

Game play

Underclassmen, U12, boys and girls ages 11&12

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.

U12 Variations:

- U12 Variations is co-ed play
- The max weight limit is 145lbs
- A “Super” player is defined as any player that is over the max weight limit
- Each team will be allowed a maximum of 1 Super player
 - There are no substitution requirements to match pound for pound.
 - This player shall participate with full contact; Pennie rules do not apply to U12.
- For safety purposes, and to avoid planned collisions, Super players cannot receive the first pass on a penalty and run directly into the defending team.
- Super players may participate on quick taps to restart play to allow the team with possession to maintain an advantage
- Supers shall play Forward positions at all set pieces, as they normally would.
- Supers shall be a part of the Scrum.
- This Super players fully participate in rugby while allowing the lighter players the opportunity to learn how to defend against and effectively use bigger sized players on offense.
 - Teams should learn to strategically defend against overweight players, by either correct tackling techniques, 2-man/3-man tackles, or using speed to counter weight. This allows preparation for future rugby careers. It is the coach's responsibility to ensure the players are taught correct tackling techniques and smart/safe strategies to counter bigger sized players.

Game Play Variations:

- 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
- Kick during play
 - Players may kick for field positioning during regular play
 - Drop Goals/Conversions are not allowed.
- Scrum
 - Scrum will take place at the mark of the knock-on or forward pass but no closer than 5m to touch line or goal line
 - Defending team players not involved in the scrum will line up 5m behind the back feet of their players involved in the scrum and cannot advance to play defense until the feeding scrum half has played the ball.
 - A scrum shall consist of 3 players per side
 - Scrum is Uncontested
 - Knock-on or Forward Pass Scrum shall follow all engagement laws
 - Players shall bind to jersey of opposite prop
 - The scrum half from both teams will line up on same side of tunnel (feeding teams left side) and defending scrum half must stay behind the line of the tunnel and until the feeding scrum half has PLAYED the ball

- There is NO pushing, driving, turning, pulling allowed
- Feeding team hooks and wins the ball
- Referee should make a verbal call of “Ball Out” so that players involved in the scrum are aware of when the scrum has ended.
- 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.
 - Both teams must line up with a minimum of 2 players 1m apart with the centerline being the point the ball crossed the line.
 - The team not awarded the throw in must have the same number of players in the line out as the throwing team.
 - The ball must be passed a minimum of 5m into the field before a player can play the ball and must be passed straight down the line of touch.
 - Sanction:
 - Free Pass. Neither team may lift, prop up or elevate a player in the line out except that player jumping under his/her own power.
 - Free Pass. The players from either team in the lineout can catch the ball and MAY either run or pass, but may NOT form a maul by binding with their teammates.
 - Free Pass Players not involved in the line out will be 8m back from the mark where the line out is taken and can advance once the ball has left the line of touch either by being knocked, passed or carried away from the line of touch OR the ball is thrown over the heads and beyond the players in the line out.
 - Free Pass 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 scrum 5m from the goal line and 10m in from the touch line.
- Player 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.”
 - 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!
 - 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.
 - Sanction:
 - 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.
 - 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.
 - Yellow Card - 5 min suspension. All tackles must be made by defender wrapping or attempting to wrap the ball carrier.
 - 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.
 - 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.

- 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.
- Free Pass Players on the ground may not play the ball or tackle from the ground.
- Ruck
 - At the tackle area a single player from either team may arrive 'thru the gate' and engage a single player from the opposite team in an attempt to win position over the ball.
 - Only a single player from each team may enter into contact at the area of the ruck.
 - Sanction:
 - Free Pass Once position has been won over the ball, the winning team may then play the ball with no delay.
 - Free Pass Players entering into contact to form a ruck must stay on their feet and be in a safe (shoulders above hips) position.
 - Free Pass Players engaged in the ruck must NOT play the ball with any part of the body.
 - Free Pass Players engaged in the ruck must drive in a forward direction toward their goal line and NOT pull a player out of the ruck. Sanction: Free Pass