

RUGBY

Divisions and Rules 2018

DIVISION	# TEAMS IN DIVISION	PLAYING LEVEL GUIDELINE & AGE RESTRICTION	DIVISION DESCRIPTION
Mens Social	32	Social/competitive . 18 years and older.	A mixture of social non-regular players and a few regular players. No one who is currently playing professional, 1 st XV club or any varsity representative teams.
Mens Premier	8	Competitive rugby. 18 years and older.	A mixture of good social players and top regular players, including semi-professional, 1 st XV club and varsity representative sides.
Mens Vets	12	Social rugby Strictly 35 years and older.	More competitive style of “golden oldies” rugby.
Ladies	8	Social/competitive . 18 years and older.	A mixture of good social players and top regular players, including semi-professional, 1 st XV club and varsity representative sides.

ENTRY FEE INCLUDES

- Festival weekend entry
- Rugby tournament entry
- 5 guaranteed games
- 10s event merchandise
- Live entertainment
- Massage & strapping services

Rules

Boksmart

Boksmart is a SARU initiative to reduce the risk of serious injuries in the game. It is SARU regulation that every coach or assistant in a team of any capacity has Boksmart accreditation. Therefore it is compulsory that someone in the camp of each team has a Boksmart member at the Zando Cape Town 10s. Please send through the player's name and Boksmart number (ID you have not received one from SARU) to dan@capetowntens.com.

1. Rugby Rules

- 1.1.** Standard rugby rules apply
 - 1.1.1.** Line-outs
 - 1.1.2.** Scrums
 - 1.1.2.1.** Exception: See below in **point 2**
 - 1.1.3.** Offside
 - 1.1.4.** Ruck infringements
- 1.2.** The tournament follows the spirit of the laws for 7's
 - 1.2.1.** Team that scores restarts
 - 1.2.2.** All kicks at goal shall be drop kicks
 - 1.2.3.** Any kick off infringement results in a free kick

2. Scrum Changes

- 2.1.** Only the scrumhalf can pick the ball up at the back of the scrum (i.e. locks can't touch it)
- 2.2.** Locks must bind between hooker and props as in the 15-man game
- 2.3.** All scrums are contested by default, UNLESS:
 - 2.3.1.** Both teams agree in advance of a match that scrums should not be contested (with the referee's agreement). It is standard practise for the Veterans League (vets) that captains to agree to uncontested scrums
 - 2.3.2.** A team is unable to field a suitable front-row and requests uncontested scrums. In this case, the team requesting uncontested scrums will forfeit a player for the whole/remainder of the match.
 - 2.3.3.** For any safety reasons the referee deems that scrums should not be contested

3. Age Related Rules

- 3.1.** No school boys allowed playing in any division
- 3.2.** In the Veterans League, ALL players need to be at least **35yrs old by 31st Dec 2018**. Exceptions need to be discussed with Dan beforehand.

4. Squads and Replacements

- 4.1. 20 man squad per team for a match
- 4.2. All 10 reserves are allowed to be subbed on during the match
 - 4.2.1. The referee needs to be notified during a stop in play
 - 4.2.2. The referee has the right to stop a substitution if he feels that they are too frequent and slowing the pace of the match
- 4.3. If your club has entered more than one team, please note these teams need to be treated separately - interchange between teams is not permitted.

5. Discipline

- 5.1. A player sent off (i.e. straight red card) by a referee for foul play will not play again in the tournament.
 - 5.1.1. All red card offenders will have a brief hearing with the head of referee's and rugby director after the match. The player will have a chance to appeal the decision and reduce the penalty to a lesser suspension.
 - 5.1.2. A red card received from 2 yellow cards in one match will result in a one match suspension.
 - 5.1.3. Teams who attempt to play a suspended player will forfeit their match.
- 5.2. A player who is sent to the sin bin (yellow card) will be suspended from play for **three minutes** of actual playing time. The player shall return to his team bench and await permission to re-join the game after the three minutes of playing time has expired.
- 5.3. If a team does not arrive in time for kick off, the game will be considered a walkover, and a 28-0 winning score will be given to the punctual team - no exceptions, no excuses.

6. Match Length

- 6.1. All games, in divisions, including all pool and knockout games will be:
 - 6.1.1. 9 minutes each half
 - 6.1.2. 2 minutes half time
- 6.2. The exception is the Cup final which will be:
 - 6.2.1. 9 minutes each half
 - 6.2.2. 3 minute half time

7. Points/Scoring

- 7.1. Team listed first on the fixture list will always kick off from the side closest to Totius Road - i.e. no coin toss
- 7.2. In all pool games, in all divisions;
 - 7.2.1. 4 points are awarded for a win
 - 7.2.2. 1 point is awarded for a draw
 - 7.2.3. 0 points are awarded for a loss

- 7.3.** If two or more teams end on level points, the pool standing is determined by;
- 7.3.1.** The team who won the round robin fixture, if that was a draw then,
 - 7.3.2.** Team with the best for/against points difference determines the winner, if that is equal,
 - 7.3.3.** Team scoring most tries determines the winner, if that is equal,
 - 7.3.4.** Team scoring the most points 'for' determines the winner, if that is equal,
 - 7.3.5.** A coin toss will determine the winner, if the coin lands on its side,
 - 7.3.6.** Boat Race.
- 7.4.** In the event of a tie in any knockout match (excluding the Cup final), the winner is determined by which side finished higher in the pool standings (as per above).
- 7.5.** In the event of a tie in any Final, 5-minute sudden death extra-time is played, and the team scoring first is deemed the winner. The side that kicked off first at the start of normal play, will do so in extra-time. If there is no score after sudden death, the Winning team is determined by;
- 7.5.1.** Team with the best for/against points difference up until the final, if that is equal,
 - 7.5.2.** Team scoring most tries determines the winner, if that is equal,

FORMAT

Social Leagues and Premier League

- 16 teams
- 4 pools of 4 teams
- Round robin format in the pool stage
- Top 2 teams from each pool play in the Cup quarter finals
- Losers of the Cup quarter final compete for the Plate
- Bottom 2 placed teams in the pool compete for the Bowl quarterfinals
- Losers in the Bowl quarter finals compete for the Shield

Vets League

- 12 teams
- 3 pools of 4
- Top 2 teams from each pool as well as the 2 best 3rd placed teams compete in the Cup quarterfinal
- Losers in the Cup quarter final compete for the Plate
- The bottom teams as well as the 2 worst 3rd placed team compete for the Bowl