



Growing The Game One Player At A Time

Utah Little Rugby 2025 Rules Variations – U14

Field Size	Full Field (approx.: 120m x 70m with 10m Try Zone)
Ball Size	Size 4
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	Boys-Only & Girls-Only - 7 Players (minimum of 5) *Unlimited, rolling subs Note: 9th Grade Students who are eligible to play based on birthdate CANNOT have played in High School Spring 15s
Penalties	<u>Penalty & Free Kick (tap-and-go)</u> <ul style="list-style-type: none"> - Opposing team must retreat 10m to be deemed onsides - 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 - Kicking for touch allowed on Penalty Kick, not Free Kick - Players may option for a scrum on a penalty instead of kick <u>Cards</u> Yellow: 2 min suspension (does not carry over to next game) Red: 2 match suspension
Weight Limit	None Note: - Any 15-year-old player on an age waiver playing U14 must be below 185lbs
Scoring	Try: 5pts

	<p><u>If Goal Posts are available: (Note: all scoring kicks must be drop kicks)</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: 3pts <ul style="list-style-type: none"> - missed: play continues or results in 22m Drop of ball goes dead over dead-ball or touch in-goal lines - Penalty Goal Kick: 3pts <ul style="list-style-type: none"> - missed: play continues or results in 22m Drop of ball goes dead over dead-ball or touch in-goal lines
Kicking	<p>Kick-off:</p> <ul style="list-style-type: none"> - Must be drop kick - Must go 10m – Result: Free Kick Penalty (tap-and-go) at Center - If ball goes dead, either directly in touch, or past the dead ball line out the back of the try zone, or is grounded in-goal without being touched before going in goal – 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 starts behind 22m line and is kicked from behind 22m line straight into touch – ball is awarded to the other team at the mark of touch - If ball is kicked on the defender’s side of 22m line straight into touch – ball is awarded to the other team at the touchline in line with the mark of the kick - If ball is kicked over the deadball line, touch in-goal, or is grounded in-goal without being touched before going in goal – Result: Scrum awarded to the other team at the mark of the kick <p>Penalty Kick:</p> <ul style="list-style-type: none"> - Penalty kicks may go for touch
Passing	<p>Passes must be backwards or flat</p> <ul style="list-style-type: none"> - All forward passes and knock-ons will result in a scrum awarded to the opposing team
Scrum	<p>This will be a 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. - Offense & Defense players not involved in the scrum will line up 5m from their players in the scrum. (Approximately 6m from scrum-center) - No Pushing by either team until ball has been rolled in. <ul style="list-style-type: none"> o Result – Free Kick Penalty - No pushing more than 1 meter (1-2 steps). <ul style="list-style-type: none"> o Result – Free Kick Penalty - Players will adhere to the call by the referee when 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 (loose-under; tight-over)

	<ul style="list-style-type: none"> ○ SET – 3v3 players close gap and engage shoulders - 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 wins the ball. - Defending scrum-half must be on the same side of the offensive team scrum-half or directly behind the scrum and will stay behind the line of the tunnel 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 early pushing, pushing more than 1m, turning, early unbinding, or pulling 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
Line Out	<p>This will be a 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. Defending team may match or have less players in the Line Out but must have a player in the 5m channel. - 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 straight down the line of touch. - Players not involved in the line out will be 10m 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 - Mauls 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.

	<ul style="list-style-type: none"> - 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	Maul allowed in field of play and at a Line Out
Ruck	<p>Contested Ruck (2v2)</p> <ul style="list-style-type: none"> - Tackler must roll away after a successful tackle and cannot contest the ruck. - Ruck does not have to be formed by the offensive team to play the ball (i.e., ‘pick and go’ or pop-pass) - At the tackle area, no more than two players from the either team may arrive controlled, on their feet, and ‘thru the gate’ <ul style="list-style-type: none"> o Ruck is set when single offensive player demonstrates a weighted position over the ball. o Defense may poach provided a ruck has not been set – ball is available for either team if the ruck is successfully contested by the defender o If a defending team has more than 2 players contesting the ruck, they will be told to “Leave It” and may be penalized o If the offense commits more than 2 players to the ruck, the additional player(s) will be told to leave the ruck and may be penalized
Additional Variations	none