



LOSSA

Lake Ontario Secondary School Athletics

2025 LOSSA RUGBY SEVENS LEAGUE RULES

Unless otherwise indicated, all matches will be played under the World Rugby(WR) Laws, regulations and laws of the game in accordance with the Seven-a-side variations framed by the WR. The league winner at both Senior, Junior and Novice division will be determined in a LOSSA Final play-off tournament involving the top six, (1-6) teams in each division based on points accumulated in the previous three LOSSA tournaments. *Dates and Locations are Firm.*

Tournament Dates

- Tournament # 1:
- Senior Split
- Tournament # 2:
- Tournament # 3:
- Tournament #4:
- LOSSA Finals:

Senior League format and Participants

- There will be ## participating teams. Each Senior team will play a total of ## games in league play - 2-3 games in each of the LOSSA tournaments. Each team will play every other team once. Teams are organized from 1-## and keep their draw number throughout the season. Points are awarded on a sliding scale outlined below under the heading “Pool Points”. The top six ranking to determine playoff teams will be based on total points accumulated through the three LOSSA tournaments. Competing teams are as follows:

SR (##)

Junior League format and participants

- There will be ## participating teams. Each Junior team will play a total of ## games in league play 2- 3 games in each of the LOSSA tournaments. Each team will play every other team once. Teams are organized from 1-## and keep their draw number throughout the season. Points are awarded on a sliding scale outlined below under the heading “Pool Points”. The top six ranking to determine playoff teams will be based on total points accumulated through the three LOSSA tournaments. Competing teams are as follows:

Junior (##)



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Grade 9 (Novice) League format and Participants

- There will be ## participating teams. Each Novice team will play every other team 1 time, plus ## other games. Novice tournament order rotates each tournament so teams are not playing the same opponent at the same time of day in each tournament. Points are awarded based on a sliding scale outlined below under the heading "Pool Points". Novice teams are:

Novice (##)

LOSSA Finals

For all divisions (Sr., Jr, and Nv), the top six teams (1-6)** based on total accumulated tournament points during the entire league season will play on finals day using the following play-off format:

Quarter Finals: ¼ Final A: Seed #3 v Seed #6
 ¼ Final B: Seed #4 v Seed #5
 Bye: Seed #1 v Seed #2

Semi Finals: ½ Final A: Seed # 1 v Lowest Seed
 ½ Final B: Seed # 2 v Highest Seed

Final: Winner of ½ Final A v Winner of ½ B (Gold/Silver match)
 Loser of ½ Final A v Loser of ½ B (Bronze/Antique Bronze match)

Finals Day Overtime

All games tied after regulation will go to sudden death overtime. First TRY scored wins.



General Rules of Play

Game Duration

Each game will consist of two 7-minute halves with a 2 -minute break at half. Choice of kick away or reception will be determined by coin toss prior to kick off, and off the field of play, (team captains will meet with the assigned referee for their game 2 minutes prior to kick-off). The team losing the coin toss will have the choice of field half to begin the game. Teams will shake hands off the field at the conclusion of the match. **ALL MATCHES WILL START AT THE ALLOCATED TIME.**

change for 2026

Pool Points

Points for tournament matches will be awarded as follows:

Win	=	4 points
Tie	=	2 points
Loss	=	0 points

Tie Breaker Format (Only used to determine play-off seeding order)

In the event of a points tie between teams, the following criteria will determine future seeding (including for the LOSSA Finals):

- 1) Head to Head record
- 2) Points differential
- 3) Tries conceded

Discipline **

Yellow Card: will result in a 2-minute sin-bin, (player must leave the field of play immediately and stand at the dead ball line of the opposition try zone; player may return on the referee's direction)

Red Card: applied as follows;

- Players that receive two (2) yellow cards for dangerous play + misconduct (World Rugby Laws), will be given a red card, ejected from the game, and be suspended for the next League/Play-off game, and any exhibition or



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tournament games up until that game is played. All ejections from games to be reported to the Convener and LOSSA. All ejections can result in supplementary discipline by LOSSA.

- **Players that receive two (2) yellow cards where one (1) or both of the cards are NOT for dangerous play + misconduct (World Rugby Laws) to be ejected from the game but will NOT face further suspension.**
- **Multiple dangerous play + misconduct infractions: Players who are suspended a second time for dangerous play + misconduct to be suspended for the next 3 League/Playoff games. Suspension reported to the Convener and LOSSA, and may result in further supplementary discipline. Players suspended a third time for dangerous play + misconduct to be suspended from all League/Playoff and exhibition play in LOSSA. Suspension reported to the Convener and LOSSA and may result in further supplementary discipline.**

Tournament Squads

An unlimited number of players may be used by each team for tournaments # 1,2,3,4 and finals. This means “unlimited AND rolling substitution”.

One game sheet will be filled out by each team at the start of each tournament. All players must appear on the AELS eligibility list.

General

Jury of Appeal: In the event of a disciplinary issue, an immediate decision will be made by a jury of appeal consisting of two LOSSA coaches, and one of the two LOSSA Boys' Sevens convenors. Subject to immediate availability, the LOSSA coaches on the jury of appeal will be chosen from the following: *Any coach not involved in the incident.*

Interaction with Officials: Interaction with Officials, whether by players or coaches, must be professional and responsible. Abuse of Officials, either verbally or physically, will be reported to LOSSA and may be subject to sanctions.



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Coach oversight: Coaches are expected to be aware of their players' whereabouts and actions and should be cognizant of the need for appropriate behaviour on and off Durham Board property.

https://rugby.ca/uploads/Community/Age_Grade_Law_Variations_for_Community_Rugby_2022_Eng_v3.pdf



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Next year items:

ATs

Inclement Weather

Red card

Changing on fly