



Growing The Game One Player At A Time

U10 Co-ed Rugby 7s Variations (Cutoff age by July 1)

Rule # 1: Players

- 7 Players in the field with up to 5 substitute players.

Rule # 2: Times of play

- 7 mins halves/ 14 mins full game
- 3 mins halftime break
- 5 mins overtime/play till first score (referee discretions)

Rule # 3: Scores

- Try: 5pts
- Conversion: 2pts; All conversion attempts must be drop-kicked. Conversions must be taken within 30 seconds of scoring a try.
- Drop Goal: N/A
- Penalty Goal Kick: N/A

Rule # 4: Kicking

- 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 Pass
- Kick during play: players may kick for field positioning during regular play.

Rule # 5: Passing

- No forward passing
- All passing and offload must be back from the origination passer
- Knock on: player drops pass and balls roll forward
 - Sanctions: Free pass on knock on and forward pass
 - Possession of play changes to the defensive team

Rule # 6: Uncontested Scrum

- This will be a Non-Contested Scrum in efforts of teaching the players the correct rules of a scrum
- No Pushing by either team at the time of engagement.
- Players will adhere to the call by the referee of "SET, PAUSE, ENGAGE" before the scrum is formed. Followed by the hooker of the offensive team hooking the ball back into play where the scrum half will pass the ball out from behind the scrum uncontested.
- 3v3: Offensive team scrum half rolls the ball to the middle of the scrum whereby it is then hooked and wins the ball. The scrum half from both teams will line up on the same side of the tunnel (feeding teams left side) and the defending scrum half must stay behind the line of the tunnel and until the feeding scrum half has PLAYED the ball.

- Referees should make a verbal call of “Ball Out” so that players involved in the scrum are aware of when the scrum has ended.
- There is NO pushing, driving, turning, pulling allowed by either team in the scrum.
 - Sanction: Free pass awarded to the opposing team of the term violating the rules of scrum

Rule # 7: Non-Contested Line Out

- This will be a Non-Contested Line Out in an effort of teaching the players the correct rules of a Line Out.
- Ball Carrier into Touch Line out is awarded to a team that did not carry or put the 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.
 - Sanctions: Free pass for the following violations during line out.
 1. Player lifting or elevating during jump for the ball
 2. No maul form: 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.
 3. 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.

No quick throws

Rule # 8: Touch line

- Ball Carrier into Touch Line out is awarded to a team that did not carry or put the ball into touch line

Rule # 9: Tackles

- 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 carrier's head or neck area including grabbing the back of the collar.

- 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."
 - Sanctions:
 - Free Pass:
 1. 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.
 2. 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.
 3. Players on the ground may not play the ball or tackle from the ground.
 - Yellow Card (two minutes suspension)
 1. Tackles made above the shoulder line
 2. NO tackler may tackle a ball carrier so that they are lifted off the ground and the waist is higher than the shoulders.
 3. All tackles must be made by defender wrapping or attempting to wrap the ball carrier.
 4. 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 carrier's team quick access to the ball.
 5. NO tackler may tackle a ball carrier by grabbing the uniform or body of the ball carrier and spinning or 'throwing' the player to the ground.
 - Red Card (2 game suspension and reviewed by disciplinary council)
 1. Evidence of targeting and malicious intent of any of the yellow card violations.

Rule # 10: Uncontested Ruck

- Tackler must roll away after a successful tackle and cannot contest the ruck.
- At the tackle area a single player from the offensive team may arrive 'thru the gate' and demonstrate a single player weighted position over the ball. Offense will still adhere to the 3 second rule to demonstrate the win of the position, before the Defense can steal the position by stepping over the tackled player in a supported weight position.

Sanctions of the Ruck:

1. Free Pass:

- a. Players must stay on their feet and be in a safe (shoulders above hips) position.
 - b. Players engaged in the ruck must NOT play at the ball with any part of the body.
 - c. Players engaged in the ruck position must drive in the direction toward their goal line and NOT pull a player out of the ruck.
- Once position has been won over the ball, the winning team may then play the ball with no delay
- Defensive line: The defense must set up their defensive line back to the 5 meter from the spot mark of the tackle so that play can continue faster, and the kids can learn the game faster. The referee will count aloud "one thousand-one, one-thousand-two, one-thousand-three" after which the defense may steal the position of the ball.
- If a defense fails to set up behind the 5 meter line after the 3 second count, and the offense attacks while the defense is off-sides, the defense will be penalized 10 meters, and the defense will be given another 3 seconds to reset 5 meters behind the new mark

Rule # 11: Maul

No Maul in any time of the game.

Rule # 12: Pennie Weight 130lbs

Players and above Max weight limit who don't want to play up in age group will fall under the Pennie Weight classification.

- **"Pennie" Rules:** These Pennie Rules apply to age groups U8s, U10s, and U12s. 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.
- **Pennie Players Playing up:** A Pennie Player can play one age group up and plays as a regular player at that age group.