



Growing The Game One Player At A Time

Utah Little Rugby 2026 Spring 15s Rules Variations – U14

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
Law 2 – Ball	Ball Size	Size 4
Law 3 – Team	Numbers	The minimum players required is 12 - 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 - Once identified of having a potential head injury, cannot return to play in the same day
	Rolling Replacement	All matches will implement rolling substitutions - Regular Season: Unlimited - Playoffs: 12 movements Note: Player minutes should be kept, allowing players to participate for total minutes per day
	Weight Limit	None
	Mixed Gender	Boys Only & Girls Only Teams - No Mixed-Gender Teams
Law 4 – Permitted Clothing	Permitted Clothing Variations	- Mouth guard is required and shall not be a football, “binkie-style” mouthguard o For safety reasons, mouthguards must be fully inside a player’s mouth - Jewelry must be removed prior to entering the pitch

		<ul style="list-style-type: none"> - 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	50 minutes 25-minute halves with 10-minute halftime
	Overtime	<u>Regular Season:</u> None (Ends in a Tie) <u>Playoffs:</u> <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, Penalty kicks will be used to determine the winner. Each team gets a minimum 5 penalty kicks from the 22m line straight in front of the posts. Any player who was on the field at the end of the last period is allowed to kick the penalties. The kick can be from a tee or a drop kick. Additional penalty kicks continue by players who have not kicked until a winner is determined (equal number of attempts).
Law 8 – Scoring	Principle	Methods and points value of scoring: <ul style="list-style-type: none"> - Try: 5 points - Conversion: 2 points - Penalty try: 7 points - Penalty goal: 3 points

		- Drop goal: 3 points
	Conversion, Penalty Goal, and Dropped Goal	For any goal to be successful, the ball must be kicked over the crossbar and between the goal posts without first touching a team-mate or the ground.
Law 9 – Foul Play	Dangerous Play	Players may not handoff (stiff arm) and opponent above the line of the shoulders (i.e. neck and head) - Result: Penalty (if with a closed first result upgrades to Yellow/Red card)
	Misconduct	Players shall not use profanities during play - Result: Penalty – may result in Yellow Card Players shall not use offensive language at any time on the field - 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	<u>Yellow</u> : 6 min suspension Does not carry over to next game in same day - DOES carry over into Overtime - Two (2) yellow cards will result in a red card sanction and follow Red Card law below <u>Red</u> : 20 min suspension - 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. - 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	Once a ruck has formed, for safety of players, only one (1) player may contest a ruck - Result: Free-Kick
Law 16 – Maul	Principle	Mauls are allowed during all phases of play identified in Law 16
	Ending a Maul	If at any time the referee determines that maul to be dangerous or may result in injury to players: - 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	Both teams must line up with a minimum of 2 players, 1m apart with the centerline being the point the ball crossed the line. - Defending team MUST match players in the Lineout and must have a player in the 5m channel.
	Throwing into a Lineout	UNCONTESTED LINEOUT This will be an 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 - 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. 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	- Maul may be formed at the Line Out
Law 19 – Scrum	Forming a scrum	Players should be properly bound; - penalty shall not be awarded if a player in the scrum is binding incorrectly (Recommend correcting behavior, if able, before continuing with the scrum) Teams will always have eight (8) players in the scrum - 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	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. - If won by the opposing team, shall reset the scrum
	During a Scrum	UNCONTESTED SCRUM This will be an Uncontested Scrum in efforts of teaching the basic laws of a scrum, but eliminate risk of injury - No Pushing by either team. o Result – At least Warning (Unless there is a safety issue identified) and then may give Free Kick Penalties

		<ul style="list-style-type: none"> - 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"> ○ 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"> ○ 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"> ○ If it is on the ground, it must clearly leave the mark. ○ 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"> ○ Must be kicked or tapped with foot – CANNOT be played off the player’s knee (per definition of “kick”) ○ Referee may allow play to continue if the player taps it off their foot without a clear release - score
Additional Variations	None	