1. Matches are all to be 40-minute halves with a 10-minute halftime. If the match is tied at the end of regulation, then there will be a 5 minute water break followed by overtime. There will be a coin toss during the water break to determine side and kickoff. Overtime will be sudden death and will run for 10 minutes. If no team has scored after 10 minutes, there will be a 2 minute water break before another 10 minute sudden death overtime period is played. The first team to score any points during the overtime period will be the winner.

2. The championship weekend roster (maximum of 28 players and 3 coaches/non-player personnel) must be submitted prior to arrival at regional or national championships.

3. The 23-person Match Roster shall be submitted to the NCR Regional Rep or No. 4 table no later than one hour prior to kickoff.

4. All matches are governed by the current World Rugby Laws of the Game Rugby Union. Limits on substitutions will be in accordance with World Rugby Laws and is dependent upon the number of suitability trained front row players on the roster.

5. Players may only play for one club during the 15s season. A team that uses an ineligible player will forfeit that match and be subject to additional disciplinary actions.

6. A player sent off (red card) during any match is ineligible for the remainder of the tournament, unless the red card is a result of two yellow cards in the same match AND one of the yellows was the result of a repeated team offense. All red cards shall be reported to the Match No. 4 Official and the National Committee.

7. Players/teams wishing to appeal a red card will have 24 hours to appeal it by emailing **disciplineofficer@ncr.rugby** and must provide video evidence.

8. The toss to decide who will kick off and to choose ends will take place at half time in the preceding match. The location will be determined by the Referee Manager at each venue.

9. The referee will determine whether or not team jerseys are conflicting. If they determine opposing jerseys clash, and both teams have alternates, the winner of the coin toss will choose their preferred jersey. If only one team has an alternate, they will change jerseys to accommodate those without.

10. All players, coaches and spectators must abide by the NCR Code of Conduct, Lightning Policy, and Technical Zone Guidelines - All of which can be found within the **Field Regulations and Policies.**

11. The referee, at their discretion, may enlist the assistance of a TMO who will be resident within the Technical Zone Tent and have access to all the video streams. The TMO assistance will be limited to confirmation of Tries before awarding or actions of Foul Play.

12. Using a challenge card provided before the match, a coach may challenge one try decision per match. The coach must present their challenge card to the #4 referee before the restart kick has been taken.