



Growing The Game One Player At A Time

Utah Little Rugby 2026 Spring 15s Rules Variations – U12

WORLD RUGBY LAW	SECTION	VARIATION
Law 1 – The Ground	Field Size	Full Field (approx.: 120m x 70m with 10m Try Zone) Note: May be reduced if necessary to accommodate spacing and field allowance
	Converted Try Zone	There will be no conversions or scoring kicks To encourage competition and drive behaviors, ULR will implement a “converted try zone” for U12 matches. This zone will be marked in a way determined by the match organizer. <ul style="list-style-type: none"> - If goal posts are available, the converted try zone may be reduced to the width of the goal posts (approx. 5.6m) to easier identify its location in-goal - When the ball is grounded in the converted try zone, the referee will mark down a 7-point score and signal to the score keeper that it was 7 points - If the zone is marked by cones or some means other than on-field lines, the referee shall be liberal in awarding the converted try, giving award to the player attempting to score it if they may be short and determine if a contested try would be in the zone. Referee has ultimate decision authority (allowing help from certified assistant referees) if the try is converted or not.
Law 2 – Ball	Ball Size	Size 4
Law 3 – Team	Numbers	The minimum players required is 12 <ul style="list-style-type: none"> - If 12 players cannot be fielded at any time, the game is forfeit; however, can continue to be played as a forfeit-friendly in a matter agreed upon by both coaches to focus on skills and development

	Uncontested Scrum	This will be an Uncontested Scrum in efforts of teaching the basic laws of a scrum, but eliminate risk of injury
	Recognize & remove	Any player identified of having a concussion or suspected head injury, may be removed from play <ul style="list-style-type: none"> - Once identified of having a potential head injury, cannot return to play in the same day
	Rolling Replacement	All matches will implement rolling substitutions <ul style="list-style-type: none"> - Regular Season: Unlimited - Playoffs: 12 movements Note: Player minutes should be kept to allow players to participate for total minutes per day
	Weight Limit	None
	Mixed Gender	Boys Only & Girls Only Teams <ul style="list-style-type: none"> - Mixed-Gender Teams are discouraged
Law 4 – Permitted Clothing	Permitted Clothing Variations	<ul style="list-style-type: none"> - Mouth guard is required and shall not be a football, “binkie-style” mouthguard <ul style="list-style-type: none"> o For safety reasons, mouthguards must be fully inside a player’s mouth - Jewelry must be removed prior to entering the pitch - Full length leggings and long sleeve shirts/sweatshirts are authorized but should be worn under rugby kit. <ul style="list-style-type: none"> o If an under shirt has a hood, the hood must be tucked into the rugby jersey - All soft-padded shirts are approved; they must not have any hard plastics or sharp items - Rugby, soccer, lacrosse, and football cleats are permitted if they do not contain metal blades and do not contain spikes made up of more than one material. Spikes may be molded or screw in. <ul style="list-style-type: none"> o Cleats with a molded plastic toe cleat are acceptable. - Prescription athletic goggles are acceptable, when a player is unable to wear contact lenses and requires corrective lenses to participate. <ul style="list-style-type: none"> o The goggles must be one molded plastic piece, with no sharp edges, and secured by athletic-style band. o If the goggles cannot remain secured or the referee deems that they are causing safety concerns, the player may be asked to remove them and may not be allowed to continue to participate with them.
Law 5 – Time	Time of Play	40 minutes 20-minute halves with 10-minute halftime

	Overtime	<p><u>Regular Season:</u> None (Ends in a Tie)</p> <p><u>Playoffs:</u></p> <ul style="list-style-type: none"> - An additional 10-minute period will be played (two 5-minute halves with a 1-minute halftime) with a coin toss for the start. - If the score is still tied at the end of 10 minute overtime, a second 10-minute sudden death ("Golden Goal") period will be played, with a coin toss is required before the start of this sudden death period.
Law 8 – Scoring	Principle	<p>Methods and points value of scoring:</p> <ul style="list-style-type: none"> - Try: 5 points. - Conversion: 7 points. - Penalty try: 7 points
	Conversion, Penalty Goal, and Dropped Goal	There will be no kicking scores
Law 9 – Foul Play	Dangerous Play	<p>Players may not handoff (stiff arm) and opponent above the line of the shoulders (i.e. neck and head)</p> <ul style="list-style-type: none"> - Result: Penalty (if with a closed first result upgrades to Yellow/Red card)
	Misconduct	<p>Players shall not use profanities during play</p> <ul style="list-style-type: none"> - Result: Penalty – may result in Yellow Card <p>Players shall not use offensive language at any time on the field</p> <ul style="list-style-type: none"> - Offensive language is any expression that is hurtful, vulgar, obscene, or disrespectful, often targeting characteristics like race, gender, or religion. - Result: Yellow Card (no warning)
	Yellow and Red Cards	<p><u>Yellow:</u> 6 min suspension</p> <p>Does not carry over to next game in same day</p> <ul style="list-style-type: none"> - DOES carry over into Overtime - Two (2) yellow cards will result in a red card sanction and follow Red Card law below <p><u>Red:</u> 20 min suspension</p> <ul style="list-style-type: none"> - Player is removed from the match and may not compete until disciplinary review and adjudication (will be completed during the week following the match) – replacement may enter the match after 20min suspension
Law 12 – Kick-off and Restart Kicks	Principle	Drop kick attempt, referee shall allow the kick if the attempt was made to drop kick and may not have touched the ground.

		<ul style="list-style-type: none"> - If ball is punted without attempt to perform a drop kick, referee may turn the ball over to the other team – Result: Scrum
Law 14 – Ruck	During a Ruck	<p>Once a ruck has formed, for safety of players, only one (1) player may contest a ruck</p> <ul style="list-style-type: none"> - Result: Free-Kick
Law 16 – Maul	Principle	Mauls are allowed during all phases of play identified in Law 16
	Ending a Maul	<p>If at any time the referee determines that maul to be dangerous or may result in injury to players:</p> <ul style="list-style-type: none"> - Announce the maul has ended and reset with a scrum - Shall not end a maul in lieu of allowing the maul to end during play unless it is determined that safety risks outweigh the need for continuity of play
Law 18 – Touch, Quick Throw, and Line Out	Forming a Lineout	<p>Both teams must line up with a minimum of 2 players, 1m apart with the centerline being the point the ball crossed the line.</p> <ul style="list-style-type: none"> - Defending team MUST match players in the Lineout and must have a player in the 5m channel.
	Throwing into a Lineout	<p>UNCONTESTED LINEOUT</p> <p>This will be a Uncontested Line Out in efforts of teaching the players the correct rules and strategies of a Line Out while recognizing that there are inherent risks associated with lifting</p> <ul style="list-style-type: none"> - Players may lift in the line out. - The ball must be passed a minimum of 5m into the field before a player can play the ball and must be passed with intent to be straight down the line of touch. <ul style="list-style-type: none"> o Referee shall be liberal in allowing the play to continue if the ball is thrown into the lineout but not straight
	During a Lineout	<ul style="list-style-type: none"> - Maul may be formed at the Line Out
Law 19 – Scrum	Forming a scrum	<p>Players should be properly bound;</p> <ul style="list-style-type: none"> - penalty shall not be awarded if a player in the scrum is binding incorrectly (Recommend correcting behavior, if able, before continuing with the scrum) <p>Teams will always have eight (8) players in the scrum</p> <ul style="list-style-type: none"> - If a team goes down players due to penalty or is playing with less than 15 players, they must still have eight (8) players in the scrum-

	Throw	<p>Offensive team scrum-half chooses which side of the scrum to put in the ball and rolls the ball to the middle of the scrum whereby it is then hooked and won.</p> <ul style="list-style-type: none"> - If won by the opposing team, shall reset the scrum
	During a Scrum	<p>UNCONTESTED SCRUM This will be an Uncontested Scrum in efforts of teaching the basic laws of a scrum, but eliminate risk of injury</p> <ul style="list-style-type: none"> - No Pushing by either team. <ul style="list-style-type: none"> o Result – At least Warning (Unless there is a safety issue identified) and then may give Free Kick Penalties - Referees should make a verbal call of “Ball Out” so that players involved in the scrum are aware of when the scrum has ended. <ul style="list-style-type: none"> o Not required – at referee’s discretion - There is NO early unbinding or pulling/pushing 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
Law 20 – Penalty and Free-Kick	Taking a Penalty or Free-Kick	<ul style="list-style-type: none"> - Penalty Kick: Kicking for touch allowed - The ball must be kicked a visible distance. <ul style="list-style-type: none"> o If it is on the ground, it must clearly leave the mark. o A player may tap it with their foot while it lay on the ground, but it must be clear that they are initiating the kick - If the kicker is holding it, it must clearly leave the hands. <ul style="list-style-type: none"> o Must be kicked or tapped with foot – CANNOT be played off the player’s knee (per definition of “kick”) o Referee may allow play to continue if the player taps it off their foot without a clear release
Additional Variations	None	