



Playing guide lines are found in current edition of USA RUGBY SEVENS GAME MANAGEMENT GUIDELINES.

The general laws and fundamentals of rugby will be used with these age appropriate variations to help our youth progress to the full and unrestricted game at the U14 level. These variations can and will be reviewed and amended as needed as needed to keep players safe and the game exciting.

At these levels, coaches are to act as referees and are to make sure the game is played fairly and in the spirit of good sportsmanship so that all players are involved and having fun. If players are unable to comply with any of the general laws of the game coaches should teach and encourage them to learn the proper fundamentals. Coaches may, if both agree, adjust team size or field size to be appropriate for available players.

There are both touch and flag variations within U8 which will be described herein. The variation for the season is determined by the Little Rugby Board prior to the start of the season.

Variations:

- U8 is co-ed play
- Kickoffs
 - Kickoffs shall be a drop kick first attempt, if unsuccessful then may punt second kick. If ball goes dead, either in touch, or past the dead ball line out the back of the try zone: Free Pass
- Knock-on / Forward Pass / Free Pass for penalty infraction. Free Pass from point of infraction. Player may 'tap' ball with foot to initiate pass but ball must be clearly released from hands when tapped prior to passing. Defense will line up 5m back from mark of free pass and may advance when ball is passed or tapped.
- Lineout
 - Ball Carrier into Touch is awarded a lineout to team that did not carry or put ball into touch.
 - Line out is taken from the point that the ball crossed the line but no closer than 5m to the goal line.
 - Defensive player will be back 5m from the mark where the line out is taken and can advance once the ball has been thrown in.
 - NO Quick Throw. Defense will be allowed to set. Ball made dead by crossing Touch Line while In Goal:
 - There is no lineout when ball is made dead by crossing Touch Line while In Goal:
 - If made dead by attacking team then defending team has a Free Pass anywhere along the (imaginary line that is) 10m from their goal line.
 - If made dead by defending team then the attacking team is awarded a Free Pass 5m from the goal line and 10m in from the touch line.
- Kick during play
 - Players may not kick during regular play
 - Drop Goals/Conversions are not allowed.
- Scrum



- No scrums in U8
- Touch Variation Rules
 - Must make a minimum of 3 passes after a touch before team can score.
 - Unlimited touches
 - Restart after a touch is a tap and pass.
 - Continuation after touch: Restart after a touch is an immediate tap and pass. The team possessing the ball does not need to wait for the defense to be set, with the following guidelines:
 - Defense must retreat 5M after every touch before they can legally continue defense. If they do not retreat 5M and 2-hand touch the ball carrier, they are considered “off sides” and are penalized a 5 yard penalty from the spot of the foul.
 - At less than 5M near the goal line, the goal line becomes the 5M mark.
 - The defense may two-hand touch the ball carrier only after they reach the 5M mark. If the defender is retreating toward the 5M line without interfering with the offense, and two-hand touches the ball carrier as he/she passes the line, then the defender is on side at the time of the tackle and play will continue as normal. If the defender is retreating to the 5M line and interferes with the offense in any way, then the defender is penalized a free pass to the offense.
 - 10 meter, 4-touch rule: The rules state that there shall be unlimited touches. A variation to this rule restricts this to 4 touches when an attacking team is within 10 meters of scoring a try. If the defense can hold the attackers off with 4 consecutive stops, then there will be a turnover of the ball. This variation allows the game to progress faster, in addition to adding pressure to the offense to think of more ways to score when they are within 10 meters of scoring a try. But the main reason is to speed the game up, allowing the defending team a chance to play offense if the attacking team cannot capitalize on their opportunity in a reasonable time.
- Flag Variation Rules
 - After a flag is pulled the defense must return to an onside position and the runner must return to where the flag was pulled.
 - A penalty or free kick is a reset of flag pulls per possession.
 - Five (5) flag pulls per possession.
 - Restart after a flag is pulled is an immediate tap and pass.
 - It is not necessary to wait for the flag to be replaced for the tap and pass.
 - However, the flag must be replaced in order for that player to continue offense after the tap and pass.
 - The team possessing the ball does not need to wait for the defense to be set, with the following guidelines:
 - Defense must retreat 5M after flag pull before they can legally continue defense. If they do not retreat 5M and flag-pull the ball carrier, they are considered “off sides” and are penalized a 5 yard penalty from the spot of the foul.



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- At less than 5M near the goal line, the goal line becomes the 5M mark.
 - The defense may flag-pull the ball carrier only after they reach the 5M mark.
 - If the defender is retreating toward the 5M line without interfering with the offense, and flag pulls the ball carrier as he/she passes the line, then the defender is on side at the time of the flag-pull and play will continue as normal.
 - If the defender is retreating to the 5M line and interferes with the offense in any way, then the defender is penalized a free pass to the offense.