



Growing The Game One Player At A Time

Utah Little Rugby 2025 Rules Variations – U10

	U10 Open Division	U10 Restricted Division
Field Size	Half Field (approx.: 70x40m with 5m Try Zone)	
Ball Size	Size 3	
Time of Play	7-minute halves 1–3-minute halftime 5-minute overtime (Golden Goal – sudden death) *referee’s discretion – Referee will redo coin toss to determine who receives the ball in overtime	
Players	Coed 7 Players (minimum of 5) *Unlimited, rolling subs	Coed 7 Players (minimum of 5) *Unlimited, rolling subs Notes: - One "Pennie" player playing at a time per team – MUST be identified - Playing more than one “Pennie” player will result in forfeit - Pennie player is 2-hand touch & must go to ground w/ opposing player (*see rules under weight limit)
Penalties	<u>Penalty & Free Kick (tap-and-go)</u> - Opposing team must retreat 5m to be deemed onsidess - Ball must be tapped by the foot of a player at the referee’s mark - Kick will be from the mark of the violation no closer than 5m from the goal line and the touch line - No kicking for touch <u>Cards</u> Yellow: 2min suspension (does not carry over to next game) Red: 2 match suspension	
Weight Limit	None	130lbs Notes: - Anyone 9-10 years old over the weight limit in the Restricted Division will be identified as a

		<p>“Pennie” player - Pennie player is 2-hand touch & must go to ground w/ opposing player</p> <ul style="list-style-type: none"> - Anyone 8 or younger that is over the weight limit for their age group may play in Restricted Division with no weight restrictions - <u>“Pennie” Player Defense</u>: A “Pennie” defender may only perform a two-hand touch on the ball carrier for a notional tackle. If the two-hand touch is deemed by the referee an unnecessary and excessive push by the “Pennie” defender, then the ball carrying team shall be awarded a free-kick penalty (tap-and-go). 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 - <u>“Pennie” Player Offense</u>: Defenders may only perform a two-hand touch on the “Pennie” ball carrier for a notional tackle. If the two-hand touch is deemed by the referee an unnecessary and excessive push, then the ball carrying team shall be awarded a free-kick penalty (tap-and-go). After a successful two-hand touch, the “Pennie” ball carrier must go to the ground and release the ball and a ruck is initiated. On a successful two-hand touch, before continuing to play, the defender must also go to the ground so that chest and stomach make contact with the ground. The defender who initiated the two-hand touch must then roll away and cannot be part of the ruck or contest for the ball.
Scoring	<p>Try: 5pts</p> <p><u>If Goal Posts are available:</u></p> <ul style="list-style-type: none"> - 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 	
Kicking	<p>Kick-off:</p> <ul style="list-style-type: none"> - Drop kick first attempt, if unsuccessful then may punt second kick. 	

	<ul style="list-style-type: none"> - Must go 5m – Result: Free Kick Penalty (tap-and-go) at Center - If ball goes dead, either in touch, or past the dead ball line out the back of the try zone – Result: Free Kick Penalty (tap-and-go) at Center <p>Kick during play:</p> <ul style="list-style-type: none"> - players may kick for field positioning during regular play - If ball is kicked behind center line straight into touch– ball is awarded to the other team at the mark of touch - If ball is kicked past center line straight into touch – ball is awarded to the other team at the mark of the kick <p>Penalty Kick:</p> <ul style="list-style-type: none"> - All penalty kicks will be a free pass (tap-and-go) – NO kick for touch
Passing	<p>No forward pass</p> <ul style="list-style-type: none"> - All forward passes will result in a scrum awarded to the opposing team
Scrum	<p>This will be a Non-Contested Scrum in efforts of teaching the players the correct rules of a scrum</p> <ul style="list-style-type: none"> - Always 3v3 regardless of number of players on the field. - No Pushing by either team at the time of engagement. <ul style="list-style-type: none"> o Result – Free Kick Penalty - Players will adhere to the call by the referee and forming the scrum: <ul style="list-style-type: none"> o CROUCH – 3v3 players crouch and come together o BIND – 3v3 players close distance, heads on left, props bind into the opposing prop o SET – 3v3 players close gap and engage shoulders - The scrum half from both teams will line up on the same side of the tunnel - Offensive team scrum half rolls the ball to the middle of the scrum whereby it is then hooked and wins the ball. - 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. <ul style="list-style-type: none"> o Result – Free Kick Penalty from the mark of the violation no closer than 5m from the goal line and/or the touch line
Line Out	<p>This will be a Non-Contested Line Out in efforts of teaching the players the correct rules of a Line Out</p> <ul style="list-style-type: none"> - 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.

	<ul style="list-style-type: none"> - The team not awarded the throw-in must have the same number of players in the line out as the throwing team. Defending team must have an additional player in the 5m channel. - The ball must be passed a minimum of 5m into the field before a player can play the ball and must be passed into the lineout with an effort to pass the ball down the line of touch; however, team shall not be penalized for ball not thrown straight so long as it is thrown into the Line Out. - Players not involved in the Line Out will be 5m 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 - No lifting of player in the Line Out - No maul may be formed at the Line Out - Sanction for violating the rules of the Line Out: Free Kick (tap-and-go) from the mark of the violation no closer than 5m from the goal line and/or the touch line 	
Tackle	<ul style="list-style-type: none"> - 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 sternum - All tackles must BOTH originate and remain below the line of the sternum 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.” <p><u>Tackle Foul Play Possible Sanctions – Referee Discretion:</u></p> <p>Yellow Card</p> <ul style="list-style-type: none"> - Tackles made above the shoulder line (head or neck) - NO dump tackles – tackle where player is lifted off the ground and their hips go higher than their shoulders - No-wrap tackles or shoulder charge - NO tackler may grab another player’s uniform and spin and throw them <p>Red Card</p> <ul style="list-style-type: none"> - Evidence of any targeting of malicious intent of a yellow card violation - Direct impact on the head of the ball carrier (may be mitigated) 	
Maul	No Maul allowed during play	
Ruck	<p><u>Open Division</u></p> <p>Modified Contested Ruck (1v1 step-over)</p>	<p><u>Restricted Division</u></p> <p>Uncontested Ruck (3-sec Variation)</p>

<ul style="list-style-type: none"> - Tackler must roll away after a successful tackle and cannot contest the ruck. - Ruck must be established, no pick-and-go. This will control the flow of the game and help kids learn. <ul style="list-style-type: none"> o Referee will help manage this, but it may result in a penalty if repeated infringements. - At the tackle area a single player from the either team may arrive on their feet, 'thru the gate' and demonstrate a single player weighted position over the ball. <ul style="list-style-type: none"> o Referee will manage possession awarding the offense the ball in the event of a tied contest o Referee will direct the defense if they are unable to contest due to tackler not rolling away. o If a team has more than 1 player contesting the ruck, they will be told to "Leave It" and may be penalized o There will be no poaching or stealing of the ball; only a ruck for possession - Defensive Line: All defensive players not contesting the ruck must establish a defensive line in an onsidess position approximately 1 meter from the spot mark of the tackle so that play can continue faster. <ul style="list-style-type: none"> o Players not making an effort to retreat may result in a penalty. Includes quick play of the ball. - Offloads and "Pop" passes at the time of the tackle will be 	<ul style="list-style-type: none"> - Tackler must roll away after a successful tackle and cannot contest the ruck. - Ruck must be established, no pick-and-go. This will control the flow of the game and help kids learn. <ul style="list-style-type: none"> o Referee will help manage this, but it may result in a penalty if repeated infringements. - 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 has 3-sec to establish possession at the ruck before the Defense can "steal" the ball by stepping over the tackled player in a supported weight position - Referee will count "One thousand – One, One Thousand – Two, One Thousand – Three" - The defense must retreat to an onsidess position approximately 1m from the ruck during the three-count. <ul style="list-style-type: none"> o Referee will stop counting signaling that the offense has possession and ball may be played. Defense must make the effort to retreat to an onsidess position before the ball has been played. o Players not making an effort to retreat may result in a penalty. - Once possession has been won/established, the ball may be played without delay. - Ball must be passed out of the ruck, no pick-and-go from the ruck - Defensive Line: The defense must set up their defensive line back approximately 1 meter (simulating the back foot of the defender) from the spot mark of the tackle so that the kids can learn the game faster.
--	---

	<p>allowed to continue play. Once the referee has announced a tackle, there will be no pass until the ruck has been established</p>	<p>- Offloads and “Pop” passes at the time of the tackle will be allowed to continue play. Once the referee has announced a tackle, there will be no pass or pick-and-go until the ruck has been established</p>
Additional Variations	none	