

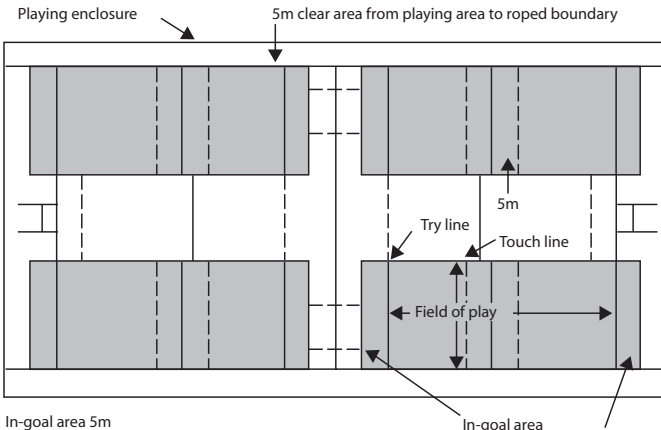
LAWS SUMMARY FOR U6 TO U12

	U6	U7	U8	U9	U10	U11	U12
Player Numbers	7		7	10	12		15
Playing Area	1/4 field L:40m, W:25m		1/2 field L:60m, W:35m		Full field less 10m L:100m, W:60m		Full field L:100m, W:70m
Playing Time	2 x small-sided games, then 2 x 10min halves	2 x 15mins	2 x 15mins	2 x 20mins	2 x 20mins		2 x 25mins
Ball size	Size 2		Size 3		Size 4		Size 4
Conversions	No		Optional In front, 10m back		Yes Not past 15m-line		Yes Not past 15m-line
Kick-off	Punt 5m Exclusion zone		Punt or drop 5m Exclusion zone		Drop		Drop
Restart after score	Tap on half way by non-scoring team		Tap on half way by non-scoring team		Kick-off by non-scoring team		Kick-off by non-scoring team
Kicking	No		No		Yes		Yes
Tackle	2 handed tag on shorts No offside line for defence		Yes		Yes		Yes
Lineout	Tap restart	2 players No contest	2 players No contest	4 players No contest	5 players Contested No lifting		7 players Contested No lifting
Lineout receiver		Must pass	Must pass		All options		All options
Scrum	Tap restart	3 players No contest	3 players No contest	5 players No contest	6 players Contested 1m push		8 players Contested 1m push
Scrum half		Must pass	Must pass		All options #8 moves illegal		All options
When is Lineout and Scrum over?	Played by fly-half or bounces		Played by fly-half or bounces		Ball out		Ball out
Penalty Kicks and Free Kicks	Tap only Opp 5m back		Tap only Opp 5m back		All options Opp 10m back		All options Opp 10m back

Common Pathway Laws for U6 to U12

Player Numbers	Equal number of players on each team. If one team is short, teams MUST share players to reach the maximum number of equal players possible. Unlimited rolling substitutions.		
Scrum	Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'bind' and 'set'. Defending scrum-half can't go past midline and cannot leave scrum.		
Scoring	No Drop Goals No Penalty Goals	Tackle	Slinging tackles, fending to the head and squeeze ball illegal
Lineout	No Quick Throw-ins No variation in numbers allowed Must have a lineout receiver	Foul Play	Yellow card = 5 minutes A player given a Yellow card or Red card may be replaced

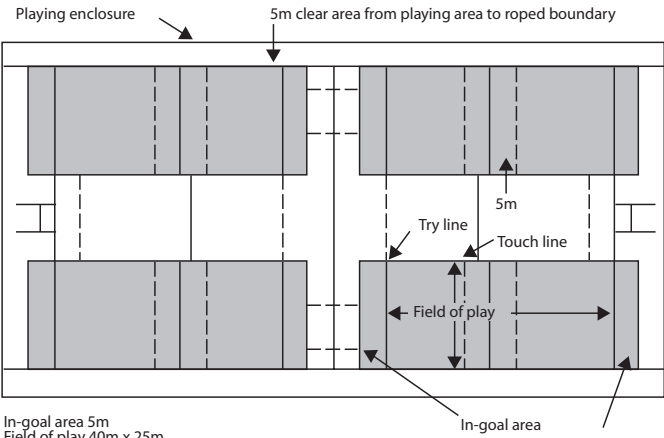
Under 6 Game Modifications 2016

Competitions	<ul style="list-style-type: none"> No finals series, no competition ladders and no premierships allowed. Coaches are allowed on the field for the duration of the game.
The Ground	<ul style="list-style-type: none"> 40m x 25m maximum (ie. usually 1/4 field)  <p>Playing enclosure</p> <p>5m clear area from playing area to roped boundary</p> <p>In-goal area 5m</p> <p>Field of play 40m x 25m</p> <p>Try line</p> <p>Touch line</p> <p>Field of play</p> <p>In-goal area</p>
The Ball	<ul style="list-style-type: none"> Size 2
Number of Players	<ul style="list-style-type: none"> 7 players Teams must match numbers on the field during play. If either team has fewer than 7 players during play, then teams must share players to get the maximum number of players on the field, while maintaining equal numbers. If a team has few or no reserve players, the coach or manager should inform the opposing team before the game starts that they may be required to share players at some point during the game. Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead. It is recommended that the maximum size of a team's squad be 10 players.
Time	<ul style="list-style-type: none"> Two small-sided games are to be played, which are Activities 1 and 4 from that week's activities in the Under 6 Coaching Manual. This is then followed by 2 x 10min halves of tag rugby, with a 5min half time. There is no time off for injury or other stoppages.
Scoring	<ul style="list-style-type: none"> A try is awarded 5 points. Conversions, Drop Goals and Penalty Goals are not permitted.
Foul Play	<ul style="list-style-type: none"> No tackling allowed (PK). No fending allowed (PK). No kicking allowed in general play (tap restart). A red card = sent off and cannot return.

	<ul style="list-style-type: none"> • A yellow card = 5 mins in the sin-bin and if the time period has not expired when half-time or full-time is called, the temporary suspension ends. • When a yellow or red card is issued, the player may be replaced.
Knock on and Forward Pass	<ul style="list-style-type: none"> • Referees are encouraged to be lenient. • The assumption should be that the ball has gone backwards unless it is clearly and obviously forwards.
Kick-off and Restarts	<ul style="list-style-type: none"> • Kick-offs to begin each half are punt kicks. • The receiving team at a kick-off must be at least 5m back from half-way. • If a kick-off is unsuccessful in any way (eg. wrong kick, doesn't go 5m, goes dead etc), another chance is provided until the kick is successfully taken. • There is a 5m radius circle 'exclusion zone' around a player attempting to field the ball after a kick-off. No opposing player can enter this zone until the receiving player has caught or picked up the ball (PK). • After a try, the non-scoring team takes a tap restart from the centre of the half-way line.
The Tag	<ul style="list-style-type: none"> • A tag MUST be: <ul style="list-style-type: none"> – a two-handed touch, and – on the shorts only. • Tags are not permitted on the jersey above the waist from either in front or behind. A tag is not permitted on the legs. • The referee MUST apply this strictly, as this will allow attacking players to continue running when incorrectly tagged, and reinforce good habits in defence. • Players' jerseys should be tucked in. • Referee will call "TAG" if performed correctly, or "PLAY ON" if not. • Once the referee has called "TAG", the coach may then call "TURN AND PASS". • Once tagged, players are required to stop as quickly as possible and turn and pass to a team-mate. They are not required to return to the mark where they were tagged. • There are no offside lines at a tag for the defence. The players of the team not in possession of the ball do not need to retreat to any line. This ensures game continuity and forward progress for the team in possession by removing a fully set line of defence. • To defend effectively, players may need to be encouraged by their coaches to retreat backwards to remain in front of the attacking team. • No opposing player may block or prevent the tagged player from passing the ball to a teammate (PK). • If a player cannot pass for any reason, a tap restart is awarded to the team in possession.
Lineout	<ul style="list-style-type: none"> • Where a lineout would normally be played, the team which would normally be given the throw-in is awarded a tap restart, 5 metres in from the touch line.

Scrum	<ul style="list-style-type: none"> • Where a scrum would normally be played, the team which would normally be given the throw-in is awarded a tap restart at the place where the scrum would be formed.
Tap Restarts	<ul style="list-style-type: none"> • All Penalty Kicks (PK) and Free Kicks (FK) are taken as a tap restart. • The opposing team must run back at least 5 metres from the mark. • At a tap restart the ball must be either kicked out of the hands, or put on the ground and kicked a visible distance. The player must not hold the ball and tap with the foot without letting go. Another chance is provided until taken correctly.
In-Goal	<ul style="list-style-type: none"> • If a player grounds the ball in the opposition in-goal, but is tagged in the act of scoring, a try is awarded. • If a player is tagged in the opposition in-goal, the referee should encourage the player to ground the ball and then award the try. • A player is not permitted to 'dive' when scoring a try (either through a defensive line or when in the clear). A player must be on their feet to score a try, otherwise a tap restart is awarded to the team in possession, 5 metres out from the goal line in line with where the player attempted to score the try. • If the ball becomes dead in in-goal, play restarts with a tap restart to the defending team, 5m out from their goal line.

Under 7 Game Modifications 2016

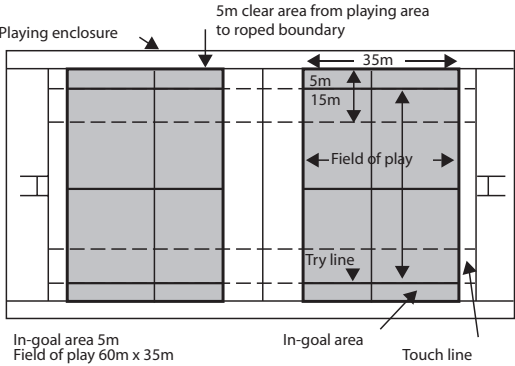
Competitions	<ul style="list-style-type: none"> No finals series, no competition ladders and no premierships allowed. Coaches are allowed on the field for the duration of the game.
The Ground	<ul style="list-style-type: none"> 40m x 25m maximum (ie. usually 1/4 field)  <p style="text-align: center;">Playing enclosure 5m clear area from playing area to roped boundary</p> <p style="text-align: center;">Try line 5m Touch line</p> <p style="text-align: center;">Field of play</p> <p style="text-align: center;">In-goal area 5m Field of play 40m x 25m In-goal area</p>
The Ball	<ul style="list-style-type: none"> Size 2
Number of Players	<ul style="list-style-type: none"> 7 players Teams must match numbers on the field during play. If either team has fewer than 7 players during play, then teams must share players to get the maximum number of players on the field, while maintaining equal numbers. If a team has few or no reserve players, the coach or manager should inform the opposing team before the game starts that they may be required to share players at some point during the game. Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead. It is recommended that the maximum size of a team's squad be 10 players.
Time	<ul style="list-style-type: none"> 2 x 15min halves, 5 min half time. There is no time off for injury or other stoppages.
Scoring	<ul style="list-style-type: none"> A try is awarded 5 points. Conversions, Drop Goals and Penalty Goals are not permitted.
Foul Play	<ul style="list-style-type: none"> No tackling allowed (PK). No fending allowed (PK). No kicking allowed in general play (scrum). A red card = sent off and cannot return.

	<ul style="list-style-type: none"> • A yellow card = 5 mins in the sin-bin and if the time period has not expired when half-time or full-time is called, the temporary suspension ends. • When a yellow or red card is issued, the player may be replaced.
Knock on and Forward Pass	<ul style="list-style-type: none"> • Referees are encouraged to be lenient. • The assumption should be that the ball has gone backwards unless it is clearly and obviously forwards.
Kick-off and Restarts	<ul style="list-style-type: none"> • Kick-offs to begin each half are punt kicks. • The receiving team at a kick-off must be at least 5m back from half-way. • If a kick-off is unsuccessful in any way (eg. wrong kick, doesn't go 5m, goes dead etc), another chance is provided until the kick is successfully taken. • There is a 5m radius circle 'exclusion zone' around a player attempting to field the ball after a kick-off. No opposing player can enter this zone until the receiving player has caught or picked up the ball (PK). • After a try, the non-scoring team takes a tap restart from the centre of the half-way line.
The Tag	<ul style="list-style-type: none"> • A tag MUST be: <ul style="list-style-type: none"> – a two-handed touch, and – on the shorts only. • Tags are not permitted on the jersey above the waist from either in front or behind. A tag is not permitted on the legs. • The referee MUST apply this strictly, as this will allow attacking players to continue running when incorrectly tagged, and reinforce good habits in defence. • Players' jerseys should be tucked in. • Referee will call "TAG" if performed correctly, or "PLAY ON" if not. • Once the referee has called "TAG", the coach may then call "TURN AND PASS". • Once tagged, players are required to stop as quickly as possible and turn and pass to a team-mate. They are not required to return to the mark where they were tagged. • There are no offside lines at a tag for the defence. The players of the team not in possession of the ball do not need to retreat to any line. This ensures game continuity and forward progress for the team in possession by removing a fully set line of defence. • To defend effectively, players may need to be encouraged by their coaches to retreat backwards to remain in front of the attacking team. • No opposing player may block or prevent the tagged player from passing the ball to a teammate (PK). • If a player cannot pass for any reason, a tap restart is awarded to the team in possession.

Lineout setup	<ul style="list-style-type: none"> • No quick throw-ins allowed. • 2 players from each team stand as catchers 1 metre from the opposition players in a single line 3 metres away from the touch line. • The thrower of the team in possession stands opposite their team's first catcher. • The thrower's immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch. • There must be a receiver (scrum-half) 2 metres back from the line-out. The receiver must stay in position until they receive the ball from the lineout. • All other players not taking part in the line-out must be back at least 5 metres. • If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.
Lineout play	<ul style="list-style-type: none"> • The team throwing the ball in must win it. • The ball is passed or knocked to the receiver who must then pass it to a team-mate. • If the wrong team wins the ball or the receiver doesn't pass, the referee awards another lineout with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Lineout offside	<ul style="list-style-type: none"> • The lineout does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver. • Opposition backline players must stay outside and lineout players must stay in the lineout until the line-out is over. • If players are offside, the referee awards another lineout with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Scrum setup	<ul style="list-style-type: none"> • 3 players from each team form the scrum. • Both scrum-halves must stand on the same side of the scrum. • All other players not taking part in the scrum must be back at least 5 metres. • If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.
Scrum play	<ul style="list-style-type: none"> • Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'bind' and 'set'. • There is no pushing in the scrum and the team throwing in the ball must win it. • After gathering the ball, the scrum-half must pass it to a team-mate. • If the scrum-half doesn't pass, the referee awards another scrum with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).

Scrum offside	<ul style="list-style-type: none"> • The scrum does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver. • The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over. • Opposition players must stay onside or bound until the scrum is over. • If players are offside, the referee awards another scrum with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Tap Restarts	<ul style="list-style-type: none"> • All Penalty Kicks (PK) and Free Kicks (FK) are taken as a tap restart. • The opposing team must run back at least 5 metres from the mark. • At a tap restart the ball must be either kicked out of the hands, or put on the ground and kicked a visible distance. The player must not hold the ball and tap with the foot without letting go. Another chance is provided until taken correctly.
In-Goal	<ul style="list-style-type: none"> • If a player grounds the ball in the opposition in-goal, but is tagged in the act of scoring, a try is awarded. • If a player is tagged in the opposition in-goal, the referee should encourage the player to ground the ball and then award the try. • A player is not permitted to 'dive' when scoring a try (either through a defensive line or when in the clear). A player must be on their feet to score a try, otherwise a tap restart is awarded to the team in possession, 5 metres out from the goal line in line with where the player attempted to score the try. • If the ball becomes dead in in-goal, play restarts with a tap restart to the defending team, 5m out from their goal line.

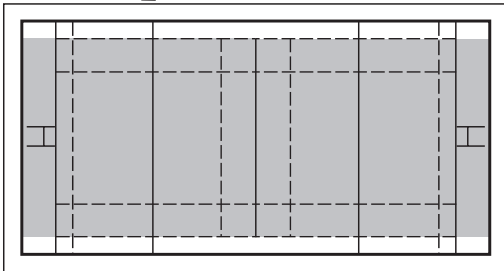
Under 8 and Under 9 Game Modifications 2016

Competitions	<ul style="list-style-type: none"> No finals series allowed. Competition ladders and premierships are actively discouraged. Coaches are not allowed on the field beyond the first half of the season in the Under 9 age group.
The Ground	<ul style="list-style-type: none"> 60m x 35m maximum (ie. usually 1/2 field)  <p>The diagram illustrates the layout of a playing enclosure. The overall dimensions are 60m by 35m. A central 'Field of play' is 35m wide and 15m long. A 'Try line' is located 5m from the bottom edge of the field of play. A '5m clear area from playing area to roped boundary' is shown at the top. The 'In-goal area' is 5m wide and 35m long. A 'Touch line' is also indicated.</p>
The Ball	<ul style="list-style-type: none"> Size 3
Number of Players	<ul style="list-style-type: none"> Under 8: 7 players Under 9: 10 players Teams must match numbers on the field during play. If either team has fewer than the standard number of players during play, then teams must share players to get the maximum number of players on the field, while maintaining equal numbers. If a team has few or no reserve players, the coach or manager should inform the opposing team before the game starts that they may be required to share players at some point during the game. Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead. It is recommended that the maximum size of a team's squad be 10 players for Under 8 and 14 players for Under 9.
Time	<ul style="list-style-type: none"> Under 8: 2 x 15min halves, 5min half time. Under 9: 2 x 20min halves, 5min half time. There is no time off for injury or other stoppages.
Scoring	<ul style="list-style-type: none"> A try is awarded 5 points. Drop Goals and Penalty Goals are not permitted. Conversions, if allowed by the competition organiser, can be either a drop kick or a place kick, and are taken on a line through the centre of the goal posts from 10m away. Players may not charge a Conversion attempt.

Foul Play	<ul style="list-style-type: none"> • No fending to the face or head allowed (PK). • No jersey swinging tackles allowed (PK). • No kicking allowed in general play (scrum). • A red card = sent off and cannot return. • A yellow card = 5 mins in the sin-bin and if the time period has not expired when half-time or full-time is called, the temporary suspension ends. • When a yellow or red card is issued, the player may be replaced.
Kick-off and Restarts	<ul style="list-style-type: none"> • Kick-offs to begin each half are punt kicks or drop kicks. • The receiving team at a kick-off must be at least 5m back from half-way. • If a kick-off is unsuccessful in any way (eg. wrong kick, doesn't go 5m, goes dead etc), another chance is provided until the kick is successfully taken. • There is a 5m radius circle 'exclusion zone' around a player attempting to field the ball after a kick-off. No opposing player can enter this zone until the receiving player has caught or picked up the ball (PK). • After a try, the non-scoring team takes a tap restart from the centre of the half-way line. • Where a drop-out would normally occur under Law, the team entitled to the drop out will restart play with a tap restart at the centre of the 15-metre line.
Tackle / Ruck	<ul style="list-style-type: none"> • Referees are reminded to encourage players to only play for the ball when they are on their feet. After the tackled player has passed or released the ball, no player may play the ball while on their knees.
Lineout setup	<ul style="list-style-type: none"> • No quick throw-ins allowed. • 2 players (in Under 8s) or 4 players (in Under 9s) from each team stand as catchers 1 metre from the opposition players in a single line 4 metres away from the touch line. • The thrower of the team in possession stands on the line of touch. • The thrower's immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch. • There must be a receiver (scrum-half) 2 metres back from the lineout. The receiver must stay in position until they receive the ball from the lineout. • All other players not taking part in the line-out must be back at least 5 metres. • If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.
Lineout play	<ul style="list-style-type: none"> • The team throwing the ball in must win it. • The ball is passed or knocked to the receiver who must then pass it to a team-mate. • If the wrong team wins the ball or the receiver doesn't pass, the referee awards another lineout with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).

Lineout offside	<ul style="list-style-type: none"> • The lineout does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver. • Opposition backline players must stay outside and lineout players must stay in the lineout until the line-out is over. • If players are offside, the referee awards a Penalty Kick.
Scrum setup	<ul style="list-style-type: none"> • 3 players (in Under 8s) or 5 players (in Under 9s) from each team form the scrum. • Both scrum-halves must stand on the same side of the scrum. • All other players not taking part in the scrum must be back at least 5 metres. • If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.
Scrum play	<ul style="list-style-type: none"> • Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'bind' and 'set'. • There is no pushing in the scrum and the team throwing in the ball must win it. • After gathering the ball, the scrum-half must pass it to a team-mate. • If the scrum-half doesn't pass, the referee awards another scrum with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Scrum offside	<ul style="list-style-type: none"> • The scrum does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver. • The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over. • Opposition players must stay outside or stay bound until the scrum is over. • If players are offside, the referee awards a Penalty Kick.
Tap Restarts	<ul style="list-style-type: none"> • All Penalty Kicks (PK) and Free Kicks (FK) are taken as a tap restart. • The opposing team must run back at least 5 metres from the mark. • At a tap restart the ball must be either kicked out of the hands, or put on the ground and kicked a visible distance. The player must not hold the ball and tap with the foot without letting go. Another chance is provided until taken correctly.

Under 10 and Under 11 Game Modifications 2016

Competitions	<ul style="list-style-type: none"> • Finals series, competition ladders and premierships allowed.
The Ground	<ul style="list-style-type: none"> • 100m x 60m maximum (ie. usually full field minus 10m width) <div style="text-align: center;"> <p>Playing enclosure Minimum 5m clear area from playing area to roped boundary</p>  <p>Field of play 100m x 60m In-goal area 10m</p> </div>
The Ball	<ul style="list-style-type: none"> • Size 4
Number of Players	<ul style="list-style-type: none"> • 12 players • Teams must match numbers on the field during play. • If either team has fewer than 12 players during play, then teams must share players to get the maximum number of players on the field, while maintaining equal numbers. • If a team has few or no reserve players, the coach or manager should inform the opposing team before the game starts that they may be required to share players at some point during the game. • Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead. • It is recommended that the maximum size of a team's squad be 17 players.
Time	<ul style="list-style-type: none"> • 2 x 20min halves, 5min half time. • There is no time off for injury or other stoppages.
Scoring	<ul style="list-style-type: none"> • A try is awarded 5 points. • Drop Goals and Penalty Goals are not permitted. • Conversions are taken on a line through the place where the try was scored, up to but not beyond the 15-metre line (ie. 10 metres from the touch line). • Players may not charge a Conversion attempt.
Foul Play	<ul style="list-style-type: none"> • No fending to the face or head allowed (PK). • No jersey swinging tackles allowed (PK). • A red card = sent off and cannot return. • A yellow card = 5 mins in the sin-bin and if the time period has not expired when half-time or full-time is called, the temporary suspension ends. • When a yellow or red card is issued, the player may be replaced.

Kick-off and Restarts	<ul style="list-style-type: none"> • Kick-offs and restarts are drop kicks. • If a kick-off or drop-out is unsuccessful in any way (eg. wrong kick, goes dead etc), another chance is provided, and if the second kick is also unsuccessful, then a scrum is awarded at the centre of the half-way line or 22m-line with the throw-in to the non-infringing team.
Lineout setup	<ul style="list-style-type: none"> • No quick throw-ins allowed. • 5 players from each team stand as catchers 1 metre from the opposition players in a single line 5 metres away from the touch line. • The thrower of the team in possession stands on the line of touch. • The thrower's immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch. • There must be a receiver (scrum-half) 2 metres back from the line-out. The receiver may not switch positions or join the lineout until the ball is thrown. • All other players not taking part in the line-out must be back at least 10 metres. • If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.
Lineout play	<ul style="list-style-type: none"> • If the throw is incorrect (eg. not straight), the referee awards another lineout with the same team throwing in, so the players can get it right. If the second attempt is also incorrect, a scrum is awarded to the non-infringing team. • There is no lifting or supporting allowed (FK).
Scrum setup	<ul style="list-style-type: none"> • 6 players from each team form the scrum. • Both scrum-halves must stand on the same side of the scrum. • All other players not taking part in the scrum must be back at least 5 metres. • If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.
Scrum play	<ul style="list-style-type: none"> • Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'bind' and 'set'. • A team must not push the scrum more than 1 metre (FK). • No Number 8 moves allowed (FK).
Scrum offside	<ul style="list-style-type: none"> • The scrum is not over until the ball is completely out of the scrum (eg. even if the scrum-half has hands on the ball it is not out). • The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over. • Opposition players must stay outside or stay bound until the scrum is over. • If players are offside, the referee awards a Penalty Kick.

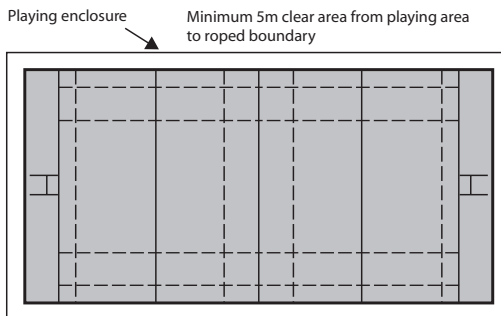
Under 12 Game Modifications 2016

Competitions

- Finals series, competition ladders and premierships allowed.

The Ground

- 100m x 70m maximum (ie. usually full field)



Field of play 100m x 70m
In-goal area 10m

The Ball

- Size 4

Number of Players

- 15 players
- Teams **must** match numbers on the field during play.
- If either team has fewer than 15 players during play, then teams **must** share players to get the maximum number of players on the field, while maintaining equal numbers.
- If a team has few or no reserve players, the coach or manager should inform the opposing team **before the game starts** that they may be required to share players at some point during the game.
- Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead.
- It is recommended that the maximum size of a team's squad be 20 players.

Time

- 2 x 25min halves, 5min half time.

- There is no time off for injury or other stoppages.

Scoring

- A try is awarded 5 points.
- Drop Goals and Penalty Goals are not permitted.
- Conversions are taken on a line through the place where the try was scored, up to but not beyond the 15-metre line.
- Players may not charge a Conversion attempt.

Foul Play

- No fending to the face or head allowed (PK).
- No jersey swinging tackles allowed (PK).
- A red card = sent off and cannot return.
- A yellow card = 5 mins in the sin-bin and if the time period has not expired when half-time or full-time is called, the temporary suspension ends.
- When a yellow or red card is issued, the player may be replaced.

Kick-off and Restarts	<ul style="list-style-type: none"> • Kick-offs and restarts are drop kicks. • No second chances for incorrect kick-offs and drop-outs.
Lineout setup	<ul style="list-style-type: none"> • No quick throw-ins allowed. • 7 players from each team stand as catchers 1 metre from the opposition players in a single line 5 metres away from the touch line. • The thrower of the team in possession stands on the line of touch. • The thrower's immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch. • There must be a receiver (scrum-half) 2 metres back from the lineout. The receiver may not switch positions or join the lineout until the ball is thrown. • All other players not taking part in the lineout must be back at least 10 metres. • If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.
Lineout play	<ul style="list-style-type: none"> • No second chance if the throw is incorrect (ie not straight). • There is no lifting or supporting allowed (FK).
Scrum setup	<ul style="list-style-type: none"> • 8 players from each team form the scrum. • Both scrum-halves must stand on the same side of the scrum. • All other players not taking part in the scrum must be back at least 5 metres. • If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.
Scrum play	<ul style="list-style-type: none"> • Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'bind' and 'set'. • A team must not push the scrum more than 1 metre (FK).
Scrum offside	<ul style="list-style-type: none"> • The scrum is not over until the ball is completely out of the scrum (eg. even if the scrum-half has hands on the ball it is not out). • The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over. • Opposition players must stay onside or stay bound until the scrum is over. • If players are offside, the referee awards a Penalty Kick.