

2017 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 in both senior and junior (“Cup” champions), will be determined in a LOSSA Final play-off tournament involving the top six, (1-6) teams based on points accumulated in the previous three LOSSA tournaments.

Tournament Dates

- Tournament # 1: Thursday, Sept. 28
- Tournament # 2: Thursday, Oct. 5
- Tournament # 3: Wednesday, Oct 11
- LOSSA Finals: Friday, Oct. 20 * (new date)
- All tournaments and the finals will be played at Dunbarton High School

Senior League format and Participants

- 2 independent pools, with 5 teams in each pool. Teams are ranked by descending order of achievement from pool A1 to pool B5. Winning points are awarded on a sliding scale which differentiates between pools with the level of difficulty and accomplishment in pool A as the highest, and Pool B the lowest.
- After each tournament, the top 2 teams from pool B are promoted, and the bottom 2 teams from pool A are relegated.
- Sr. Teams are ranked in the following order for tournament #1 (based on last year’s final results and coaching requests)

1. Uxbridge	5. Sinclair	9. Port Perry
2. Brooklin	6. Pickering	10. All Saints
3. Dunbarton	7. Henry St.	
4. Eastdale	8. Courtice	

Example Structure with tournament points value based on 12 teams

Pool A Result	Tournament Points earned	Pool B Result	Tournament Points earned
1	20	1	12
2	18	2	10
3	16	3	8
4	14	4	6
5	12	5	4

- Teams in each Pool play 4 pool games to determine tournament points.
- All teams guaranteed 4 games per tournament.

Junior League format and Participants

- 9 participating teams organized in 2 pools of 5 and 4 teams respectively. Teams are ranked in descending order of achievement from A1 through B4 based on their previous performance.
- Points are awarded based on a sliding scale which differentiates between pools with the level of difficulty and accomplishment higher in Pool A and lower in Pool B.
- After each tournament the bottom two teams in Pool A are relegated and the top two teams in Pool B are promoted.
- Jr. teams are ranked in the following order for tournament # 1 (based on last year's final results and coaching requests)
 1. Dunbarton
 2. Uxbridge
 3. Sinclair
 4. Henry St.
 5. Courtice
 6. Pickering
 7. All Saints
 8. Eastdale
 9. Port Perry

Example Structure with tournament points value based on 8 teams

Pool A Result	Tournament Points earned	Pool B Result	Tournament Points earned
1	20	1	12
2	18	2	10
3	16	3	8
4	14	4	6
5	12		

Teams in Pool A will play four pool games to determine their pool ranking. Teams in Pool B play 3 pool games to determine pool points and ranking and a final (1 v 2; 3 v 4) to determine their total tournament points.

LOSSA Finals

For both Jr and Sr, the top six teams (1 -6) based on total accumulated tournament points will play on finals day using the following play-off format:

Quarter Finals: Seeds # 1 and 2 (bye)

$\frac{1}{4}$ Final A: Seed # 4 v Seed # 5

$\frac{1}{4}$ Final B: Seed # 3 v Seed # 6

Semi Finals: $\frac{1}{2}$ Final A: Seed # 1 v winner of quarter final A

$\frac{1}{2}$ Final B: Seed # 2 v winner of quarter final B

Final: Winner of $\frac{1}{2}$ Final A v Winner of $\frac{1}{2}$ B

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	=	4 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) Points differential
- 2) Tries scored
- 3) Number of cards received

Discipline

Yellow Card: will result in a 3-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: to be applied in a progressive manner for each player as follows:

- First red card: player is suspended for the remainder of the game and the next two, (2) games played by their team. (this may extend to the next tournament)
- Second red card: player is suspended for the remainder of the game and the next four, (4) games played by their team. (this will extend to the next tournament)
- Third red card: player is suspended for the remainder of the season.

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. 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.