pylons), 5m from the try line (small pylons), the try line (big pylons or flags), and the dead ball line (small pylons).

4. SUBSTITUTIONS

Substitutions may happen at any stage as long as the player on the field comes off before the new player comes on. All substitutions must occur within 10 meters on either side of the halfway mark.

5. START OF GAME

The game will begin with a tap and go. After each try is scored, the non-try-scoring team will tap the ball. The defense will be 10m back for each tap restart.

6. OFFENSE / DEFENSE

The attacking team must pass the ball to one another, backwards or sideways, while running forward.

The offending team must always be onside to receive the ball (behind the ball).

The defending team must quickly move back 5 meters from the "Mark" towards their try zone every time there is a touch to give the attacking team space. The "Mark" is defined as the point at which the player

with possession of the ball was touched. The defending players must show they are actively retreating and not standing still.

An offside defending player who has not moved back 5 meters can not make a touch.

On an offside, the referee may allow an advantage to the attacking team. If the attacking team advances 10 meters, the advantage is gained.

If a defensive player touches an offensive player while they are offside, the whistle will be blown and the touch count will be reset to zero. The defending team will also have to retreat 10 meters.

When a player running with the ball is touched, that player can not then pass the ball to another player. The ball has to be passed before a touch or else it's called a 'touch pass' resulting in a turnover.

When a touch is made by the defending team, the ball must be placed down on the ground between the attacking players' legs. The player who was touched must step over the ball. This is called a roll-ball.

The first player to pick up the ball after his teammate has performed a roll-ball is called the 'acting half'. However, the acting half may not get touched with the ball, and they may not score. If they get touched with the ball, it will result in a turnover.

Defensive players may not advance until the ball is touched by the acting half. The acting half must not purposely delay in picking up the ball. In the case of a delay, the referee will indicate, to the defensive team, their ability to advance.

An offensive obstruction will be called if an offensive player gets between the ball carrier and the defense and prevents a touch.

If a player runs out of bounds with the ball, it will result in a change of possession. Play is restarted with a tap and goes 5m out from the touch line.

To score a try, the attacking team must touch the ball down past the try line.

Players must remain on their feet when crossing the try line. A player may not intentionally dive into the end zone when attempting to score. (new as of Nov. 22<sup>nd</sup>, 2018.)

## 7. TOUCHES

A touch occurs if you are touched by 1 hand (or both) of a defensive player.

Each offending team is allowed 6 touches.

Typically, the referee will signify the touch by calling TOUCH and the number of the attempt.

If an attacking player with the ball runs past the mark (spot) they are touched on, they must return to the mark (spot) decided by the referee to perform a roll-ball.

## 8. TURNOVERS & PENALTIES

### TURNOVERS

A turnover occurs in the following situations;

- a. 6 touches
- b. A dropped ball
- c. A knock-on
- d. Acting half being touched
- e. Running out of bounds

The referee will indicate the mark

Turnovers result in a 5m retreat by the defense and a **roll ball** by the offense

The offense can restart play at OR behind the mark

### PENALTIES

A penalty occurs in the following situations;

- a. Forward pass
  - b. Touch pass
  - c. Touched player not rolling the ball on the mark
  - d. Defensive player disrupting the roll ball (intentionally or unintentionally)
  - e. Defensive player offside
  - f. Obstruction
  - g. Kicking
  - h. Tackling
  - i. Grabbing the ball from an opponent
  - j. Swatting the ball out the hands of a passing player
  - k. Fending (stiff arms)
  - l. Tripping
  - m. Foul play as interpreted by the referee
  - n. Claiming a touch when one was not made
  - o. More than 6 players on the field
- The referee will blow the whistle and indicate the mark.
  - Penalties result in a 10m retreat by the defense, and a **tap ball** and fresh touch count for the offense
  - Offense can restart play at, OR behind the mark

### **Explanation of the Offside Line**

The offside line is an imaginary line running from the roll ball and is parallel to the try line. Any defensive player not retiring to the allocated distance by the referee (5m from roll-ball or 10m from penalty) will be deemed offside.