



RUGBY OHIO POLICIES & PROCEDURES

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OHIO HIGH SCHOOL RUGBY

A. GENERAL REGULATIONS

1) Eligibility

1.1. TEAM ELIGIBILITY

- 1.1.1. "Team" means a group of at least 15 high school players, for the Spring 15s season, or at least 9 high school players for the Fall 7s season, with a coach, organized and registered with Rugby Ohio, and in good standing, to participate in the League.
- 1.1.2. All high school players on a team must be at least 14 years of age at the time of registration and be enrolled in the 9th through 12th grades.
- 1.1.3. A High School Rugby Team must be based on a state or nationally-accredited school that issues high school graduation diplomas. A Team must be represented by a roster that is limited to players that are registered students at the high school upon which the team is based including home schooled students eligible for that school's athletic activities.
- 1.1.4. No other students are permitted to be rostered on a high school rugby team or club and cannot participate in any interscholastic high school rugby matches.
- 1.1.5. Each team is strongly encouraged to be a single school team. Only if a single school team is not possible may a team draw from multiple schools. These schools must be contiguous.
- 1.1.6. Once a multi-school team builds a base of players where participation from one school is large enough to sustain a separate team, a new team will be formed as long as there are enough players to sustain the original team.
- 1.1.7. Transfers will only be granted in case of extreme hardship and only after written request is received and approved by the regional league and Rugby Ohio.
- 1.1.8. Teams may carry an unlimited number of players on their Rosters.
 - 1.1.8.1. Teams may declare a second side once they reach 40 registered players for the spring 15s season.
 - 1.1.8.2. Teams may declare a third side once they reach 60 registered players for the spring 15s season.
 - 1.1.8.3. Fall 7s teams may request a 2nd side when they reach 18 players and a 3rd side at 27 players.

1.1.8.4. Teams may not have more than one side compete in the same division.

1.1.8.4.1. Exception: If a team has more than 75 players it has the option to enter a 2nd JV or Developmental side.

1.1.9. High School rugby teams, High School All Star teams and rugby teams made up of high school students or predominantly 'Under 18' players are not permitted to play contact rugby against College or Adult teams. This includes contact rugby games, contact practices or scrimmages in sevens, fifteens, or any other denomination of rugby. This is for the safety of the players and is not allowed under any circumstances.

1.2. COACH ELIGIBILITY

1.2.1. All Ohio High School Rugby coaches are required to have completed the USA Rugby Level 200 Coaching Certification Program. This program is aligned with the World Rugby Organization and is a combination of online modules and a face-to-face workshop. Coaches are assessed online for understanding and then in the workshop for competency.

1.2.2. All coaches are required to register with USA Rugby. USA Rugby conducts a background check on every youth and high school coach through this registration process. Register at USA rugby for your team, named "Rugby Ohio – *teamname*." USAR may also require additional courses to maintain eligibility for coaches.

1.2.3. Coaches receive important player information through the Rugby Ohio registration process: parents' names, addresses, phone numbers, doctor's name and phone number, insurance information and any medical conditions, allergies, drug reactions and previous illnesses/injuries or surgeries relative to the athlete, as well as a signed consent form giving authorization to Ohio High School Rugby to obtain medical treatment for a minor.

1.3. PLAYER ELIGIBILITY

1.3.1. Players are eligible if they have not reached their 19th birthday by the September 1st that occurs at the start of the school year containing the competitive season, including the summer following that school year.

1.3.2. Players, except those that have graduated, must be attending class full time, as defined by the High School registrar.

1.3.3. Players must have certified US High School transcripts either for two consecutive semesters including the semester that falls during the Competition Season, or, for players that have graduated, the final

semester prior to graduation during the current academic year, excluding freshmen entering high school for their first semester.

- 1.3.4. If the competition season extends beyond the end of the school year, the players may continue to participate in the competition provided that the players were otherwise eligible at the end of the school year.
- 1.3.5. Players must be within four (4) years of the moment the player first enrolled in ninth grade, regardless of when that player started playing rugby or had the ability to start playing rugby.
- 1.3.6. Players must not play in a League Match for any team other than the one he/she is registered to, including College Club, or Senior Club competitions, while those players' High School season is in progress.
 - 1.3.6.1. Rugby Ohio may make the decision to combine players from 2 or more teams for one season. That only applies to that season.
 - 1.3.6.2. Teams may not share players in a League match.
- 1.3.7. Players that are 14 and enrolled in high school must complete the 'Under 15 Waiver' to participate in High School Rugby. 14-year-old players must not participate in the front row of fifteens or 10s contact high school rugby matches.
- 1.3.8. Players must meet and remain in compliance with all applicable amateur standards.
- 1.3.9. All players must provide a copy of a valid High School Identification Card to the head coach prior to their first practice. Players who are home schooled or enrolled in a GED or equivalent program must provide documentation on official letterhead stating they are currently enrolled in a high school program culminating in a GED or high school diploma.
- 1.3.10. A student enrolled in eighth grade is ineligible to be included on a high school roster or play in a high school game, regardless of age.

2) Registration of Teams, Players and Coaches

2.1. TEAM REGISTRATION

- 2.1.1. Teams must register annually with Rugby Ohio.
- 2.1.2. For assistance in registering a new team, contact Rugby Ohio's administrator, whose contact information is on the Rugby Ohio website.

2.2. COACH REGISTRATION

- 2.2.1. Rugby Ohio High School Coaches are to be USA Rugby Level 200 certified and have “active” standing with USA Rugby. Coaches must register with USA Rugby annually and prior to any practice or coaching activity. The USA Rugby registration cycle runs September 1 - August 31.
- 2.2.2. To be “active” with USA Rugby, a coach must do the following:
 - 2.2.2.1. Register as a coach with USA Rugby.
 - 2.2.2.2. Pass a biennial background screening.
 - 2.2.2.3. Complete the Player Protection Package.
 - 2.2.2.4. Complete a certification course.
 - 2.2.2.5. Annually maintain active status.
- 2.2.3. Details for completing these requirements can be found at <http://usarugby.org/coach-reqs/overview>.

2.3. PLAYER REGISTRATION

- 2.3.1. All players register through the ‘Register’ link at www.rugbyohio.com. Registration is not complete until payment is made and all paperwork is signed. Players can pay by credit card or by sending a check. When sending a check, players need to add their player account number from the Rugby Ohio registration and the receipt they print from the site.
- 2.3.2. Coaches **MUST NOT** register players. Players must register themselves in the presence of a parent or guardian. The waivers, codes of conduct and liability coverages are null and void if a player does not register himself or herself.
- 2.3.3. Player Registration Procedure:
 - 2.3.3.1. Players must register with a parent/guardian present. Coaches may not register players without a parent present.
 - 2.3.3.2. Go to www.rugbyohio.com Click on “Registration” at the top of the Home page. Choose High School Registration.
 - 2.3.3.3. New Players: Click on have “Register Now” and fill out the contact & player information. Parent/guardian and Child must click acceptance of the Code of Conduct.

Then hit "Continue" and fill out the balance of your personal information.

- 2.3.3.4. The parent/guardian must agree to the Parent/Guardian Agreement by checking the box. Then hit "Submit."
- 2.3.3.5. Returning Players: login in with your registered e-mail & password.
- 2.3.3.6. Click on Register/Edit under Player Info.
- 2.3.3.7. All players under age 18 must have parent check the RO Parent/Guardian Agreement. Click SUBMIT.
- 2.3.3.8. Parent/Guardian must read and electronically initial and sign all legal documents that include: Parent/Guardian Agreement, Consent to Medical Treatment of a Minor, Release of Liability, USA Rugby Rules Acknowledgement, Concussion Information Sheet.
- 2.3.3.9. "Submit" all legal documents.
- 2.3.3.10. Once player registration is complete, payment options will be displayed. You can pay by entering credit card information and hitting "Submit." Alternatively, you can send a check to Rugby Ohio at PO Box 45400, Westlake, Ohio 44145. YOU CAN ALSO PRINT A RECEIPT, BUT DO NOT PRINT THE RECEIPT UNTIL YOU HAVE ENTERED PAYMENT INFORMATION.
- 2.3.3.11. If you do not have your players pay Rugby Ohio directly, please instruct them ahead of time to disregard the payment methods and to make payments to your club for submission to Rugby Ohio on their behalf.
- 2.3.3.12. Players can apply for Rugby Ohio Scholarships or Grants by clicking the scholarship link on this page. Scholarships should be received by March 16th for consideration.
- 2.3.3.13. The Release/Waiver forms are to be filled out every year and kept by the coach/team manager. This season Coaches can access electronically signed waivers on line and print for their records. If players do not submit waivers, they cannot be rostered to their team.
- 2.3.3.14. If there are any questions or concerns regarding registration, please contact Rugby Ohio League Administrator.

2.4. REGISTRATION DEADLINE

- 2.4.1. Regular registration closes two weeks before the start of the season.
Late registration closes one week after the start of the season.

3) Practice and Coaching

3.1. THE SEASON

3.1.1. [Reserved.]

3.2. PRACTICE RULES

- 3.2.1. A certified level 200 coach is required at every match and practice.
- 3.2.2. If a certified level 200 coach is not present, teams may not engage in any contact. In the absence of a certified coach, practices must be limited to passing and other non-contact drills.
- 3.2.3. Coaches are responsible for conducting safe, positive and instructive practices. Coaches are required to ensure compliance with four mandatory tackle practices and two live scrum sessions for every player before they play in their first game. The focus on tackle practices is to teach safe tackling techniques and how to be tackled safely. The focus on scrum sessions is to teach preparation, proper technique and safety, safety, safety. Coaches must avoid fast tracking elite athletes.
- 3.2.4. Coaches are required to have a cell phone at all practices and matches.
- 3.2.5. Coaches are required to possess parent/guardian waivers and authorization forms to consent to treatment for a minor for every athlete, at every practice and match. This information includes parents' phone numbers, doctor name and phone number, insurance information, and any medical conditions, allergies, drug reactions, and previous illnesses, injuries or surgeries relative to the athlete.

4) Protective Equipment and Clothing.

4.1. MATCH KITS

- 4.1.1. Proper equipment is required for all matches.
- 4.1.2. Mouth guard is required.
- 4.1.3. Rugby boot, soccer, lacrosse and football cleats are permitted as long as they do not contain metal blades, do not contain spikes made up of more than one material. Must screw in. Shoes with a

molded plastic toe cleat are acceptable. (Addendum – USAR policy doc – PDF)

- 4.1.4. Scrum headgear, mitts, and shoulder pads must have the IRB approval stamp. Any questionable items used for protection must be approved through the Ohio High School Rugby Administrator.
- 4.1.5. Jewelry and ALL piercings must be removed.
- 4.1.6. Kits must match and be clean with no tears in shirts, shorts, and socks. Short, or cut, sleeves must be hemmed and must at least cover the player's biceps. No clothing may show below Rugby shorts (no boxer shorts) except for spandex shorts but these may not extend to the knee.
- 4.1.7. Numbers on jerseys is mandatory. Both teams must conform to all USA Rugby Kit Requirements.
- 4.1.8. Teams must have all players in matching kit.
- 4.1.9. Teams cannot have any reference to alcohol or tobacco related products, bar or tavern locations displayed on any part of their kit. Sponsor logos that are not alcohol or tobacco related are acceptable.

4.2. ADDITIONAL GUIDELINES FROM USA RUGBY PROTECTIVE EQUIPMENT AND CLOTHING GUIDELINES.

- 4.2.1. Athletic tights of any length are not permitted in contact rugby for men and women. This includes when playing on turf or grass and in any temperatures or weather condition. Tights can be a competitive advantage and are never allowed under any circumstances (Protective Equipment & Clothing Guidelines 2015)
 - 4.2.1.1. Only cotton tights with a single inseam are permitted for women for religious modesty. If a female player wishes to wear these kinds of tights during a match, they should alert the referee and allow the referee to visually inspect the garment.
 - 4.2.1.2. Chest padding is allowed for women.
 - 4.2.1.3. Headscarves or Hijabs are permitted providing they do not cause a danger to the wearer or other players and may be worn under a scrum cap.

- 4.2.1.4. USA Rugby – Local Rugby Organization/League Policy on use of Tights, World Rugby Law 4 (Player Clothing) states, “The local competitions officers / match commissioner can make reasonable policy around the use of Athletic/Covering Tights for the legs of players for their athletes (WR Law 4.4(b)) within their local competitions including Qualifying / League matches.” (see attached document). Rugby Ohio adheres to the overarching World Rugby policy that tights are not permitted in rugby, with exceptions allowed for women. Those exceptions do not mean that tights are to become the standard uniform for women. In winter weather conditions (temperatures below 40 degrees; frozen ground), both coaches may agree to allow cotton tights with a single inseam for women. The coaches should notify the referee of this agreed upon exception. The exception for religious modesty will remain in place for the full season. An exception may also be granted for a player, male or female, with a latex allergy for playing on turf.
- 4.2.2. The World Rugby Goggles Law Trial ended on July 1st 2019 as Goggles are now included as part of the laws of the game.
 - 4.2.2.1. Goggles must comply with the specifications in 2019-goggles-performance-specification_EN (attached).
- 4.2.3. If you have a question, contact Rugby Ohio or USA Rugby for a clarification. The easiest, overarching guideline to know if something is permitted is anything with plastic or metal of any kind is not allowed.

5) Safety Policies; Dealing with Injuries

5.1. EMERGENCY PLANS

- 5.1.1. Each team needs to complete and submit an emergency action plan with Rugby Ohio before scheduling is complete. This form can be found on the Rugby Ohio website under coach’s resources.
- 5.1.2. Emergency plans are submitted for every field used. The Plan must include: address of venue; quickest route to and from nearest hospital/ER; hospital/ER address; and, contact information.
- 5.1.3. Teams that do not have an emergency plan on file with Rugby Ohio will not be eligible for home games.

5.2. SEVERE WEATHER GUIDELINES

- 5.2.1. Severe Storm: If a severe storm approaches the playing area, the safety of the players is the number one priority of coaches and referees and may require that the game be suspended while shelter is sought. In the event the game is suspended due to a severe storm ALL participants MUST clear the field immediately and move into a permanent shelter.
- 5.2.2. Lightning: If lightning is within 5 miles, the game(s) should be suspended and shelter sought. A lightning detector can identify the distance accurately but may not be available. A rough guideline is to measure the time between the lightning flash and hearing the corresponding thunder. If it is 30 seconds or less, seek shelter. It may not be possible to determine which lightning strike generated which roll of thunder. A simple rule: If you can hear it, clear it! Games should not be restarted for at least 30 minutes after the last roll of thunder is heard.
- 5.2.3. Home Coaches should provide directions to a suitable public facility in which teams can seek shelter.

5.3. CERTIFIED TRAINER REQUIREMENT

- 5.3.1. There must be a certified athletic trainer or trained emergency medical person present before a game can kick off. This person must identify themselves to both teams and the referee before the game.
- 5.3.2. Referees will not begin a match without confirming medical coverage is in place for that match.

5.4. RUGBY OHIO INJURY REPORTS

- 5.4.1. In case of an injury the procedure will be: If injury occurs during warm ups or outside of a schedule game the athlete should report to the Athletic Trainer for assistance. Injuries occurring during the game are the responsibility of the Athletic Trainer with assistance of the Coach.
- 5.4.2. Athletic Trainers have full authority to remove any player from the game for any medical reason. The Athletic Trainer will conduct a primary on-field assessment. If the injury is not serious the medical staff may bring the athlete to the sidelines and conduct a secondary

assessment. The Athletic Trainer will inspect the athlete and determine if the ambulance is needed for transport to the hospital.

- 5.4.3. The Athletic Trainer or Coach will assist in organizing hospital transport for the athlete by private vehicle (with family or friend) if an ambulance ride is declined.
- 5.4.4. All injuries that result in removal from a game will be recorded in an "Injury Incident Report" by the Athletic Trainer that administered treatment. The Coach will collect the reports at the end of each day of competition. This report will be submitted to Rugby Ohio. All injuries requiring medical attention outside the trainer either during or after a match or practice must have an injury report filed with Rugby Ohio and USA Rugby. This includes all suspected concussions.
- 5.4.5. If there is a dispute over the medical care of an athlete this must be brought to the attention of Rugby Ohio and the incident will be recorded in writing. Situations such as this will be dealt with on a case-by-case basis.

5.5. INJURY REPORTS TO USA RUGBY

- 5.5.1. Injured participant or parents of injured participant (if a minor) will complete the USA RUGBY INCIDENT REPORT.
- 5.5.2. Once the INCIDENT REPORT is complete email report to USA Rugby at insurance@usarugby.org or call 303-539-0300 if email is not available. The INCIDENT REPORT should be sent to USA Rugby as soon as possible after the injury but must be within 30 days of the injury to ensure coverage.
- 5.5.3. ***No bills can be processed by Health Specialty Risk (HSR) until a completed incident report has been sent to USA Rugby.***
- 5.5.4. This USA Rugby policy is a secondary/excess accident medical policy and is designed as a supplement to your family health insurance coverage. You must file a claim with your family health insurance prior to filing anything under this policy. Please be sure to supply your medical provider your family health insurance information as primary coverage and the USA Rugby Insurance program information as secondary. If you provide the above information to the medical providers, they will automatically bill the primary and secondary (USA Rugby) insurance with the proper itemized billing statements and the required primary insurance Explanation of Benefits

(EOB's). If you do not have family health insurance, the USA Rugby Insurance program would be filed and the medical providers should be provided with the Medical Approval Form.

5.5.5. **Important:** If you do not have family health insurance and your medical treatment is not an emergency please note that the following treatments require approval prior to service: Surgeries, MRI's, CT Scans and Physical Therapy. If you are having any of the above treatment you will need to make sure that your health care provider receives the attached Medical Approval Form prior to services.

5.5.6. Treatment must commence within 30 days from the date of the injury to be eligible for Accident Medical Expense Benefits. Treatment must commence within 7 days of onset of an Emergency Sickness to be eligible for the Emergency Sickness Medical Expense Benefit. This policy has a 52-week benefit period from the date of injury. This means only charges incurred within 52 weeks from the date of injury will be covered under this policy. Any charges incurred after the 52-week benefit period will not be covered.

5.6. CONCUSSION MANAGEMENT

5.6.1. If a player shows symptoms of a concussion before, during or after a match, that players must be removed from play immediately, not to return during that match. **No Exceptions.**

5.6.2. The player needs to be evaluated by appropriate medical staff. Best practice would be evaluation by a medical physician who has training in concussion evaluation and management. A player must do this before returning to play rugby in any form.

5.6.3. If a concussion is diagnosed, that player must sit out of activity with a full rest for the minimum guideline listed below. Youth and HS players (18 and under) – 2 weeks (14 full days) AND be symptom free before beginning the 5-day Graduated Return to Play Protocols. Not returning to contact rugby before GRTP fully complete and symptom free

5.6.4. Once a player is cleared by a physician, they should be closely monitored for any lingering symptoms by coaches, parents, teammates and medical staff and be removed from play immediately if symptoms occur.

6) Match Guidelines

6.1 GAME DAY PREPARATIONS

- 6.1.1. Emergency plans must have been submitted.
- 6.1.2. Home Team Coaches must login into Who's The Ref and contact the referee and trainer to confirm their attendance before all matches.
- 6.1.3. Every match must be officiated by a USA Rugby certified referee.
- 6.1.4. Every match must be attended by a Certified Athletic Trainer or Emergency medical person. If a Certified Athletic Trainer is not at the field, the game may not start until one is present. Home Teams are responsible for having ice on sidelines for Trainers use during matches.
- 6.1.5. Coaches and referees must check the athletic grounds for hazards (rocks, holes, water, etc.). Also consider current and potential weather conditions (e.g. lightning).
- 6.1.6. The Referee will inspect players for proper equipment and removal of jewelry before the game and will collect a printed roster from each team.
- 6.1.7. The Referee will inspect the technical zones to be sure that technical zone guidelines are met.
- 6.1.8. Parents, players and coaches agree to follow good sportsmanship guide-lines as described in the Code of Conduct.

6.2. TECHNICAL ZONES

- 6.2.1. The Technical Zone is the area specified for teams and coaches to be around the field during a rugby match. Using these zones is an absolute for organization of the field and safety of players, coaches, referees and spectators.
 - 6.2.1.1. The Technical Zone (TZ) is a space for coaches and players to be staged near the field. It is defined as space in front of the rope/barrier between the 10m line and 22m line.
 - 6.2.1.2. Technical zone ends 2m from the touch line to give room for assistant referees & touch judges.

- 6.2.1.3. Coaches and players may not cross into the other team's TZ or leave their own TZ.
- 6.2.1.4. Teams should reside on the same side as their opposition, NOT opposite sides of the field.
- 6.2.2. Rules Applicable to Coaches
 - 6.2.2.1. No more than Four (4) coaches are allowed in the technical zone.
 - 6.2.2.2. Coaches should not stand in/near the try zone or anywhere on or around the field of play outside the TZ.
 - 6.2.2.3. Only coaches who are registered and Level 200 certified through USA Rugby should be allowed in the TZ. Coaches should not huddle with teams on the field after scores.
 - 6.2.2.4. Coaches are not allowed onto the field with medical personnel unless explicitly allowed by the match official.
 - 6.2.2.5. Coaches should not stand as medical staff; only medical professionals should be allowed to be assigned to a match as a medical professional.
 - 6.2.2.6. Coaches may not serve as water carriers.
- 6.2.3. Rules Applicable to Players and Teams
 - 6.2.3.1. Team benches should be between the 10m line and 22m line but "behind the rope" and behind the actual technical zone.
 - 6.2.3.2. Teams should not warm up within 5m of the field of play.
 - 6.2.3.3. Players warming up must wear a contrasting top to the players on the field (e.g. a training vest or pinnie).
 - 6.2.3.4. Teams should not warm up with balls, cones, or other equipment (e.g. ruck pads) in the Technical Zone.
 - 6.2.3.5. If space demands it, teams may warm up in the try zone but only if they access the try zone by staying "behind the rope" without entering the field of play.

6.2.4. Rules Applicable to Fourth Official/Stat keeper

- 6.2.4.1. #4 (Fourth Official) or Match Manager (data tracker) occupies the space between the 10m lines (Administrative Area).
- 6.2.4.2. Chairs may be set up in the Administrative Area for disciplinary purposes.
- 6.2.4.3. No coach or player is allowed in the Administrative Area except when requesting a substitution .

6.2.5. Rules Applicable to Medical Staff

- 6.2.5.1. Teams may have two medical personnel in the field of play, in front of the rope barriers and potentially on the field if needed.
- 6.2.5.2. Medical personnel may roam either sideline and are not confined to the TZ.
- 6.2.5.3. Only one (1) medical personnel per team is allowed per side of the field.
- 6.2.5.4. Coaches are not allowed onto the field with medical personnel unless explicitly allowed by the match official.
- 6.2.5.5. Medical personnel should always introduce themselves to the match official(s) before the match begins to properly identify them as medical.
- 6.2.5.6. Coaches should not stand as medical staff; only medical professionals should be allowed to be assigned to a match as a medical professional.

6.2.6. Rules Applicable to Water Carriers

- 6.2.6.1. Water carriers must stay “behind the rope” unless the match official signals that they may enter the playing field.
- 6.2.6.2. Water carriers should wear pennies or a distinguishing shirt that clashes with both team’s players on the field.
- 6.2.6.3. Coaches may not serve as water carriers.

6.2.6.4. Water carriers should be in the TZ when not bringing water to the players on the field.

6.2.7. Rules Applicable to Spectators

6.2.7.1. Spectators should be on the opposite sideline from the teams unless a second rope or structure is present to prevent mixing of spectators with players/staff/administrators.

6.2.7.2. Spectators are never allowed in the field of play for any reason.

6.2.7.3. Spectators should not be behind the try zone unless stands or stadium seating is provided with proper restraints.

6.2.8. NOTE: Rarely, a Referees or Match officials may remove any coach, player or spectator from the playing enclosure at any time for negative behavior. This may require stopping the match until the person has left the playing and spectating enclosure.

6.3. CERTIFIED TOUCH JUDGES

6.3.1. Each team is required to have a minimum of 2 certified touch judges.

6.3.2. A person is a certified touch judge after either (1) completing an online course by USA rugby or (2) completing a touch judge course run by a certified referee in Ohio.

6.3.3. One of the certified touch judges must be in attendance and able to run touch at each game other than the State Tournament.

6.3.4. Level one referee certification supersedes touch judge and AR certifications.

6.4. FIELD SIZE AND TIMES OF PLAY

6.4.1. All regular season games are 35-minute halves with 10-minute half time. No over time is played during regular season matches.

6.4.2. During playoffs, games are 30-minute halves with 5-minute half time. Overtime will be two five-minute halves. If the game is still tied after the overtime period, winner will be determined by a kick-off from the 22-meter line.

6.4.3. The minimum field dimensions are 53 yards wide by 100 yards long.

6.5. SUBSTITUTIONS

6.5.1. Rosters will be comprised of a maximum of 23 players for competitive games, which can affect a playoff.

6.5.2. During the match, players may be replaced (for injury) or substituted (for tactical reasons). A player who has been replaced may not re-join play unless he was temporarily replaced to have bleeding controlled; a player who has been substituted may return temporarily, to replace a player who has a blood injury or has suffered a concussion, or permanently, if he is replacing a front-row forward. Eight replacements are allowed.

6.5.2.1. The substitution rules above apply in all League matches that count for seeding for playoffs (D1, D2, JV & Developmental).

6.5.2.2. In non-league matches, rolling substitutions may be used, with a maximum of 10 substitutions.

6.5.2.2.1. No more than three substitutions may be made at one time.

6.5.2.2.2. The intention of this policy exception is to allow more players a chance to get game minutes and not to allow the practice of hockey-line type substitutions.

6.5.3. Players may re-enter matches only during extended stoppages such as injuries and after scores and with the permission of the referee.

6.5.4. For teams with multiple sides, a player who starts in an A side game may not participate in a B side game, even as a substitute.

6.5.4.1. A player who is used as a substitute in an A side game may participate in a B side game.

6.5.4.2. This same policy applies across sides – starters may not play down. Substitutes may.

6.5.4.3. Once a player starts in 2 A side games, he/she can no longer play for the B side unless he/she was being used in

place of an injured starter who returned to the A side team when recovered.

6.5.4.4. At the conclusion of regular season play, teams must submit to Rugby Ohio their 15 starters for their A side if they have 2 sides. These rostered starters are not available for play on lower sides for the playoffs.

6.5.4.4.1. If a team has 3 sides they must submit a roster of 15 starters for their A and B sides.

6.5.4.4.2. If a team has multiple sides in the playoffs and their A side loses but their B or C side are still playing, those starting A side players are still unable to play down.

6.6. AFTER-MATCH SOCIAL

6.6.1. Home teams are encouraged to provide a post-match meal or snack for both teams.

6.7. DEFAULTS

6.7.1. Defaults occur if a team has less than thirteen players fifteen minutes after the scheduled start time.

6.7.2. For all Defaults, the score is entered as 20-0 and 5 competition points are awarded to the non-defaulting team.

6.7.3. Do not lend players until the match is officially declared a default.

6.8. NO SHOWS

6.8.1. A No Show occurs when a team does not show without having given notice to the opposing team.

6.8.2. A No Show results in an automatic disqualification from the state playoffs. A No Show during any post season playoff, including State and Regional, will result in an automatic disqualification from playoffs in the following season and payment of the referee fees for the games missed.

6.8.3. There is an appeals process through the Competition Committee.

6.9. MATCH NOT PLAYED

- 6.9.1. If the match is not played due to team issues (e.g. not enough players, travel problems etc.), the team that is unable to play forfeits.
- 6.9.2. If the match is not played due to field issues (e.g. field owner will not allow play due to rain/snow, owner schedule conflict, unsafe to play, etc.), then the match should be moved to an away team facility and held on the same day and at the same time. If that is not feasible, the match should be rescheduled. If the match is not rescheduled, then both teams are awarded a loss.
- 6.9.3. If the match is not played due to a Rugby Ohio issue (e.g. missing official or trainer, or some other similar reason), then the match should be rescheduled. If it cannot be rescheduled, both teams will receive a loss. If one team makes a genuine effort to reschedule and the other does not, the match may be ruled a forfeit.

6.10. DELAYED START

- 6.10.1. The following guidelines relate to any game that is started later than scheduled by a team's late arrival and is not otherwise delayed due to weather, field conditions or other factors identified herein. It is further conditioned on the fact that one team and all match officials are ready to start play at the scheduled time.
 - 6.10.1.1. With notice - 1 hour - no consequence for local (less than 25 miles) matches. Travelling teams granted reasonable accommodation for travel delays or interruptions without limit to time.
 - 6.10.1.2. Without notice – 15 minutes - no consequence. Over 15 minutes, penalty try awarded to waiting team. Over 30 minutes, at fault team forfeit. If multiple sides are being played, ONLY the top side of the offending team shall be penalized. (For example, if Brunswick causes first match of tripleheader, which happens to be the developmental match, then ONLY the Brunswick A side would be penalized).

6.11. INTERRUPTED MATCHES

- 6.11.1. Unanticipated weather/light issues, weather, lightning, darkness (unanticipated does not include scheduling a late start on an unlighted field), facility issue (lights go out) etc. The match official determines whether such an issue has occurred. 3/4 or 45 minutes is

full time, final score at time match is called is treated as a final score for all purposes.

- 6.11.2. If less than 3/4 or 45 minutes, the match should be rescheduled to restart at the point of interruption at the same location.
- 6.11.3. If the match cannot be rescheduled, the coaches can agree that the match has been sufficiently completed. If they cannot decide or if they cannot agree, the match official rules. This includes any and all reasons the match cannot be continued, keeping the safety and welfare of the players, coaches and fans, including fighting or civil disturbance. Appeal must be filed within 24 hours.
- 6.11.4. Disputes: coaches for both teams will submit an e-mail to the head of the Competition Committee within 24 hours stating the nature of the issue and proposed solution. The Chairman of the Competition Committee will forward the written appeals to the Committee which will vote on appropriate resolution via conference call within 48 hours. Any member of the Competition Committee affiliated with one of the teams involved will not be allowed to participate in the discussion or vote.

7) Rosters and Match Reporting

7.1. GAME DAY ROSTERS

- 7.1.1. A printed copy of your game roster (from the registration website) must be given to the referee and opposing coach prior to the start of any game. Players not on this roster may not participate in the game.
 - 7.1.1.1. Players bring a photo ID to each match to present to the opposing coach for review against the printed roster.
 - 7.1.1.2. If a player fails to produce an ID, he or she is not disqualified from playing IF the coach of said player certifies he/she is the player identified on the roster AND a picture is taken of said player. The failure to produce an ID will be reported (along with said picture) to Rugby Ohio for review.
 - 7.1.1.3. If Rugby Ohio does not receive a photo ID of said player or cannot otherwise verify that the player in question is properly registered, the match will be forfeited by the offending team regardless of the actual outcome of the competition.

7.1.1.4. Acceptable IDs include Driver's License, Driving permit, passport, school ID, online school profile.

7.1.2. Games will not begin unless the referee has both teams printed rosters.

7.1.3. Failure to comply with this policy will result in disciplinary action against the coach and possibly the team.

7.2. TEAM ROSTERS

7.2.1. Coaches are given a username and password to access reports at www.rugbyohio.com, the Team Roster, Consent Forms, and the Master Player List. Players appearing on the Team Roster have registered, paid and signed all waivers. These players are eligible for practice and games.

7.2.2. The Master Player List shows all players who have registered with a team, including those who have not completed their registration by making payment or signing waivers. Payment can be seen on the team roster. A player who has a zero amount under due has paid all their fees. Players who have not paid, will not appear on the Team Roster and are not eligible for practice or games.

7.2.3. The Master Player List provides important player information including parents' names, addresses, phone numbers, doctors' names and phone numbers, insurance information and any medical conditions, allergies, drug reactions and previous illnesses/injuries or surgeries relative to the athlete.

7.3. MATCH REPORTS

7.3.1. Scoring System: Win = 4pts, Tie = 2pts, Loss by 7 or less = 1pt, Loss by more than 7 = 0, Scoring 4 tries or more = 1 point when stats are entered on website.

7.3.2. Referees shall submit all scores, cards and any pertinent game day information into the Arbiter system.

7.3.3. Individual teams are responsible for updating match scores and stats on their team page.

7.3.4. Match reports submitted after 48 hours past a game will not be allowed and referee will not be paid for the game.

- 7.3.5. Teams who do not submit match reports to the referee will have the game count as a forfeit and not assigned referees for futures games.

8) Discipline

8.1. CODE OF CONDUCT

- 8.1.1. Rugby Ohio considers good conduct and sportsmanship by coaches, parents and players to be an integral part of the culture of the league. As such we have developed guidelines in an attempt to educate players, parents and coaches on proper attitude and behavior that should be exhibited at youth sports activities. In order to register for a Rugby Ohio team, players and their parents/guardians must agree to the Player and Parent Code of Conduct. Please be sure to review this with your parents and players. A copy of this agreement can be found under “Forms.”
- 8.1.2. While the Coaches’ Code of Conduct is not part of the online registration process, it is important to note that it exists. Rugby Ohio coaches adhere to the Double Goal Coach Model in which coaches strive to win and even more importantly, use sports to teach life lessons through Positive Coaching.
- 8.1.3. While the referee is responsible for calling the match, Rugby Ohio coaches are responsible for the behavior of spectators and team members. Referees, athletic trainers and team members should not be subjected to negative comments from anyone. Rugby Ohio insists all participants – coaches, referees, athletic trainers and team members treated with respect.

8.2. BEHAVIOR TOWARD REFEREES

- 8.2.1. Verbal abuse by team coaches, team staff or team substitutes directed at match officials or players should not be tolerated and the following process should be followed:
 - 8.2.1.1. The referee will ask the identified person to refrain from their behavior.
 - 8.2.1.2. On the second occasion the referee will EJECT the person from the grounds.

8.2.1.3. Zero tolerance approach should be applied and if the person re-fuses to leave, the referee should request that team's captain to assist.

8.2.1.4. Failing compliance, the referee may abandon the match.

8.2.2. NOTE: The referee must restart the game according to the latest stoppage and must NOT award a penalty due to the sideline behavior.

8.3. RED CARDS

8.3.1. The issuance of a Red Card to a player will result in **immediate removal from play**, and, a **one game suspension of the player's eligibility for participation in their Team's next immediate game may be added to any addition sanction**. This does not prohibit the player from participating in practice. It is hoped that by going to practice the player will receive corrective action from their coaches. There is no appeal allowed.

8.3.2. The issuance of a second Red Card in the course of a season may result in the requirements of the above (1), and, that the player and his coach maybe referred to the Ohio Rugby Disciplinary Board (ORDB). If the coach of the player is on the ORDB they will be replaced by the Alternate for the hearing. The ORDB, having been given the relevant submitted Match Reports will conduct a hearing to determine the sanction(s) for the player receiving a second Red Card. Sanctions should be determined on a case by case basis. There is no appeal allowed.

8.3.3. The issuance of a third Red Card in the course of a season to an individual will be cause for immediate suspension of eligibility in the League for the remainder of the season. Upon receiving notice of the third infraction the ORDB will notify the player and their coach in writing of the suspension of eligibility. The player's coach may appeal in writing to the BOC Chairman for a review of the case. After review of the relevant Match Reports, and any other relevant material, it is within the Chairman's sole discretion as to reinstatement and any follow-on requirements made of the player or the coach. The player's coach will be required to petition the BOC Chairman for rein-statement of eligibility of an underclassman player for eligibility for any following season.

- 8.3.4. Any coach knowingly allowing the participation of an ineligible player in a game, will cause a Team forfeit of the game, and the immediate dismissal of the coach from the OHSRCA.

8.4. YELLOW CARDS

- 8.4.1. First Yellow Card no follow-on post game sanctions issued.
- 8.4.2. Second Yellow Card during the same game will result in the issuance of a Red Card (as this is showing a pattern of behavior), immediate removal from play, and, a possible one game suspension of the player's eligibility for participation in their Team's next immediate game.
- 8.4.3. The issuance of a second Yellow Card in the course of the season will require notification to the Chair of the ORDRB. After review of the relevant Match Reports it is within the ORDRB's discretion as to any follow-on requirements made of the player and/or the coach. There is no appeal.
- 8.4.4. The issuance of a Third yellow card, in the course of a season results in a possible one game suspension of the player's eligibility for participation in his Team's next immediate game, and will require the player and coach to appear in front of a Rugby Ohio Discipline Review Board (RODRB). There is no appeal.
- 8.4.5. A player receiving a Fourth yellow card in the course of a season will be immediately suspended from eligibility, and the player will be required to appear, with his or her coach, before the RODRB before the player can play again. If the RODRB upholds further suspension, the player's coach may appeal in writing to the Competition Committee for a review of the case. After review of the relevant Match Reports it is within the Competition Committee's sole discretion as to re-instatement and any follow-on requirements made of the player or the coach. The player's coach will be required to petition the Competition Committee for reinstatement of eligibility of an under-classman player for eligibility for the following season.

8.5. MEMBERSHIP OF THE RUGBY OHIO DISCIPLINARY COMMITTEE

- 8.5.1. The Disciplinary Committee, referred to as the Full Committee, shall consist of a Disciplinary Committee Chairman, a representative of the ORRS, and at least two (2), but no more than five (5) Division

Representatives from Rugby Unions/Leagues which utilize the ORRS.

- 8.5.2. The Disciplinary Committee Chairman, hereinafter referred to as the Chairman, shall be the (or a) President or Vice President of the Ohio Rugby Union (ORU).
- 8.5.3. Each Division Representative, hereinafter referred to as the/a Representative, shall be the duly selected Representative, Coordinator, President, or Director of his or her respective Rugby Union/League.

8.6. AUTHORITY AND RESPONSIBILITY

8.6.1. Chairman

- 8.6.1.1. The Chairman shall reside over all meetings of the Full Committee.
- 8.6.1.2. The Chairman shall have the authority and responsibility to:
- 8.6.1.3. Recognize repeat violations by an individual person or club;
- 8.6.1.4. Ensure timely response from the Representatives on disciplinary matters and timely convening of the Full Committee;
- 8.6.1.5. Ensure timely publication of disciplinary actions to the ORU President, and, as appropriate, the President of the offending individual's club, the President of the offended club, the club's League Coordinator, and the Director of Referees;
- 8.6.1.6. Permanently record the findings and penalties of the Full Committee and Representatives.

8.6.2. Representative

- 8.6.2.1. The Representative shall only render disciplinary actions for violations arising within their respective division of play.
- 8.6.2.2. The Representative shall have the authority and responsibility to:

8.6.2.2.1. Investigate Playing and Non-Playing Violations properly referred to it;

8.6.2.2.2. Reconfirm or modify the extent of culpability;

8.6.2.2.3. Pronounce penalty for culpability in accordance with the guidelines recommended within this Code.

8.6.2.2.4. All findings and penalties published by the Representative shall be subject to appeal to the Full Committee.

8.6.3. Full Committee

8.6.3.1. The Full Committee shall have the authority and responsibility to:

8.6.3.1.1. Review Representative findings and penalties on Playing and Non-Playing Violations;

8.6.3.1.2. Reconfirm or modify the extent of culpability;

8.6.3.1.3. Pronounce penalty for culpability in accordance with the guidelines recommended within this Code.

8.6.4. There is no appeal from the findings or penalties of the Full Committee

8.7. AMENDMENTS TO DISCIPLINARY CODE

8.7.1. The Full Committee shall have the authority to consider and adopt, with or without modification, amendments to this Disciplinary Code submitted to it by an elected officer of either:

8.7.2. The ORU; or A Member Club, in good standing, of the ORU.

8.7.3. The Full Committee shall have the authority to adopt amendments at its own initiation and deliberation

8.8. EXTENT OF CULPABILITY

8.8.1. Admission of Evidence

8.8.1.1. The principal evidence for a disciplinary matter presented before the Disciplinary Committee shall be submitted in writing. In the case of a Playing Violation, the principal evidence shall be the referee's Disciplinary Report (Appendix III).

8.8.1.2. The Representative or the Full Committee has the discretionary authority to admit or request additional evidence for confirmation or rebuttal of the principal evidence. The additional evidence may be written or oral, at the Committee's discretion.

8.8.2. Committee Consensus

8.8.2.1. Chairman

8.8.2.1.1. In the event of a difference of opinion between the Chairman and the Representative, the Chairman shall refer the disciplinary action to the Full Committee.

8.8.2.2. Full Committee

8.8.3. The findings of the Full Committee will be determined by majority vote. In the event of a tie vote, the Chairman shall exercise a tie-breaking vote.

8.8.4. In reviewing a Representative's decision during appeal, the Chairman and that Representative are permitted to change an opinion previously held, with or without the introduction of new evidence

8.9. PLAYING VIOLATIONS

8.9.1. Responsibility for Control Playing Violations, as defined in this Code, are subject to the authority and control of the match referee.

8.10. PROCEDURE FOR DISCIPLINARY ACTION

8.10.1. At any time, the Chairman or Full Committee may seek procedural guidance from the USA Rugby Disciplinary Procedures.

8.10.2. All disciplinary action as the result of a Playing Violation shall originate from the match referee.

8.10.3. The referee shall determine the offender's name and club affiliation at the time of the incident.

8.10.4. The referee shall prepare a formal Disciplinary Report; send the original to the Disciplinary Committee Chairman; and send a copy to the Director, Referees

- 8.10.5. The Disciplinary Committee Chairman shall contact and provide the evidence to the Representative of the Division in which the violation occurred for their ruling on the matter.
- 8.10.6. The Representative shall determine whether additional evidence is necessary and shall request or admit additional evidence as deemed appropriate.
- 8.10.7. The Representative shall consider all appropriate evidence to determine the extent of culpability and shall pronounce penalty in accordance with the guidelines recommended.

8.11. PROCEDURE OF APPEAL

- 8.11.1. All appeals against the findings or penalties of a Representative's disciplinary action shall be made in writing. The original shall be sent to the Disciplinary Committee Chairman and a copy shall be sent to the Director, Referees.
- 8.11.2. The Disciplinary Committee Chairman shall contact each Representative to convene the Full Committee, which may be convened by a meeting, telephone, fax, mail, email, or Internet.
- 8.11.3. The Full Committee shall determine whether additional evidence is necessary and shall request or admit additional evidence as deemed appropriate.
- 8.11.4. The Full Committee shall consider all appropriate evidence to determine the extent of culpability and shall pronounce penalty in accordance with the guidelines recommended.

8.12. DETERMINATION OF PENALTY

- 8.12.1. The recommendations of Section 3.5 are to be construed as guidelines only not as invariable rules.
- 8.12.2. The Representative and Full Committee have the discretionary authority to increase or decrease the recommended penalty, depending upon the circumstances or the case, including the disciplinary record of the offender, but subject to the mandatory requirement that a player ejected for a match before no-side must be suspended for a minimum of two matches or two weeks. It is recommended that the applied penalty shall for the longer period of time.
- 8.12.3. When a suspended player deliberately plays before completion of the suspension, the new violation shall be escalated to the next higher offense of the original category, subject to a minimum of 8 weeks or 8 matches.

- 8.13. RECOMMENDED PENALTIES – From APPENDIX 1. WORLD RUGBY
SANCTIONS FOR FOUL PLAY (REGULATION 17)
<http://www.worldrugby.org/handbook/regulations/reg-17/appendix-1>

Law No.	Description	Entry Point Based on Scale of Seriousness of the Player's conduct, which constitutes the offending – Lower End (LE), Mid Range (MR), Top End (TE).	Maximum Sanction
10.4(s) 10.4(m)	Verbal Abuse of Match Officials	LE – 6 weeks MR – 12 weeks TE – 18+weeks	52 weeks
10.4(s) 10.4(m)	Threatening Actions or Words at Match Officials	LE – 12 weeks MR – 24 weeks TE – 48+ weeks	260 weeks
10.4(s) 10.4(m)	Physical Abuse of Match Officials	LE – 24 weeks MR – 48 weeks TE – 96+ weeks	Life
10.4(a)	Striking another Player with a hand, arm, or fist	LE – 2 weeks MR – 5 weeks TE – 8+ weeks	52 weeks
10.4(a)	Striking another Player with the elbow	LE – 2 weeks MR – 5 weeks TE – 9+ weeks	52 weeks
10.4(a)	Striking with knee	LE – 3 weeks MR – 8 weeks TE – 12+ weeks	52 weeks
10.4(a)	Striking with head	LE – 4 weeks MR – 10 weeks TE – 16+ weeks	104 weeks
10.4(b)	Stamping/Trampling on an Opponent	LE – 2 weeks MR – 5 weeks TE – 9+ weeks	52 weeks
10.4(c)	Kicking an Opponent	LE – 4 weeks MR – 8 weeks TE – 12+ weeks	52 weeks
10.4(d)	Tripping an Opponent with the foot/leg	LE – 2 weeks MR – 4 weeks TE – 8+weeks – 52 weeks	52 weeks
10.4(e)	Dangerous tackling of an Opponent including early or late and including the action known as the “stiff arm tackle”	LE – 2 weeks MR – 6 weeks TE – 10+ weeks	52 weeks
10.4(e)	Dangerous tackling of an Opponent including a tackle or attempted tackle above the line of the shoulders even if the tackle starts below the line of the shoulders	LE – 2 weeks MR – 6 weeks TE – 10+ weeks	52 weeks

10.4(f)	Holding, pushing, or obstructing an Opponent not holding the ball, by a Player who is not in possession of the ball, except in a scrum, ruck, or maul	LE – 2 weeks MR – 4 weeks TE – 6+ weeks	52 weeks
10.4(f) 10.4(k)	Dangerous charging or obstructing or grabbing of Opponent without the ball, including shouldering	LE – 2 weeks MR – 5 weeks TE – 10+ weeks	52 weeks
10.4(g)	Dangerous charging or knocking down an Opponent with the ball, including shouldering	LE – 2 weeks MR – 5 weeks TE – 10+ weeks	52 weeks
10.4(h)	A player must not charge into a ruck or maul. Charging includes any contact made without use of the arms, or without grasping a player	LE – 2 weeks MR – 5 weeks TE – 10+ weeks	52 weeks
10.4(i)	Tackling, tapping, pushing, or pulling an Opponent jumping for the ball in a lineout or in open play	LE – 3 weeks MR – 6 weeks TE – 12+ weeks	52 weeks
10.4(j)	Lifting a Player from the ground and either dropping or driving that Player's head and/or upper body into the ground whilst the Player's feet are off the ground	LE – 4 weeks MR – 8 weeks TE – 12+ weeks	52 weeks
10.4(k)	Causing a scrum, ruck, or maul to collapse	LE – 2 weeks MR – 4 weeks TE – 8+ weeks	52 weeks
10.4(m)	Testicle grabbing or twisting or squeezing LE – 12 weeks MR – 18 weeks TE – squeezing 24+ weeks	LE – 12 weeks MR – 18 weeks TE – 24+ weeks	208 weeks
10.4(m)	Biting	LE – 12 weeks MR – 18 weeks TE – 24+ weeks	208 weeks
10.4(m)	Contact with the Eye(s) or the Eye Area	LE – 12 weeks MR – 18 weeks TE – 24+ weeks	208 weeks
10.4(m)	Spitting at Players	LE – 4 weeks MR – 7 weeks TE – 11+ weeks	52 weeks

10.4(m)	Verbal abuse of Players based on Religion, Race, Color, or National or Ethnic Origin, sexual orientation or otherwise	LE – 4 weeks MR – 8 weeks TE – 16+ weeks	52 weeks
10.4(m)	Any other acts (not previously referred to) which are contrary to good sportsmanship	LE – 4 weeks MR – 7 weeks TE – 11+ weeks	52 weeks
10.4 (m)	Hair pulling or grabbing	LE – 2 weeks MR – 4 weeks TE – 6+ weeks	52 weeks

8.14. NON-PLAYING VIOLATIONS

8.14.1. Responsibility for Control

8.14.1.1. Non-Playing Violations, as defined in this Code, are outside the limits and authority and control of the match referee, and as such become the responsibility and control of the clubs. Any Non-Playing Violation by any member of a club shall reflect on the club, and the club shall be accountable.

8.14.2. Procedure for Disciplinary Action

8.14.2.1. All disciplinary action as the result of a Non-Playing Violation may be initiated by any member of any Member Club of the ORU, or by any member of the ORRS.

1. All items of clothing must comply with World Rugby Regulation 12.
2. A player wears a jersey, shorts and underwear, socks and boots. The sleeve of a jersey must extend at least half-way from the shoulder point to the elbow.
3. Additional items are permitted. These are:
 - a. Washable supports made of elasticated or compressible materials.
 - b. Shin guards.
 - c. Ankle supports worn under socks, not extending higher than one third of the length of the shin and, if rigid, from material other than metal.
 - d. Mitts (fingerless gloves).
 - e. Shoulder pads.
 - f. Mouth guard or dental protector.
 - g. Headgear.
 - h. Bandages, dressings, thin tape or other similar material.
 - i. Goggles (global law trial).
 - j. Studs, including those of moulded rubber, on the soles of their boots.
4. In addition, women may wear:
 - a. Chest pads.
 - b. Cotton blend long tights, with single inside leg seam under their shorts and socks.
 - c. Headscarves, providing they do not cause a danger to the wearer or other players.
5. A player may not wear:
 - a. Any item contaminated by blood.
 - b. Any sharp or abrasive item.
 - c. Any items containing buckles, clips, rings, hinges, zippers, screws, bolts or rigid material or projection not otherwise permitted under this law.
 - d. Jewellery.
 - e. Gloves.
 - f. Shorts with padding sewn into them.
 - g. Any item that is normally permitted in law but, in the referee's opinion, is liable to cause injury.
 - h. Communication devices.

LAW 4 Players' clothing

6. The referee has the power to decide at any time that part of a player's clothing is dangerous or illegal. In this case, the referee must order the player to remove the item. The player must not take part in the match until the item is removed or rendered harmless.
7. If, at an inspection before the match, a match official tells a player that an item banned under this law is being worn and the player is subsequently found to be wearing that item on the playing area, that player is sent off for misconduct. **Sanction: Penalty.**
8. The referee must not allow any player to leave the playing area to change items of clothing, unless they are bloodstained.

World Rugby Regulation 12 can be found at: <http://playerwelfare.worldrugby.org/reg12>



Goggles Performance Specification

2019 Edition



Goggles Performance Specification
Technical Manual
2019 Edition

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1 Introduction

Rugby Union is a full contact sport which requires any equipment used by players to minimize the risk of injury to both themselves and those playing with and against them. Rugby Goggles have been developed to ensure that people who require corrective lenses to play and who cannot or do not wish to wear contact lenses can do so. While Rugby Goggles are not intended to be protective, they may be used if considered so by people with reduced sight in one or both eyes. There may be occasions where wearing the Rugby goggle increases the risk of injury. Anyone intending to use Rugby Goggles while playing contact Rugby should consult with an ophthalmic specialist to get advice on whether they are suitable for them to partake in a full contact sport.

To ensure that Rugby Goggles minimize the risk of injury to wearers and other players, World Rugby has developed this Rugby Goggles Performance Specification (the specification). This specification is a rigorous test program that describes and assesses the physical and optical aspects of the goggle performance and design. In accordance with World Rugby Regulation 12 any goggles used for contact Rugby (at all levels of the game) shall comply with World Rugby Regulation 12.

Rugby Goggles are not intended to be protective, but it is recognized that in complying with the specification there is a likelihood that some protective qualities will exist. World Rugby have attempted to balance the risks to all players that may be introduced by the use of goggles with the need to enable their use. It is also recognized that the goggles will not be appropriate for those who need to wear corrective lenses but who cannot or choose not to wear contact lenses.

Compliance with this specification shall be completed by a relevant World Rugby Accredited Test House. All goggles meeting the requirements of the specification will be permitted to display the World Rugby Approved logo and only products displaying this logo will be permitted for use for contact Rugby games in all jurisdictions.

2 Terminology

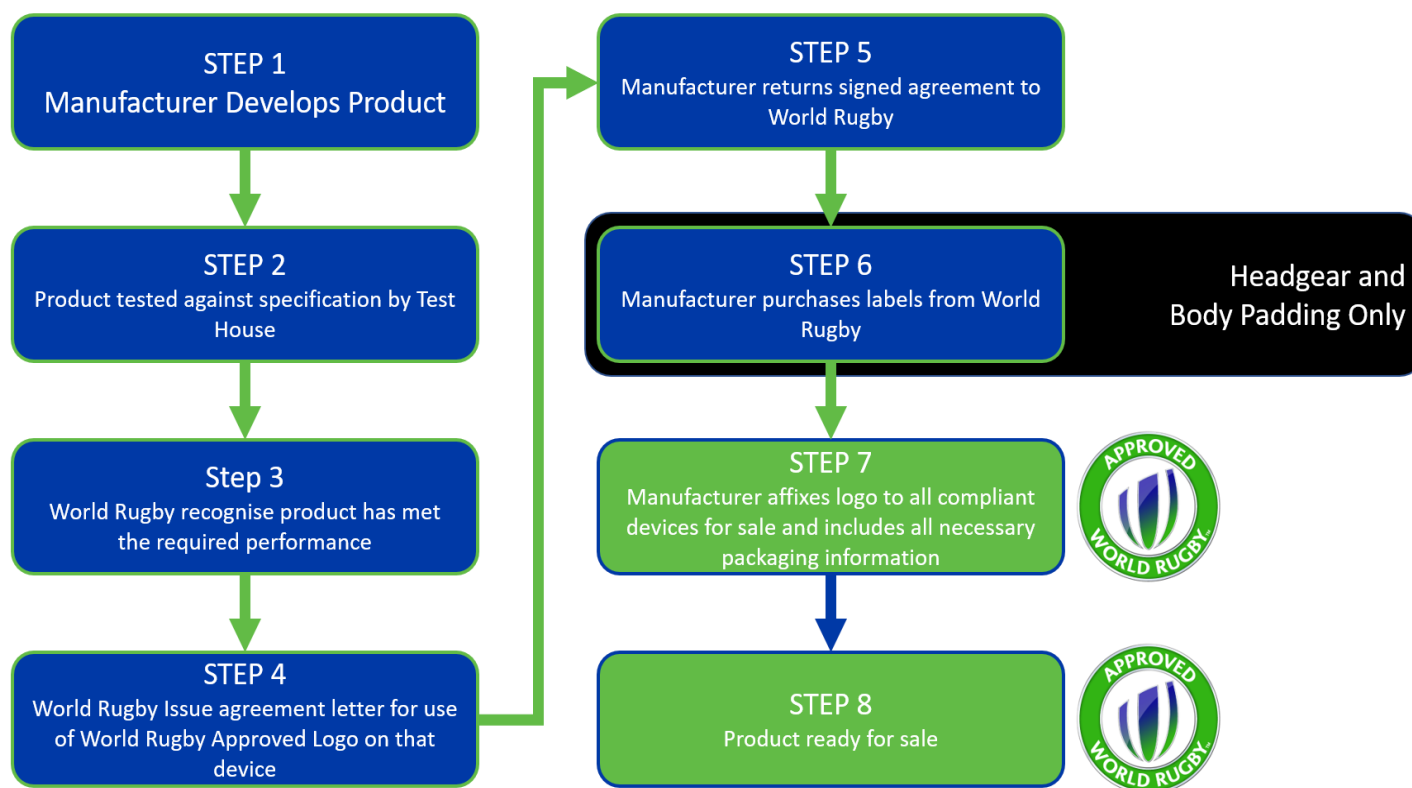
For the avoidance of doubt, the following are definitions for terminology used in this performance specification. These may not be consistent with those used in the referenced documents (or in ISO 4007) and care should be taken when referencing to any external document.

Goggles - The entire appliance, composed of the visor, the padding the strap and the prescription insert, where used.

Visor - The main body of the goggle

Prescription insert - The part of the goggles, not included in the visor, containing the ophthalmic prescription of the wearer

3 The World Rugby Process to Achieve Device Approval



4 Manufacturers

It is the manufacturer's responsibility to ensure that any product being sold or supplied for use in rugby has been previously tested in the laboratory by an accredited World Rugby Test House to ensure it meets the requirements set out in this specification.

The manufacturer should consult with a Test House to ensure that the correct components are submitted to enable the test to be carried out in accordance with this specification.

The minimum sizes and numbers of samples provided for testing shall be in compliance with this performance specification.

Once all laboratory testing has been completed an application to use the World Rugby Approved Mark shall be sought from World Rugby and all devices shall display the approved logo at all times to be authorized for use (see Section 3 for an overview).

5 Test House Requirements

Test Institutes shall be independent testing establishments who have been accredited by World Rugby and have entered into a contract with World Rugby to provide these services.

Test Institutes should be ISO 17025:13 Accredited for all test procedures referenced in this document and must be ISO 17025 Accredited for all of those listed in the table below.

Standards Body	Standard Number	Title
ISO ¹	12311	Personal protective equipment -- Test methods for sunglasses and related eyewear
	12870	Ophthalmic optics -- Spectacle frames -- Requirements and test methods
	13666	Ophthalmic optics -- Spectacle lenses -- Vocabulary
	21987	Ophthalmic optics -- Mounted spectacle lenses
EN ²	71-1	Safety of toys - Part 1: Mechanical and physical properties
	166	Personal eye-protection – Specifications
	167	Personal eye-protection – Optical test methods
	168	Personal eye-protection – Non-optical test methods
ASTM ³	D51693	Standard Test Method for Shear Strength (Dynamic Method) of Hook and Loop Touch Fasteners
World Rugby	R1201	Test method for determining the radius of curvature of features on the surface.

Further information about testing and accrediting test houses can be obtained at playerwelfare.worldrugby.org/goggles or from info@worldrugby.org.

¹ ISO – International Organisation for Standardization

² EN – European Standards Organization

³ ASTM – Association of Standards and Test Methods

6 Head-forms and Sizing

6.1 Head-forms

There are two sizes of reference head-form for all tests requiring head-forms within this performance specification as described in ISO 12311ⁱ. ISO 12311 also describes what head-form material shall be used for each particular test.

It is possible for a device to carry more than one size indication, if both are achieved then the U size indication shall be used. Where goggles are designed to be compliant against both head-forms then all testing shall be completed and reported separately for each head-form.

6.2 Sizing

Table 1 below indicates the sizing nomenclature that shall be used by manufacturers on World Rugby approved devices.

World Rugby Size	ISO 12311 Reference	Explanation
Adult (A)	Medium Head-form	Compliant with all tests when tested against this head-form
Youth (Y)	Small Head-form	Compliant with all tests when tested against this head-form
Universal (U)		Compliant with all tests when tested against both head-forms

Table 1: Sizing Chart

7 Physical Testing Requirements

7.1 Ergonomics

Goggles shall be designed and constructed so that all normal playing movements can be carried out without hindrance or discomfort. Goggles shall be free from projections, sharp edges or other defects which are likely to cause discomfort or injury to the wearer or any other players during use. The goggles shall be designed so that they can be worn comfortably with and without padded headgear.

7.2 Construction Materials

It is the manufacturer's responsibility that all materials used should not be adversely affected by water, dirt, perspiration, toiletries, household soaps, or detergents. Products should conform to ISO 15487ⁱⁱ and ISO 22958ⁱⁱⁱ. All materials coming into contact with the wearer's body will not be of the type known to cause skin disorders and shall not cause abrasion of either the wearer or other players.

Materials coming into contact with the wearer's face or skin, except replaceable padding, should not undergo significant loss of strength or flexibility, or other physical change as a result of perspiration, oil, or grease from the wearer's skin and hair.

7.3 Padding Materials

Any padding materials used in the manufacture of the goggles should be for the purpose of reducing the risk of injury due to wearing the goggles and not from impacts experienced during the general course of play. Padding materials should be waterproof and allow for regular cleaning without becoming unfit for purpose.

7.4 Finish

All edges shall be smooth and rounded. The goggles shall incorporate curves that do not provide the potential to cut a player coming in contact with them. This shall be tested as per EN 71-1^{iv}. Goggles should be free from any significant defects likely to impair vision in use, such as bubbles, scratches, inclusions, dull spots, pitting, mould marks, scouring, grains, pocking, scaling and undulations. These defects shall be tested for using the method described in EN 167 (Clause 5).

8 Design

8.1 Zone of Coverage

The goggles should be just large enough to achieve the optical performance required of them. The requirements listed in Table 1 (with dimension references from Figure 1) shall be met by the goggles using whichever head form (see Section 6) the goggles have been designated to be assessed against. Measurements α and β shall be taken when the goggles are positioned so that the centre of both eyes is located at a point $\mu/2\text{mm}$ ($\pm 2\text{mm}$) from the uppermost part of the goggles and the horizontal centre of the goggles is $l/2$ ($\pm 2\text{mm}$) from the centre of each eye. Distance references from Figure 1 shall be taken from EN 167^v (Section 17) for the appropriate head form.

Measurement	Requirement	Explanation
α	$\leq 56\%$ of $(g+f)$	Horizontal distance from the outer-most point of visor to the outer canthus of the eye
β	$\geq 16\%$ of d	Vertical distance from the bottom-most point of the goggle to the centre of the lips
δ	$\leq 64\%$ of μ	Vertical distance from the top-most part of the goggles to the highest part of the bottom edge of the goggles – (this is a goggle measurement)
μ	$\leq 45\%$ of d	Vertical distance from the top-most to the bottommost part of the goggles– (this is a goggle measurement)

Table 1. Zone of Coverage

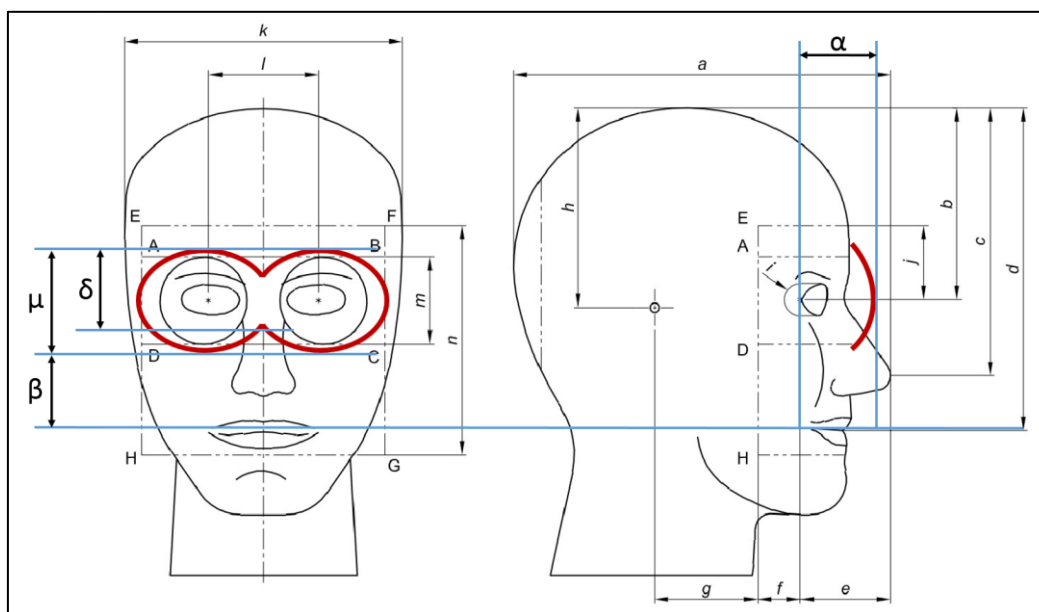


Figure 1: Zone of Coverage

Note: The nose should be left exposed as much as possible. This is achieved by the limits set out for μ and δ .

8.2 Shape

The goggles should be designed so that the external surface is a continuous curve (in all directions) but not necessarily with the same radius of curvature. To align with the curvature of the head, the horizontal radius of curvature of the goggle should be between 70-90mm. These measures should be taken from the back surface of the visor. No feature on the outward surface of the goggles (that which an opponent may reasonably be expected to come into contact with) shall have a radius of curvature less than 12mm as tested using the method described in Appendix B.

8.3 Retention System

The retention system should be attached so that the goggles remain in their normal position during play. If a strap is used, it should be affixed to both sides of the goggles and pass around the back of the wearer's head.

The release mechanism should be tested in accordance with the methodology set out in ASTM D51693^{vi}. The resulting length-wise Shear Strength shall lie between .035 MPa and 1.03 MPa.

Note: All aspects of the retention system shall comply with the requirements of World Rugby Law 4.4 (c)^{vii}.

8.4 Ventilation

It is the manufacturer's responsibility to provide for adequate ventilation in the goggle design.

8.5 Force Distribution

The goggles should be designed to distribute forces around the wearer's face where the supraorbital and zygomatic bones should offer the support.

9 Performance

9.1 Resistance to Fogging

Goggles shall remain free from fogging for a minimum of 30 seconds when tested in accordance with EN 168^{viii} Clause 16.

Note: this procedure does not assess resistance to fogging of the complete device.

9.2 Protection against High Speed Particles

Goggles shall withstand the impact of a 6mm nominal diameter steel ball with a mass of 0.86g, striking the visor at a speed of 120m/s. In addition, the goggles shall withstand the impact of a 22mm nominal diameter steel ball with a mass of 43g striking the prescription insert at a speed of 5.1m/s. The tests shall be performed on the goggles assembled as intended to be worn using the method described in EN 168 (Clause 9 excluding Clause 9.2.2) and the indicated defects shall not occur. In addition, for goggles that constitute more than one piece, failure shall also be deemed to have occurred if the component parts become separated.

10 Optical test requirements

10.1 Applicability

The goggles should have the capacity to incorporate refractive correction. With present-day design constraints, it is envisaged this will normally comprise a prescription insert set behind the visor. In the event that goggles are created where there is not a separable prescription insert, the same specifications related to the prescription insert below apply to the prescription portion of the goggle. All references to an insert below shall be considered to apply to an insert and/or the prescription portion of the goggle.

Where applicable ISO 13666^{ix} should be used as a reference for the definitions of the terms below.

10.2 Field of vision

10.2.1 Rationale

The visual angles stated are based on scrutiny of existing standards for personal eye protection⁶ and ski goggles⁷ and consultation with others from other sports including squash and racquetball⁸. This is balanced against knowledge of the limitation of the size of the prescription insert behind a visor of the curvature stipulated by the physical requirements of the goggle (Section 2.c), and knowledge of the literature on the field of view required for navigating a visual environment without compromise⁹.

The parameters below should be tested in accordance with EN 168 Clause 18.

10.2.2 Visor

The visor should have a large and unrestricted field of vision⁴. Ideally, all dimensions of field of vision should be as large as possible, but for a moving sport, the temporal and inferior fields of vision are particularly important.

The minimum field of vision of the visor shall be 45° superiorly, 60° inferiorly, 45° nasally and 80° temporally. It is recommended that the temporal field of vision should be at least 90°.

10.2.3 Prescription insert

The prescription insert shall provide the following minimum field of vision parameters: 35° superiorly, 40° inferiorly, 35° nasally and 40° temporally. This should be considered in conjunction with ocular centration distance².

10.3 Curvature

10.3.1 Visor

The combination of physical requirements of the goggle and large field of vision require the goggle visor to align with the curvature of the head. As stated in the physical requirements section, the (as worn) horizontal radius of curvature of the visor should be 70-90mm. The vertical curvature is constrained only by the requirements of Section 8 above.

10.3.2 Prescription insert

In common with average fitting for ophthalmic lenses, the recommended face form angle of the insert, as defined in ISO 13666, should be 10-15° and shall not exceed 18° (see Figure 2).

This measure should be tested with the visor and optical insert (with plano-powered lenses) placed on the appropriate head-form (Section 6).

10.4 Fit

Both measures below should be tested with the visor and optical insert (with plano-powered lenses) placed on the appropriate head-form (Section 6).

10.4.1 Pantoscopic angle

In common with average fitting for ophthalmic lenses, the as-worn pantoscopic angle, as defined in ISO 13666, of the prescription insert shall be 10° ± 2° (see Figure 2).

10.4.2 Vertex distance

In common with average fitting for ophthalmic lenses, the vertex distance, as defined in ISO 21987^x, of the lenses should be no more than 15mm from the corneal apex (see Figure 2).

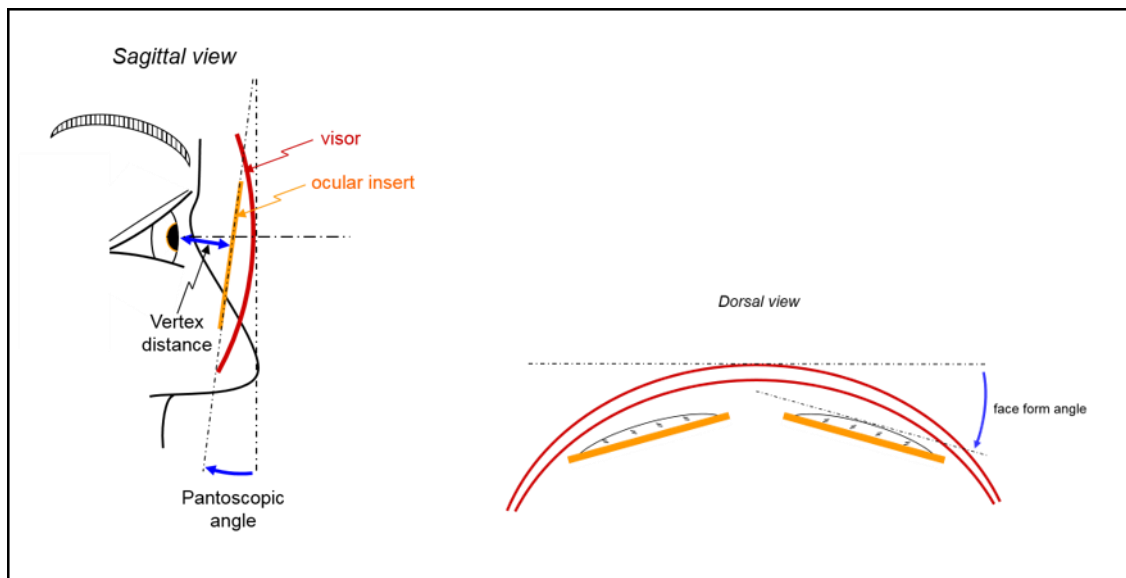


Figure 2: Diagrams depicting the vertex distance, pantoscopic angle and face form angle measures.

10.5 Refractive Power

10.5.1 Visor

The visor shall comply with the permissible tolerances for visors without corrective effect as detailed in Table 2 of EN 166^{xi} and be measured using the method defined in EN 167 (Clause 3).

10.5.2 Prescription insert

In accordance with ISO 12870, the insert shall have the capacity to be glazed with ophthalmic lenses. The refractive power tolerances and other characteristics of prescription lenses are described in ISO 21987.

10.6 Size

10.6.1 Visor

The size of the visor shall comply with the physical requirements described in Section 7, and the field of vision requirements described in Section 10.1. The visor shall be of an adequate size to enable the prescription insert properties for which it has been designed to be achieved.

10.6.2 Prescription insert

The size of the insert should ensure that there is a sufficient field of vision for the wearer. Given that there is a known range of pupil centration distances in the population, this may mean that a different sized insert is necessary to facilitate larger and smaller centration distances. The respective median pupil centration distance can be found for each head form in ISO 12311. The distance between centres for the prescription insert should be sufficient to reasonably align with these values, such that the pupil of the eye is not dramatically decentred in the insert, as this would impact on the field of vision for the wearer.

This measure will be assessed in conjunction with the field of vision requirements in Section 10.1 with the goggle and insert (with plano-powered lenses) placed on the appropriate test head-form (Section 6).

10.7 Transmittance

10.7.1 Purpose

Goggles shall be free from tinting to ensure the wearer gains no advantage over Players not wearing goggles in various lighting situations.

10.7.2 Visor

The optical transmittance shall comply with luminous transmittance category 0.

10.7.3 Prescription insert

The manufacturer should provide guidance for dispensing the individual's refractive prescription in terms of compliance with luminous transmittance category 0.

Transmittance shall be tested in accordance with the method described in EN 167 (Clause 6).

10.8 Material

10.8.1 Visor:

The material and thickness of the visor should be selected to ensure that there is minimal risk that a compressive force will cause the visor to either temporarily or permanently flex inwards (towards the wearer's face) during the general course of play. It is suggested that the minimum thickness of the visor material should be 2mm ^[4].

10.8.2 Prescription insert

The material of the insert should be appropriate to mount and glaze ophthalmic prescription lenses. To minimise the ring scotoma created by the rim of the insert in the field of vision (as described in Section 10.2), the rim of the insert should be as thin as possible and should be made with a clear transparent material. However, the rim shall also have sufficient thickness and mechanical strength to securely mount prescription lenses. This mechanical strength is tested as part of the testing required by Section 9.2

Manufacturers should provide guidance about the material of the ophthalmic lenses and rim material to eye care professionals (ECPs).

⁴ ± 1 mm

11 Summary of guidance that Manufacturers shall supply

The information below shall be provided by the manufacturer within the packaging provided for all goggles issued to customers to provide sufficient information to Eyecare Professionals (ECPs) when dispensing the Player's prescription.

11.1 Details of the purpose of the goggle and performance characteristics

The manufacturer shall indicate that the intended purpose of the goggle is to offer means to wear refractive correction for the sport of Rugby and describe the performance characteristics of the goggle.

11.2 Description of size of visor and insert parameters

- The manufacturer shall state the visor size and the recommended head size for their goggle.
- The manufacturer shall state the boxed centre distance of the insert, in the form of horizontal length and distance between lenses.
- The manufacturer shall state the size of the goggles in accordance with Table 1 above.

11.3 Description of recommendations for ECPs dispensing this goggle.

The manufacturer shall supply detailed ophthalmic dispensing guidance to ECPs. Some key considerations have been summarised in Appendix A. A copy of this document will be supplied for all compliant products to be included in the packaging of all products.

The manufacturer shall describe the importance of consideration of optical centration, vertex distance and face-form angle of the insert. The manufacturer shall note that prescription compensation may be necessary for high ametropic prescriptions. This could include commentary such as:

"The curvature of the goggle necessitates a larger than typical face-form angle for ophthalmic prescriptions. This may require prescription compensation to minimise potential prismatic effect, and off-axis errors for high ametropic prescriptions. The vertex distance is stipulated at a maximum of 15mm for the test head-form, but it is recognised that the ECP will have to facilitate an individual's measurements."

11.4 Recommendations for appropriate lens materials

The manufacturer shall indicate that ophthalmic lens material used for the insert shall have enhanced impact performance with a recognized safety material, for example polycarbonate or similar materials.

11.5 Instructions for insertion and removal of insert

The manufacturer shall provide detailed instructions on how to install and remove the prescription insert, where applicable, and indicate whether the prescription insert needs to be removed for cleaning. The manufacturer should provide information on the products that may or may not be used for cleaning purposes.

11.6 Description of minimum luminous transmittance for prescription insert

The manufacturer shall state that luminous transmittance shall comply with that stated in the performance specification (category 0) unless there is a known medical reason for another transmittance value to be dispensed and permission has been received from World Rugby and the appropriate Union for deviation from this requirement to be made.

11.7 Details of the manufacturer name, and country

The manufacturer shall state their company details.

12 References

1. IS EN 71-1: Safety of toys – Part 1: Mechanical and Physical Properties
2. EN 168: Personal eye protection: Non-optical test methods
3. ASTM D5169: Test method for shear strength (dynamic method) of hook and loop touch fasteners
4. Dictionary of Optometry and Visual Science. 7th ed. M Millodot. Oxford: Butterworth-Heinemann, 2008. ISBN 978-0702029585
5. EN 166: Personal eye protection
6. EN 174: Ski goggles for downhill skiing
7. ISO WD Squash and racquetball optical requirements
8. Hassan et al. Field of view for navigation. Vision Research 2006
9. ISO 13666: Ophthalmic optics – spectacle lenses - vocabulary
10. ISO 12870: Ophthalmic Optics. Spectacle frames. Requirements and test methods
11. ISO 21987: Ophthalmic optics – mounted spectacle lenses
12. ISO 8980-3: Ophthalmic optics - Uncut finished spectacle lenses Part 3: Transmittance specifications and test methods
13. ISO 17025: General requirements for the competence of testing and calibration laboratories

All standards refer to the most recent publication date unless otherwise specified.

13 APPENDICES

13.1 Appendix A - Ophthalmic Dispensing Guidelines for Eye-Care Professionals (ECPs) for lenses to be mounted

Below is a list of suggested considerations to be provided by the manufacturer to ECPs. A document including these will be provided to manufacturers which shall be included in packaging of goggles. World Rugby may, with appropriate guidance, decide to adjust and/or add to this information without notification within this Performance Specification.

i. Lens Material

For safety reasons, it is recommended that the lenses shall have enhanced impact performance with a recognized safety material, for example polycarbonate or similar material.

ii. Lens Form

In the case of plus lenses which are to be mounted in the prescription insert, flatter form aspheric designs should be considered to ensure sufficient clearance between the front surface of the lens and the rear surface of the visor. The shallower curve on the front surface of a minus lens normally provides sufficient clearance.

iii. Vertex Distance

The vertex distance should be no more than 15mm from the corneal apex.

iv. Face form angle

The recommended face-form angle of the insert is 10-15° and should not exceed 18°.

v. Measurements

For dispensing the prescription insert, an up-to-date refractive prescription including vertex distance is necessary. Distance pupil centration distance should be measured.

vi. Prescription compensation

Prescription compensation should be considered for any change in vertex distance.

Prescription compensation should also be considered for larger face-form angles. This could be compensated for by two means:

- i. alteration of the prescription to take into consideration the astigmatic component induced by face-form angle to ensure the effective power of the lenses is appropriate for the individual; and/or
- ii. consider decentring the lenses outwards to satisfy the centre of rotation condition in the horizontal meridian. Given that this will induce prismatic effect, the individual's capacity to tolerate this should be carefully considered.

13.2 Appendix B - Test method for determining the radius of curvature of features on the surface

APPARATUS

An appropriate radius gauge made of metal (steel or aluminium) and not more than 2mm thick shall be used. The shape of the gauge is shown in Figure B.1, where r shall be $12\text{mm} \pm 0.1\text{mm}$ and α shall be $60^\circ \pm 2^\circ$.

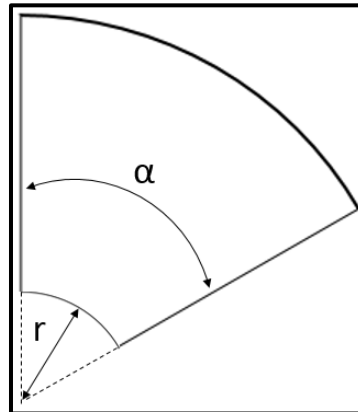


Figure 1: Radius Gauge

PROCEDURE

For all profiles of depth greater than $1\text{mm} \pm 0.1\text{mm}$ place the gauge in the areas of minimum radius of curvature of the area to be tested. If both ends of the gauge touch the surface of the Device, then that area passes the requirement. Figure B.2 illustrates the procedure and the pass and fail conditions.

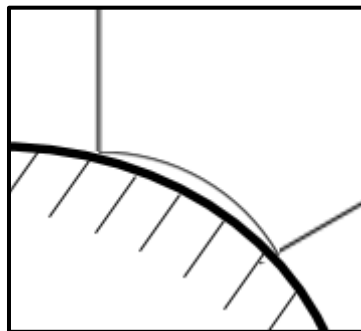


Figure B.2(a): Pass Condition

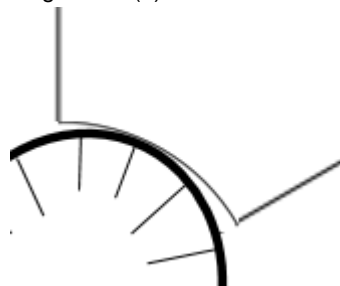


Figure B.2(b): Fail Condition

14 References

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- i ISO 12311 -
 - ii ISO 15487 – Textiles – Method for assessing appearance of apparel and other textile end products after domestic washing and drying
 - iii ISO 22958 – Textiles – Water resistance – Rain tests: exposure to a horizontal water spray
 - iv EN 71 –
 - v EN 167 -
 - vi ASTM D51693 -
 - vii World Rugby Laws of the Game
 - viii EN 168 -
 - ix ISO 13666 -
 - x ISO 21987 -
 - xi EN 166 -

