



Calgary Rugby Union

Rules & Regulations

MDEV (Div 2), MREC (Div 3), SW1

Jurisdiction

These Rules and Regulations shall govern all Women's First Division (SW1), Women's Second Division (SW2), Men's Third Division (SA3), and Men's Second Division (SA3) teams and players residing within Southern Alberta and playing rugby under the jurisdiction of the Calgary Rugby Union (CRU).

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 Woman's First Division, Women's Second Division, Men's Third Division and Men's Second 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 the opposition team is able field fifteen or more players. In this instance 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 20-15 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 one bonus point for participating in the friendly.
2. 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 opposition team plus the five (5) points for a bonus win. The non-defaulting team is responsible for notifying its sub-union of the default.
3. In the case where 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 then be treated as a league fixture and the outcome and score will be recorded in the league standings.
4. Provided 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 Woman's First Division, Women's Second Division and Men's Third Division, where unlimited substitutions (rolling) shall be allowed, except in playoff games not under the jurisdiction of the CRU.

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

- A team may nominate up to 25 players
- A player may return to the 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

Unlimited temporary player loans between two teams competing in a match will be permitted if:

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

Players from other clubs not participating in a match will not be permitted to be loaned to either team competing in a match unless agreed upon by both team captains. Teams will be limited to playing four loaned players from another club for any SA3/SW1/SW2/U19/U18 match.

Temporary player loans will not be permitted during the playoffs.

Games played by loaned players will count towards playoff eligibility for their own club unless: the player is included on more than one game sheet in a day then only one game will count towards the (4) game requirement set out in the Rugby Alberta Rules & Regulations

Uncontested Scrums

In Woman's First Division, Women's Second Division, Men's Third Division, U19 and U18 leagues, 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 un-contested scrums.

If through send-offs, temporary suspensions or injury, an insufficient number of suitably trained front row players are available to each side, the scrums shall become un-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 shall have the choice of either a free kick or an un-contested scrum.

Un-contested 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 un-contested 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 that 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 un-contested 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 un-contested scrums are as follows:

- a) Un-contested scrums must be won by the team feeding the ball, with no push or shove from either team.
- b) The ball must be cleared from the base of the scrum as soon as it is presented, if not - or if the ball is held in any part of the scrum - then a free kick will be 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 requested or required the un-contested scrums has the choice of a scrum or a free kick when awarded a scrum situation.

As documented in Article 2 above, in the event that both teams cannot field suitably trained and experienced front row players to start or continue a match, the match will still be played and un-contested scrums will be played for both teams.

Mutually Agreed Upon Rule Variations

In the event that two clubs mutually agree to play a fixture with variations to any of the rules set forth in this document or the Rugby Alberta Rules & Regulations (i.e. matching numbers, letting the outcome of friendly stand as the official score, etc...). Both clubs must notify the match official prior to the start of the fixture of the mutually agreed upon rule variations. The outcome of any fixture, as reported by the match official, played under mutually agreed upon rule variations will stand.

Mouth Guards

All players in playing in U19 & U18 league games must wear a mouth guard at all times. Any player without a mouth guard during the course of play will be removed from competition until a mouth guard is obtained.

Squeeze Ball

No player involved in a match at any age level from under 19 downwards shall use in a match the technique known or referred to as Squeeze ball.

Note: The term “squeeze ball” is applied to a technique involving a ball carrier going to ground, usually keeping his/her body parallel to the touchline, holding the ball on his/her chest and, when on the ground, protecting the ball by pushing it back through his/her legs. This results in ball retention and subsequent presentation for the side in possession.

Penalty: Penalty Kick

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.*
- 3. Each team should consist of 5 forwards (max.) and 5 backs (max). Rugby Alberta requires, where possible, that both teams should field the same number of players throughout the game.*
- 4. 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 field of play (Rolling Substitutions).*
- 5. It is mandatory that there is compliance with the Laws of the Game, which state that “a minimum of five players from each team shall be required to form a scrum”.*
- 6. The duration of all games will be 30 minutes each way with a 5-minute interval.*