

## Game play

### Tikes, U10, boys and girls ages 9 & 10 (3<sup>rd</sup>- 4<sup>th</sup> grade)

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.

- 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.
  - (1) 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.
  - (2) 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.
  - (3) The ball must be passed a minimum of 5m into the field and be a backwards pass. 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.
- Ball Carrier Brought To Ground "Brought to ground is defined as either a knee and/or upper body making contact with ground as the result of a legal tackle from the defending team."
  - (1) Coaches MUST train players to respect the safety of all players and not teach, train or encourage a player to ever make contact with an opposing player above the line of the shoulder!
  - (2) All tackles must BOTH originate and remain below the line of the shoulders and cannot at any time take place around the head or neck of a player. If the ball carrier ducks into a defender while making contact then the defender must NOT

wrap or attempt to wrap the ball carriers head or neck area including grabbing the back of the collar.

(3) Sanction:

- (a) Yellow Card - 5 min suspension. NO tackler may tackle a ball carrier so that they are lifted off the ground and the waist is higher than the shoulders.
- (b) RED CARD – 2 game suspension and reviewed by disciplinary council. NO tackler may tackle a ball carrier by grabbing the uniform or body of the ball carrier and spinning or ‘throwing’ the player to ground.
- (c) Yellow Card – 5 min suspension. All tackles must be made by defender wrapping or attempting to wrap the ball carrier.
- (d) Yellow Card – 5 min suspension. Tackler must allow the ball carrier the opportunity to ‘play’ the ball once he is brought to ground. Tackler must not loiter on the ground in a way that prevents the ball carriers team quick access to the ball.
- (e) Free Pass Tackled player must immediately make the ball available to be played or play the ball once tackled. Ball must be available to be played by both teams.
- (f) Free Pass Tackler may return to their feet and retrieve the ball so long as they are on their feet and have shown a clear release of the ball and ball carrier Players from either team are entitled to retrieve the ‘available or played’ ball so long as they enter the tackle area ‘thru the gate’ from the side of the goal line they are defending. They must stay on their feet while retrieving or attempting to retrieve the ball. Sanction: Free Pass

- -Ruck-
- Referee will verbally announce which team has won possession at the tackle. In the process of establishing position/possession the only contact allowed is between one player from each team who will contest for the ball. A team will be penalized if they have more than one player contesting possession of the ball. The players contesting for possession are not allowed to tackle or in anyway take the opposing player to the ground. Any contact above the shoulders is an automatic head-high tackle penalty. However, a player contesting the ball may drive the opposing contesting player back away from the ball until the referee calls which side has won the ruck. The referee should award possession as soon as possible to the team that establishes possession, favoring the offensive team if there is any question about who established possession first. After the referee has awarded possession, the team awarded plays the ball without further contestation from the opposition.
- At the tackle area a single player from either team may arrive ‘thru the gate’ to win POSITION over the ball and/or ball carrier. Once position has been won over the ball, the winning team may then play the ball with no delay.

(1) Sanction:

- (a) Free Pass Players establishing position at the breakdown must NOT play the ball with any part of the body.
- (b) Free Pass The defensive team must retreat or remain onside after tackle and possession has been established and cannot advance until the ball has been played by the offense. The onside line is defined by the body part that is farthest downfield of any player involved in the tackle. Sanction: Free Pass

**Players above the 115 lbs weight limit**

- **Overweight (“Pennie”) Rules:** These Pennie Rules apply to age groups U-10s, U-12s, and U-14s. Players that are over the maximum weight limit must wear a sports pennie for the duration of every game. Each team may **only have one pennie player on the field at a time.**
  - **Pennie Defense:** A pennie defender may only perform a two-hand touch on the ball carrier for a notional tackle. If the two-hand touch is an unnecessary and excessive push by the pennie defender, then the ball carrying team shall be awarded a free pass. After a two-hand touch by a pennie defender, the ball carrier must go to the ground and act as if he had been tackled by releasing the ball for contestation. On a successful two-hand touch, before continuing to play, the pennie defender must go to the ground so that chest and stomach make contact with the ground.
  - **Pennie Offense:** Defenders may only perform a two-hand touch on the pennie ball carrier for a notional tackle. If the two-hand touch is an unnecessary and excessive push, then the ball carrying team shall be awarded a free pass. After a successful two-hand touch, the pennie ball carrier must go to the ground and release the ball for contestation. On a successful two-hand touch, before continuing to play, the defender must go to the ground so that chest and stomach make contact with the ground.