



## PLAYING REGULATIONS: WOMEN'S RUGBY

### 1. SPORT FORMAT

Canada West will follow the U SPORTS Playing Regulations. This document provides additional regulations that will also be followed or supersede a U SPORTS Playing Regulation.

### 2. TEAM COMPOSITION (Also refer to Policy 7 & 9 of Canada West Operations Manual)

Each team can declare up to twenty-five (25) players from their most recently submitted U SPORTS Eligibility Form. At least six (6) or more of that 25 player roster must be designated as suitably trained and experienced Front row. A Team that can only declare five (5) players as suitably trained and experienced front row will only permitted to dress a twenty-three (23) player roster. All players listed on a game-sheet may enter the game.

The rosters are not frozen on any weekend during the regular season. Rosters are frozen during the Canada West Championships Tournament. A total of 30 individuals (25 dressed players and 5 team personnel) will be allowed on the bench or team bench area.

### 3. LEAGUE / SEASON FORMAT (Also refer to Policy 8 of the Canada West Operations Manual)

- 3.1 All games are two (2) forty (40) minute halves.
- 3.2 Games that end in a tie score after regulation time will remain tied (i.e. no overtime).
- 3.3 Due to the unbalanced schedule with teams playing an uneven number of games, Team Standings will be determined using Win Percentage. Win Percentage will be calculated by taking the total points scored and dividing by the Total Potential Points a team can score.

#### 3.4 Points Earned as follows:

Win with a bonus point for scoring 4 or more tries:	5 Points
Win with no bonus point	4 Points
Tie with a bonus point for scoring 4 or more tries	3 Points
Tie with no bonus point	2 Points
Loss by 7 points or less where the team has also scored 4 or more tries	2 Points
Loss by 7 points or less	1 Points
Loss with no bonus points	0 Points

- 3.5 If two or more teams are tied in Win Percentage at the end of the Regular Season, the tie breaking procedures to determine league standings are in the following prioritized

order:

1. Best win/loss record against the team(s) with which they are tied.
2. The highest points differential against each other.
3. The highest points differential in all league games.
4. The most tries in games against each other.
5. The most goals (converted tries) in games against each other.
6. The most drop goals in games against each other.
7. The most penalty goals in games against each other.
8. If more than two teams are tied, and the above process reduces the tied teams by one or more, then, to break the ties, the process shall commence again, from the beginning.
9. Coin toss (if two teams are tied) or drawing of lots (if more than two teams are tied).

#### **4. PLAYOFF / CHAMPIONSHIP FORMAT** (Also refer to Policy 8 of the Canada West Operations Manual)

- 4.1 The top three (3) teams and the host will meet in a tournament format for the Canada West Championship.
- 4.2 The championship tournament will be played over four days - Thursday to Sunday.  
Thursday:  
Semi-Final A - 4th place finisher vs. 1st place finisher.  
Semi-Final B - 3rd place finisher vs. 2nd place finisher.  
Game times at the discretion of the host institution.  
Sunday:  
Losers of Semi-Finals play for 3<sup>rd</sup> place at 11:00 AM  
Winners of Semi-Finals play for Gold Medal at 1:00 pm.
- 4.3 Should a tie exist at the conclusion of full-time play, two 10-minute overtime periods will be played. There shall be a coin toss after regulation time to determine kick-off for the overtime. If still tied, the tie breaking criteria are in the following prioritized order:
  1. The team scoring the higher number of tries.
  2. The team scoring the higher number of goals (converted tries).
  3. The team scoring the higher number of drop goals.
  4. The team scoring the higher number of penalty goals.
  5. A coin toss.

#### **5. UNIFORMS** (Also refer to Policy 9 of Canada West Operations Manual)

- 5.1 Uniforms are to be number 1 to 25. Duplicate numbers or jerseys that have no numbers are not permissible. Two sets of jerseys are encouraged - one light and

one dark.

- 5.2 All Canada West members are required to have the Canada West brand on all new uniforms, as per the specifications in the Canada West Brand ID Guide. The Canada West Office shall proof branding on uniforms to ensure guidelines are met.

## 6. RULES

### 6.1 OFFICIALS

Host schools shall work with the local Rugby Referee's Union to ensure that:

1. Referees should be Provincial panel referees.
2. Certified Assistant Referees should also be supplied by the host.
3. A 4th official shall be provided, if possible.

Where this is not possible the hosts can invite match officials (referees and touch judges) from neighboring rugby referees' unions to ensure that quality match officials are provided.

## 7. AWARDS (Also refer to Policy 15 of the C Canada West Operations Manual)

Teams competing in the Canada West Championship will be competing for the Canada West Women's Rugby trophy, donated by the University of British Columbia.

### 7.1 Canada West All-Star Team

The Sport Liaison is responsible for coordinating the circulation of All-Star nominees prior to the Canada West Championship. Coaches must provide a list of nominees, supported by statistics, from their own teams. This list will be circulated to all teams at the start of the Canada West Championship weekend. Coaches will vote on the best candidates for the Canada West All Star Team. Canada West will select only one All-Star team.

### 7.2 Player of the Year

Coaches or designates will select the most valuable player from the Canada West All-Star team. This award can be determined after the Championship game and will be announced with the All-Star team. This player will be the first Canada West All Canadian.

### 7.3 Rookie of the Year

The Canada West All-Star ballot shall have a section for coaches to nominate their choice for the Rookie of the Year. The player must be eligible, have played in the Championship tournament, be 21 years of age or younger and be in her first year of eligibility in women's rugby.

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## 7.4 Coach of the Year

Coaches will vote for the Coach of the Year. The winners name will be forwarded as the nominee for the U SPORTS Coach of the Year. In the event of a tie there will be a second vote to break the tie at a special meeting called by the Sport Liaison.

## 7.5 Student-Athlete Community Service Award. An award for outstanding achievement in athletics, academics, and community involvement. Similar to the other major awards, coaches will nominate one candidate per school using the ballot provided before the Canada West Championship weekend.

## 7.6 All-Canadians

The Canada West All-Star Team, Rookie of the Year, Most Valuable Player and Coach of the Year shall be submitted to the U SPORTS as well as the Canada West All-Canadian nomination.

## 7.7 All- Canadian conference call

A coach from the participating teams shall be designated to represent Canada West on the U SPORTS All-Canadian conference call.

## 7.8 Canada West award winners must be formally recognized at the Canada West Championship. It is at the discretion of the host whether the recognition is made at the competition itself or through some other ceremony/banquet, etc. held in conjunction with the Championship.

## 8. SPORT ADMINISTRATION (Also refer to Policy 9 of the Canada West Operations Manual)

### 8.1 The game ball shall be a 5 ball. The host shall provide three game balls per field to be at the referee's disposition for play in the game. The host shall also provide 4-6 pop bags, 6-10 balls, and 20 cones for visiting teams to use.

### 8.2 MEETINGS

1. The Coaches technical meeting can take place, if necessary, the Wednesday night prior to the Championship tournament and all information regarding the tournament shall be e-mailed to all participating coaches.
2. The Coaches Association meeting shall take place on/during the Championship tournament and be chaired by the Sport Liaison or designate at the site of the Championship host. The time and date of the meeting will be agreed to by coaches in advance of the meeting.
3. The agenda is to be developed in conjunction with participating coaches.

## 9. MEDICAL SUPPORT SERVICES

Refer to Policy 14 of the Canada West Operations Manual for host and visiting team responsibilities.

## 10. GAME PROTESTS

If a team wishes to lodge a protest at the end of the game, its team representative must do so in writing and submit the protest to the Discipline Committee within fifteen (15) minutes of the end of the game, having declared her/his intention to do so above her/his signature on the game sheet.

The team representative shall then have a further fifteen (15) minutes to remit to the same Discipline Committee a deposit of \$40.00. If she/he fails to do so, the protest shall be considered void. This protest deposit shall be refunded unless the protest is deemed a futile one by the Discipline Committee. The Host institution keeps any moneys received from protests.

The Discipline Committee shall normally make its decision within one hour of the end of the final game of the day. The decision shall be final.

## 11. FILM EXCHANGE

It is the host institution's responsibility to upload video to VidSwap within 24 hours of the completion of each game.

## 12. INAPPROPRIATE CONDUCT AND SERIOUS MISCONDUCT IN COMPETITION

Refer to Policy 6 of the Canada West Operations Manual for the policy and process for dealing with complaint of inappropriate conduct or incidents of serious misconduct in competition.

### 12.1 SUSPENDED/EJECTED COACH OR PLAYER

1. **A suspended/ejected coach must adhere to the following (for non-conference, league, and playoffs):**
  - a. **Will not be permitted anywhere within the playing venue from one hour before until 30 minutes after their games.**
  - b. **Coaches ejected during a game are to leave the vicinity of the playing surface, dressing rooms and benches, and cease all engagement with any participants, including players, coaches, officials, spectators etc. until 30 minutes after the game concludes.**

**NOTE:** Where a Team Official is ordered to the dressing room under this rule, it is sufficient that they are away from the Players', benches or playing surface and are not directing or interacting with the teams in any manner and in no way

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interacting with or bothering the officials. Should the individual violate this rule, they are subject to further discipline following a Policy 6 review.

- c. Coaches suspended for a game may not be within the vicinity of the playing surface, dressing rooms and benches as of 60 minutes prior to the game; during this time coaches may not have any interaction with the team, through technology or other means, until 30 minutes after the game has been completed.**
- 2. A suspended/ejected player must adhere to the following (for non-conference, league, and playoffs):**
  - a. Student athlete suspended can be in the venue and should be as close as possible to the team bench without being on the team bench.**
  - b. Are not allowed within the field of play during competition.**
  - c. Student athletes suspended can join in the locker room only after the game is complete.**

## **13. RESULTS, STATISTICS AND SCORESHEET MANAGEMENT**

Refer to Section 13 of the Canada West Operations Manual for regulations and procedures regarding statistical reports and results/scoresheet management.

## **14. APPENDICES (N/A)**