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PUBLIC SCHOOLS ASSOCIATION WESTERN AUSTRALIA

RUGBY RULES COMPETITION Winter 2019

Played under the official laws of the World Rugby and incorporating the variations of the U19 Laws of Rugby Australia, unless otherwise provided in the competition rules.

1. General

- 1.1 The PSA will act as the Competition Manager
- 1.2 Your attention is drawn to the local PSA Rules with regards to bleeding.
 - 1.2.1 A player injured in such a way that bleeding results must, before continuing the match:
 - (a) be treated so that the bleeding is stopped.
 - (b) have any open wound covered.
 - (c) change out of any clothing soiled with blood.
 - 1.2.2 The injured player must leave the ground until bleeding has stopped.
- 1.3 Blatant bad language, gestures or unsportsmanlike behaviour will not be tolerated at any time. At the discretion of the referee, the offending player may be penalised, sin-binned or sent off.
- 1.4 If, for any reason (such as injury), the referee blows 'no side' before the scheduled playing time has elapsed, then a full report must be forwarded to both the WA Referees Union and the PSA Rugby Secretary.
 - 1.4.1 If this occurs at 1st team level, then the PSA shall decide on the allocation of points for the Redmond Cup.
- 1.5 Boys may not play in more than one match per fixture except in case of reserves for the 1st XV who may be called on twice. Rugby Australia states that the 90 minute per day rule is designed to prevent players from engaging in multiple games on one day during carnivals and championships, it is not intended to cover replacements or substitution. Players wishing to stand by for another team (as substitute or replacement) may do so as long as a proper duty of care is exercised in relation to position played, environmental conditions, age group played and common sense is exercised in regard to playing time in any one day.
- 1.6 All 1st XV jumpers must be numbered.
- 1.7 A bonus points system will apply in 1st XV games.
 - Four (4) points will be awarded for a win.
 - One (1) bonus point will be awarded if a team scores four (4) or more tries.
 - One (1) bonus point will be awarded if a team loses by seven (7) points or less.
 - Two (2) points will be awarded for a draw.
 - 1.7.1 At 1st XV games, 8 substitute players are allowed.
 - 1.7.2 Players who have been substituted may replace an injured player if all other replacements have been used. Normal "front row" replacement laws apply.
 - 1.7.3 Players replaced due to injury cannot take any further part in the game.

- 1.8 In the event of a 1st XV team withdrawing from a fixture[forfeiting], the result will be deemed to be a 25-0 win and 5 competition points for the non- forfeiting team. If a 1st XV play the first few rounds of the Redmond Cup and then withdraw from the season, the remaining games will be recorded as a 25-0 win [5 competition points] for the non-forfeiting team. This will be recorded in a BYE column in the Redmond table, not as a win.
- 1.9 **Mercy Rule**
In all games other than 1st XV games a mercy rule shall apply. The mercy rule is

"When the difference in score of fifty or more points is reached then the match shall be declared over and the team in front the winner. The teams, through mutual agreement between the coaches, will then continue to play the game under conditions that will make the game more even".
- 1.10 It is recommended that a size 5 ball is used in Year 8/9 fixtures and a requirement that this size ball is used in all other fixtures.
- 1.11 It is recommended that a size 4 ball is used in Year 7 fixtures.

2. Teams

- 2.1 In 2019 there is a two-year age window at all levels (see Appendix 1).
- 2.2 Any younger player who is selected to play in the 1st XV can only do so if the attached protocols have been followed. These state that the coach is Level 2 [Rugby WA] accredited (and registered on **My Rugby**); has evaluated the skill level, physical development and playing experience of the player and the standard of the opposition; and has discussed these issues in detail with the player's parents who have signed the Two Year Window Disclosure Form which is then signed by the Competition Manager- Headmaster (PSA). This disclosure must be handed / forwarded to the PSA Rugby Secretary.
- 2.3 Front row players can only be exempted by Rugby Australia.
- 2.4 All boys must play in their respective age windows.
- 2.5 A boy in Year 10 may be selected for the 1st XV. Exemption criteria must be applied, as outlined in 2.5 and Appendix 1 & Appendix 3 - [Schedule A & B - Rugby AU exemption forms].
- 2.6 1st teams found to be in breach of the two-year window protocols will forfeit the points received from the relevant fixture.

3. Referees

- 3.1 WARURA will supply referees for 1st, Modified and Shield [Year 10/11] games.
- 3.2 All other matches are the responsibility of the "Home" school. These referees should have completed a Level 1 Referee's Accreditation.
- 3.3 The Competition Manager will liaise with the appropriate bodies to ensure that all 1st XV referees are accredited and that RugbyWA and Referees' Association are made aware of the competition guidelines and protocols.

4. Times and Duration of Play

- 4.1 **Middle School** (Years 7, 8 & 9)
Start: 2.00pm Friday
Year 7s – Combination of clinics, fixtures and carnivals as outlined in fixtures.
Year 8/9 B - Two 25-minute halves with 5 minutes half time break. - 2 pm
Year 8/9 A will play 2 x 30-minute halves, 5 minutes half time break – 3 pm

- 4.2 **Modified [Year12s11]**
Start 8.30- games to be either 7s, 10s or 15 aside depending on numbers.
- 4.3 **Shield – [Year 10/11]**
Start 9.45am Saturday
15 aside
Two 30- minute halves with 5 minutes half time break [no injury time added]
NB: Shield game must not encroach on 1st XV time).
- 4.4 **1st XV**
Start 11.00am Saturday
Two 35-minute halves **plus injury time** with 5 minutes half time break.
- 4.5 The matches may be shortened by mutual agreement.
 - 4.5.1 The 1st XV match must start by 11.00am and should not be shortened, even if the 2nd XV playing time is reduced.

5. Field Markings

- 5.1 The field shall be properly marked with flags on the ½, 22m, try and dead ball lines.
- 5.2 A 5 metre line from the 'try line' at each end of the field to be marked in the form of a broken line across the field.
- 5.3 Goal uprights shall be padded.
- 5.4 Ropes should be erected on both sides of the field as a safety barrier between the Players and Spectators. The poles holding the ropes should be at least 5m away where possible from the side of the pitch.

6. Results

- 6.1 PSA team lists, signed by the referee, for 1st XV must be emailed to the Rugby Secretary. At 1st XV level in addition to the final score, this must also include the number of tries scored by each team.

Results are to be phoned or emailed by both teams (to allow results to be confirmed) to the PSA Rugby Secretary by 2:00pm on Monday following the fixture.

PSA Rugby Secretary

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Hale School

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APPENDIX 1

TWO YEAR WINDOW – TABLE OF AGE CUT-OFF DATES- 2019

1st XV	<p style="text-align: center;">1 July 2001- 30 June 2003</p> <ul style="list-style-type: none"> • <i>This covers the 2 academic school years. Any Year 12 born before 1 July can be 'dispensated' 'down'</i> • <i>Year 11s in the 1st XV should not need dispensation and this was seen as a positive outcome. Any Year 10s not in the window above would require dispensation as in the past.</i>
Modified Year 11s/12s	1 July 2001 – 30 June 2003
Shield Year 11s/10s	1 July 2002 – 30 June 2004
Year 8/9 A	<p style="text-align: center;">1 July 2004 – 30 June 2006</p> <p><i>This covers both academic school years. Any Year 9 born before 1 July 2004 could be 'dispensated' down, but only to play A team.</i></p>
Year 8/9 B	1 July 2004 – 30 June 2006
Year 7	<p style="text-align: center;">1 Jan 2006 – 31 Dec 2007</p> <p><i>This runs 6 months each side of the academic year [1 July 2006- 30 Jun 2007] and as a result no dispensations would be needed.</i></p>

Appendix 2

LIGHTNING GUIDELINES

Updated February 2015

Lightning Safety Procedures:

The purpose of this document is to provide a guide for personal safety during thunderstorms.

A brief review of common medical problems encountered with a lightning strike and appropriate first aid treatment is also included.

Anticipating a Thunderstorm

Keep a constant lookout for thunderstorm clouds in the region. They can develop in as little as 15 minutes. If thunder is heard and intra-cloud /cloud to ground lightning can be seen, you are already in a higher risk situation.

Once thunder can be heard, keep estimating the distance to the lightning activity by using the Flash to Bang reckoning method. This is a mental calculation that anyone can do simply by counting the delay between seeing a lightning flash, to hearing the audible thunder associated with the flash.

The rule of thumb is that every 3 seconds of delay between a flash to thunder, equates to a distance of 1 kilometre, so where 30 second flash-to-thunder time interval, the lightning activity is about 10 km away.

Data from lightning location systems shows that you should seek a safe location whenever the flash-to-thunder time (Flash to Bang) interval is less than 30 seconds or 10 km distance to the lightning activity.

The 30/30 Rule

The "30–30 Rule" states that when you see lightning, count the time until you hear the associated thunder, and if this time delay is 30 seconds or less, go immediately to a safe location as described above.

If you cannot see the lightning, just hearing the thunder means you are most likely to already be within striking range, and it is time to seek whatever appropriate shelter is available.

After the storm conditions have apparently dissipated or moved on, wait a further 30 minutes, after hearing the last thunder before leaving the safe area location. Should thunder be heard within this period, recount from the last thunder heard.

The "30–30 Rule" is best suited for existing thunderstorms moving into the area. However, it cannot predict or protect against a first lightning strike. Thunderstorms can develop overhead where there will be no prior notice that a storm is incoming. Be alert to changes in sky conditions portending thunderstorm development directly overhead.

Larger outdoor activities, with longer evacuation times, may require a longer lead-time than implied by the "30–30 Rule."

When lightning threatens, go immediately to a safer location. Do not hesitate. The lightning casualty statistics are full of stories where persons who were just about to make it to safety, when they were struck. Even a few extra minutes lead time can be lifesaving.

Some might discount the odds of the lightning risk as being greater than winning a lottery.