



**USA RUGBY**

## **USA Rugby Knock-out Competition Extra Time Policy Over 18 15s Matches**

Revised May 18, 2010

### **USA RUGBY KNOCKOUT COMPETITION EXTRA TIME PROVISIONS**

In the event a match is not decided in regulation time in knock-out competition, the following protocol will be followed to reach a match decision. There will be an extra time of twenty minutes divided into two ten minute periods. If the match is not decided at the end of the twenty minute period, ten minute Sudden Death (ie. Sudden Death) periods will ensue until the match is decided. A Sudden Death is achieved through any score: after the first two overtime periods, the match is decided and ends with any score. After each period of play, there will be water/rest breaks of two minutes and five minutes after each forty minutes of Sudden Death play.

Extra time periods and breaks will be conducted accordingly to the following schedule:

1. Match is not decided in regulation time (ends in a "tie" score).
2. Five minute water break immediately following full time. Referee and captains conduct a coin toss to determine direction and kicking team.
3. 10 minute period beginning with kick off (OT#1)
4. 2 minute break – teams switch directions
5. 10 minute period beginning with kick off (OT#2)
6. Match is still not decided (period ends in "tie" score) – two minute water break – teams switch directions
7. 10 minute Sudden Death period beginning with kick off (OT#3)
8. Match is still not decided (period ends in "tie" score) – two minute water break – teams switch directions
9. 10 minute Sudden Death period beginning with kick off (OT#4)
10. Match is still not decided (period ends in "tie" score) – **five minute water break** – teams switch directions
11. 10 minute Sudden Death period beginning with kick off (OT#3)
12. Match is still not decided (period ends in "tie" score) – two minute water break – teams switch directions
13. 10 minute Sudden Death period beginning with kick off (OT#4)
14. Match is still not decided (period ends in "tie" score) – two minute water break – teams switch directions
15. Repeat steps 7 – 15 until match is decided

**Extra time Substitution and Replacements** – Team substitutions are limited by the same eight substitute proscription provided by law and local practice in effect in regulation time.