

2008 Calgary Rugby Union Rules & Regulations for Women's First Division & Men's Third Division Rugby

Jurisdiction

These Rules and Regulations shall govern all Women's First Division (SW1) and Men's Third Division (SA3) teams and players residing within Southern Alberta and playing rugby under the jurisdiction of Calgary Rugby Union.

Unless otherwise stated herein, the playing of rugby under these Rules and Regulations shall be in accordance with the Rules and Regulations as set out by Rugby Alberta.

Teams will endeavor to field a minimum of fifteen players for every sanctioned Women's First Division and Men's Third Division match.

In event that:

1. One team is unable to field a minimum of fifteen players but is able to field ten or more players and opposition team is able field fifteen or more players. The game will be played as a friendly under the Rugby Alberta 10 a side rules. Regardless of the outcome of the "friendly", an outright 25-20 victory plus five points will awarded to the team that was able to field a minimum of fifteen or more players. The team that was unable to field the minimum fifteen players will be awarded two points for participating in the friendly. In the event that a team is unable to field a minimum of ten players or refuses to play the friendly, that team shall be considered in default and will be sanctioned according to the Rugby Alberta Rules & Regulations. In the event of a default, an outright twenty-nil (20-0) score will be awarded to the non-defaulting team plus the five (5) points for a bonus win. The non-defaulting team is responsible for notifying its sub-union of the default
2. Both teams are unable to field a minimum of fifteen players the game will be played under the Rugby Alberta 10 a side rules. The game will be treated as a league fixture and the outcome and score will be recorded in the league standings.
3. Both teams are able to field fifteen or more players the game will be played in accordance with the Laws of the Game.

All Playoff games will be played fifteen a side in accordance with the Laws of the Game.

Substitutions

Substitutions shall be in accordance with the Laws of the Game apart from Women's First Division and Men's Third Division, where unlimited substitutions (rolling) shall be allowed, except in playoff games where substitutions shall be in accordance with the Laws of the Game.

For games where unlimited substitutions are permitted the following shall apply:

- A team may nominate up to 25 players
- A player may return to field after being substituted off.
- Substitutions may only be made when the ball is dead and with the permission of the referee.
- For reasons pertaining to safety, risk management and legal liability. A player that leaves the field of play as the result of an injury other than a bleeding or open wound will not be permitted to return to the field of play.

- If the referee decides – with or without the advice of a medically qualified person – that a player is so injured that the player should stop playing, the referee may order that player to leave the playing area.

Temporary Player Loans

Temporary player loans from one team to another will be permitted if:

- The teams are playing against each other
- Both team captain's agree to the loan(s)
- The Referee has been notified

Players from clubs not participating in the league match will not be permitted to be loaned to either team competing in the match unless agreed upon by both team captains.

Temporary player loans will not be permitted during the playoffs

Uncontested Scrums

In Women's First Division and Men's Third Division, those teams should, where possible, have at least three (3) players who are suitably trained and experienced to play in the front row.

If this is not the case the game shall then be played with non-contested scrums.

If through send offs, temporary suspensions or injury, insufficient suitably trained front row players are available the scrums shall become non-contested.

1. If at the commencement of or during a match a team is unable to field a suitably trained front row then should this team commit an error, which results in a scrum, the opposing team will have the choice of either a free kick or an uncontested scrum.

Uncontested scrums will be played where the team unable to field a suitably trained / experienced front row is awarded a scrum as per the laws of the game.

When a free kick is awarded, as an alternative to an uncontested scrum, the opposing team must be given sufficient time to retire 10m before the free kick is taken.

N.B: The free kick option will only be considered to the team who is able to field a suitably trained / experienced front row. Should the team with a suitably trained front row commit an error that results in a scrum then the referee will only play an uncontested scrum.

2. If both Clubs do not have suitably trained / experienced front row players to start or continue a match, the match will still be played and uncontested scrums will be played for both teams.

NB: The choice of a free kick in this circumstance will not be permitted.

The rules for the conduct of uncontested scrums are as follows:

- a) Uncontested scrums must be won by the team feeding the ball with no push or shove.
- b) The ball must be cleared from the scrum base as soon as it is presented, if not or if the ball is held in any part of the scrum then a free kick is awarded to the non-offending side.

- c) If a team:
- Elects to continue with a full scrum, the formation must be 3-4-1;
 - Is one player short in the scrum, then both teams must be in a 3-4 formation;
 - Is two players short in the scrum, then both teams must be in a 3-2-1 formation;
 - Is three players short in the scrum, then both teams must be in a 3-2 formation;
- d) The team that has not called for uncontested scrums has the choice of a scrum or a free kick.

In the event that both teams cannot field suitably trained and experienced front row players, then uncontested scrums will be played.

Rugby Alberta “10-a side” Rules and Variations

All games will be played under the Laws of the Game as framed by the International Rugby Board (IRB) and adopted by Rugby Alberta, with the following variations.

1. A team may dress a maximum of 17 players. Each side must have no more than 10 players on the playing area. All players must be registered with Rugby Alberta and its sub-unions before the start of play.
2. Each team should consist of 5 forwards (Max) and 5 backs (max). Rugby Alberta requires where possible both teams should field the same number of player's throughout the game.
3. Unlimited substitutions are permitted in all 10 a side league games under the jurisdiction of Rugby Alberta and its Sub-Unions. A player who leaves the field is permitted to rejoin the fields of play (Rolling Substitutions).
4. It is mandatory that there is compliance with the Laws of the Game which states that 'a minimum of five players from each team shall be required to form a scrummage.
5. The duration of all games will be 30 minutes each way with a 5-minute interval.