



## RUGBY

### Divisions and Rules 2019

DIVISION	# TEAMS IN DIVISION	PLAYING LEVEL GUIDELINE & AGE RESTRICTION	DIVISION DESCRIPTION
<b>Social</b>	36	Social/competitive . <b>18 years</b> and older.	A mixture of social non-regular players and a few regular players. No one who is currently playing professional, 1 <sup>st</sup> XV club or any varsity representative teams.
<b>Premier</b>	8	Competitive rugby. <b>18 years</b> and older.	A mixture of good social players and top regular players, including semi-professional, 1 <sup>st</sup> XV club and varsity representative sides.
<b>Vets</b>	6	Social rugby Strictly <b>35 years</b> and older.	More competitive style of “golden oldies” rugby.
<b>Ladies</b>	6	Social/competitive . <b>18 years</b> and older.	A mixture of good social players and top regular players, including semi-professional, 1 <sup>st</sup> XV club and varsity representative sides.

#### **ENTRY FEE INCLUDES**

- 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](mailto: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 2019**. 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 College Rovers - 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 a Cup 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 in the pool fixtures, if that is equal,
  - 7.5.2.** Team scoring most tries determines the winner, if that is equal,
  - 7.5.3.** Team scoring the most points 'for' determines the winner, if that is equal,
  - 7.5.4.** A coin toss will determine the winner, if the coin lands on its side,
  - 7.5.5.** Boat Race.

## **FORMAT**

### **Social Leagues**

- 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

### **Premier League**

- 8 Teams
- 2 pools of 4
- Round Robin format in the pool stage
- Team that finishes top of Pool A/Pool B will play 4<sup>th</sup> ranked team in Pool B/Pool A in the Cup quarter final
- Team that finishes 2nd in Pool A/Pool B will play 3<sup>rd</sup> ranked team in Pool B/Pool A in the Cup quarter final
- Winners of the Cup quarter finals will compete for the Cup
- Losers of the Cup quarter finals will compete for the Bowl



### **Vets League**

- 6 teams
- 1 pool of 6
- Round robin format
- Top 2 teams compete for the Cup final

### **Ladies League**

- 6 teams
- 1 pool of 6
- Round robin format
- Top 2 teams compete for the Cup final