



2014 Rugby Idaho U-12/14 League Rules and Guidelines

2014 Rugby Idaho Coaches Manual:

Coaches and Referees are expected to understand and review the guidelines, policies and recommendations stated in the 2014 Rugby Idaho Coaches Manual. The Manual can be found at <http://www.rugbyidaho.com/coaches-page/> - under Rugby Idaho Resources.

2014 U-12/14 Season Game Rules

**The rules and guidelines stated below are in place for this 2014 U12/14 season*

Flag Rules:

Will be run in accordance with USA Rugby Rookie Rugby rules using flags. For the complete Rookie Rugby Guidebook, go to: <http://www.rugbyidaho.com/rookie-rugby/>

Object of the Game:

- Object of the game is to score a try by touching the ball to the ground on or behind the opponent's goal line (Grounding).
- For the sake of safety, ball carriers must remain on their feet at all times and they are not allowed to score a try by diving over the goal line. If a player grounds the ball while on their knees, the try should be allowed.
- A player may not be prevented from grounding the ball by any physical contact-including placing a hand between the ball and the ground.
- To prevent a try from being scored the defenders must remove the flag from the belt of the ball carrier. This action forces the ball carrier to pass the ball.

How to Play:

Duration of Play:

- It is recommended that each half last for as short as 10 minutes or as long as 20 minutes, depending on player's age and ability.
 - Rugby Idaho recommends 15-minute halves for U12/14 rugby.
- Halftime should be two minutes in length.

Teams:

- The game is played between two teams of equal numbers of players.
- Each team (on the field) contains no more than seven players and no less than five players.
- Each team may have an unlimited number of substitutions
- Substituted players may return to play, but only when play has stopped.
 - Rugby Idaho has open substitutions

Free Pass:

Note: The ball can only be passed sideways or backwards through the air, not handed to another player.

A Free Pass is used:

- To re-start after a try is scored. (Note: the free pass, starts the game with instruction by the referee)

- At the start or re-start of the match from the center of the halfway line at the beginning of each half.
- From the touch line (place where the ball went out of bounds) when the ball goes into touch
- From where the referee indicates when a penalty has taken place.

The Free Pass must start with the player holding the ball in two hands, and **when instructed by the referee**, who will declare 'Play', pass the ball backwards through the air to a teammate. The passer and the receiver of the Free Pass should stand 2 meters (about 3 yards) apart.

The player making the Free Pass **MUST** pass the ball and cannot run with the ball when the referee declares "Play".

At a Free Pass, the opponents must be 5 meters (about 6 yards) back from the mark. The Opponents cannot start moving until the ball leaves the hands of the passer.

Tag:

A Tag is made when one of the two flags on the ball carriers belt is removed. The defender must then hand the flag back to the tagged player. Failure to do so will result in a penalty.

The ball carrier must then pass the ball immediately, within three strides at most. He or she **DOES NOT** have to stop, return to the point of the tag or roll the ball between his or her legs.

Six Tags in a row results in the ball being turned over to the opposing team.

Rugby Idaho adds:

- If a player that does **not** have both flags on receives or picks up a ball, it is a penalty and a Free Pass is awarded to the other team.
- As a defender approaches a ball carrier, both the defender and the ball carrier are responsible for avoiding direct contact.
- Jerseys must be tucked into shorts as to not cover/hide the flags. If a ball carrier's jersey is covering the player's flag belt, the referee will consider it a Tag where the player received the ball.

Knock-on:

When a player drops the ball forward to the ground towards the opponent's goal line it is called a Knock-on. Knock-on results in a Free Pass awarded to the other team unless an advantage exists.

Rules of the Game

Offside:

Offside occurs when a player is tagged. An Offside line extends across the field from where a tag is made. Players must retreat behind the line to remain onside. Failure to do so results in a penalty.

Passing:

The ball can only be passed sideways or backwards through the air. There are no forward passes allowed and the ball cannot be handed to another player. A Free Pass will be awarded as a result of a forward pass.

Kicking:

Kicking is not permitted in U12/14 or Rookie Rugby.

Advantage:

Allowing play to continue when a penalty happens is called advantage. The referee calls 'Advantage' while waiting to see if the non-offending team will benefit. If so, the referee announces 'Play On.'

If no advantage occurs, play re-starts with a Free Pass.

- Rugby Idaho clarifies- referee stops play, returns to the spot of the infraction and restarts with a Free Pass. Defense should be 10 meters back. Tag (tackle) count would reset.

Going to Ground:

If the ball carrier goes to ground (controlled or uncontrolled), or a player dives on the ball, a 'Free Pass' is awarded to the other team.

- Rugby Idaho adds this is to encourage players to stay on their feet.

Foul Play:

- The ball carrier may run and dodge potential taggers, but must not push off by using a hand or the ball.
- Players must not intentionally make contact with opponents. Such contact includes, but not limited to, pushing, pulling, blocking or barging. Such incidents should be penalized and the player reminded about the non-contact nature of the game.
- The ball cannot be pulled from the players grasp.
- Players must not kick the ball.
- Players must not go to ground.
- Players guarding their flags during play.

How to Referee Flag/Rookie Rugby Games:

1. Safety Comes First:

- Quick whistle for unsafe actions such as:
 - Holding, pushing or shoving
 - Blocking, obstructions
 - Pulling the ball from the ball carrier
 - Players diving on the ball or going to ground

2. Communicate:

- Blow the whistle only when you want play to stop
- Shoot "TAG" when a tag has been made
- Shout "PLAY" when you want play to resume
- Signal the team starting play after a penalty by extending your arm toward the team
- Coach/educate players on the rules
- Have a friendly, positive attitude

3. Maintain Space

- Critical for flow of the game
- Establish the offside lines at the tag
- Ensure proper space is allowed after the tag

4. Encourage Continuity

- Use the advantage rule

5. Be in position to make the calls

- Be level with the play
- Call what you see
- Blow the whistle only when you want play to stop

Tackle Rules:

- Uncontested scrums.
- Uncontested lineouts that will move into an uncontested ruck then play will begin.
- No restarts within five meters.
- Quick tapping on penalties is allowed.
- Standard IRB laws for rucking and the forming of a ruck apply to tackle games.

Kicks:

- Conversion kicks (If played on an official pitch with goal posts, the kick will be taken according to IRB rules. If playing on a modified pitch or from sideline to sideline on an official pitch, the conversion can be set up in front of the goalposts after the try is scored).
- If possible, players will move to the goalposts to kick conversions after a scoring try.
- Referee will place the ball between the posts at 20 meters out for the kick to take place.

Duration of Play:

- For 7v7, halves will be 7 minutes long
- For 10v10, halves will be 10 minutes long
- Halftime will be two minutes in length.

Teams:

- The game is played between two teams of equal numbers of players.
- Each team may have an unlimited number of substitutions
- Substituted players may return to play, but only when play has stopped.
 - Rugby Idaho has open substitutions

Field Size:

- 45x75 yard field length for 7s
- Full-length field for 10s.

Other Season Guidelines:

Game Schedule (Flag & Touch):

- League games are on Wednesdays, 6:00pm at Eagle Middle School for six weeks starting April 2, 2014.
- First 3 league games (beginning 4/2/14) will be flag only.
- Remaining games are scheduled to be flag and tackle games but will be decided after the 2nd league game whether the remaining league games will continue to be flag only or will graduate to tackle, followed by a flag game.
- When teams have both flag and tackle games, tackle games will be played first, then flag games
 - This is to ensure players are not tired, prior to playing tackle games.
- Format for the season ending jamboree/Championship will be determined no later than two weeks, prior to the end of the regular season.

Referees and Trainers (ATCs):

- Referees are not required for flag games, though volunteer referees are welcome and encouraged to be present at those games (arrive 30 minutes pre-game).

- Trainers (ATCs) are not required for flag games, but are required and will be provided for tackle games (arrive 30 minutes pre-game).

Home Team Requirements:

- Home team brings cooler of ice and bags to game for injuries.
- Home team sets up playing field.
- Field paint and field striper is available for necessary touch-ups.