

Game play

Rookies, U8, boys and girls ages 7 – 8 (1st – 2nd 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.

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.

U8 Game Play 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:
 - 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.
 - 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.
- Unlimited flag pulls
- Restart after a flag is pulled is a tap and pass. The team possessing the ball does not need to wait for the defense to be set.
- 10 meter, 4 flag pull rule: A variation to this rule restricts this to 4 occurrences 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.