

Playing Regulations 2024/2025 RUGBY

Rule modification

The following articles have been abrogated, amended or added:

- 1.2 Number of Student-Athletes **(added)**
- 3.2 League format **(modified)**
- 7.2 Automatic penalties **(modified)**
- 8.2 All-star Team **(abrogated)**
- 9.0 Annexe 1

All modifications are indicated in **red**.

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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

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 sideline.

1.2. Number of Student-Athletes

In women's rugby, each team can dress and field 25 players.

In men's rugby, each team may dress and field 25 players.

*World Rugby rule 3 applies.

In women's and men's rugby, the same rules as U SPORTS are adopted for the order of substitution of the 10 substitute players.

In order to start the match, a minimum of 15 players must be in the line-up. In case of injury during the match, a minimum of 12 players must be available to continue the game.

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/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 13 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)

Two (2) periods of 10 minutes shall be played and completed. A break shall precede each of these two (2) overtime periods. This break is five (5) minutes in women and two (2) minutes in men's. The team that wins the coin toss may choose the possession of the ball or its side of the field.

If the game is still tied, two (2) periods of five (5) minutes will be played and the first team to score wins the game. A two (2) minute break will precede each of these two (2) overtime periods. The team that wins the coin toss may choose the possession of the ball or its side of the field.

In women's rugby, if the game is still tied, each team will name 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, if the tie persists, each team name 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 the 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 30 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. Composition de l'équipe

N/A

3.2. League format

In men's and women's rugby: each team plays against each other once for a total of six (6) regular season games.

3.3. Championship

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

Semifinals 1	4 th	vs	1 st
Semifinals 2	3 rd	vs	2 nd
Final	Lowest remaining seed	vs	Highest remaining seed

Teams finishing 5th, 6th and 7th will take part in a round-robin tournament in a shortened format of 40-minute matches over one day on the weekend of the semi-finals.

The tournament will be hosted by the highest-ranked team, but must be a Quebec institution.

4. Ranking

4.1. Ranking

Points are allotted as below:

- Four (4) points for a win;
- 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.

The score for a victory by default is 28-0 including a bonus point in the ranking.

4.2. Tie Breaking Procedure

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

5. Host Institution's Responsibilities

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

The host institution must provide a (1) statistician in order to complete the game sheet.

5.2. Medical Services

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

- A (1) 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

5.4.1. Technical Requirements, Shot/Angle of View

- The camera must be in the center of the field and on a platform with a minimum height of two (2) meters.
- The recording must be filmed continuously;
- A shot of the scoreboard must be taken at the beginning of each sequence and after each game that changes the score of the match;
- **Wide shot:** the recording must include all the players on the field.

5.4.2. Video Exchange Platform

All schools must use the Vidswap exchange system to upload video of their respective regular season and playoff home games.

5.4.3. Timeline

- All game films must be uploaded by noon on the Monday following the game;
- All regular season and championship games shall be available for download to all members and officials via the agreed upon online exchange system;
- Film transfers must be done normally even if one of the teams does not play the following weekend;
- Film transfers before the first game of the regular schedule must be agreed upon by the teams involved.

5.4.4. Penalties If Technical Requirements/Timetable Not Met

Sanctions are as defined in the RSEQ University Sector Rules, the most recent edition, with the following exceptions, particularities and additions:

- In the event of a problem, it is the responsibility of the institution to contact the teams involved and the Commissioner.

6. Officials

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

- 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

Anyone receiving two (2) yellow cards in the same game will automatically be suspended for one (1) 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 (1) game suspension. A total of five (5) yellow cards results in an automatic one (1) game suspension. From the 6th yellow card and onward, a minimum of an automatic one (1) 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 3rd yellow card in the final match of the regular season may play in the 1st game of the playoffs without any penalty.

A student-athlete receiving a 5th and following yellow card in the last game of the regular season will automatically be suspended for the 1st playoff game.

7.2. Automatic Penalties

The infractions below are subject to the following automatic penalties:

Infractions	Number of game suspensions
Physical or verbal abuse towards an official or opponent	Minimum 4
Threats (gesture or verbal) towards an official	Minimum 6
Hitting an opponent with the elbow, the hand, the arm or the fist	1 to 2
Tripping	1
Holding or pushing an opponent who is not in possession of the ball	1
Hitting and opponent with the knee	2 to 3
Dangerous tackle (including tackling with outstretched arms)	2 to 3
Dangerous charging	2
Causing an orderly or spontaneous scrum or maul to collapse	2 to 3
Hitting an opponent with the head	2 to 4
Spitting on an opponent	Minimum 4
Stomping on an opponent (one or two feet towards the ground)	Minimum 4
Kicking (horizontal swing with one or two feet towards the opponent)	Minimum 4
Biting an opponent	Minimum 6
Grabbing testicles or hitting at or close to the eyes	Minimum 8

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. Championships

	Women	Men
Banner	1	1
Caps	30	30
Gold medals	40	40
Silver medals	40	40
Trophy	1	N/A

8.2. All-Star Teams

The selection of the All-Star teams is done via a coaches' vote as defined in the latest edition of the RSEQ university sector's rules;

- There are two (2) All-Star teams (1st and 2nd) made up of 15 student-student-athletes;
- The line-up for these teams is as follows:
 - o One (1) hooker;
 - o One (1) scrum half;
 - o One (1) fly half;
 - o One (1) back;
 - o Two (2) props;
 - o Two (2) centers;
 - o Two (2) wings;
 - o Two (2) second rows;
 - o Three (3) third rows;

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 Award.

~~*Following the creation of the voting form and the nominations' submission, a mandatory coaches' meeting will be held. The meeting will offer the opportunity to coaches to introduce some of their players.~~

9. Annexe 1 | Selection process for a second CUMRC championship team

1. The league champion will represent the conference at the CUMRC, where the winner chooses not to attend, the silver medalist will have the opportunity to attend as a representative.
2. When the CUMRC is hosted by an RSEQ team, that university team and the banner winner (champion) will represent the conference.
3. In the event that the CUMRC committee awards 2 spots to the RSEQ conference, the gold and silver medalists will represent the conference.