



**RUGBY OHIO
POLICIES & PROCEDURES**

updated March 2019

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OHIO HIGH SCHOOL RUGBY

A. GENERAL REGULATIONS

1) Eligibility

1.1. TEAM ELIGIBILITY

- 1.1.1. "Team" means a group of at least 15 high school players, for the Spring 15s season, or at least 9 high school players for the Fall 7s season, with a coach, organized and registered with Rugby Ohio, and in good standing, to participate in the League.
- 1.1.2. All high school players on a team must be at least 14 years of age at the time of registration and be enrolled in the 9th through 12th grades.
- 1.1.3. A High School Rugby Team must be based on a state or nationally-accredited school that issues high school graduation diplomas. A Team must be represented by a roster that is limited to players that are registered students at the high school upon which the team is based including home schooled students eligible for that school's athletic activities.
- 1.1.4. No other students are permitted to be rostered on a high school rugby team or club and cannot participate in any interscholastic high school rugby matches.
- 1.1.5. Each team is strongly encouraged to be a single school team. Only if a single school team is not possible may a team draw from multiple schools. These schools must be contiguous.
- 1.1.6. Once a multi-school team builds a base of players where participation from one school is large enough to sustain a separate team, a new team will be formed as long as there are enough players to sustain the original team.
- 1.1.7. Transfers will only be granted in case of extreme hardship and only after written request is received and approved by the regional league and Rugby Ohio.
- 1.1.8. Teams may carry an unlimited number of players on their Rosters.
 - 1.1.8.1. Teams may declare a second side once they reach 40 registered players for the spring 15s season.
 - 1.1.8.2. Teams may declare a third side once they reach 60 registered players for the spring 15s season.

1.1.8.3. Fall 7s teams may request a 2nd side when they reach 18 players and a 3rd side at 27 players.

1.1.8.4. Teams may not have more than one side compete in the same division.

1.1.8.4.1. Exception: If a team has more than 75 players it has the option to enter a 2nd JV or Developmental side.

1.1.9. High School rugby teams, High School All Star teams and rugby teams made up of high school students or predominantly 'Under 18' players are not permitted to play contact rugby against College or Adult teams. This includes contact rugby games, contact practices or scrimmages in sevens, fifteens, or any other denomination of rugby. This is for the safety of the players and is not allowed under any circumstances.

1.2. COACH ELIGIBILITY

1.2.1. All Ohio High School Rugby coaches are required to have completed the USA Rugby Level 200 Coaching Certification Program. This program is aligned with the World Rugby Organization and is a combination of online modules and a face-to-face workshop. Coaches are assessed online for understanding and then in the workshop for competency.

1.2.2. All coaches are required to register with USA Rugby. USA Rugby conducts a background check on every youth and high school coach through this registration process. Register at USA rugby for your team, named "Rugby Ohio – *teamname*." USAR may also require additional courses to maintain eligibility for coaches.

1.2.3. Coaches receive important player information through the Rugby Ohio registration process: parents' names, addresses, phone numbers, doctor's name and phone number, insurance information and any medical conditions, allergies, drug reactions and previous illnesses/injuries or surgeries relative to the athlete, as well as a signed consent form giving authorization to Ohio High School Rugby to obtain medical treatment for a minor.

1.3. PLAYER ELIGIBILITY

1.3.1. Players are eligible if they have not reached their 19th birthday by the September 1st that occurs at the start of the school year containing the competitive season, including the summer following that school year.

1.3.2. Players, except those that have graduated, must be attending class full time, as defined by the High School registrar.

- 1.3.3. Players must have certified US High School transcripts either for two consecutive semesters including the semester that falls during the Competition Season, or, for players that have graduated, the final semester prior to graduation during the current academic year, excluding freshmen entering high school for their first semester.
- 1.3.4. If the competition season extends beyond the end of the school year, the players may continue to participate in the competition provided that the players were otherwise eligible at the end of the school year.
- 1.3.5. Players must be within four (4) years of the moment the player first enrolled in ninth grade, regardless of when that player started playing rugby or had the ability to start playing rugby.
- 1.3.6. Players must not play in a League Match for any team other than the one he/she is registered to, including College Club, or Senior Club competitions, while those players' High School season is in progress.
 - 1.3.6.1. Rugby Ohio may make the decision to combine players from 2 or more teams for one season. That only applies to that season.
 - 1.3.6.2. Teams may not share players in a League match.
- 1.3.7. Players that are 14 and enrolled in high school must complete the 'Under 15 Waiver' to participate in High School Rugby. 14-year-old players must not participate in the front row of fifteens or 10s contact high school rugby matches.
- 1.3.8. Players must meet and remain in compliance with all applicable amateur standards.
- 1.3.9. All players must provide a copy of a valid High School Identification Card to the head coach prior to their first practice. Players who are home schooled or enrolled in a GED or equivalent program must provide documentation on official letterhead stating they are currently enrolled in a high school program culminating in a GED or high school diploma.
- 1.3.10. A student enrolled in eighth grade is ineligible to be included on a high school roster or play in a high school game, regardless of age.

2) Registration of Teams, Players and Coaches

2.1. TEAM REGISTRATION

- 2.1.1. Teams must register annually at RugbyOhio.com.

- 2.1.2. For assistance in registering a new team, contact Rugby Ohio's administrator, whose contact information is on the Rugby Ohio website.

2.2. COACH REGISTRATION

- 2.2.1. Rugby Ohio High School Coaches are to be USA Rugby Level 200 certified and have "active" standing with USA Rugby. Coaches must register with USA Rugby annually and prior to any practice or coaching activity. The USA Rugby registration cycle runs September 1 - August 31.
- 2.2.2. To be "active" with USA Rugby, a coach must do the following:
 - 2.2.2.1. Register as a coach with USA Rugby.
 - 2.2.2.2. Pass a biennial background screening.
 - 2.2.2.3. Complete the Player Protection Package.
 - 2.2.2.4. Complete a certification course.
 - 2.2.2.5. Annually maintain active status.
- 2.2.3. Details for completing these requirements can be found at <http://usarugby.org/coach-reqs/overview>.

2.3. PLAYER REGISTRATION

- 2.3.1. All players register through the 'Register' link at www.rugbyohio.com. Registration is not complete until payment is made and all paperwork is signed. Players can pay by credit card or by sending a check. When sending a check, players need to add their player account number from the Rugby Ohio registration and the receipt they print from the site.
- 2.3.2. Coaches **MUST NOT** register players. Players must register themselves in the presence of a parent or guardian. The waivers, codes of conduct and liability coverages are null and void if a player does not register himself or herself.
- 2.3.3. Player Registration Procedure:
 - 2.3.3.1. Players must register with a parent/guardian present. Coaches may not register players without a parent present.
 - 2.3.3.2. Go to www.rugbyohio.com Click on "Registration" at the top of the Home page. Choose High School Registration.

- 2.3.3.3. New Players: Click on have “Register Now” and fill out the contact & player information. Parent/guardian and Child must click acceptance of the Code of Conduct. Then hit “Continue” and fill out the balance of your personal information.
- 2.3.3.4. The parent/guardian must agree to the Parent/Guardian Agreement by checking the box. Then hit “Submit.”
- 2.3.3.5. Returning Players: login in with your registered e-mail & password.
- 2.3.3.6. Click on Register/Edit under Player Info.
- 2.3.3.7. All players under age 18 must have parent check the RO Parent/Guardian Agreement. Click SUBMIT.
- 2.3.3.8. Parent/Guardian must read and electronically initial and sign all legal documents that include: Parent/Guardian Agreement, Consent to Medical Treatment of a Minor, Release of Liability, USA Rugby Rules Acknowledgement, Concussion Information Sheet.
- 2.3.3.9. “Submit” all legal documents.
- 2.3.3.10. Once player registration is complete, payment options will be displayed. You can pay by entering credit card information and hitting “Submit.” Alternatively, you can send a check to Rugby Ohio at PO Box 45400, Westlake, Ohio 44145. YOU CAN ALSO PRINT A RECEIPT, BUT DO NOT PRINT THE RECEIPT UNTIL YOU HAVE ENTERED PAYMENT INFORMATION.
- 2.3.3.11. If you do not have your players pay Rugby Ohio directly, please instruct them ahead of time to disregard the payment methods and to make payments to your club for submission to Rugby Ohio on their behalf.
- 2.3.3.12. Players can apply for Rugby Ohio Scholarships or Grants by clicking the scholarship link on this page. Scholarships should be received by March 16th for consideration.
- 2.3.3.13. The Release/Waiver forms are to be filled out every year and kept by the coach/team manager. This season Coaches can access electronically signed waivers on line and print for their records. If players do not submit waivers, they cannot be rostered to their team.

- 2.3.3.14. If there are any questions or concerns regarding registration, please contact Rugby Ohio League Administrator.

2.4. REGISTRATION DEADLINE

- 2.4.1. Regular registration closes two weeks before the start of the season. Late registration closes one week after the start of the season.

3) Practice and Coaching

3.1. THE SEASON

- 3.1.1. **[Reserved.]**

3.2. PRACTICE RULES

- 3.2.1. A certified level 200 coach is required at every match and practice.
- 3.2.2. If a certified level 200 coach is not present, teams may not engage in any contact. In the absence of a certified coach, practices must be limited to passing and other non-contact drills.
- 3.2.3. Coaches are responsible for conducting safe, positive and instructive practices. Coaches are required to ensure compliance with four mandatory tackle practices and two live scrum sessions for every player before they play in their first game. The focus on tackle practices is to teach safe tackling techniques and how to be tackled safely. The focus on scrum sessions is to teach preparation, proper technique and safety, safety, safety. Coaches must avoid fast tracking elite athletes.
- 3.2.4. Coaches are required to have a cell phone at all practices and matches.
- 3.2.5. Coaches are required to possess parent/guardian waivers and authorization forms to consent to treatment for a minor for every athlete, at every practice and match. This information includes parents' phone numbers, doctor name and phone number, insurance information, and any medical conditions, allergies, drug reactions, and previous illnesses, injuries or surgeries relative to the athlete.

4) Protective Equipment and Clothing

4.1. MATCH KITS

- 4.1.1. Proper equipment is required for all matches.
- 4.1.2. Mouth guard is required.

- 4.1.3. Rugby boot, soccer, lacrosse and football cleats are permitted as long as they do not contain metal blades, do not contain spikes made up of more than one material. Must screw in. Shoes with a molded plastic toe cleat are acceptable. (Addendum – USAR policy doc – PDF)
- 4.1.4. Scrum headgear, mitts, and shoulder pads must have the IRB approval stamp. Any questionable items used for protection must be approved through the Ohio High School Rugby Administrator.
- 4.1.5. Jewelry and ALL piercings must be removed.
- 4.1.6. Kits must match and be clean with no tears in shirts, shorts, and socks. Short, or cut, sleeves must be hemmed and must at least cover the player's biceps. No clothing may show below Rugby shorts (no boxer shorts) except for spandex shorts but these may not extend to the knee.
- 4.1.7. Numbers on jerseys is mandatory. Both teams must conform to all USA Rugby Kit Requirements.
- 4.1.8. Teams must have all players in matching kit.
- 4.1.9. Teams cannot have any reference to alcohol or tobacco related products, bar or tavern locations displayed on any part of their kit. Sponsor logos that are not alcohol or tobacco related are acceptable.

4.2. ADDITIONAL GUIDELINES FROM USA RUGBY PROTECTIVE EQUIPMENT AND CLOTHING GUIDELINES

- 4.2.1. Athletic tights of any length are not permitted in contact rugby for men and women. This includes when playing on turf or grass and in any temperatures or weather condition. Tights can be a competitive advantage and are never allowed under any circumstances
 - 4.2.1.1. Only cotton tights with a single inseam are permitted for women for religious modesty. If a female player wishes to wear these kinds of tights during a match, they should alert the referee and allow the referee to visually inspect the garment.
 - 4.2.1.2. Chest padding is allowed for women.

- 4.2.1.3. Headscarves or Hijabs are permitted providing they do not cause a danger to the wearer or other players and may be worn under a scrum cap.
- 4.2.2. If you have a question, contact USA Rugby for a clarification. The easiest, overarching guideline to know if something is permitted is anything with plastic or metal of any kind is not allowed.

5) Safety Policies; Dealing with Injuries

5.1. EMERGENCY PLANS

- 5.1.1. Each team needs to complete and submit an emergency action plan with Rugby Ohio before scheduling is complete. This form can be found on the Rugby Ohio website under coach's resources.
- 5.1.2. Emergency plans are submitted for every field used. The Plan must include: address of venue; quickest route to and from nearest hospital/ER; hospital/ER address; and, contact information.
- 5.1.3. Teams that do not have an emergency plan on file with Rugby Ohio will not be eligible for home games.

5.2. SEVERE WEATHER GUIDELINES

- 5.2.1. Severe Storm: If a severe storm approaches the playing area, the safety of the players is the number one priority of coaches and referees and may require that the game be suspended while shelter is sought. In the event the game is suspended due to a severe storm ALL participants MUST clear the field immediately and move into a permanent shelter.
- 5.2.2. Lightning: If lightning is within 5 miles, the game(s) should be suspended and shelter sought. A lightning detector can identify the distance accurately but may not be available. A rough guideline is to measure the time between the lightning flash and hearing the corresponding thunder. If it is 30 seconds or less, seek shelter. It may not be possible to determine which lightning strike generated which roll of thunder. A simple rule: If you can hear it, clear it! Games should not be restarted for at least 30 minutes after the last roll of thunder is heard.
- 5.2.3. Home Coaches should provide directions to a suitable public facility in which teams can seek shelter.

5.3. CERTIFIED TRAINER REQUIREMENT

- 5.3.1. There must be a certified athletic trainer or trained emergency medical person present before a game can kick off. This person must identify themselves to both teams and the referee before the game.
- 5.3.2. Referees will not begin a match without confirming medical coverage is in place for that match.

5.4. RUGBY OHIO INJURY REPORTS

- 5.4.1. In case of an injury the procedure will be: If injury occurs during warm ups or outside of a scheduled game the athlete should report to the Athletic Trainer for assistance. Injuries occurring during the game are the responsibility of the Athletic Trainer with assistance of the Coach.
- 5.4.2. Athletic Trainers have full authority to remove any player from the game for any medical reason. The Athletic Trainer will conduct a primary on-field assessment. If the injury is not serious the medical staff may bring the athlete to the sidelines and conduct a secondary assessment. The Athletic Trainer will inspect the athlete and determine if the ambulance is needed for transport to the hospital.
- 5.4.3. The Athletic Trainer or Coach will assist in organizing hospital transport for the athlete by private vehicle (with family or friend) if an ambulance ride is declined.
- 5.4.4. All injuries that result in removal from a game will be recorded in an "Injury Incident Report" by the Athletic Trainer that administered treatment. The Coach will collect the reports at the end of each day of competition. This report will be submitted to Rugby Ohio. All injuries requiring medical attention outside the trainer either during or after a match or practice must have an injury report filed with Rugby Ohio and USA Rugby. This includes all suspected concussions.
- 5.4.5. If there is a dispute over the medical care of an athlete this must be brought to the attention of Rugby Ohio and the incident will be recorded in writing. Situations such as this will be dealt with on a case-by- case basis.

5.5. INJURY REPORTS TO USA RUGBY

- 5.5.1. Injured participant or parents of injured participant (if a minor) will complete the USA RUGBY INCIDENT REPORT.

- 5.5.2. Once the INCIDENT REPORT is complete email report to USA Rugby at insurance@usarugby.org or call 303-539-0300 if email is not available. The INCIDENT REPORT should be sent to USA Rugby as soon as possible after the injury but must be within 30 days of the injury to ensure coverage.
- 5.5.3. **No bills can be processed by Health Specialty Risk (HSR) until a completed incident report has been sent to USA Rugby.**
- 5.5.4. This USA Rugby policy is a secondary/excess accident medical policy and is designed as a supplement to your family health insurance coverage. You must file a claim with your family health insurance prior to filing anything under this policy. Please be sure to supply your medical provider your family health insurance information as primary coverage and the USA Rugby Insurance program information as secondary. If you provide the above information to the medical providers, they will automatically bill the primary and secondary (USA Rugby) insurance with the proper itemized billing statements and the required primary insurance Explanation of Benefits (EOB's). If you do not have family health insurance, the USA Rugby Insurance program would be filed and the medical providers should be provided with the Medical Approval Form.
- 5.5.5. **Important:** If you do not have family health insurance and your medical treatment is not an emergency please note that the following treatments require approval prior to service: Surgeries, MRI's, CT Scans and Physical Therapy. If you are having any of the above treatment you will need to make sure that your health care provider receives the attached Medical Approval Form prior to services.
- 5.5.6. Treatment must commence within 30 days from the date of the injury to be eligible for Accident Medical Expense Benefits. Treatment must commence within 7 days of onset of an Emergency Sickness to be eligible for the Emergency Sickness Medical Expense Benefit. This policy has a 52-week benefit period from the date of injury. This means only charges incurred within 52 weeks from the date of injury will be covered under this policy. Any charges incurred after the 52-week benefit period will not be covered.

5.6. CONCUSSION MANAGEMENT

- 5.6.1. If a player shows symptoms of a concussion before, during or after a match, that players must be removed from play immediately, not to return during that match. **No Exceptions.**

- 5.6.2. The player needs to be evaluated by appropriate medical staff. Best practice would be evaluation by a medical physician who has training in concussion evaluation and management. A player must do this before returning to play rugby in any form.
- 5.6.3. If a concussion is diagnosed, that player must sit out of activity with a full rest for the minimum guideline listed below. Youth and HS players (18 and under) – 2 weeks (14 full days) AND be symptom free before beginning the 5-day Graduated Return to Play Protocols. Not returning to contact rugby before GRTP fully complete and symptom free
- 5.6.4. Once a player is cleared by a physician, they should be closely monitored for any lingering symptoms by coaches, parents, teammates and medical staff and be removed from play immediately if symptoms occur.

6) Match Guidelines

6.1 GAME DAY PREPARATIONS

- 6.1.1. Emergency plans must have been submitted.
- 6.1.2. Home Team Coaches must login into Who's The Ref and contact the referee and trainer to confirm their attendance before all matches.
- 6.1.3. Every match must be officiated by a USA Rugby certified referee.
- 6.1.4. Every match must be attended by a Certified Athletic Trainer or Emergency medical person. If a Certified Athletic Trainer is not at the field, the game may not start until one is present. Home Teams are responsible for having ice on sidelines for Trainers use during matches.
- 6.1.5. Coaches and referee's must check the athletic grounds for hazards (rocks, holes, water, etc.). Also consider current and potential weather conditions (e.g. lightning).
- 6.1.6. The Referee will inspect players for proper equipment and removal of jewelry before the game and will collect a printed roster from each team.
- 6.1.7. The Referee will inspect the technical zones to be sure that technical zone guidelines are met.

- 6.1.8. Parents, players and coaches agree to follow good sportsmanship guide-lines as described in the Code of Conduct.

6.2. TECHNICAL ZONES

- 6.2.1. The Technical Zone is the area specified for teams and coaches to be around the field during a rugby match. Using these zones is an absolute for organization of the field and safety of players, coaches, referees and spectators.

- 6.2.1.1. The Technical Zone (TZ) is a space for coaches and players to be staged near the field. It is defined as space in front of the rope/barrier between the 10m line and 22m line.

- 6.2.1.2. Technical zone ends 2m from the touch line to give room for assistant referees & touch judges.

- 6.2.1.3. Coaches and players may not cross into the other team's TZ or leave their own TZ.

- 6.2.1.4. Teams should reside on the same side as their opposition, NOT opposite sides of the field.

- 6.2.2. Rules Applicable to Coaches

- 6.2.2.1. No more than Four (4) coaches are allowed in the technical zone.

- 6.2.2.2. Coaches should not stand in/near the try zone or anywhere on or around the field of play outside the TZ.

- 6.2.2.3. Only coaches who are registered and Level 200 certified through USA Rugby should be allowed in the TZ. Coaches should not huddle with teams on the field after scores.

- 6.2.2.4. Coaches are not allowed onto the field with medical personnel unless explicitly allowed by the match official.

- 6.2.2.5. Coaches should not stand as medical staff; only medical professionals should be allowed to be assigned to a match as a medical professional.

- 6.2.2.6. Coaches may not serve as water carriers.

6.2.3. Rules Applicable to Players and Teams

- 6.2.3.1. Team benches should be between the 10m line and 22m line but “behind the rope” and behind the actual technical zone.
- 6.2.3.2. Teams should not warm up within 5m of the field of play.
- 6.2.3.3. Players warming up must wear a contrasting top to the players on the field (e.g. a training vest or pinnie).
- 6.2.3.4. Teams should not warm up with balls, cones, or other equipment (e.g. ruck pads) in the Technical Zone.
- 6.2.3.5. If space demands it, teams may warm up in the try zone but only if they access the try zone by staying “behind the rope” without entering the field of play.

6.2.4. Rules Applicable to Fourth Official/Stat keeper

- 6.2.4.1. #4 (Fourth Official) or Match Manager (data tracker) occupies the space between the 10m lines (Administrative Area).
- 6.2.4.2. Chairs may be set up in the Administrative Area for disciplinary purposes.
- 6.2.4.3. No coach or player is allowed in the Administrative Area except when requesting a substitution .

6.2.5. Rules Applicable to Medical Staff

- 6.2.5.1. Teams may have two medical personnel in the field of play, in front of the rope barriers and potentially on the field if needed.
- 6.2.5.2. Medical personnel may roam either sideline and are not confined to the TZ.
- 6.2.5.3. Only one (1) medical personnel per team is allowed per side of the field.
- 6.2.5.4. Coaches are not allowed onto the field with medical personnel unless explicitly allowed by the match official.

6.2.5.5. Medical personnel should always introduce themselves to the match official(s) before the match begins to properly identify them as medical.

6.2.5.6. Coaches should not stand as medical staff; only medical professionals should be allowed to be assigned to a match as a medical professional.

6.2.6. Rules Applicable to Water Carriers

6.2.6.1. Water carriers must stay “behind the rope” unless the match official signals that they may enter the playing field.

6.2.6.2. Water carriers should wear pennies or a distinguishing shirt that clashes with both team’s players on the field.

6.2.6.3. Coaches may not serve as water carriers.

6.2.6.4. Water carriers should be in the TZ when not bringing water to the players on the field.

6.2.7. Rules Applicable to Spectators

6.2.7.1. Spectators should be on the opposite sideline from the teams unless a second rope or structure is present to prevent mixing of spectators with players/staff/administrators.

6.2.7.2. Spectators are never allowed in the field of play for any reason.

6.2.7.3. Spectators should not be behind the try zone unless stands or stadium seating is provided with proper restraints.

6.2.8. NOTE: Rarely, a Referees or Match officials may remove any coach, player or spectator from the playing enclosure at any time for negative behavior. This may require stopping the match until the person has left the playing and spectating enclosure.

6.3. CERTIFIED TOUCH JUDGES

6.3.1. Each team is required to have a minimum of 2 certified touch judges.

- 6.3.2. A person is a certified touch judge after either (1) completing an online course by USA rugby or (2) completing a touch judge course run by a certified referee in Ohio.
- 6.3.3. One of the certified touch judges must be in attendance and able to run touch at each game other than the State Tournament.
- 6.3.4. Level one referee certification supersedes touch judge and AR certifications.

6.4. FIELD SIZE AND TIMES OF PLAY

- 6.4.1. All regular season games are 35-minute halves with 10-minute half time. No over time is played during regular season matches.
- 6.4.2. During playoffs, games are 30-minute halves with 5-minute half time. Overtime will be two five-minute halves. If the game is still tied after the overtime period, winner will be determined by a kick-off from the 22-meter line.
- 6.4.3. The minimum field dimensions are 53 yards wide by 100 yards long.

6.5. SUBSTITUTIONS

- 6.5.1. Rosters will be comprised of a maximum of 23 players for competitive games, which can affect a playoff.
 - 6.5.1.1. Printed rosters from the Rocky Mountain registration system may include up to 25 player names although only 23 will be eligible for use during a league game.
- 6.5.2. During the match, players may be replaced (for injury) or substituted (for tactical reasons). A player who has been replaced may not re-join play unless he was temporarily replaced to have bleeding controlled; a player who has been substituted may return temporarily, to replace a player who has a blood injury or has suffered a concussion, or permanently, if he is replacing a front-row forward. Eight replacements are allowed.
 - 6.5.2.1. The substitution rules above apply in all League matches that count for seeding for playoffs (D1, D2, JV & Developmental).
 - 6.5.2.2. In non-league matches, rolling substitutions may be used, with a maximum of 10 substitutions.

6.5.2.2.1. No more than three substitutions may be made at one time.

6.5.2.2.2. The intent of this policy exception is to allow more players a chance to get game minutes and not to allow the practice of hockey-line type substitutions.

6.5.3. Players may re-enter matches only during extended stoppages such as injuries and after scores and with the permission of the referee.

6.5.4. For teams with multiple sides, a player who starts in an A side game may not participate in a B side game, even as a substitute.

6.5.4.1. A player who is used as a substitute in an A side game may participate in a B side game.

6.5.4.2. This same policy applies across sides – starters may not play down. Substitutes may.

6.5.4.3. Once a player starts in 2 A side games, he/she can no longer play for the B side unless he/she was being used in place of an injured starter who returned to the A side team when recovered.

6.5.4.4. At the conclusion of regular season play, teams must submit to Rugby Ohio their 15 starters for their A side if they have 2 sides. These rostered starters are not available for play on lower sides for the playoffs.

6.5.4.4.1. If a team has 3 sides they must submit a roster of 15 starters for their A and B sides.

6.5.4.4.2. If a team has multiple sides in the playoffs and their A side loses but their B or C side are still playing, those starting A side players are still unable to play down.

6.6. AFTER-MATCH SOCIAL

6.6.1. Home teams are encouraged to provide a post-match meal or snack for both teams.

6.7. DEFAULTS

- 6.7.1. Defaults occur if a team has less than thirteen players fifteen minutes after the scheduled start time.
 - 6.7.2. For all Defaults, the score is entered as 20-0 and 5 competition points are awarded to the non-defaulting team.
 - 6.7.3. Do not lend players until the match is officially declared a default.
- 6.8. NO SHOWS
- 6.8.1. A No Show occurs when a team does not show without having given notice to the opposing team.
 - 6.8.2. A No Show results in an automatic disqualification from the state playoffs. A No Show during any post season playoff, including State and Regional, will result in an automatic disqualification from playoffs in the following season and payment of the referee fees for the games missed.
 - 6.8.3. There is an appeals process through the Competition Committee.
- 6.9. MATCH NOT PLAYED
- 6.9.1. If the match is not played due to team issues (e.g. not enough players, travel problems etc.), the team that is unable to play forfeits.
 - 6.9.2. If the match is not played due to field issues (e.g. field owner will not allow play due to rain/snow, owner schedule conflict, unsafe to play, etc.), then the match should be moved to an away team facility and held on the same day and at the same time. If that is not feasible, the match should be rescheduled. If the match is not rescheduled, then both teams are awarded a loss.
 - 6.9.3. If the match is not played due to a Rugby Ohio issue (e.g. missing official or trainer, or some other similar reason), then the match should be rescheduled. If it cannot be rescheduled, both teams will receive a loss. If one team makes a genuine effort to reschedule and the other does not, the match may be ruled a forfeit.
- 6.10. DELAYED START
- 6.10.1. The following guidelines relate to any game that is started later than scheduled by a team's late arrival and is not otherwise delayed due to weather, field conditions or other factors identified herein. It is

further conditioned on the fact that one team and all match officials are ready to start play at the scheduled time.

6.10.1.1. With notice - 1 hour - no consequence for local (less than 25 miles) matches. Travelling teams granted reasonable accommodation for travel delays or interruptions without limit to time.

6.10.1.2. Without notice – 15 minutes - no consequence. Over 15 minutes, penalty try awarded to waiting team. Over 30 minutes, at fault team forfeit. If multiple sides are being played, ONLY the top side of the offending team shall be penalized. (For example, if Brunswick causes first match of tripleheader, which happens to be the developmental match, then ONLY the Brunswick A side would be penalized).

6.11. INTERRUPTED MATCHES

6.11.1. Unanticipated weather/light issues, weather, lightning, darkness (unanticipated does not include scheduling a late start on an unlighted field), facility issue (lights go out) etc. The match official determines whether such an issue has occurred. 3/4 or 45 minutes is full time, final score at time match is called is treated as a final score for all purposes.

6.11.2. If less than 3/4 or 45 minutes, the match should be rescheduled to restart at the point of interruption at the same location.

6.11.3. If the match cannot be rescheduled, the coaches can agree that the match has been sufficiently completed. If they cannot decide or if they cannot agree, the match official rules. This includes any and all reasons the match cannot be continued, keeping the safety and welfare of the players, coaches and fans, including fighting or civil disturbance. Appeal must be filed within 24 hours.

6.11.4. Disputes: coaches for both teams will submit an e-mail to the head of the Competition Committee within 24 hours stating the nature of the issue and proposed solution. The Chairman of the Competition Committee will forward the written appeals to the Committee which will vote on appropriate resolution via conference call within 48 hours. Any member of the Competition Committee affiliated with one of the teams involved will not be allowed to participate in the discussion or vote.

7) Rosters and Match Reporting

7.1. GAME DAY ROSTERS

- 7.1.1. A printed copy of your game roster (from the registration website) must be given to the referee and opposing coach prior to the start of any game. Players not on this roster may not participate in the game.
 - 7.1.1.1. Players bring a photo ID to each match to present to the opposing coach for review against the printed roster.
 - 7.1.1.2. If a player fails to produce an ID, he or she is not disqualified from playing IF the coach of said player certifies he/she is the player identified on the roster AND a picture is taken of said player. The failure to produce an ID will be reported (along with said picture) to Rugby Ohio for review.
 - 7.1.1.3. If Rugby Ohio does not receive a photo ID of said player or cannot otherwise verify that the player in question is properly registered, the match will be forfeited by the offending team regardless of the actual outcome of the competition.
 - 7.1.1.4. Acceptable IDs include Driver's License, Driving permit, passport, school ID, online school profile.
- 7.1.2. Games will not begin unless the referee has both teams printed rosters.
- 7.1.3. Failure to comply with this policy will result in disciplinary action against the coach and possibly the team.

7.2. TEAM ROSTERS

- 7.2.1. Coaches are given a username and password to access reports at www.rugbyohio.com, the Team Roster, Consent Forms, and the Master Player List. Players appearing on the Team Roster have registered, paid and signed all waivers. These players are eligible for practice and games.
- 7.2.2. The Master Player List shows all players who have registered with a team, including those who have not completed their registration by making payment or signing waivers. Payment can be seen on the team roster. A player who has a zero amount under due has paid all

their fees. Players who have not paid, will not appear on the Team Roster and are not eligible for practice or games.

- 7.2.3. The Master Player List provides important player information including parents' names, addresses, phone numbers, doctors' names and phone numbers, insurance information and any medical conditions, allergies, drug reactions and previous illnesses/injuries or surgeries relative to the athlete.

7.3. MATCH REPORTS

- 7.3.1. Scoring System: Win = 4pts, Tie = 2pts, Loss by 7 or less = 1pt, Loss by more than 7 = 0, Scoring 4 tries or more = 1 point when stats are entered on website.
- 7.3.2. Referees shall submit all scores, cards and any pertinent game day information into the Arbiter system.
- 7.3.3. Individual teams are responsible for updating match scores and stats on their team page.
- 7.3.4. Match reports submitted after 48 hours past a game will not be allowed and referee will not be paid for the game.
- 7.3.5. Teams who do not submit match reports to the referee will have the game count as a forfeit and not assigned referees for futures games.

8) Discipline

8.1. CODE OF CONDUCT

- 8.1.1. Rugby Ohio considers good conduct and sportsmanship by coaches, parents and players to be an integral part of the culture of the league. As such we have developed guidelines in an attempt to educate players, parents and coaches on proper attitude and behavior that should be exhibited at youth sports activities. In order to register for a Rugby Ohio team, players and their parents/guardians must agree to the Player and Parent Code of Conduct. Please be sure to review this with your parents and players. A copy of this agreement can be found under "Forms."
- 8.1.2. While the Coaches' Code of Conduct is not part of the online registration process, it is important to note that it exists. Rugby Ohio

coaches adhere to the Double Goal Coach Model in which coaches strive to win and even more importantly, use sports to teach life lessons through Positive Coaching.

- 8.1.3. While the referee is responsible for calling the match, Rugby Ohio coaches are responsible for the behavior of spectators and team members. Referees, athletic trainers and team members should not be subjected to negative comments from anyone. Rugby Ohio insists all participants – coaches, referees, athletic trainers and team members treated with respect.

8.2. BEHAVIOR TOWARD REFEREES

- 8.2.1. Verbal abuse by team coaches, team staff or team substitutes directed at match officials or players should not be tolerated and the following process should be followed:

- 8.2.1.1. The referee will ask the identified person to refrain from their behavior.

- 8.2.1.2. On the second occasion the referee will EJECT the person from the grounds.

- 8.2.1.3. Zero tolerance approach should be applied and if the person re-fuses to leave, the referee should request that team's captain to assist.

- 8.2.1.4. Failing compliance, the referee may abandon the match.

- 8.2.2. NOTE: The referee must restart the game according to the latest stoppage and must NOT award a penalty due to the sideline behavior.

8.3. RED CARDS

- 8.3.1. The issuance of a Red Card to a player will result in immediate removal from play and a possible one game suspension of the player's eligibility for participation in his/her Team's next immediate game. This does not prohibit the player from participating in practice. It is hoped that by going to practice the player will receive corrective action from his/her coaches.

- 8.3.2. The issuance of a second Red Card in the course of a season may result in the requirements of the above (1), and, that the player and his coach maybe referred to the Ohio Rugby Disciplinary Board

(ORDB). If the coach of the player is on the ORDB they will be replaced by the Alternate for the hearing. The ORDB, having been given the relevant submitted Match Reports will conduct a hearing to determine the sanction(s) for the player receiving a second Red Card. Sanctions should be determined on a case by case basis. There is no appeal allowed.

8.3.3. The issuance of a third Red Card in the course of a season to an individual will be cause for immediate suspension of eligibility in the League for the remainder of the season. Upon receiving notice of the third infraction the ORDB will notify the player and their coach in writing of the suspension of eligibility. The player's coach may appeal in writing to the ORDB for a review of the case. After review of the relevant Match Reports, and any other relevant material, it is within the Chairman's sole discretion as to reinstatement and any follow-on requirements made of the player or the coach. The player's coach will be required to petition the ORDB for reinstatement of eligibility of an underclassman player for eligibility for any following season.

8.3.4. Any coach knowingly allowing the participation of an ineligible player in a game, will cause a Team forfeit of the game, and the immediate dismissal of the coach from the Rugby Ohio.

8.4. YELLOW CARDS

8.4.1. First Yellow Card: no follow-on post game sanctions issued.

8.4.2. Second Yellow Card during the same game will result in the issuance of a Red Card (as this is showing a pattern of behavior), immediate removal from play, and, a possible one game suspension of the player's eligibility for participation in their Team's next immediate game.

8.4.3. The issuance of a second Yellow Card in a season will require notification to the Chair of the ORDB. After review of the relevant Match Reports it is within the ORDB's discretion as to any follow-on requirements made of the player and/or the coach.

8.4.4. The issuance of a Third yellow card in a season results in a possible one game suspension of the player's eligibility for participation in his/her Team's next immediate game and will require the player and coach to appear in front of the ORDB.

8.4.5. A player receiving a Fourth yellow card in the course of a season will be immediately suspended from eligibility, and the player will be required to appear, with his or her coach, before the ORDB before the player can play again. If the ORDB upholds further suspension, the player's coach may appeal in writing to the ORDB for a review of the case. After review of the relevant Match Reports, it is within the ORDB's sole discretion as to reinstatement and any follow-on requirements made of the player or the coach. The player's coach will be required to petition the ORDB for reinstatement of eligibility of an underclassman player for eligibility for the following season.

8.5. MEMBERSHIP OF THE OHIO RUGBY DISCIPLINARY BOARD

8.5.1. The ORDB, referred to as the Full Committee, shall consist of a Disciplinary Committee Chairman, a representative of the ORRS, and at least two (2), but no more than five (5) Division Representatives from Rugby Unions/Leagues which utilize the ORRS.

8.5.2. The ORDB Chairman, hereinafter referred to as the Chairman, shall be the (or a) President or Vice President of the Ohio Rugby Union (ORU).

8.5.3. Each Division Representative, hereinafter referred to as the/a Representative, shall be the duly selected Representative, Coordinator, President, or Director of his or her respective Rugby Union/League.

8.6. AUTHORITY AND RESPONSIBILITY

8.6.1. Chairman

8.6.1.1. The Chairman shall reside over all meetings of the Full Committee.

8.6.1.2. The Chairman shall have the authority and responsibility to:

8.6.1.3. Recognize repeat violations by an individual person or club;

8.6.1.4. Ensure timely response from the Representatives on disciplinary matters and timely convening of the Full Committee;

8.6.1.5. Ensure timely publication of disciplinary actions to the ORU President, and, as appropriate, the President of

the offending individual's club, the President of the offended club, the club's League Coordinator, and the Director of Referees;

- 8.6.1.6. Permanently record the findings and penalties of the Full Committee and Representatives.

8.6.2. Representative

- 8.6.2.1. The Representative shall only render disciplinary actions for violations arising within their respective division of play.

- 8.6.2.2. The Representative shall have the authority and responsibility to:

- 8.6.2.2.1. Investigate Playing and Non-Playing Violations properly referred to it;

- 8.6.2.2.2. Reconfirm or modify the extent of culpability;

- 8.6.2.2.3. Pronounce penalty for culpability in accordance with the guidelines recommended within this Code.

- 8.6.2.2.4. All findings and penalties published by the Representative shall be subject to appeal to the Full Committee.

8.6.3. Full Committee

- 8.6.3.1. The Full Committee shall have the authority and responsibility to:

- 8.6.3.1.1. Review Representative findings and penalties on Playing and Non-Playing Violations;

- 8.6.3.1.2. Reconfirm or modify the extent of culpability;

- 8.6.3.1.3. Pronounce penalty for culpability in accordance with the guidelines recommended within this Code.

- 8.6.4. There is no appeal from the findings or penalties of the Full Committee

8.7. AMENDMENTS TO DISCIPLINARY CODE

- 8.7.1. The Full Committee shall have the authority to consider and adopt, with or without modification, amendments to this Disciplinary Code submitted to it by an elected officer of either:
 - 8.7.2. The ORU; or A Member Club, in good standing, of the ORU.
 - 8.7.3. The Full Committee shall have the authority to adopt amendments at its own initiation and deliberation

8.8. EXTENT OF CULPABILITY

- 8.8.1. Admission of Evidence
 - 8.8.1.1. The principal evidence for a disciplinary matter presented before the ORDB shall be submitted in writing. In the case of a Playing Violation, the principal evidence shall be the referee's Disciplinary Report (Appendix III).
 - 8.8.1.2. The Representative or the Full Committee has the discretionary authority to admit or request additional evidence for confirmation or rebuttal of the principal evidence. The additional evidence may be written or oral, at the Committee's discretion.
- 8.8.2. Committee Consensus
 - 8.8.2.1. Chairman
 - 8.8.2.1.1. In the event of a difference of opinion between the Chairman and the Representative, the Chairman shall refer the disciplinary action to the Full Committee.
 - 8.8.2.2. Full Committee
- 8.8.3. The findings of the Full Committee will be determined by majority vote. In the event of a tie vote, the Chairman shall exercise a tie-breaking vote.
- 8.8.4. In reviewing a Representative's decision during appeal, the Chairman and that Representative are permitted to change an opinion previously held, with or without the introduction of new evidence

8.9. PLAYING VIOLATIONS

- 8.9.1. Responsibility for Control Playing Violations, as defined in this Code, are subject to the authority and control of the match referee.

8.10. PROCEDURE FOR DISCIPLINARY ACTION

- 8.10.1. At any time, the Chairman or Full Committee may seek procedural guidance from the USA Rugby Disciplinary Procedures.
- 8.10.2. All disciplinary action as the result of a Playing Violation shall originate from the match referee.
- 8.10.3. The referee shall determine the offender's name and club affiliation at the time of the incident.
- 8.10.4. The referee shall prepare a formal Disciplinary Report; send the original to the ORDB Chairman; and send a copy to the Director, Referees
- 8.10.5. The ORDB Chairman shall contact and provide the evidence to the Representative of the Division in which the violation occurred for their ruling on the matter.
- 8.10.6. The Representative shall determine whether additional evidence is necessary and shall request or admit additional evidence as deemed appropriate.
- 8.10.7. The Representative shall consider all appropriate evidence to determine the extent of culpability and shall pronounce penalty in accordance with the guidelines recommended.

8.11. PROCEDURE OF APPEAL

- 8.11.1. All appeals against the findings or penalties of a Representative's disciplinary action shall be made in writing. The original shall be sent to the ORDB Chairman and a copy shall be sent to the Director, Referees.
- 8.11.2. The ORDB Chairman shall contact each Representative to convene the Full Committee, which may be convened by a meeting, telephone, fax, mail, email, or Internet.
- 8.11.3. The Full Committee shall determine whether additional evidence is necessary and shall request or admit additional evidence as deemed appropriate.
- 8.11.4. The Full Committee shall consider all appropriate evidence to determine the extent of culpability and shall pronounce penalty in accordance with the guidelines recommended.

8.12. DETERMINATION OF PENALTY

- 8.12.1. The recommendations of Section 8.13 are to be construed as guidelines only not as invariable rules.
- 8.12.2. The Representative and Full Committee have the discretionary authority to increase or decrease the recommended penalty, depending upon the circumstances or the case, including the disciplinary record of the offender, but subject to the mandatory requirement that a player ejected for a match before no-side must be suspended for a minimum of two matches or two weeks. It is recommended that the applied penalty shall for the longer period of time.
- 8.12.3. When a suspended player deliberately plays before completion of the suspension, the new violation shall be escalated to the next higher offense of the original category, subject to a minimum of 8 weeks or 8 matches.

8.13. RECOMMENDED PENALTIES – From APPENDIX 1. WORLD RUGBY SANCTIONS FOR FOUL PLAY (REGULATION 17)
<http://www.worldrugby.org/handbook/regulations/reg-17/appendix-1>

Law No.	Description	Entry Point Based on Scale of Seriousness of the Player's conduct, which constitutes the offending – Lower End (LE), Mid Range (MR), Top End (TE).	Maximum Sanction
10.4(s) 10.4(m)	Verbal Abuse of Match Officials	LE – 6 weeks MR – 12 weeks TE – 18+weeks	52 weeks
10.4(s) 10.4(m)	Threatening Actions or Words at Match Officials	LE – 12 weeks MR – 24 weeks TE – 48+ weeks	260 weeks
10.4(s) 10.4(m)	Physical Abuse of Match Officials	LE – 24 weeks MR – 48 weeks TE – 96+ weeks	Life
10.4(a)	Striking another Player with a hand, arm, or fist	LE – 2 weeks MR – 5 weeks TE – 8+ weeks	52 weeks
10.4(a)	Striking another Player with the elbow	LE – 2 weeks MR – 5 weeks TE – 9+ weeks	52 weeks
10.4(a)	Striking with knee	LE – 3 weeks MR – 8 weeks TE – 12+ weeks	52 weeks
10.4(a)	Striking with head	LE – 4 weeks MR – 10 weeks TE – 16+ weeks	104 weeks
10.4(b)	Stamping/Trampling on an Opponent	LE – 2 weeks MR – 5 weeks TE – 9+ weeks	52 weeks
10.4(c)	Kicking an Opponent	LE – 4 weeks MR – 8 weeks TE – 12+ weeks	52 weeks
10.4(d)	Tripping an Opponent with the foot/leg	LE – 2 weeks MR – 4 weeks TE – 8+weeks – 52 weeks	52 weeks
10.4(e)	Dangerous tackling of an Opponent including early or late and including the action known as the “stiff arm tackle”	LE – 2 weeks MR – 6 weeks TE – 10+ weeks	52 weeks
10.4(e)	Dangerous tackling of an Opponent including a tackle or attempted tackle above the line of the shoulders even if the tackle starts below the line of the shoulders	LE – 2 weeks MR – 6 weeks TE – 10+ weeks	52 weeks

10.4(f)	Holding, pushing, or obstructing an Opponent not holding the ball, by a Player who is not in possession of the ball, except in a scrum, ruck, or maul	LE – 2 weeks MR – 4 weeks TE – 6+ weeks	52 weeks
10.4(f) 10.4(k)	Dangerous charging or obstructing or grabbing of Opponent without the ball, including shouldering	LE – 2 weeks MR – 5 weeks TE – 10+ weeks	52 weeks
10.4(g)	Dangerous charging or knocking down an Opponent with the ball, including shouldering	LE – 2 weeks MR – 5 weeks TE – 10+ weeks	52 weeks
10.4(h)	A player must not charge into a ruck or maul. Charging includes any contact made without use of the arms, or without grasping a player	LE – 2 weeks MR – 5 weeks TE – 10+ weeks	52 weeks
10.4(i)	Tackling, tapping, pushing, or pulling an Opponent jumping for the ball in a lineout or in open play	LE – 3 weeks MR – 6 weeks TE – 12+ weeks	52 weeks
10.4(j)	Lifting a Player from the ground and either dropping or driving that Player's head and/or upper body into the ground whilst the Player's feet are off the ground	LE – 4 weeks MR – 8 weeks TE – 12+ weeks	52 weeks
10.4(k)	Causing a scrum, ruck, or maul to collapse	LE – 2 weeks MR – 4 weeks TE – 8+ weeks	52 weeks
10.4(m)	Testicle grabbing or twisting or squeezing LE – 12 weeks MR – 18 weeks TE – squeezing 24+ weeks	LE – 12 weeks MR – 18 weeks TE – 24+ weeks	208 weeks
10.4(m)	Biting	LE – 12 weeks MR – 18 weeks TE – 24+ weeks	208 weeks
10.4(m)	Contact with the Eye(s) or the Eye Area	LE – 12 weeks MR – 18 weeks TE – 24+ weeks	208 weeks
10.4(m)	Spitting at Players	LE – 4 weeks MR – 7 weeks TE – 11+ weeks	52 weeks

10.4(m)	Verbal abuse of Players based on Religion, Race, Color, or National or Ethnic Origin, sexual orientation or otherwise	LE – 4 weeks MR – 8 weeks TE – 16+ weeks	52 weeks
10.4(m)	Any other acts (not previously referred to) which are contrary to good sportsmanship	LE – 4 weeks MR – 7 weeks TE – 11+ weeks	52 weeks
10.4 (m)	Hair pulling or grabbing	LE – 2 weeks MR – 4 weeks TE – 6+ weeks	52 weeks

8.14. NON-PLAYING VIOLATIONS

8.14.1. Responsibility for Control

8.14.1.1. Non-Playing Violations, as defined in this Code, are outside the limits and authority and control of the match referee, and as such become the responsibility and control of the clubs. Any Non-Playing Violation by any member of a club shall reflect on the club, and the club shall be accountable.

8.14.2. Procedure for Disciplinary Action

8.14.2.1. All disciplinary action as the result of a Non-Playing Violation may be initiated by any member of any Member Club of the ORU, or by any member of the ORRS.