



# Growing The Game One Player At A Time

## U8 Rugby 7s Variations Co-ed Modified Tackle (age 8 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 discretion)

### **Rule # 3: Scores**

- Try: 5pts
- Conversion: N/A
- 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

### **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: Scrum**

- N/A

### **Rule # 7: Touch line**

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

### **Rule # 8: Modified 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 carriers 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."
- Tackles must be attempted in an arm wrapping motion or will be subject to a 5-meter penalty.
- Each possession has unlimited tackles until the ball crosses within half meters of the try line where it will become 4 tackles/downs with changeover of possession after the last down.
- 3 second rule: The rules state that there shall be no quick passes, but the defense will be given time to set up before the offense plays the ball. The 3 second rule hurries this process up by giving the defense 3 secs to set up.
- Defensive line: The defense must set up their defensive line back to the 3 meters from the spot mark of the tackle/down. The referee will count aloud "one thousand-one, one thousand-two, one thousand-three" after which the offense may continue to play the ball.
- If a defense fails to set up behind the 3-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.
- 3 second rule variation: The 3 second rule only applies to tackles. But turnovers (out of bounds/penalties) will not be restricted by the 3 second rule.
- 5 meter, 4-tackle rule: The rules state that there shall be unlimited tackles. A variation to this rule restricts this to 4 tackles when an attacking team is within 5 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 5

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.

- **Yellow Card** (two minutes removal)
  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** (Ejected from the game with possible additional game suspension reviewed by disciplinary council)
  1. Evidence of targeting and malicious intent of any of the yellow card violations.

**Rule # 9: Ruck**

- N/A

**Rule # 10: Maul**

No Maul in any time of the game.

**Rule # 11:** Players playing one age group down. Because the age group below is non-contact there are no restrictions to U8 kids playing in the lower age group.

**Rule # 12: Pennie Weight 110lbs**

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 Weight Playing Up:** Pennie weights can play one age group up and will be playing as regular weighted player