

Players:

All teams will play the game with equal players on the field in situations where there are not enough players to field a complete team. The number of players on the field is as followed:

- 1st & 2nd: 7 V 7 – No less than 5 V 5
- 3rd & 4th: 7 V 7 – No less than 5 V 5
- 5th & 6th: 7 V 7 – No less than 5 V 5

**Rolling subs are allowed but only during stoppage in play*

Duration of Game:

Clock will be running continuously during games. Each team is allowed one time-out per half, which may be called only at normal stoppage of the game or when that team has clear possession of the ball. The timeout will last one minute.

- 1st – 4th will consist of two 10-minute halves with a 1 minute halftime period.
- 5th & 6th will consist of two 15-minute halves with a 2 minute halftime period.

Start of Play:

Play starts and restarts at the center with a “tap”. This is performed by moving the ball on the ground with the foot, free from the hands, and then picking it up. Penalties are performed by the same procedure. On both a re-start and penalty the defending team must retreat at least 10 meters.

Substitutions:

Unlimited; Substitutions are allowed during any stoppages of play (ball out of bounds, free kick situations, after a scored goal, time out, etc.) Substituting players must make contact with each other behind the sideline. Official must be notified prior to substitutions. Each member of the team must play at least half of the game.

Equipment:

For rugby ball sizes, 1st/2nd grade use size 3 and 3rd-6th grade use a size 4 rugby ball. Plastic or rubber cleats with a minimum of 10 studs may be worn but are not necessary. Uniforms must be worn on the outermost layer of clothing.

Officials:

All grade divisions will have two referees (if available). The official’s authority commences upon entering the field of play.

Obstruction & Misconduct:

No obstruction, excessive contact, verbal abuse or foul play will be tolerated- referee is the sole judge. A penalty will be awarded in such cases and a player can receive 2 minutes in the SIN BIN. Serious or continual foul play of any nature will result in the player being sent off without a replacement.

Legal Touch:

No tackling of any kind will be allowed for all players. This is a two-hand touch league. A legal touch is on any part of the body, clothing, and ball. A player must claim a touch by raising a hand and shouting “Touch”. The referee is the sole judge of the touch and has the discretion to overrule a claim- this means that play continues until the whistle is blown (play to the whistle). An attacking player may affect the touch by deliberately touching the opposition. When touched, the player in possession must place the ball on the ground at the exact point of the touch. Play is re-started by stepping over the ball. It can be controlled with a hand or foot. This is known as a ROLLBALL. After 6 touches possession changes.

Violent Conduct:

If the official judges that a player is guilty of violent conduct, that player may be removed for the remainder of the game and/or the next game. This rule is enforced for all leagues.

Rollball:

When the ball is placed by the player in possession after a touch has been called. The ball must be placed on the ground at the exact point of the touch. Play is re-started by stepping over the ball. It can be controlled with a hand or foot. The ball may not roll more than a meter. A player may not perform a rollball unless touched. When a rollball is taken within 5 meters of the try line the defending players must retreat with both feet to behind their try line before they can make the touch. If a player is touched in the try zone before grounding the ball the touch counts and play is restarted on the 5-meter line. **At all times- no team may delay the game by deliberately delaying a roll ball.**

Penalty:

A penalty is awarded for the following infringements:

- I. **A forward pass**
- II. **Offside play**
- III. Performing **a roll ball over the mark**
- IV. **Claiming a Touch** when none was made
- V. **Touch and pass**
- VI. **Interfering with the roll ball** (running around the ruck) and passing the ball once touched.

When a penalty is awarded, the referee will advance 10 meters from where the infringement occurred. The referee must give the exact mark from where the Tap Ball must be taken. The defending team must retire 10 meters from the mark or behind the try-line.

Game Play:

The player picking up the ball (the dummy-half or acting half) from a rollball may run, but if touched a changeover occurs. The dummy-half may not score, and a changeover (rollball) will be awarded if this occurs. After 6 touches possession changes. The attacking team begins play on the "first down", starting with a "rollball". All defending players must retire more than 5 meters in line with the mark of touch. The defending team cannot move forward until play restarts, nor interfere with play whilst retreating. A restart occurs in the moment the ball is tapped or the dummy-half touches the ball at the roll ball. If there is no dummy-half in position (within 1 meter of the mark) defenders may advance from an on-side position.

If opposing team is rolling or restarting at the 5-meter mark the defending is not obligated to come off the try line unless the opposing team plays the ball away from the 5-meter line. If that occurs the ref will indicate by saying "come off the line" to which the defending team will have to come all the way up to the 5 meter in defense.

If the ball is dropped or if a player crosses the sideline before being touched, change of possession will occur. This is by means of a rollball.

If the defending team unsuccessfully intercepts the ball or it is intentionally knocked down (knock-on), the attacking team starts from a "first down" rollball.

Off Sides:

This will only be enforced for 3rd/4th & 5th/6th grade divisions.

It is not an offence in itself to be in an offside position. A player is in an offside position if:

- In open play that player is in front of a team-mate who is carrying the ball or who last played it.

If the attacking player, when making a quick start, is touched by an off-side defender, play is allowed to continue. If an attacking side gains no advantage, a penalty tap for the first down will be given.

Scoring:

Players may score a try by grounding the ball on, or behind, the try line.

Controversies:

The head official or site supervisor has the final say in all controversies or rule interpretations.
Remember this is a recreational league based primarily on sportsmanship.

Referees have the right to interpret and use their judgement to the best of their abilities of enforcing the rules of the game properly. If a player, parent or coach shows unsportsmanlike behavior, they may be asked to leave the facility. They may be suspended for the remainder of that game or the remainder of the season. This will be up to the site supervisor, referee or program coordinator.

Recreation:

We do not keep score for these games. This league is just for fun. It is a non-competitive league.

PLEASE NOTE: This is a recreational league, designed for participants to have fun playing rugby in a non-competitive atmosphere. All interpretations are at the discretion of the officials and site supervisor.

