

NON-CONTACT ELEMENTARY RUGBY RULES

Simcoe County District School Board

Modified April, 2010

FairPlay:

* There is always exemption available for situations such as player injury and behaviour. Please inquire with your convenor.

- ❑ A roster must have a minimum of 10 intermediate girls and 10 intermediate boys if cuts were made during try-outs.
- ❑ A roster may have less players (girls and/or boys) only if you are taking all intermediate players that want to play at your school.
- ❑ All players must play in every half of every game the team plays (min 2 times on the field in every game).



Team:

- ❑ Must have 6 girls and 6 boys on field at all times.
- ❑ Substitutions made like basketball. Call out to the ref that you're subbing (on a stop play).
- ❑ As many subs as you like on the team, recommend a minimum of 5 boys and 5 girls.
- ❑ Shoes with cleats are allowed. Cleats must have no sharpness or edges that would be unsafe to others.
- ❑ No padding of any sort is permitted. No jewelry allowed.

Game:

- ❑ Varies in length, 20 minutes per half is usual.
- ❑ Coin flip winner decides to kick/receive or which end to start in. This reverses to start the second half.
- ❑ Teams can only score by completing a try (discussed later).
- ❑ Referee blows a whistle to begin all kickoffs (at beginning of half and after a try).
- ❑ Play is whistled dead when there is an injury on the field (no matter who has possession). Team with possession retains it with a toe tap after injury time.
- ❑ One 1 minute time-out per half. (Game clock should stop unless playing in a centrally timed match). Time-out cannot be called in the last minute of either half.
- ❑ Half-time is usually 5 minutes.

Scrum

- ❑ Each team has a front line of three with their arms around each other. The secondary line is made up of two with their heads in-between the hips of the front line.
- ❑ The remaining players (besides the scrum half) stand back 5m from the scrum on their own side.
- ❑ The scrum half puts in the ball from the left and his/her team kicks it back through the scrum.
- ❑ The opposing team CAN contest the ball. When the ball is placed in the scrum, each hooker (front row middle) can use ONLY 1 FOOT to sweep the ball back in a faceoff-type situation. The team throwing it in would have an advantage by knowing when the ball is going to be placed in. Both hooker's feet must be back until the ball is put in
- ❑ The scrum half must throw the ball in straight and can not reach into the scrum to place it - it must be thrown in from the outer part of the scrum.
- ❑ Once the ball gets past the feet of the front row, the scrum has been won by that team – the opposing hooker can not attempt to win back the ball from inside the opposing scrum.
- ❑ A scrum can not be won by the ball going out the sides, it must go out the back (through the feet of the scrum members) of either side
- ❑ THERE IS ABSOLUTELY NO PUSHING OR PHYSICAL PLAY for engaging in a scrum
- ❑ The scrum cannot break up until the scrum half has touched the ball, or the ball is out of the scrum. The scrum half can run with the ball.
- ❑ Ref will yell break when scrum half touches ball, or the ball is out the back..
- ❑ Opposing scrum half must be behind the ball at all times but can move up with the ball as it moves through the scrum.
- ❑ Each team must be locked/bound with their arms, as well as to opposing team.
- ❑ The opposing scrum half must be on same side (right side – or opponents left side) as the scrum half putting the ball in, and remain on that side until the ball is out.

Throw In

- ❑ This is strictly for show. There is no jostling for position.
- ❑ Three players from each team stand 1 m apart from their opponent and five metres away from person throwing ball in. Each player must stand 1 m from each of their other team's players in the lineout. The scrum half stands on their team's side of the line of players. The rest of the team must be 5 metres back from the line of touch. See diagram in appendix.
- ❑ The ball must be thrown in straight. The opposition does not contest the ball. Once the ball has left the line-out all players are free to move where they wish.
- ❑ If an outside player moves within the 5m limit a penalty is given. Opposing team gets a toe-tap from where the penalty occurred.

Tapping/Touching

- ❑ Two hand touch at or below the mid-section, applied at the same time. Fake touch (clapping hands) will result in a penalty or advantage.
- ❑ The ref will blow the whistle when a legal tag is made. The player has up to 3 steps to pass off the ball. If the number of steps is violated it will result in a toe-tap for the opposition. A time violation of 2 seconds with the ball still occurs if the player does not use up the steps and stops.
- ❑ The opposing team on a toe-tap must retreat 5m back

Kicking

- ❑ Both halves start with a punt from the center of the half way line.
- ❑ It is a punt after a try by the team who was scored on.
- ❑ Kicks from center must go 10 metres and the kicking team's players must be behind the kicker.
- ❑ If the kick goes out of bounds they get a second chance.
- ❑ If the kick goes through the end zone, the receiving team gets a scrum at the center.
- ❑ Kicks during the regular playing of the game can be picked up by the kicking team providing they are onside (they were behind the kicker, or they got behind the kicker after the kick).
- ❑ It is a scrum for the opposition from where the ball is kicked if it goes out of bounds in the air.
- ❑ Toe Tap – the ball touches the foot but does not have to be airborne. The player who taps may run, pass or kick the ball. All players for both teams must be onside before a tap occurs.
- ❑ Toe tapper only has to wait for the ref to show the mark.
- ❑ In order to make a play on the ball, kicking team must get behind the kicker, either before or after the kick.

Scoring

- ❑ The ball must be grounded inside the end zone. (It can be ground by forcing the ball onto the ground with the hand, hands, arm or arms, or the front of a player's body from the waist to neck).
- ❑ 5 points per try.
- ❑ If you ground the ball after being tagged it's still your scrum 5m out. However, after 3 continuous unsuccessful attempts in the same scoring drive, the defensive team will instead be awarded the 5m scrum.

Passing

- ❑ The ball must always be passed towards the possessor's end zone. Anything less than 180 degrees is considered legal. A sideways pass is illegal.
- ❑ The defending team is permitted to intercept the ball ONLY IF the player approaches from an onside position (their body must be on their own side of the ball when the pass is released).
- ❑ If a player is deliberately interfering or is affecting the play with deliberate offside/interceptions, than a toe-tap occurs (possible send-off). If a player is doing this inside their own end zone to stop a try from being scored, the ref can award the try the team automatically.

Penalties

- ❑ Signalled by a double whistle (distinguishing it from a touch whistle).
- ❑ The ref need not call a penalty if the flow continues in favour of the team (advantage) that would have had the advantage of the penalty.
- ❑ If a penalty is called it results in a toe tap for the other team.
- ❑ A team must not have any player participate in any deliberate body contact, dangerous blocking, or roughing the runner in any way including forcing an out-of-bounds. Based on the infraction, players may be given a warning or they may receive an automatic ejection.
- ❑ The following are a list of possible penalties:
 - a. Jumping and spinning while running with ball. (You can jump to receive ball.) Jump implies both feet are off the ground simultaneously.
 - b. Blocking players from the play. (Continued use of this will result in a send off).
 - c. Rough/Dangerous Play (Second time results in a send off).
 - d. Misconduct of any kind by player or coach. (One warning then a send off).
 - e. Offside player interferes with play. (play the ball, obstruct opponent).

Knock-On or Throw Forward

- ❑ A knock-on occurs when a player loses possession of the ball off of his/her hands (or body from the knee and above) and the ball travels forward (forward meaning towards opponents' end zone). If the ball travels off of a player below the knee it is considered a kick. A ball dropping off of a player but the ball does not happen to fall forward is not considered a knock-on.
- ❑ A scrum results unless the advantage is in favour of the non-infracting team.

Scrum Results when...	Toe Tap Results when...
Knock on	Time violation
Pass forward	Illegal block, interference, obstruction, roughing, blocking
Second chance at starting kick goes out of bounds.	Misconduct
If player takes ball into own end zone and grounds it. Results in a scrum for opposition at the 5m.	Offside interference, illegal pass interference * automatic try if the player is deliberate and it occurs in their own end-zone
When you ground ball in own end, or go out of bounds in own end, opposing teams scrum at the ¼ field (22m if possible).	Rough Play
	Jumping while carrying ball, spinning.
	Illegal tag.
	Leave line out/scrum early.
	Illegal scrumming (to many feet in, ball not straight, etc)

