

## Game play

### Junior Varsity (J.V.), U14, 13-14 yrs old boys (7<sup>th</sup> - 8<sup>th</sup> grade)

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

- Playing guide lines are found in current edition of USA RUGBY 2015 SEVENS GAME MANAGEMENT GUIDELINES.

~Please Review the Following Document~

USA RUGBY 2015 SEVENS GAME MANAGEMENT GUIDELINES.

#### Players above the 175 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.

