



Rugby Virginia Competition Rules

Only Applicable to Rugby Virginia Youth and High School Rugby Tackle Programs

2025-2026

2025/2026 Competitions Committee

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I. GENERAL

These Competition Rules apply to Rugby Virginia's Youth tackle rugby and High School rugby programs.

General Requirements

1. All clubs must be current with all financial obligations, and must be in good standing with Rugby Virginia, USA Youth and High School Rugby, and the Referees Societies to take part in the competition.
2. Full Members of RugbyVirginia are eligible for the Virginia State Championship. With Board of Directors permission, Associate Members of RugbyVirginia are eligible for the Virginia State Championship.
3. All clubs, players, coaches, administrators, officials, or those who will be in close proximity to athletes must be enrolled in USA Rugby and USA Youth and High School membership and meet all criteria for their role as articulated in [USA Y&HS Participation Policy](#).

II. Coaches

Coach Registration

All coaches must register as coaches with USA Rugby and USA Youth and High School Rugby and complete all training to be a coach.

Coaching Certification

Prior to the commencement of the season, ALL coaches must be currently certified through USA Rugby at a minimum of Level 1. This is completed during enrollment as a member through the current platform.

Coach Concussion Training

All contact coaches must download and complete training via the World Rugby Passport Training. This will be tracked through the membership portal.

III. Player Registration

Rugby Virginia Values and Code of Conduct

All players, and parents /guardians (in case of minors), must sign and submit the Rugby Virginia Values and Code of Conduct Statement during registration

USA Rugby and USA Youth and High School Membership

All players must be a member of USA Rugby and USA Youth and High School Rugby.

USA Rugby and USA Youth and High School Membership Deadline

In order to facilitate confirmation that a participating team is viable for scheduled competition, the **deadline** for teams and all players, coaches established by the Competitions Committee.

January 1: Spring declaration forms, rule modifications out, and other admin requirements (such as combined teams must be on one RX team/roster)

February 1: All Spring declaration forms due

February 15: Spring team declarations confirmed based on Rugby Xplorer registrations and team combining decisions made

February 22: Spring schedule published

March 14: Beginning of Spring season

April 4: Summer declarations forms and hosting requirements published

May 1: Summer team and hosting declarations due

May 2: Spring Semi-Final weekend

May 9: Spring Championships (pending venue confirmation)

May 17: Summer schedule published

June 7: Summer season begins

July 5: No games

July 11: Summer Championships (pending venue confirmation)

These dates can be adjusted by the Competitions Chair or the Managing Director.

Clubs and players who are not fully registered may not participate in any Rugby Virginia event since their liability insurance will not be in effect.

Playing ineligible members

If a team has played an ineligible, such team will be subject sanctions, which include the following:

1. Forfeit of game and Matrix points;
2. Suspension of coach;
3. Removal from end of season tournaments; and
4. Fine of \$100 per player per game.

The Competition Committee will have complete oversight of this process. For the purposes of this section, an “ineligible player” means a player not registered in accordance with the requirements of Rugby Virginia or a player not complying with the eligibility requirements.

Player Eligibility and Field Requirements

Rugby Virginia will have the following age bands (grades) and genders, field size, game structure, and maximum playing time per day per player.

Division	Age on 9/1/2025	Max Field Size	Min Field Size	Max Match Minutes	Max Time per Day	Laws Used	Typical School
18U	18, 17, 16, 15	140m x 70m (20m In-Goal)	Football Field 100x53y (91 x 49m)	70 <i>35-min halves</i>	90	U19	High School
U16	15, 14	140m x 70m (20m In-Goal)	Football Field 100x53y (91 x 49m)	70 <i>35-min halves</i>	90	U19	High School
U14	13, 12	140m x 70m	Football Field 100x53y (91 x 49m)	50 <i>25-min halves</i>	80	U19	Middle School
U12	11, 10, 9	100(140)m x 70m	Football Field 100x53y (91 x 49m)	40 <i>20-min halves</i>	70	10s & as noted in Section 5	Middle School

Both U14 and U12 are encouraged to play an additional B-side or "friendly" match that does not affect standings and provides the opportunity for substitute players and those trying out new positions to get playing time without exceeding playing minute limits for the week.

Field Setup

Match hosts are responsible for setting up match fields. Fields are to have marked technical zones (10m to 22m), flags/cones/markers at the 50, 10, 22, 5, and try line, and padding on goal posts (including soccer goals).

Coaches may not leave the technical zone during play (ie no roaming up and down the sideline even on your half of the field).

High School Rugby - Eligibility

Rugby Virginia **High School Rugby** is open to all high school athletes under 19 years of age. High School Rugby is single-gender.

To participate in Rugby Virginia's High School Competitions, an athlete must meet the standards set forth in the [USA Youth and High School Eligibility Guidelines](#).

U14

Open to boys and girls who are under the age of 14 as of September 1 and older than 12 years old as of the previous year (e.g., for the 2025/26 season, a player must be under the age 14 and 12 or older as of 9/1/2025). Exception requests for players not between the ages of 12 and 14 are to be submitted to the Competition Committee for consideration. Girls are permitted to play down a level with a waiver request.

U12

Open to boys and girls who are under the age of 12 as of September 1 and older than 9 years old (e.g., for the 2025/2026 season, a player must be under the age 12 and 9 or older as of 9/1/2025). Exception requests for players not between the ages of 9 and 12 are to be submitted to the Competition Committee for consideration. Girls are permitted to play down a level with a waiver request.

IV. PRE-SEASON

Sports Physicals

Rugby Virginia strongly recommends that ALL contact players undergo a sports physical annually.

Concussion Education

All contact players and their parents should have training on symptoms and signs of concussions. This is to be handled at the club level.

Safety Instruction

Prior to playing in a match, all contact players should participate in a minimum of three practices.

Positive Coaching Alliance (PCA)

All coaches should participate in a designated Positive Coaching Alliance (PCA) session.

Medical Kit

All teams must have a complete sideline medical kit available at all training sessions and matches together with an emergency evacuation plan and emergency phone numbers.

Medical Personnel

Certified medical personnel (registered nurse, physician, EMT, ATC) must be present at ALL contact matches.

V. MATCHES

Laws

World Rugby Laws of the Game of Rugby Union and the World Rugby Under 19 Variations for all play at and above the 14U level except when the Sportsmanship policy is invoked.

U12 Variations

U12 shall follow the World Rugby Laws of the Game of Rugby Union, except for the following Rugby Virginia Modifications for U12 and should the Sportsmanship Policy be invoked.

U12s will play 10-a-side World Rugby law variations shall be played during the spring except as noted below:

Number of Players: The maximum number of players on the field shall be 10 players split evenly between forwards and backs.

Scrum: At the u12 level scrums will be progressively introduced over the course of the season. At any time, a team can request to revert to a less advanced version of the scrum rules without penalty. The scrum schedule is as follows:

- Weeks 1 and 2: Uncontested scrums. The team putting the ball into the scrum will retain the ball. There is no push in the scrum.
- Weeks 3 - 4: Contested hook, no push. Hookers may compete for the ball, but there is no push from either team.
- Weeks 5 through the end-of-season tournament: Contested scrums. Drive of no more than 1.5 meters.

Lineouts: Contested with no lifting.

7-a-side World Rugby Laws shall be played during the summer except as noted below:

Scrum: All scrums shall be contested.

Lineouts: Contested, no lifting.

Date of Match

Matches must be played on the dates set by Rugby Virginia in the League Schedule. If there are extenuating circumstances that preclude either team from playing on that set date, then a mutually agreeable alternate date and time must be decided by the two teams. In particular, when the home team's field is unavailable, all teams are asked to give great weight to playing the game at the away team's field. Should the clubs be unable to reach agreement on a date within one week of the original date, the competition director shall decide the makeup date.

With permission of the Competition Committee, the match may be rescheduled for a date after the playoffs as long as the game does not have playoff implications.

Time of Match

Matches must be played at a reasonable time, considering factors such as travel time and distance and traffic. In general, home teams should work with visiting teams to ensure adequate travel time and allow for traffic delays.

Teams Late to Kick-Off

In general, teams not prepared to take the pitch within one hour of the scheduled kick-off time shall forfeit the match.

Home teams are asked to be lenient when the visiting team contacts the home team to explain delays.

Length of Match*

18U and U16: 35-minute halves, 90 minutes max per day

U14: Games shall be two 25 minute halves with a 5 minute halftime. The maximum playing time per day per player is 80 minutes. Teams are encouraged to play a developmental period after the official match has concluded.

U12: Games shall be two 20 minute halves with 5 minute break. The maximum playing time per day per player is 70 minutes. Teams are encouraged to play a developmental period after the official match has concluded.

*this assumes that the format is 15s for U14-18U and 10s for u12

Table Point System for Spring Season

Teams will be awarded points as follows:

Game Points (GP)

- Four (4) points for a win
- Two (2) points for a tie
- Zero (0) points for a loss

Bonus Points (BP)

- One (1) bonus point for four (4) or more tries in a match.

Tie Breaker

- If teams are still tied on table points, then the team with the largest point differential becomes higher/highest seed.
- All other seeding tie breakers are noted below.

Table Points (TP)

- Game Points plus Bonus Points ($TP = GP + BP$)

Spring Season Score Reporting and Maximum Point Differential

For Division 1 and Division 2 U19 and U16 matches, there is no maximum point differential. For all other age levels, the maximum point differential counted in the standings is 20 points. If the point differential is more than 20 points, the losing team shall keep all of its points and the winning team shall have its points reduced so that the point differential is 20 points (e.g., an 80-10 game will count as 10 points for the losing team and 30 points for the winning team.)

RugbyVirginia will use RugbyXplorer and its support mobile applications for scoring. All teams are responsible for tracking tries, conversions, and penalties scored during a match in the Rugby Match Day App. Teams have 24 hours following the completion of the match to enter all scoring. RugbyVirginia will review the scores, make any score differential changes necessary, and finalize the score in RugbyXplorer. If a team is having technical difficulties with the application they are to email the league commissioner, managing director, and competition chair to report the score (tries, conversions, and penalties) within 24 hours following the completion of the match. Failure to enter scores in the app or contact RugbyVirginia will result in a team scoring zero points.

RugbyXplorer will be the official mechanism for tracking table points and determining playoff match-ups.

Playoff Seeding or Ranking

At the conclusion of league play, the teams shall be ranked top to bottom according to procedures later in this document. (SEEDINGS AND STANDINGS) The number of teams advancing to the next level of playoffs varies depending on the competition. The format of the competition varies depending on the competition.

Both the number of teams and the format of the competition are described later in this document.

Required matches

"A" side matches are mandatory for all league play. The "A" side match is the match that will count in the league standings.

At the high school level, an "A" side match is 70 minutes, played as two, 35-minute halves.

At the U14 level, an "A" side match is 50 minutes, played as two, 25-minute halves.

At the U12 level, an "A" side match is 40 minutes, played as two, 20-minute halves.

B side matches

"B" side matches are highly recommended. Be advised that when a referee is assigned to a B-side

match, they have an expectation that the match will be played at the minimum duration. Shortened B-side matches, and especially canceled B-side matches, can easily result in B-side referees not being assigned to the offending club again, at least until the Referee Society can be assured the referee will have a full game.

Shortened Matches

The referee may shorten the game if it becomes unsafe to continue, with a subsequent report to Rugby Virginia describing the circumstances and the reasoning that led to the game being shortened.

VI. FORFEITS

Forfeits

Forfeits shall be recorded as a 20-0 win by the non-offending team, and recorded as 4 tries scored plus 1 bonus point. Rugby Virginia encourages teams to lend players so that a friendly game can be played. The team that is not shorthanded is encouraged to lend players or match numbers in the spirit of good sportsmanship and to have as competitive a match as possible.

Clubs are encouraged to give as much notice of a forfeit to their opponents as possible and at least 24 hours notice.

The Competition Committee will review and is authorized to impose sanctions on a team that forfeits two games during the regular season or one game during the playoffs. The Competition Committee may prohibit the team from participation in league play, loss of table points, disqualification from the playoffs, or other such measures as they may decide.

U14, U16, and 18U Teams with at least 12 players and U12 with at least 7 players is the minimum number of allowable players Team is considered to have made a good faith effort to show up to play the game, so there will be no effect on playoff qualification. Such a team may borrow players from the other opposing team with the agreement of the team lending the players (i.e., play the game and let the score stand).

Note, however, that the other opposing team is under no obligation to lend players or decrease the number of players on the field.

A team with fewer than 12/7 players automatically forfeits.

VII. REFEREES

Assigned Referee

The home team is responsible for providing a qualified referee - this can be done through the relevant Referee Society or directly with a referee.

When the assigned referee does not show, there is no qualified replacement referee available, and the teams cannot agree on a replacement referee, the game cannot be played and is to be rescheduled in coordination with the Competition Committee.

If the assigned referee is not available at game time, or there is no assigned referee, and one of the home or away club produces an individual whom they say or he/she says is a qualified referee, and this individual subsequently proves not to be qualified, then Rugby Virginia shall examine the circumstances and possibly may award a forfeit to the non-offending team.

All clubs are strongly advised and encouraged to have one or more persons on their club or available to their club (coach, assistant coach, player, parent, friend, etc.) who is a qualified referee.

VIII. VENUE

Handshake

Rugby Virginia requires the Home team to contact their Away team opponents to confirm the date, time, and venue of an upcoming league match at least five (5) days prior to their meeting.

Field Cancellation

Home clubs are required to contact their Away opponents prior to their scheduled league matches in the event that there is a problem with the scheduled site. If the original home field was canceled for any reason, the home team shall make all efforts to secure a suitable field no further than 30 miles in additional travel distance from the original venue for the away team. If the home team cannot secure a field as stated above, the teams will negotiate for a make-up date in coordination with the Competition Committee during the season within the vicinity of the original home team.

IX. TEAM UNIFORMS

Team Uniforms and Equipment

Rugby Virginia encourages clubs to adhere to the following guidelines regarding proper uniforms for league and playoff games.

- Teams should register their colors with Rugby Virginia during the declaration process so that obvious jersey conflicts can be avoided.
- All players should play in numbered matching jerseys.
- Other WORLD RUGBY laws and regulations on kit apply. See World Rugby Law 4 and World Rugby Regulation 12.

In the event of a lack of contrast in jersey colors, the home team is responsible for providing an alternate kit to the satisfaction of the referee. Teams are advised to check with each other before game day as to the other's uniform colors and style to avoid conflicts. Failure to comply with these requirements will lead to a review by Rugby Virginia as to the extent of the problem. In the worst case, failure to comply may be grounds for protest and could result in a forfeit by the offending team.

X. STANDINGS & SEEDINGS

Championship Seeding

At the conclusion of the league season, the Standings Table will show the teams ranked from first to last. Teams are ranked on the basis of their Matrix Points (based on wins, ties and losses described above in V. MATCHES, Points System). If teams are tied in the standings table, the following tie-breaking procedures will be used to resolve the ties. In the following tie-breaker procedures, league games do not include games against teams ineligible for the playoffs because of forfeits or other infractions.

1. If two teams are tied with the same Game Points, then the team that won the head-to-head match between the teams.
2. If tied after (1), then the team with the most wins is higher
3. If tied after (2), then the team with the most ties is higher
4. If tied after (3), then the team with the most Table Points (Game Points plus Bonus Points, as described in V. MATCHES, Points System)
5. If tied after (4), then the team that scored the most tries.
6. If tied after (5), then the team that scored the most converted tries.
7. If tied after all the above criteria are exhausted, the RV League Commissioner will resolve the tie with a coin flip.

XI. CHAMPIONSHIPS

State Championships

The Spring Youth, High School Boys, and High School Girls championships will be held immediately following the conclusion of the respective league season. Schedules are posted on the Rugby Virginia website.

The semi-final games will be played the week before the State Championship. In case of inclement weather or other circumstances that prevent the games from being played as scheduled, Rugby Virginia shall review the situation and decide the best course of action.

XII. USA Youth and High School Registration

Player Registration Compliance

All clubs are required to register all their players with USA Youth & High School Rugby

All clubs are expected to abide by the Laws of the Game with respect to starting and reserve rosters.

These rules apply to league and playoff matches. These rules are written with the intent that the teams shall be self-monitoring.

In addition to Rugby Virginia rules, Rugby Virginia adheres to USA Rugby eligibility rules.

The following rules are to be used by the clubs to self-monitor each other's eligibility:

<https://usa.rugby/youth-eligibility>

Clubs to Ascertain Player Eligibility

It is the responsibility of the club to ascertain that new players are eligible to play; that is,

- The new player is not playing registered with another club.
- The new player has not played in the current competitive cycle with another club (and may or may not be registered yet) in matches leading to a state championship.
- The new player is not serving a suspension from play that was handed down by another rugby administrative body (domestic or international).
- If the player has a current registration number, the club should check with the player's (former) club as to his/her eligibility. Questions about eligibility should be resolved with Rugby Virginia administrators before allowing the new player to take the field. Clubs that play ineligible players are subject to various penalties, including forfeiture of games in which the ineligible player took part.

Game Day Roster

24 hours prior to the kick-off, each team must enter in RugbyXplorer their roster. The High School rosters during matrix matches will have NO LIMIT. However, during playoff matches rosters will be limited to 25 players - this includes the Semi-Final matches. Rosters must be finalized at least 24 hours in advance for all playoff matches. During matrix play there is no limit on the roster size for U14 and U12, but for playoffs there will be a 25 player limit.

Additionally, if a club has multiple teams at any level, they are allowed to roster up to seven players across teams for matrix matches. These seven players cannot exceed the mandated playing time limits on any given day (see above for playing time limits.) For the playoffs, teams may not use players on multiple teams and must only have players listed on one roster for playoff teams.

Teams should perform the roster check/challenge as early as possible so as not to interfere with their pre-game preparations. (See next paragraph: Game Day Roster Challenges) Likewise, a team cannot show up right before kickoff and be excused from a roster check/challenge on the grounds that they need time to prepare for the game, nor can the challenging team take an inordinately long time to complete this process. Kickoff shall not be delayed more than 30 minutes past the scheduled kick-off time.

For games with contested scrums each team must identify for the referee who the front row eligible players are.

Game Day Roster Challenges

Prior to the kick-off, each team may challenge their opponent's game-day roster, including substitutes, by asking to check any or all players' identification at the high school level. Such identification must include a clear and recent photograph less than 2 years old. (Players under 18 should note the USA Rugby eligibility regulation at the link above). The challenged players should be prepared to produce such identification within 72 hours.

Roster/Substitution Management

There are unlimited substitutions allowed in all Rugby Virginia games. This includes replacing players back into the game who have been replaced with the exception of players who have been replaced due to injury or being carded.

Referee as Witness to Roster Disputes

The referee will NOT adjudicate any disputes before, during, or after the match, but may be called by Rugby Virginia as a witness to the events surrounding the protest. Other witnesses, whether or not part of either team's roster of players, may be called as they are identified.

Failure to Check the Roster

If a team fails to ask for a player roster or challenge a player's eligibility before the match, or during the match in the case of a replacement player, they shall be prohibited from protesting the game on grounds of ineligibility.

Eligibility Challenges

If a team intends to challenge the eligibility of an opposing player they must do so to Rugby Virginia within three days after the match for review.

Adjudication of Protests

Rugby Virginia will adjudicate protests as quickly as possible, generally within 72 hours. The cooperation of all parties is expected without delay.

XIII. OVERTIME FOR PLAYOFF MATCHES

Overtime Procedures For Playoff Matches

If a playoff game is tied after regulation full time and requires overtime one of the following procedures shall be used, as determined by the appropriate divisional director. Factors such as the number of games played by each team in the tournament and time available on game day, among others, may figure into the decision about which overtime procedure to use. The overtime procedure, which could include a combination of Procedures 1-4, to be used will be decided by the relevant commissioner in advance of tournament play based on the playoff format. The type of kick taken is applicable to any law variation.

- A. **Overtime Procedure 1** – The teams shall proceed to a penalty-kicking contest to determine a winner (see below). All teams shall use the USAR kicking contest rules.
- B. **Overtime Procedure 2** – The teams shall play one or more 10-minute overtime periods provided the overall match time does not exceed the overall match times prescribed in the Player Eligibility Section. The first team to score shall be the winner of the match (sudden death/victory). If neither team scores by the end of the last overtime period, the teams shall proceed to a penalty-kicking contest to determine a winner (see below).
- C. **Overtime Procedure 3** – The teams shall play one or more 10-minute overtime periods. Each period shall be played to the fullest (no sudden death/victory). The team scoring the most points overall in overtime periods shall be the winner. If the score is still tied after the last overtime period, then the teams shall proceed to a penalty-kicking contest to determine a winner (see below).
- D. **Overtime Procedure 4** – Same as OT Procedure 3, except that additional 10-minute overtime periods shall be played after the first two. Any additional overtime periods shall be sudden death/victory wherein the team that scores first shall be the winner of the match.
- E. **For all overtime procedures**, the visiting team (or lower-seeded team if played at a neutral venue) shall call the coin toss after regulation and before the start of overtime.
- F. **For all overtime procedures**, there shall be a 5-minute water break after regulation. There shall be a two-minute water break after each overtime period, except that there shall be a 5-minute water break after every 4 overtime periods (should that many be played).
- G. **For multiple overtime periods**, teams shall switch ends after each overtime period.
- H. There shall be a **kickoff at the start of each overtime period** with teams alternating the kickoff.

Overtime - Kicking Contest Procedure for Playoff Matches

The kicking contest procedure is detailed below as it applies for Youth and high school teams. If at the end of regulation time the game is tied, then the teams will begin a kick-at-goal kickoff contest to determine a winner (no extra time is allowed in Spring Youth or high school matches due to the World Rugby restriction on the maximum playing time for each game per designated regulation time for Spring Youth and high school matches).

*Note: These rules are the same as promulgated by USA Rugby and adopted by Rugby Virginia. Additional wording has been added where the USAR procedure was silent (marked with *).*

The Under 19 variations provide for two 35-minute halves and total playing time of 70 minutes. The rules governing the WORLD RUGBY Under 19 World Championship provide for matches to be decided first by try differential and then by a penalty shoot-out. Accordingly, the extra time protocol for Under 19 competitions will be as follows:

1. The kicks at goal should be part of the match and be the responsibility of the referee. The Assistant Referees, Touch Judges, and/or Match Official/Commissioner may help the referee. Before the kicks at goals, the two captains toss a coin to decide which goalposts to use and toss again to decide which team will kick first. The Match Official/Commissioner may move the penalty shoot-out kicking contest to another field if necessary to accommodate the competition schedule.
2. The first series will consist of five placed kicks taken on the 22-meter line in front of the posts. The referee will mark the spot, centered in front of the posts on the 22 meter line, which the kicker may move up to 3 meters left or right, but not closer to or farther from the goal posts, depending on field conditions, but there will be one spot for all kicks. Teams may use a kicking tee as provided for in the laws. A holder may be used as allowed under WR Law.
3. The kicks at goal will be taken, for each Team, by each of the five players, nominated by the Captains, who were on the field of play at the end of that match. No player may kick more than once. In the event of an injury, a player initially nominated to kick may be replaced; however, the replacement shall be a player who was on the field of play at the end of that match.
4. The five players shall take it in turns to kick at goal. Teams will alternate: Team A, Team B, Team A, Team B, etc. The team successfully kicking more goals out of 5 attempts than the other team will be the winner. Fewer than 5 attempts may be all that is required to determine a winner (e.g., one team misses their first three kicks while the other team makes all three of their kicks).
5. In the event of a tie after the first series of kicks at goal, additional kicks shall be taken, still from the 22 meter line in front of the posts, alternatively by each Team, until one Team has an advantage for the same number of kicks taken. 10) Each of these additional kicks shall be taken by a different player who did not participate in the first series of kicks. No player may kick more than once.
6. Each kicker has 45 seconds from the time the referee hands them the ball to take the kick. Failure to take the kick within 45 seconds of being handed the ball will mean a missed kick. If the 45-second time expires before the kick, the referee shall blow his whistle to indicate. The

referee shall give a quiet verbal warning "10 seconds" to the kicker when that amount of time remains.

7. The game ball(s) in use at the end of the game shall be used. Each kicker may use the same game ball as the other kicker, or may choose another game ball.
8. Each team should designate one or two players to retrieve the kicked ball and return it to the referee. Players from the kicker's opponent should retrieve the ball and return it to the referee for their team to kick.
9. If there are Assistant Referees, they and the referee shall judge each kick as good or not good as provided in the laws. The Assistant Referees shall stand at a place at or behind the goal posts as directed by the referee.
10. If there are no Assistant Referees (ARs), then each team shall provide two touch judges (four in all). Two pairs of touch judges (TJs), each pair being one TJ from each team, shall stand at a place at or behind the posts as directed by the referee. If a kick at goal cannot be judged good or bad by both TJs of a pair, then the referee shall determine if the kick was good or bad.
11. A good kick at goal shall be indicated by a raised flag (or hand, if no flag is available) by the ARs or TJs.
12. Each team may enter the field for the kick-off but must remain at least 10 meters behind the 22 meter line and must remain motionless and quiet during each kick. The referee will indicate with an outstretched hand when he hands the ball to the kicker that they must remain motionless and quiet. Failure to do so, as judged by the referee, will enable a re-kick if it was missed. The referee will be the sole judge.
13. Spectators may NOT enter the field of play for the kickoff but must remain behind the touch lines (near the halfway line) and must remain quiet during each kick. The referee will indicate with an outstretched hand when they must remain quiet, when he hands the ball to the kicker.
14. Failure to remain quiet will enable a re-kick if it was missed. The referee will be the judge.

XIV. COIN FLIP

The Coin Flip Procedure

If a coin flip is required to determine ranking, then the following procedure shall be used.

A Rugby Virginia Director and the relevant League Commissioner shall be present. Representatives of the teams affected by the coin toss shall be present in person or by telephone. The Rugby Virginia President (or a disinterested Board member designated by the President) shall determine the time and location of the coin toss in consultation with those expected to be present and the affected teams. Any two-sided, fair coin shall be used. One side shall be designated heads; the other side shall be designated tails. The Rugby Virginia Director shall flip the coin in the air and let it fall to the floor and come to a rest. All those present shall witness it being a head or a tail.

To eliminate teams and choose a winner, the representative of each team shall choose heads or tails by secret ballot (to minimize the chance that all teams will choose the same side of the coin). For those present by telephone, his/her choice shall be disclosed privately to the officers and directors present but not to the other teams. The President (or designated Board member) shall keep track of each team's choice. The coin shall be tossed, and those teams choosing wrongly shall be eliminated. If all teams are eliminated in a round (that is, all chose the same side of the coin), then the round shall be repeated with the same teams as the previous round. This procedure shall be repeated until only one team remains.

XV. SPORTSMANSHIP POLICY

The RV Sportsmanship Policy can be invoked at halftime, or any other time thereafter, when the difference in points becomes 40 or more or a coach, by notice to the referee and other coach, concedes the match.

If it is within 10 minutes of full-time the conceding coach can refuse it (U16 & 18U, HS & JV) or 5 minutes from full-time (all other ages). Once invoked, the matrix points are frozen at this point and no further points can be gained by either team.

The goal for remaining time is to focus on player and team development. The game shall transition to a scrimmage/practice.

The following are suggestions that can help ensure the remaining time be as productive as possible to promote player and team development:

- Coaches may lend players to the other team;
- Scrums, lineouts, and rucks can be uncontested;
- Coaches are encouraged to have impact players look for off loads, involve teammates, seek to avoid scoring
- After any score, the scoring team shall kick;
- 22 dropouts become free kicks on 22;
- Coaches are encouraged to limit the effect impact players have on the remaining time, which could include putting them in a secondary/new position;
- To the maximum extent possible, particularly below high school, non-starting players are expected to play the majority of the remaining time, while ensuring safety.

By mutual agreement of both coaches, and with informing the referee, additional measures may also be taken to promote player/team development and as even competition as possible