



## Growing The Game One Player At A Time

### Utah Little Rugby 2025 Rules Variations – U6

	U6 Touch – Coach Referee
<b>Field Size</b>	Quarter Field (approx: 45m x 30m with 5m Try Zone)
<b>Ball Size</b>	Size 3
<b>Time of Play</b>	7-minute halves 3-minute halftime 5-minute overtime (Golden Goal – sudden death) – *coach's discretion (schedule) – Players will redo rock-paper-scissors to determine who receives the ball in overtime
<b>Players</b>	Coed 7 Players (minimum of 5) *Unlimited, rolling subs Notes: <ul style="list-style-type: none"> <li>U8 players may play one age group down in the U6 Touch division</li> </ul>
<b>Penalties</b>	<u>Penalty &amp; Free Kick (tap-and-go)</u> <ul style="list-style-type: none"> <li>- Opposing team must retreat 5m to be deemed onsides</li> <li>- Ball must be tapped by the foot of a player at the referee's mark</li> <li>- Kick will be from the mark of the violation no closer than 5m from the goal line and 3m the touch line</li> <li>- No kicking for touch</li> </ul> <u>Cards</u> None – coaches should manage players and violations that would result in a card
<b>Weight Limit</b>	None
<b>Scoring</b>	Try: 5pts  <u>If Goal Posts are available:</u> <ul style="list-style-type: none"> <li>- Conversion: N/A</li> <li>- Drop Goal: N/A</li> <li>- Penalty Goal Kick: N/A</li> </ul>
<b>Kicking</b>	Kick-off:

	<ul style="list-style-type: none"> <li>- Two attempts allowed: Should drop kick first attempt, if unsuccessful then may punt second kick.</li> <li>- Must go 3-5m – Result: Free Kick Penalty (tap-and-go) at Center</li> <li>- 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</li> </ul> <p>Kick during play:</p> <ul style="list-style-type: none"> <li>- No kick during play</li> </ul> <p>Penalty Kick:</p> <ul style="list-style-type: none"> <li>- All penalty kicks will be a free kick (tap-and-go) – NO kick for touch</li> </ul>
<b>Passing</b>	<p>Passes shall be backwards or flat</p> <ul style="list-style-type: none"> <li>- Forward passes and knock-ons may result in free kick (tap-and-go) awarded to the opposing team</li> <li>- Coach-Ref may use some lenience in allowing slightly forward passes or dropped balls (knock-on) to play on for continuity of the game</li> </ul>
<b>Scrum</b>	<p>No scrums</p> <ul style="list-style-type: none"> <li>- All scrum penalties (i.e., forward passes and knock-ons) will result in a Free Kick (tap-and-go) to the non-offending team</li> </ul>
<b>Line Out</b>	<p>No Line Out</p> <ul style="list-style-type: none"> <li>- When a ball carrier takes a ball into touch, the opposing team will get a free kick (tap-and-go), 3 meters in from the mark of touch</li> <li>- The defending team will set up 5 meters from the mark</li> <li>- Coaches/referee should give time to allow the offense and defense to set up before the free kick (tap-and-go) is taken</li> </ul>
<b>Tackle</b>	<p>No Tackles</p> <ul style="list-style-type: none"> <li>- Two-hand Touch</li> <li>- No touch above the shoulders (head and neck)</li> <li>- If the two-hand touch is deemed by the Coach-ref an unnecessary and excessive push by the defender, then the ball carrying team shall be awarded a free-kick penalty (tap-and-go).</li> <li>- <u>5 Meter, 6 Touch Rule</u>: Each possession has unlimited touches until the ball crosses within 5 meters of the try line, where it will become 6 touches/downs with changeover of possession after the last down. <ul style="list-style-type: none"> <li>o Regardless of if the offense loses ground, once the ball crosses the 5m, it triggers a 6-touch count.</li> <li>o A penalty on the defense will bring the ball out 5m from the goal line and reset the count.</li> <li>o If the defense can hold the attackers off with 6 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.</li> </ul> </li> </ul>

<b>Maul</b>	No Maul allowed during play
<b>Ruck</b>	<p>No ruck</p> <p>Touch Variation (3-Second Rule)</p> <ul style="list-style-type: none"> <li>- The touched player will stop at the mark of the touch and the free pass will be taken after a 3-second count, and the ball will be passed to another player from the attacking team.</li> <li>- <u>3-Second Rule</u>: 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.</li> <li>- Defensive line: The defense must set up their defensive line back to the 3 meters from the spot mark of the touch. The coach-ref will count aloud "one thousand-one, one thousand-two, one thousand-three" after which the offense may continue to play the ball. <ul style="list-style-type: none"> <li>o Once the ball has been played, the defense may advance.</li> </ul> </li> <li>- 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 may be penalized 5 meters, and the defense will be given another 3 seconds to reset 5 meters behind the new mark.</li> <li>- The 3-second rule only applies to touches. But turnovers (out of bounds/penalties) should not be restricted by the 3-second rule. <ul style="list-style-type: none"> <li>o Coaches/Referee should give time to allow the offense and the defense to set up before the free kick is taken by the offense.</li> </ul> </li> </ul>
<b>Additional Variations</b>	One registered coach may be on the field with their team, coaches will agree on how to manage duty of referee if there are no referees available.