

Game play

Rookies, U6, boys and girls ages 5-6 (Pre-School – Kindergarten)

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.

~ 5 touches before a turnover.

~ Must make a minimum of 3 passes after a touch before team can score.

- Kick-off 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 Kick
- Knock-on / Forward Pass / Free Pass for penalty infraction (U8). 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.
- Ball Carrier into Touch Line out is awarded to team that did not carry or put ball into touch.

- (1) Line out is taken from the point that the ball crossed the line but no closer than 5m to the goal line.
- (2) A FREE PASS is taken from the line of touch. The ball must be passed a minimum of 5m into the field and be a backwards pass.
- (3) 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.
- (4) NO Quick Throw. Defense will be allowed to set. Ball made dead by crossing Touch Line while In Goal:
 - (a) 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.
 - (b) 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.