



AUGUST 2023

PLAYING REGULATIONS – WOMEN'S RUGBY

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1. COMPETITION

1.1. CHAMPIONSHIP FORMAT

The U SPORTS Women's Rugby Championship shall have a total of eleven (11) games taking place over five (5) days. There will be eight (8) teams in a quarterfinal knockout format with a 3rd place game as well as a consolation 5th place game, but no 7th place game.

1.2. CHAMPIONSHIP BERTH STRUCTURE

The Berth Structure is the makeup of the teams that qualify to the National Championship tournament and will include at minimum, a Host and Conference Champions.

1.3. TEAMS

The participating teams for the **2023** Championship will be as follows:

- AUS Champion
- RSEQ Champion
- OUA Champion
- CW Champion
- **Host (Université Laval)**
- One assigned berth to OUA (*must be conference medalist*)
- One assigned berth to AUS (*must be conference medalist*)
- **One assigned berth to CW (*must be conference medalist*)**

1.4. SEEDING AND DRAW

1.4.1. SEEDING PRINCIPLES

The Women's Rugby seeding principles are as follows:

1. Results of conference playoffs must be respected
2. Conference champions must be seeded in the top 4 spots
3. Conference match ups will be avoided in the 1st round for the top 2 qualifiers from each conference

1.4.2. DRAW

The draw is defined as how a team is scheduled into the National Championship



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tournament.

- 1 vs 8
- 4 vs 5
- 2 vs 7
- 3 vs 6

1.4.3. DRAW COMMITTEE

1. Chair: A non-voting U SPORTS Office staff member
2. Members: U SPORTS will select a representative from each Conference in collaboration with the Conference staff.
3. **President of the Coaches Association: The President of the Coaches Association will be included on the email and shall only provide input in the event of a tie.**
4. Should any member be the coach of a team that has qualified for the championship, the U SPORTS Office will select a designate.

1.4.4. DRAW CRITERIA / PROCESS FOR COMPLETING THE DRAW

1. After the previous year's U SPORTS championship, the 4 conferences will be assigned a draw order of #1 through #4 based on final standing of the highest finishing team from each conference at the championship
2. Conference champions will be assigned in the #1 through #4 spots.
3. The remaining 3 assigned berths and host team will be placed on the opposite half of the draw as the champion from their sport conference.
4. The Draw Committee will determine the placement of the 2nd conference teams in positions #5 or #8 and in positions #6 or #7.
5. If the Host wins their conference championship they will take the #1 conference spot and the second-place finisher in that conference will assume the Host spot for the purposes of the draw.

1.4.5. DRAW PRODECURES

1. Immediately following the completion of the Sport Conference championships, the U SPORTS office will release the final draw and schedule.
2. **The championship schedule is to be reviewed by the STSC prior to the release and once approved the schedule will be final.**



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3. There shall be no appeal of decisions regarding at-large berth selections or seeding.
4. Any member institution that releases seeding information prior to the embargo established by the U SPORTS office will be fined \$500.00.

Final standings from the 2022 U SPORTS Championship:

1. **Université Laval (RSEQ)**
2. **Queen's University (OUA)**
3. **University of Ottawa (RSEQ)**
4. **University of Guelph (OUA)**
5. **University of British Columbia (CW)**
6. **University of Victoria (CW)**

Seeding of the four Sport Conferences based on the results of the 2022 Championship:

1. **RSEQ**
2. **OUA**
3. **CW**
4. **AUS**

On the Sunday prior to the U SPORTS Championship the Seeding Committee will determine the #2 teams from each conference in each bracket as listed below:

- (1) vs. (8) **RSEQ #1 vs OUA #2 or CW #2**
(4) vs. (5) **AUS #1 vs OUA #2 or CW #2**
- (2) vs. (7) **OUA #1 vs RSEQ #2 or AUS #2**
(3) vs. (6) **CW #1 vs RSEQ #2 or AUS #2**

1.5. FORMAT

The Format of a National Championship will depend on the sport and will encompass a wide range of aspects including:

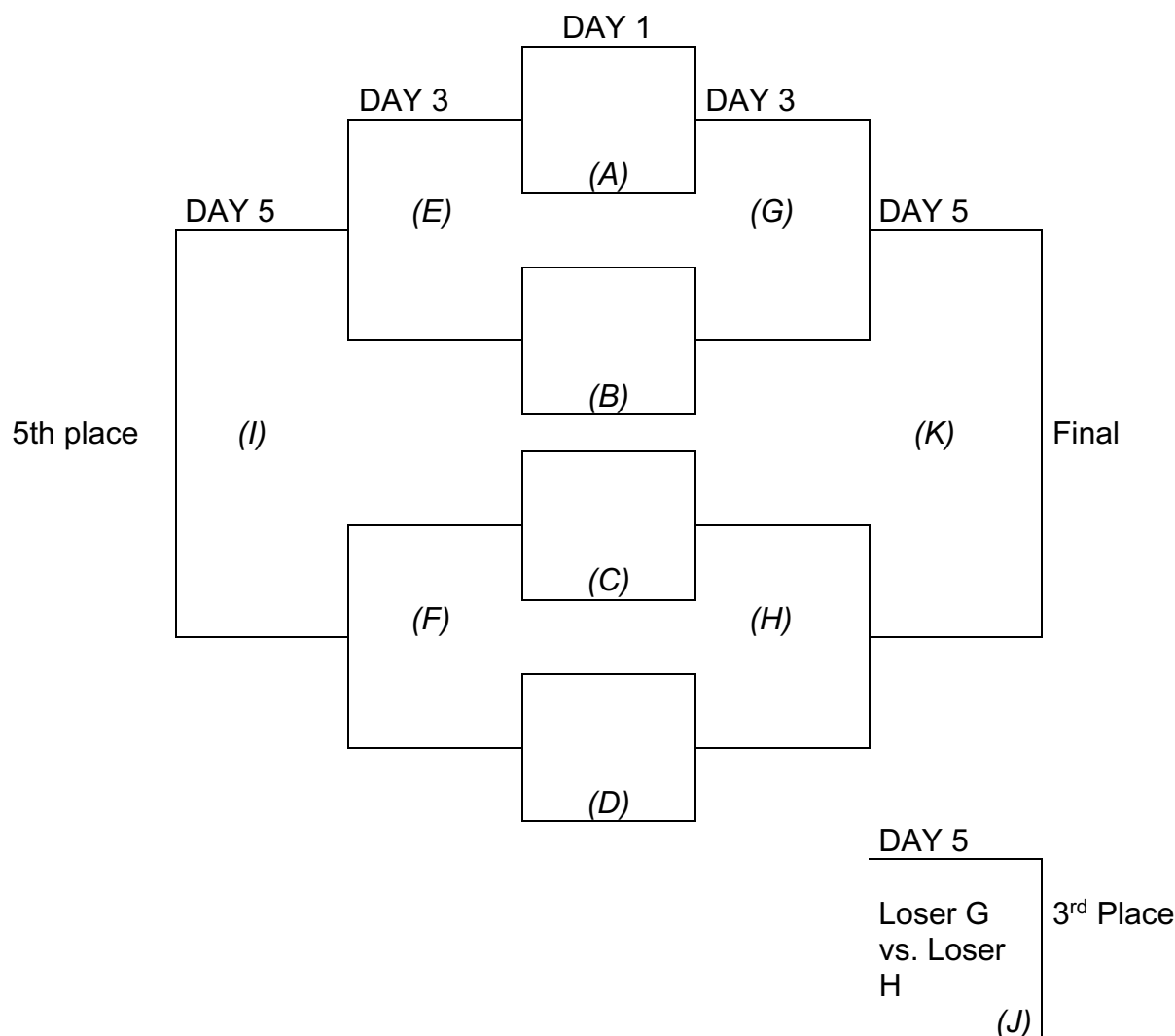
1. Style of the Championship (single elimination, pool play, etc.)
2. Number of participating teams
3. Number of days the Championship will take place



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Note 1: To ensure the integrity of the draw, the structure of the brackets must be maintained (i.e. Game A and Game B must always stay together and Game C and Game D must always stay together) so that common rest times are protected. Game A and Game B can however be moved to the bottom side of the draw, allowing Game C and Game D to move to the top side of the draw.

Note 2: Without affecting the integrity of the draw, games in the upper half of the draw can be switched to accommodate travel and time zone adjustment (i.e. Canada West teams traveling east). If the teams playing are not impacted by the time zone change then there can be no switching of game times.



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1.6. SCHEDULES OR ORDER OF EVENTS

The final schedule is at the discretion of the Host Committee working in consultation with the U SPORTS Office.

1.7. GAME TIMES

U SPORTS Office and the Host Organizing Committee are to determine game start times based on facility availability and broadcast/television requirements. In all situations, a minimum of 20 minutes shall be allowed between games from the end of the preceding game to the beginning of the next game.

Preliminary Round = 2 x 35-minute halves

Finals (Fifth, Bronze, Gold) = 2 x 40-minute halves

Half Time = 10 minutes whistle to whistle

Time served for Sin Bin infractions shall be as follows:

- 80-minute games = 10 minutes
- 70-minute games = 7 minutes

1.8. PRACTICE TIMES / WARM-UPS

The Host Committee must work with participating teams to organize practice times and locations. A minimum of 45 minutes must be provided, per team, at the competition venue starting at least one day prior to the start of the championship. Consideration will be given to teams traveling as it relates to time zones. All of the declared eligible players are allowed to warm-up. All teams must be given equal access to the playing field (access to the playing field is not required, but if permitted must be the same for all teams).

1.9. OVERTIME, TIMEOUTS & TIE-BREAKING

Should a tie exist at the conclusion of full time play two 10-minute overtime periods will be played. If still tied, the tie breaking procedures below will be used.

Note: There will be no overtime in the 5th place game. If tied at the conclusion of full-time play, move directly to penalty kicks as per #5 below.

1. The team scoring the higher number of tries shall be deemed the winner.
2. If a tie still exists, the team scoring the higher number of goals (converted tries) shall be deemed the winner.



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3. If a tie still exists, the team scoring the higher number of drop goals shall be deemed the winner.
4. If a tie still exists, the team scoring the higher number of penalty goals shall be deemed the winner.
5. If there is still a tie, each team shall nominate five kickers to kick at goal from the 22-meter line. The kickers from each team will alternate. All kickers will kick. The team that scores the higher(est) number of successful kicks out of five, will be designated a higher(est) place.
6. If there is still a tie, kicks will be taken from a position, a further ten meters from the posts. The competition shall continue until one kicker in the series succeeds where his/her opposition misses. The team whose kicker has recorded the successful kick out of this pair shall be designated the higher(est) place.
7. This shall be repeated until a winner is declared.

1.10. SCORING AND STANDARDS

Try = 5 points
Conversion = 2 points
Drop Goal = 3 points
Penalty Kick = 3 points

1.11. RECORDS AND STATISTICS (N/A)

1.12. 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 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.

2. CHAMPIONSHIP ROSTER

- 2.1. Each championship team can declare and dress up to 25 players from their most recently submitted U SPORTS Eligibility Form. No changes/additions can be made to this list once submitted.
- 2.2. The Host Organizing Committee will supply a form to each Head Coach for each game, with a list of the already declared twenty-five (25) players.



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2.3. GAME DAY ROSTERS

2.3.1. Coaches must identify their twenty-five (25) players and declare their starters to the Host Organizing Committee 60 minutes prior to start of game.

2.3.2. The Host Organizing Committee will complete the game sheet for both teams at the end of warm-up OR no less than 10 minutes prior to the start of the game (whichever comes first). The Head coach must sign off on the final game sheet.

3. TEAM BENCH

A team can have a maximum of 32 team members in the team bench area including athletes, coaches and support staff.

Note: Any team member above the 32 is considered a spectator and will sit in the stands.

3.1. TEAM DESIGNATION

3.1.1. The Head Official will designate home and away uniforms at the Technical Meeting prior to the championship. The higher seeded team shall be the home team and will have their choice of color.

3.2. INDIVIDUAL ELIGIBILITY(N/A)

3.3. INDIVIDUAL ENTRIES (N/A)

3.4. INDIVIDUAL RANKINGS (N/A)

3.5. TEAM ENTRIES (N/A)

3.6. TEAM RANKINGS (N/A)

4. EQUIPMENT AND FACILITY

4.1. BALL

There is currently no official U SPORTS game ball.

4.2. RECORDING OF GAMES

4.2.1. GAME FILM

4.2.1.1. FIRST ROUND OPPONENT



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Pre-Championship: First round opponents must exchange downloadable recordings (mp4 file or comparable) of their final two (2) matches prior to the U SPORTS National Championship. The recording must be uploaded to the identified U SPORTS shared folder no later than Monday at 12:00 pm EST. Teams will have access to their opponent's game film for downloading once both teams have completed the uploading process.

4.2.1.2. HOST REQUIREMENT

The Host must record all games at the U SPORTS National Championship and provide the recordings to each participating team and the officials at the conclusion of each match and no later than 90 minutes after the final whistle.

Note: There will be no video recording of any U SPORTS tournament games/practices or still pictures taken by another team scouting a game/practice for any reason. Coaches may scout games but cannot video record that game or any other game.

4.3. UNIFORMS

Teams must travel to the Championship with two sets of jerseys: one light set and one dark set.

4.3.1. U SPORTS LOGO

U SPORTS reserve the right to require participants in a U SPORTS Championship to wear a U SPORTS logo on their uniforms. These logos will be provided to each team in advance of the championship. The logo must be placed on the top, right chest area of each uniform.

4.3.2. CORPORATE LOGOS

Should any team have a corporate logo on their jersey, they must send a photo to the U SPORTS Office (Director of Sport) prior to the conclusion of their conference playoffs for approval by the CEO. Teams who do not provide this will not be approved to wear corporate logos on their uniforms and must remove / cover prior to competition.

4.3.3. NUMBERING



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Player uniforms must be numbered on the back. Numbers must be contrasting colours to the uniform colour (easily distinguishable from the predominant background colour and pattern).

Jersey numbers should correspond to the player’s position, as per World Rugby regulations, as follows:

#1 & #3	Prop
#2	Hooker
#4 & #5	Lock
#6 & #7	Flanker
#8	Number 8
#9	Scrum Half
#10	Fly Half
#11 & #14	Winger
#12 & #13	Centre
#15	Full Back

Should a team’s numbering system not correspond with the World Rugby numbering system above, this must be indicated and positions identified on the game day line up submitted 60 minutes prior to kick off.

A player cannot wear the same number as another player on the same team.

4.4. SHORTS, SOCKS, BRACES, EQUIPMENT & DRESS CODE

Players are permitted to wear tights or other warmer weather gear.

4.5. HEAD GEAR AND HELMETS (N/A)

4.6. CAPTAINS IDENTIFICATION (N/A)

4.7. DEPTH CHARTS (N/A)

4.8. SPOTTER PHONES (N/A)

4.9. FACILITY REQUIREMENTS (N/A)

5. RULES

The World Rugby Senior Laws as published by Rugby Canada shall govern the U SPORTS Championship, unless otherwise amended by U SPORTS.

5.1. Where possible, the U SPORTS Championship shall be played on grass or on a World Rugby Regulation 22 approved artificial surface.



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- 5.2. Where possible, football goal posts should be removed in favor of rugby uprights.
- 5.3. Music can only be played before the games and a half time for all games at the Championship.
- 5.4. Five (5) balls will be used at the Championship, with one (1) ball in play and four (4) balls being placed around the field. In addition, 6 ball people will be used to assist with keeping the ball in play.
- 5.5. There must be a safety perimeter of at least four (4) meters all the way around the playing field from the sideline/endzone to the nearest obstruction (concrete, bleachers, walls, etc.)
- 5.6. The field must be marked according to World Rugby Law 1: The Ground (<https://www.world.rugby/the-game/laws/law/1>)

6. MEETINGS

6.1. TECHNICAL MEETING

A Technical meeting will be held on the day prior to the first game at the Championship. Time of the meeting is at the discretion of the Host Organizing Committee.

The Head Coach from each participating team, an Officials Representative (ideally the head official or Referee Coach/Supervisor), the U SPORTS Delegate, and members of the Host Committee must attend this meeting.

The Chair of the Technical Meeting will be the U SPORTS delegate.

Note: A representative of the Official Broadcaster may be in attendance.

6.2. COACHES MEETING

An unofficial Coaches meeting may be organized and require a meeting room during the championship. Date and time of the meeting is at the discretion of the Host Organizing Committee working in consultation with the President of the Coaches Association.

Note: This is not an official U SPORTS Sport Technical Sub Committee (STSC) meeting and thus any decisions affecting U SPORTS Policy or Regulations must be sent to the STSC. This is the responsibility of the President of the Coaches Association or their designate.



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7. COMMERCIAL

7.1. MEDIA CONFERENCE

The date and time for a U SPORTS National Championship media conference is determined by U SPORTS and the Host Organizing Committee.

8. OFFICIALS

8.1. FUNDED OFFICIALS

U SPORTS will cover the cost of travel for eight (8) officials.

8.2. OFFICIALS ASSIGNMENT

Rugby Canada will be responsible for the selection of officials to the U SPORTS National Championship.

Efforts will be made to ensure selections from across the country with the priority being to work towards the assignment of the highest caliber of officials available at the time of the championship.

8.3. QUALIFICATION OF OFFICIALS

As determined by Rugby Canada. Preference will be given to referees officiating regular season U SPORTS matches.

8.4. HOST RESPONSIBILITIES

1. To pay and provide accommodation (double occupancy or single occupancy during a Pandemic), meals (per diem), local ground transportation and game fees for the 8 funded officials. Any changes in accommodations by an official(s), resulting in additional costs, will be the responsibility of the individual(s) involved (example: a request of an official to stay on longer than required).
2. To provide, at their cost, local ground transportation for the Referee Coaches/Assignors/Evaluators to and from the championship venues, as required.
3. To arrange for accommodation for any Referee Coaches/Assignors/Evaluators at the same hotel as the other officials.



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4. Per diems for game officials will be covered by the Championship Host Committee at the following approved U SPORTS rates: \$55.00 per day per official [(B)\$10.00, (L)\$20.00 and (D)\$25.00] unless complimentary meals are provided.
5. To provide a tournament accreditation pass to the assigned Referee Coaches/Assignors/Evaluators allowing them access to the venue and competition court. There should be designated seats provided to the Referee Coaches at either the scorer’s table or at a raised media table close to or directly behind the scorer’s table.
6. To work with the local Rugby Union to ensure a 4th official is provided.

8.4.1. GAME DAY REQUIREMENTS

- 8.4.1.1. Dressing room and shower facilities at the competition site.
- 8.4.1.2. Towels for after game showers.
- 8.4.1.3. Refreshments for half time and post-game (water, Gatorade, fruit, cereal bars, etc.). These items can be left of their dressing room.
- 8.4.1.4. A separate room, with a large monitor, for post-game feedback for the referees and the Referee Coaches.

8.5. NSO RESPONSIBILITIES

1. To cover the cost of accommodation, meals, and transportation for the Referee coaches/assignors/evaluators.
2. To provide to the Championship Host Committee an invoice for the total amount of fees and per diems in advance of the championship (should include per diems for a minimum of 6 days). The invoice should be sent to the Championship Host Committee 30 days in advance of the championship.

8.6. FEES

Referee: \$50.00
Touch judge: \$25.00

8.7. STANDBY OFFICIAL (N/A)



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8.8. SELECTION PROCESS

Rugby Canada shall submit to the U SPORTS Office the appointments no later than 30 days prior to the championship.

8.9. ON-SITE OFFICIALS ASSIGNMENT

8.9.1. The (lead) Referee Coach(es) Assignor(s) / Evaluator(s) will attend the pre-championship Technical meeting. Only technical issues relating to officiating will be discussed. Opinions on the quality of officiating and individuals will not be discussed at this meeting. There will be no other meetings between coaches and Referee Coaches once the championship begins.

8.9.2. All games will be assigned according to ability as determined by the Referee Coaches.

9. SEASON AND CHAMPIONSHIP AWARDS

**Please refer to policy 60.20 for more details re standard championship awards.*

9.1. ALL-CANADIANS

9.1.1. 15 First-Team and 15 Second-Team All-Canadians will be selected.

9.1.2. Nominations will be submitted to U SPORTS using the assigned nomination templates.

9.1.3. The Selection Committee will be comprised of the STSC Coach Reps as well as the President of the Coaches Association. The President of the Coaches Association will act as the Chairperson and will only vote in the event of a tie.

9.1.4. Each team will comprise of 3 Front Row (2 Props & 1 Hooker); 2 Locks; 3 Back Row (2 Flankers & #8); 1 Scrum Half; 1 Fly Half; 2 Centers; 3 Back Three (2 Wingers & Full Back).

9.1.5. Each Conference nominated 15 Conference all-stars should be finalized and sent to the U SPORTS Office two weeks before the U SPORTS Tournament.

9.1.6. All nominations must be accompanied by supporting information and statistics.



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9.1.7. The All-Canadian Selection Committee conference call must be held within two (2) full days of the deadline to allow at least a full seven (7) days before the presentations at the All-Canadian Banquet the following week

9.1.8. Where possible, each conference MVP will automatically be awarded as a First team All-Canadian.

9.1.9. To win the national award, the athlete must have been named to the All-Star team in their Sport Conference, if such a team is named.

9.1.10. All Sport Conference representatives will be allowed to vote for any All-Canadian Candidate regardless of Sport Conference origin.

9.2. OUTSTANDING PLAYER OF THE YEAR

9.2.1. Selected from the four (4) Sport Conference nominees for Player of the Year.

9.2.2. Athletes nominated for Player of the Year shall automatically qualify for All-Canadian status.

9.3. ROOKIE OF THE YEAR

9.3.1. Selection similar to the Outstanding Player of the Year.

9.3.2. Each Sport Conference nominates one player.

9.3.3. Athlete must be in their first year of eligibility as of September 1st and be a maximum of 21 years of age.

9.3.4. The athlete receiving the most votes shall be named Rookie of the Year.

9.3.5. To win the national award the athlete must have won the rookie of the year award in their sport conference, if such an award exists.

9.4. STUDENT-ATHLETE COMMUNITY SERVICE AWARD

9.4.1. Selected by the Awards Selection Committee, following same timelines as the All-Canadian selection process.

9.4.2. Recipient who best exhibits outstanding achievements in three (3) areas: rugby, academics and community involvement.



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9.4.3. Each Sport Conference must include with their nomination a bio outlining the three areas listed above.

9.4.4. To win the national award the athlete must have won the award in their Sport Conference, if such an award exists.

9.4.5. An athlete may only win the award once.

9.5. COACH OF THE YEAR (JIM ATKINSON AWARD)

9.5.1. Selected by the Awards Selection Committee, following same timelines as the All-Canadian selection process.

9.5.2. Each Sport Conference must include a biography with their nomination

9.5.3. To win the national award the coach must have won the award in their Sport Conference, if such an award exists.

9.6. CHAMPIONSHIP TROPHY & U SPORTS PENNANT

Presented to the U SPORTS Championship Team.

9.7. CHAMPIONSHIP MEDALS

Presented to the top 3 teams in the U SPORTS Championship (gold, silver, bronze).

9.8. CHAMPIONSHIP MVP

9.8.1. Selected by a 3-person committee established by the Host. Best efforts should be made to include non-participating coaches attending the Championship.

9.8.2. Selection based on the athletes’ performance at the Championship.

9.8.3. Must be a member of the Tournament All-Star team.

9.9. CHAMPIONSHIP ALL STAR TEAM

9.9.1. Selected by a 3-person committee established by the Host. Best efforts should be made to include non-participating coaches attending the Championship.



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9.9.2. 15 players will be selected to the All-Star Team (one at each position).

9.10. CHAMPIONSHIP PLAYERS OF THE GAME

9.10.1. One player from each team will be picked as the player of the game.

9.10.2. A designated committee or the Head Coaches of the participating teams will select the Player of the game for the opposing team.

9.11. FAIR PLAY AWARD (R.W. PUGH)

9.11.1. The officials will vote on the team that exhibits the standards of fair play throughout the championship. The selection shall be made by the officials in conjunction with the Host Organizing Committee on the evening prior to the final day of the championship.

10. COMMITTEES

10.1. AWARD SELECTION COMMITTEE

The Award Selection Committee is to be chaired by the Coaches Association President. The Committee will be made up of the four (4) Sport Technical Sub Committee coach representatives.

This committee will select the recipients of the following awards:

- All-Canadians (1st and 2nd Team)
- Outstanding Player of the Year
- Rookie of the Year
- Student-Athlete Community Service Award
- Coach of the Year

Note: If a Coach of the Year Nominee is part of the Award Selection Committee they will not have a vote in that category.

10.2. CHAMPIONSHIP MANAGEMENT COMMITTEE

10.2.1. Role of the Committee

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee during the U SPORTS National Championship. The Management Committee shall apply U SPORTS Rules. The



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Management Committee may not, nor may any member, make an exception to any U SPORTS Rule or to a sanction imposed by U SPORTS. The Management Committee has no jurisdiction to consider or interpret U SPORTS Eligibility Regulations.

- 10.2.2. Composition of the Management Committee shall be:
- a. Championship Convener
 - b. U SPORTS Delegate;
 - c. Head Official (or designate from officials’ group);
 - d. President of the Coaches Association, or designate.

A quorum shall require all four members, or their replacement.

10.2.3. Disciplinary Action

If a member of the Management Committee was involved, directly or indirectly, in a decision or an interpretation of a U SPORTS Rule that is being appealed/protested to the Management Committee that member shall be excused from the Management Committee. In this event, the remaining members of the Management Committee have the authority to appoint as a replacement for the excused member an individual who is independent, unbiased and uninvolved in the matter in dispute. The decision regarding whether a member of the Management Committee should be excused and replaced lies solely with the Management Committee.

Notwithstanding the procedures described in U SPORTS policy 90.70.4.1.1 , the U SPORTS Championship Management Committee shall have the authority to take interim on-the-spot measures to address minor code of conduct issues (inappropriate or unsportsmanlike conduct that is not criminal in nature) that arise at U SPORTS Championships, in a timely fashion and communicated with U SPORTS immediately. The record of the incident, including the interim measures taken to address it shall be copied to the Athletic Director(s) of the affected school(s), and the U SPORTS office and Discipline Committee.

It is the expectation of U SPORTS that persons representing Member institutions, and/or U SPORTS, at U SPORTS Championships will behave responsibly, and with propriety, and in accordance with the laws of the land.

- 10.3. JURY OF APPEAL (N/A)
10.4. DELEGATES (N/A)

11. APPENDICES (N/A)