

## **2018 LOSSA RUGBY SEVENS LEAGUE RULES**

Unless otherwise indicated, all matches will be played under the IRB bye-laws, regulations and laws of the game in accordance with the Seven-a-side variations framed by the IRB. The league winner at both senior, junior and Bantam division will be determined in a **LOSSA Final** play-off tournament involving the top four, (1-4) teams in each division based on points accumulated in the previous three LOSSA tournaments.

### **Tournament Dates**

- **Tournament # 1:                      Friday, Sept. 28**
- **Tournament # 2:                      Friday, Oct. 5**
- **Tournament # 3:                      Friday, Oct 12**
- **LOSSA Finals:                        Friday, Oct. 19**
- **All league tournaments will be played at Dunbarton High School**
- **The LOSSA Finals will be held at the Ajax Wanderers Rugby Club**

### **Senior League format and Participants**

- **There will be 10 participating teams. Each Senior team will play a total of 9 games in league play (3 games in each of the LOSSA tournaments). This format will mean that each team plays every other team in the league 1 time. Teams are organized from 1-10 in alpha order and keep their draw number throughout the season. Points are awarded on a sliding scale outlined below under the heading “Pool Points”. Competing teams are as follows:**

- 1. All Saints**
- 2. Brooklin**
- 3. Courtice**
- 4. Dunbarton**
- 5. Eastdale**
- 6. Henry Street**
- 7. Pickering**
- 8. Port Perry**
- 9. Uxbridge**
- 10. Wilson**

The final draft of the senior draw for all 3 LOSSA tournaments appears below:

**LOSSA Sr Boys Sevens**

**Tournament Draws for 10 team league**

**Tournament # 1**

Game 1	Game 2	Game 3
1v2	3v1	5v3
3v4	5v2	7v1
5v6	7v4	10v2
7v8	10v6	8v4
9v10	9v8	9v6

**Tournament # 2**

Game 1	Game 2	Game 3
7v5	10v7	8v10
10v3	8v5	6v7
8v1	6v3	4v5
6v2	4v1	2v3
9v4	9v2	9v1

**Tournament # 3**

Game 1	Game 2	Game 3
6v8	4v6	2v4
4v10	2v8	1v6
2v7	1v10	3v8
1v5	3v7	5v10
9v3	9v5	9v7

### Junior League format and participants

- There will be 9 participating teams. Each Junior team will play a total of 8 league games in the 3 LOSSA tournaments, (3 games in two tournaments, and 2 games in one tournament). This means that each Junior team will have a bye in one LOSSA tournament. Teams are organized in alpha order from 1-9, and will keep their draw number throughout all 3 LOSSA tournaments. Points are awarded on a sliding scale outlined below under the heading "Pool Points". Competing teams are as follows:

1. All Saints
2. Courtice
3. Dunbarton
4. Eastdale
5. Henry Street
6. Port Perry
7. Sinclair
8. Wison
9. Uxbridge

The final draft of the Junior draw for all 3 tournaments appears below:

### LOSSA Junior Boys' Sevens

#### Tournament Draws for 9 team league

##### **Tournament # 1**

Game 1	Game 2	Game 3
1v2	3v1	5v3
3v4	5v2	7v1
5v6	7v4	9v2
7v8	9v6	8v4
9=bye	8=bye	6=bye

## **Tournament # 2**

<b>Game 1</b>	<b>Game 2</b>	<b>Game 3</b>
7v5	9v7	8v9
9v3	8v5	6v7
8v1	6v3	4v5
6v2	4v1	2v3
4=bye	2=bye	1=bye

## **Tournament # 3**

<b>Game 1</b>	<b>Game 2</b>	<b>Game 3</b>
6v8	4v6	2v4
4v9	2v8	1v6
2v7	1v9	3v8
1v5	3v7	5v9
3=bye	5=bye	7=bye

### **Grade 9 (Bantam) League format and Participants**

- There will be 6 participating teams. Each Bantam team will play every other team twice, for a total of 10 games, 3 in each of the first two tournaments, and 4 in the final tournament. Points are awarded based on a sliding scale outlined below under the heading "Pool Points". Bantam Teams will be organized in alpha order from 1-6 and will keep their draw number throughout all three league tournaments. Bantam teams are:

1. Dunbarton
2. Eastdale
3. Henry St.
4. Port Perry
5. Sinclair
6. Uxbridge

The final draft of the Bantam draw for all 3 LOSSA tournaments appears below;

**LOSSA Bantam Boys Sevens**

**Tournament draft for 6 team league**

**Tournament # 1 Draw**

<b>Game 1</b>	<b>Game 2</b>	<b>Game 3</b>
1v2	3v1	6v3
3v4	6v2	4v1
5v6	5v4	5v2

**Tournament # 2 Draw**

<b>Game 1</b>	<b>Game 2</b>	<b>Game 3</b>
4v6	2v4	1v2
2v3	1v6	3v4
5v1	5v3	5v6

**Tournament # 3 Draw**

<b>Game 1</b>	<b>Game 2</b>	<b>Game 3</b>	<b>Game 4</b>
3v1	6v3	4v6	2v4
6v2	4v1	2v3	1v6
5v4	5v2	5v1	5v3

### LOSSA Finals

For all divisions (Sr., Jr, and Bantam), the top four teams (1 -4) based on total accumulated tournament points during the entire league season will play on finals day using the following play-off format:

Semi Finals:             $\frac{1}{2}$  Final A: Seed # 1 v Seed # 4  
                              $\frac{1}{2}$  Final B: Seed # 2 v Seed # 3

Final:                    Winner of  $\frac{1}{2}$  Final A v Winner of  $\frac{1}{2}$  B (Gold/Silver match)

## *General Rules of Play*

### Game Duration

Each game will consist of two 7-minute halves with a 2 -minute break at half. Choice of kick away or reception will be determined by rock, paper, scissors prior to kick off, and off the field of play, (team captains will meet with the assigned referee for their game 2 minutes prior to kick-off). The team losing the rock, paper, scissors will have the choice of field half to begin the game. Teams will shake hands off the field at the conclusion of the match. ALL MATCHES WILL START AT THE ALLOCATED TIME.

### Pool Points

Points for pool matches (to be used in the event of a tie-breaker scenario) will be awarded as follows:

Win	=	5 points
Tie	=	2 points
Bonus Point (4 or more tries)	=	1 point
Bonus Point (loss by 7 points or less)	=	1 point

### Tie Breaker Format

In the event of a points tie between teams, the following criteria will determine future seeding (including for the LOSSA Finals):

- 1) Head to Head record
- 1) Points differential
- 2) Tries conceded
- 3) Fewest # of cards received

## Discipline

**Yellow Card:** will result in a 2-minute sin-bin, (player must leave the field of play immediately and stand at the dead ball line of the opposition try zone; player may return on the referee's direction)

**Red Card:** applied as follows;

- **Players that receive two (2) yellow cards for dangerous play + misconduct ( World Rugby Laws 10.4), will be given a red card, ejected from the game, and be suspended for the next League/Play-off game, and any exhibition or tournament games up until that game is played. All ejections from games to be reported to the Convener and LOSSA. All ejections can result in supplementary discipline by LOSSA.**
- **Players that receive two (2) yellow cards where one (1) or both of the cards are NOT for dangerous play + misconduct (World Rugby Laws 10.4) to be ejected from the game but will NOT face further suspension.**
- **Multiple dangerous play + misconduct infractions: Players who are suspended a second time for dangerous play + misconduct to be suspended for the next League/Playoff tournament in its entirety. Suspension reported to the Convener and LOSSA, and may result in further supplementary discipline. Players suspended a third time for dangerous play + misconduct to be suspended from all League/Playoff and exhibition play in LOSSA. Suspension reported to the Convener and LOSSA and may result in further supplementary discipline.**

## Tournament Squads

**An unlimited number of players may be used by each team for tournaments # 1,2, and 3. This means “unlimited substitution” but NOT “rolling substitution”.**

**One game sheet will be filled out by each team at the start of each tournament. All players must appear on the AELS eligibility list.**

**For LOSSA Finals day, coaches will be required to submit a squad (maximum of 12 players) for each game using the official LOSSA Game Sheet, (this means you may use more than 12 players on the day, but no more than 12 players in each game, clearly listed on the official game sheet). A match shall be played by no more than seven players in each team on the playing area. A player may be replaced on account of injury or substituted. A team may have no more than five replacements/substitutes. A team may replace or substitute up to five players. Temporary replacement for a blood injury, or HIA check to a player is permitted. A player who has been replaced through injury may NOT resume play in the same match unless they have been temporarily replaced for a blood injury. A player who has been substituted may not resume play in the same match except as a temporary replacement for a player with a blood injury. No replacement or substitution may be made without the permission of the referee, and only during a stoppage in play.**

**General**

**Jury of Appeal:** In the event of a disciplinary issue, an immediate decision will be made by a jury of appeal consisting of two LOSSA coaches (to be chosen at the start of the first LOSSA tournament), and one of the two LOSSA Boys' Sevens convenors.

**Interaction with officials:** Interaction with officials, whether by players or coaches, must be professional and responsible. Abuse of officials, either verbally or physically, will be reported to LOSSA and may be subject to sanction.

**Coach oversight:** Coaches are expected to be aware of their players' whereabouts and actions and should be cognizant of the need for appropriate behavior on and off Durham Board property.