



Growing The Game One Player At A Time

Utah Little Rugby 2025 Rules Variations – U8

	U8 Modified Tackle
Field Size	Quarter Field (approx: 45m x 30m 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 discretion – Referee will redo coin toss to determine who receives the ball in overtime
Players	Coed 7 Players (minimum of 5) *Unlimited, rolling subs Notes: <ul style="list-style-type: none"> • 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) • U8 players may play one age group down in the U6 Touch division
Penalties	<u>Penalty & Free Kick (tap-and-go)</u> <ul style="list-style-type: none"> - 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 3m 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	110lbs Notes: <ul style="list-style-type: none"> - Anyone 8 years old and younger, over the weight limit will be identified as a "Pennie" player - Pennie player is 2-hand touch & must go to ground w/ opposing player

	<ul style="list-style-type: none"> - <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 a teammate to complete a free pass after the referee’s 3-second count. 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. The defender who initiated the two-hand touch must then roll away retreat 3m before the referee has completed a 3-second count. - <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 free pass may be taken after 3-second count. 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.
Scoring	<p>Try: 5pts</p> <p><u>If Goal Posts are available:</u></p> <ul style="list-style-type: none"> - Conversion: N/A - Drop Goal: N/A - Penalty Goal Kick: N/A
Kicking	<p>Kick-off:</p> <ul style="list-style-type: none"> - Two attempts allowed: Should drop kick first attempt, if unsuccessful then may punt second kick. - Must go 3-5m – 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"> - No kick during play <p>Penalty Kick:</p> <ul style="list-style-type: none"> - All penalty kicks will be a free kick (tap-and-go) – NO kick for touch
Passing	<p>Passes shall be backwards or flat</p> <ul style="list-style-type: none"> - Forward passes may result in free kick awarded to the opposing team - Referee may use some lenience in allowing slightly forward passes or dropped balls (knock-on) to play on for continuity of the game
Scrum	<p>No scrums</p> <ul style="list-style-type: none"> - All scrum penalties (i.e., forward passes and knock-ons) will result in a Free Kick to the non-offending team

Line Out	<p>No Line Out</p> <ul style="list-style-type: none"> - When a ball carrier takes a ball into touch, the opposing team will get a free pass from the mark of touch - The defending team will set up 5 meters from the mark - The team awarded the ball may play the ball with a free pass immediately; however, the referee may give time to allow the offense and defense to set up before the free pass is taken
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." - <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 a free pass by an offensive teammate. 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 and then retreat 3m before the referee completes a 3-second count (*see ruck rule). - <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 free pass may be taken after 3-second count (*see ruck rule). 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. - <u>5 Meter, 4 Tackle Rule</u>: Each possession has unlimited tackles until the ball crosses within 5 meters of the try line, where it will become 4 tackles/downs with changeover of possession after the last down. <ul style="list-style-type: none"> o Regardless of if the offense loses ground, once the ball crosses the 5m, it triggers a 4-tackle count.

	<ul style="list-style-type: none"> ○ A penalty on the defense will bring the ball out 5m from the goal line and reset the count. ○ 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. <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>No ruck</p> <p>Modified Tackle Variation (3-Second Rule)</p> <ul style="list-style-type: none"> - No ruck – tackles will restart with a free pass from the mark of the tackle. <ul style="list-style-type: none"> ○ The offensive player shall pass the ball to initiate the play and can only advance it themselves on a penalty kick or free kick - The tackled player will roll away and the free pass will be taken by another player from the attacking team. - <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. - 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. <ul style="list-style-type: none"> ○ Once the ball has been played, the defense may advance. - 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. - The 3 second rule only applies to tackles. But turnovers (out of bounds/penalties) should not be restricted by the 3 second rule. <ul style="list-style-type: none"> ○ Referee may give time to allow the offense and the defense to set up before the free kick is taken by the offense

Additional Variations	One registered coach may be on the field with their team but shall not interfere with play and shall not interfere with the referee or question their calls or decisions
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