



2025-2026 SEASON GUIDE

(LIVE LINK AVAILABLE HERE)

2025-2026 Season: Info, Tools and
Resources for Coaches, Players,
Administrators and Officials



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- 1. On-Field Resources for Clubs (Coaches, Players, Administrators)**
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ON-FIELD RESOURCES

- **[Key Focus Areas Video Guide \(here\)](#)**

Key Language and Common pictures to **align Players, Coaches, Officials, and Spectators** on what happens most often in our game

- **[Referee Performance Feedback \(Form available here\)](#)**

Regular, structured feedback is very helpful.

- **[2025-2026 Global Law Updates \(here\)](#)**

A quick reference tool to the THREE global law changes that will come into BC Rugby Competitions for 2024-2025

- **[Squad Size Guidelines \(here\)](#)**

Quick reference tool for Premier + Men's D1 (no reduced numbers)

Women's D1, Men's D2 and D3 (reduced numbers if necessary)

[Rules of Competition \(here\)](#)

Full version of everything governing teams in BC Rugby Competitions



ON-FIELD SUPPORT (AT TRAINING OR PRESENTATION)

- **Referee at Training or Presentation Request:**
<https://forms.office.com/r/YRA7hDVzW2>

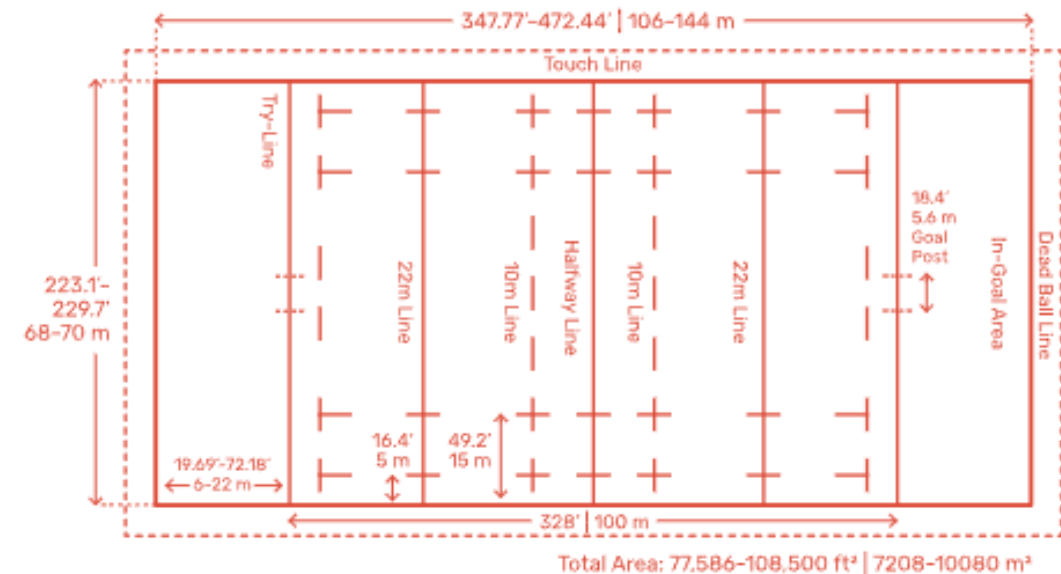
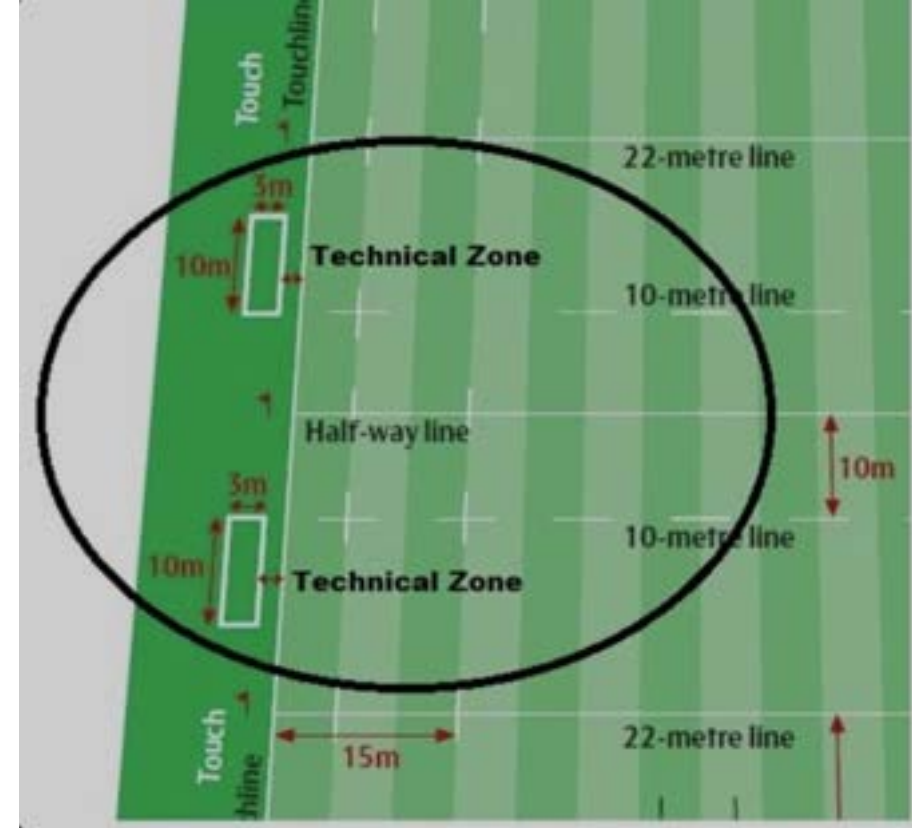
This is available to any member club team(s). Please try to submit request at least 1 week of the desired date of team training or presentation.

- **Training Sessions include breakdown, space (including kick chase), scrum and lineout-maul.**
- **Presentations include Key Focus Area alignment, Video Review, On-Field leadership.**



PLAYER ENCLOSURE CLARITY: CREATING A BETTER ENVIRONMENT

- Team Technical Areas marked and on **same side of the field** (between respective 22m and 10m lines)
- Spectator barrier (rope, barrier or fence) must be in place on both sides of the field
- Only 2 water (and tee) carriers permitted outside the technical area (when required).
- No Coaches permitted inside the playing enclosure (outside ropes or in technical area)
- Maximum of 2 registered Athletic Therapists permitted in technical area or inside playing enclosure.
- Only playing, coaching or medical personnel inside the technical area.
- Substitutes may warm up in their attacking in-goal area (no balls or equipment), an assistant coach with S&C training may accompany. They must only go to the in-goal area to actively warm-up.



2025-2026 LAW CHANGES

FULL DETAILED VERSION OF CHANGES AVAILABLE HERE

ANY COMPETITION STARTING AFTER JANUARY 1, 2025

TRIALS AND CHANGES IN PLAY ACROSS ALL COMPETITIONS STARTING AFTER JANUARY 1

Croc roll illegal; no scrum from FK;
and in front of kicker not put onside by a pass or run by opposition

Conversion time reduced to 60 sec. (same as PK)
+ Lineout of scrum formed within 30 sec.

Not straight lineout throw allowed when there is no
player lifted from opposition

A player part of a ruck or maul
may not play the halfback

Offside line at a scrum for defending halfback is middle line of the scrum
Defensive halfback ("9") must start next to opponent throwing in then may move back to #8's feet
+ move anywhere across field

TRIALS NOT APPROVED TO CONTINUE OR PROFESSIONAL/INTERNATIONAL COMPETITIONS ONLY

20 red card replacement, "mark" taken from kickoff/restart, and one-stop maul,





Key Focus Areas XVs (tap each title for Clarity Video)

BREAKDOWN

Tackler &
Tackle-Assist

Jackler

Cleanout

Counter Ruck

SPACE

Inside Defence
(Pillars)

Outside Defence
("13" Channel)

In Front of Kicker

Obstruction

SET PIECE

Scrum Setup

Scrum Dominance

Lineout Setup &
Lineout Contest

Maul Formation &
Dominance

FOUL PLAY

Head Contact

Use of Arms

Croc Roll

Unfair Play

GAME MANAGEMENT

Movement & Position

Communication

Pressure Gauge

In-Goal



Clarity Definitions XVs: Getting on the same page

BREAKDOWN

Tackler NOT IN WAY of ball
or cleanout. Tackle-Assist
clear release

Jackler square to goal line
in position to LIFT ball

Threat Focus:
MOVING BODIES and chasing feet.
Ball Focus: feet on ground

Counter Ruck:
square to goal line,
MOVING BODIES
and chasing feet

SPACE

Pillars hands and feet START clearly
onside

Outside defence ("13" Channel)
START clearly onside

Chasers in line with kicker.
Players in front NOT ADVANCING

Support: player in a REALISTIC
position to catch a pass.
Kick Chase: allowing ACCESS
to the chasing players

SET PIECE

Brake Foot, alignment to left,
STABILITY before & after "Set"

Loosehead:
left foot stepping forward, not out.
Tighthead: bind on body,
leg shape 90-120

Clear gap (1m+), receiver 2m, 5m
defender 2x2

In air: REALISTIC to take ball, not
landing on opposition. On ground:
access to ball & entry from behind

FOUL PLAY

Head Contact?
Avoidable (bent at knees/hips)?
Danger (high or not high)?
Mitigation (sudden change)?

Hands in front of body
& attempt to grasp

Late or comprised arrival:
must avoid CLAMP and roll
or collapse on lower limbs of Jackler

REALISTIC position to compete
legally under pressure
(linebreak, 2v1, mismatch)

GAME MANAGEMENT

General: Ball-in-line
Job 1: arrive on angle
Job 2: #9 pocket or flat attack

Primary (WHAT), Secondary (WHY):
whistle & signal.
Specific: number, colour, action

Who is under pressure?
What are they going to do
(linebreak, 2v1, mismatch)?

Who took ball into in-goal?
Press or NO SEPARATION.
Restart?



Key Focus Areas: SEVENS (Click here for SEVENS KFA Video)

Breakdown

[Tackler](#)

[Jackler](#)

[Cleanout](#)

[Counter Ruck](#)

Space

[Inside Defence](#)

[Outside Defence](#)

[Linespeed](#)

[In Front](#)

Set Piece

[Scrum & Lineout Setup](#)

[Penalty and Free Kick](#)

[Quick Throw](#)

[Kickoff and Restart](#)

Management

[Head Contact](#)

[Under Pressure](#)

[Movement & Position](#)

[Communication](#)



Clarity Definitions Sevens: Getting on the same page

Breakdown

Tackler:
Not in the way of ball or
cleanout

Jackler:
Square to goal line and
able to LIFT ball

Cleanout:
Square to goal line and
moving threat or feet on
ground (protect)

Counter Ruck:
Square to goal line and
moving opposition (not
falling on players or ball)

Space

Inside Defence:
Starting CLEARLY onside
(not near opposition
halfback)

Outside Defence:
Starting CLEARLY onside
(daylight)

Linespeed:
Start onside

In Front:
Not in the way of
opposition access to ball

Set Piece

Scrum & Lineout Setup:
In position within 15
seconds + in own space
(halfback behind middle
line)

Penalty and Free Kick:
Clear kick behind
infringement mark and
actively moving out of the
10m space

Quick Throw: Leave the
ball and clear the 5m
space

Kickoff and Restart:
Max 30 seconds after
conversion +
behind kicker

Management

Head Contact: Head
Contact? Avoidable?
Danger? Mitigation*?

Under Pressure:
Defence realistic
competition (in air or
intercept)

Movement & Position:
Ball line running, give
players the lane on
linebreaks

Communication: Primary
signal to facilitate fair
quick tap (PK/FK).

VIDEO SHARING AND REVIEW PLATFORM

- **Coach-Logic Platform (club options here)**

Clubs can arrange for their own platform by contacting info@coach-logic.com

- **Get Access to BC Rugby Hub here**
(access referee review clips, game footage, send clips etc.)

Good for coaches and on-field leaders to stay in touch with Key Focus Area updates.

- **Share your team's video***
(please share this link with your club's video personnel)

Video footage can be sent to cassmus@bcrugby.com anyone on BC Rugby coach-logic hub will have access to footage.

Access to video footage from across BC Rugby competitions helps keep Key Focus Areas up to date + provide educational materials for Players, Coaches and Officials.

***Coach-Logic offers software for simplified uploads from VEO (here)**



OFF-FIELD CLUB RESOURCES

- **Sanctioning Requests (non-scheduled fixtures) here**

Here is how to get a tournament or exhibition games approved and ensure Match Officials are appointed

- **Roster submission**

See Team Sheet Timelines (next page)

- **Squad Size and Guidelines (here)**

Quick reference tool for Premier + Men's D1 (no reduced numbers)
Women's D1, Men's D2 and D3 (reduced numbers if necessary)

- **Field Preparation (here)**

A diagram that shows how to line a field and install non-playing personnel barriers

- **Last minute Schedule Changes or Venue Issues**

Contact cassmus@bcrugby.com AND aburley@bcrugby.com

- **Rules of Competition (here)**

Full version of everything governing teams in BC Rugby Competitions

- **Code of Conduct (here)**

Code of Conduct Complaints can be **submitted here**

- **Discipline & Citing Policy (here)**

Guide to Discipline process, policy and player welfare sanctions



TEAM SHEET TIMELINES

- Create Team Sheet Panel
(September prior to start of first games)
- Submit Team Sheet Friday (2h prior to kickoff)
- Men's & Women's Premier Leagues (10am Friday)
- Update Team Sheet Monday (48h after final whistle)
- Contact aburley@bcrugby.com for Team Sheet support
- Refer to **Rules of Competition (here)** for Playoff Eligibility



SOCIAL MEDIA, BRANDING AND PROMOTIONAL MATERIALS

- Contact rbartlett@bcrugby.com for support with:
 - Club Social Media
 - Recruitment Campaigns
 - Branding Advice
 - Special Event Promotion



CONCUSSIONS

- BC Rugby's number one priority is player safety
- All Coaches, Officials and Administrators are required to renew their Concussion Management for General Public online certificates each year
(access the online programme here)
- Players, Spectators and Parents are encouraged to complete Concussion Management for General Public **(access the online programme here)**
- We adhere to World Rugby's policy of 'Recognise and Remove' when dealing with concussions or suspected concussions. Any player suspected or suffering from.
THERE ARE NO IN-GAME HEAD INJURY ASSESSMENT SUBSTITUTIONS (HIA) permitted in any domestic competition in Canada.
- **Any player removed for suspected concussion will not return to play for the remainder of the Game (team coaching and club admin responsible for Return to Play)**
- The Concussion Recognition Tool can be found here
<https://completeconcussions.com/wp-content/uploads/2023/06/Concussion-Recognition-Tool-CRT-6.pdf>



REGISTRATION AND RISK MITIGATION

- All Players, Coaches, Officials, Therapists and Administrators should be registered
- Registration assures that minimum civil liability management measures are in place
- Contact cassmus@bcrugby.com or aburley@bcrugby.com for registration support
- Club Executive, Coaches, must ensure that all players who take the field are **registered** and **eligible**.
- If you are unsure of a player's Registration, Eligibility or Discipline status please contact aburley@bcrugby.com



DISCIPLINE

- **Red Card**

- Player must appear at Discipline Committee hearing (with coach or manager) before being eligible to return
- Discipline Committee follows World Rugby Regulation 17's sanction guidelines for senior and age-grade players
- It is the Club's responsibility to ensure no player sent off returns to play before a hearing or any suspensions (in any Rugby competition globally) are complete
- **Discipline Decisions can be found here**

- **Yellow Card**

- Temporary suspension from game play
- 3 Yellow Cards in-season results in a Discipline Committee hearing



CODE OF CONDUCT

- **On-Field**
 - Coaches, Managers, Players, Officials and Spectators are required to comply with the standards set out in the Code of Conduct
 - Please reinforce expectations with your Club regularly
 - All persons involved at in BC Rugby competitions and Events are expected to understand behavioural standards
- **Off-Field**
 - BC Rugby Code of Conduct applies to all Athletes, Management, Spectators and Parents:
 - Throughout the day on the event grounds
 - On Social Media Before, During or After any BC Rugby Events
 - Respect for meal spaces, accommodations, local community and shared facilities
 - On private and public transport including Ferry, Air and bus travel.

[Submit Code of Conduct Complaints here](#)

[Full BC Rugby Code of Conduct can be found here](#)



NATIONAL AGE-GRADE LAW VARIATION REMINDERS

[FULL VERSION AVAILABLE HERE](#)

U13-U14	U15-U16	U17-U19
TEAM, TIME AND BALL: 13-a-side; 6 in scrum; rolling subs; 2x25 min; size 4 ball	TEAM, TIME AND BALL: 15-a-side; 8 in scrum; rolling subs; 2x30 min; size 5 ball	TEAM, TIME AND BALL: 15-a-side; 8 in scrum; rolling subs; 2x35 min; size 5 ball
SCRUM AND LINEOUT: 3-2-1 <u>scrum</u> form, no push , hook okay, 9 must pass ; 6 v 6 <u>lineout</u> no lift, <u>no maul</u> ,	SCRUM AND LINEOUT: 3-4-1 <u>scrum</u> form, max 1.5m push (if suitably trained) , <u>lineout</u> lift and <u>maul</u> okay	SCRUM AND LINEOUT: 3-4-1 <u>scrum</u> form, max 1.5m push (if suitably trained) , <u>lineout</u> lift and maul okay
SCORING, PENALTY AND CARDS: <u>Conversion</u> from in front or 5/7/5 zones; penalty must be tap unless inside own 22m ; <u>YC is 5 min</u> sub to remain 13 v 13; RC is permanent sub to remain 13 v 13	SCORING, PENALTY AND CARDS: <u>Conversion from no wider than 15m</u> lines; <u>penalty</u> kick for goal or touch on PK okay; <u>YC is 5 min</u> (team plays 1 short); RC is permanent (team plays 1 short)	SCORING, PENALTY AND CARDS: Conversion as per laws of game; <u>penalty</u> kick for goal or touch on okay; YC is 7 min (team plays 1 short); RC is permanent (team plays 1 short)

COMMON CLARIFICATIONS FOR SEVENS

SCRUM AND LINEOUT	PENALTY AND FREE KICK	IN-GOAL AND SCORING
Offside line for non throw in halfback is the middle line of the scrum	Scrum option only from Penalty Kick. No scrum option from Free Kick (same as XV-a-side)	No goal line drop-out. Held up is 5m attacking scrum; knock-on in-goal is 5m defensive scrum
Not straight throw is "play on" if there is <u>no lift</u> from opposition	Lineout option available for a Free Kick at a lineout (closing the gap, early jump, numbers etc.)	A conversion must be taken within 30 seconds of try being scored; the restart must be kicked within 30 seconds of conversion being taken

SHARE INFORMATION & WORK COLLABORATIVELY

- **Players, Coaches and Officials: Without them, there is no game**
- **Managers and Administrators from all clubs: Without them, there is no opposition**
- **Therapists and Medical personnel: Without them, players cannot return to play**
- **E-mail, phone and text as though you are face to face**
- **Any issues to report (aside from Code of Conduct) should go through your Program Lead**

Competition	Officiating	Player & Coach Pathway	Governance & Policy
aburley@bcrugby.com	cassmus@bcrugby.com	jtait@bcrugby.com	ceo@bcrugby.com

**THANK YOU AND ENJOY
THE 2025-2026 SEASON!**