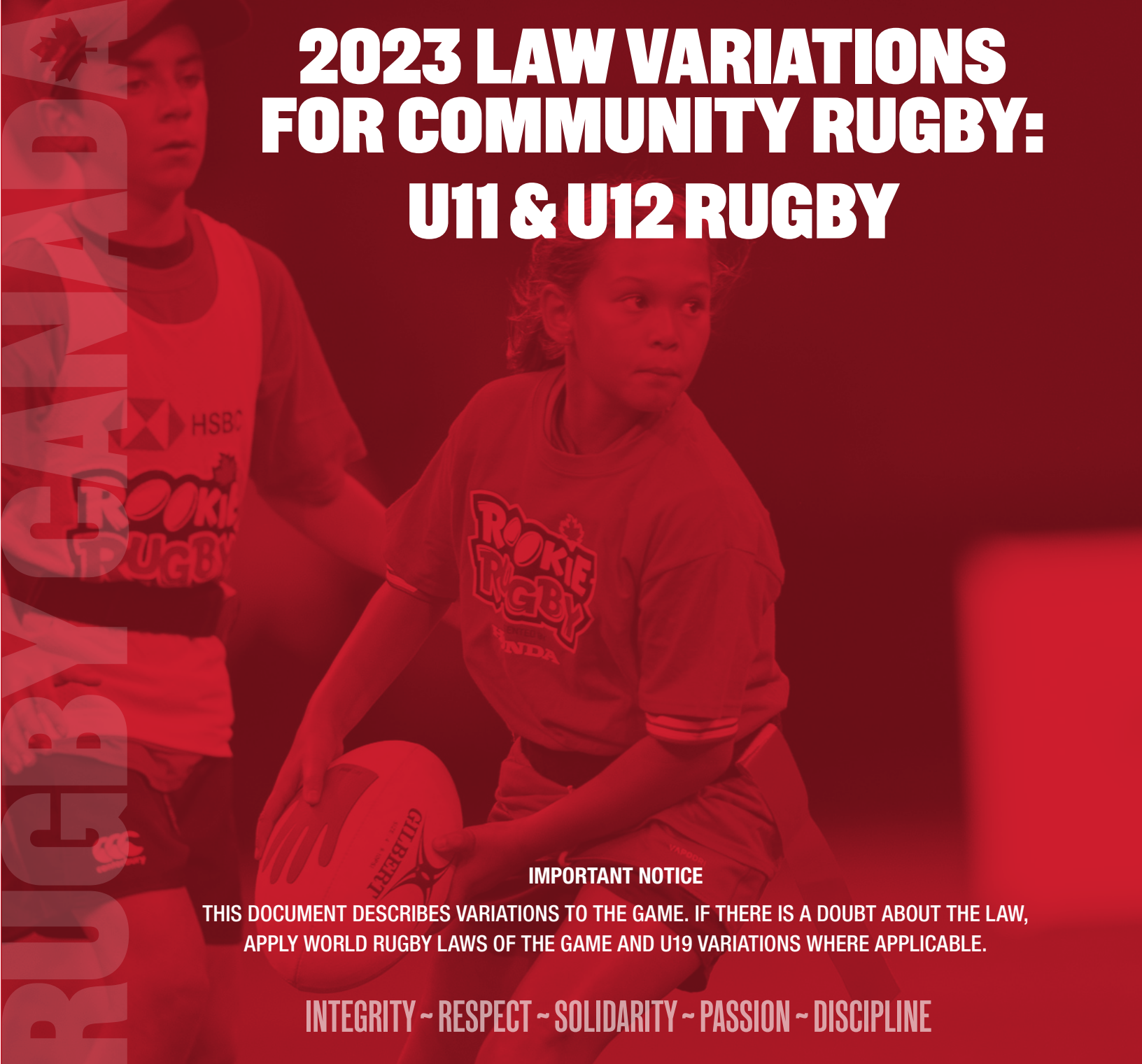




RUGBY CANADA

2023 LAW VARIATIONS FOR COMMUNITY RUGBY: U11 & U12 RUGBY



IMPORTANT NOTICE

THIS DOCUMENT DESCRIBES VARIATIONS TO THE GAME. IF THERE IS A DOUBT ABOUT THE LAW, APPLY WORLD RUGBY LAWS OF THE GAME AND U19 VARIATIONS WHERE APPLICABLE.

INTEGRITY ~ RESPECT ~ SOLIDARITY ~ PASSION ~ DISCIPLINE



**PLAY
SMART**
PUTTING PLAYERS FIRST

RUGBY.CA



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Cover photo: [ADD CREDIT LATER]





LAW VARIATIONS VISION & MISSION STATEMENT

RUGBY CANADA

VISION

To foster an inclusive, welcoming environment so that players of every shape, size, gender, age, ability, and skill level are able to participate in developmentally appropriate, controlled, competitive and enjoyable games. Use the game as the best teacher for teamwork, co-operation and respect between participants, coaches, players, officials, parents, and fans.

MISSION

Use a player-centred and development driven model to continually assess, adapt and improve appropriate law variations for all ages across Canada. We seek to ensure integrity, passion, solidarity, discipline and respect are central tenants for all considerations, decisions and variations made.

HALF A GAME PROJECT

	EXPLANATION	LAW CONSIDERATIONS / NOTES
Half-game guarantee	Each player guaranteed to play Half-a-Game every match day.	Half-game minutes may be accumulated all at once or through rolling substitutions.
Start 1 game guarantee	Every player must start 1 game per festival/competition day.	Focus on development opportunities for all players in a variety of positions.
Triangular/Quad Fixtures	<p>Play multiple shorter games in a festival style using full or modified squad sizes and modified match lengths.</p> <p>Endeavour to schedule 3 matches / team per festival. Ensure there is appropriate rest time between matches.</p>	<p>Recommendation to schedule multiple matches when possible, to promote player participation & experience.</p> <p>Recommended for U16 and below.</p> <p>This structure allows for match results to be recorded and may be used in both recreational and competitive settings.</p>





LAW VARIATIONS VISION & MISSION STATEMENT

RUGBY CANADA

TACKLE HEIGHT GUIDANCE

Tackles are to occur around or below the waist of the ball carrier.

Tackles that occur below the armpits and above the waist should be managed by the Game Manager and players reminded to tackle below the waist.

MOUTHGUARD GUIDANCE

Mouth guards are typically worn in contact sports to protect the mouth from injury. The purpose of a mouth guard is to distribute the impact of a contact situation evenly throughout the mouth, potentially reducing the chances of injury. Previous studies have indicated that the wearing of mouth guards reduces the incidence of hard and soft oral injuries, jaw fractures and neck injuries (Ranalli, 2000; Knapik et al, 2007; Newsome et al, 2001). A study in New Zealand rugby union has reported a 47% reduction in dental injury claims following the introduction of compulsory wearing of mouth guards (Quarrie et al, 2005).





GAME CARD

<p>Size of Playing Area</p> <p>Festival 35m x 30m</p> <p>Single Game 60m x 35m</p> <p>Excluding In-Goal</p>	<p>Safety Zone between Playing Areas</p> <p>5m</p>	<p>Ball Size</p> <p>Size 3 or 4</p>	<p>Numbers Per Team</p> <p>Recommended 8</p> <p>Maximum 9</p>	<p>Substitutions</p> <p>Rolling Subs</p>
<p>Time per Half – Single Game</p> <p>20 min</p>	<p>Maximum Time Per Half - Festival</p> <p>10 min</p>	<p>Maximum playing time for players per day / event</p> <p>70 min</p>	<p>Match Official</p> <p>Game Manager</p>	<p>Coaches on field (not including Game Manager)</p> <p>Not Recommended</p> <p>Permitted if needed</p>
<p>Goal Kicking (Conversion / Penalties)</p> <p>No</p>	<p>Yellow Card</p> <p>Time Out Festival 2min Single Game 5min</p> <p>Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) Player to be replaced for equal numbers</p>	<p>Red Card</p> <p>No</p>	<p>Offside</p> <p>7 meters at a Tap & Pass</p> <p>At the back foot of the ruck</p>	<p>Penalties</p> <p>Tap & Pass</p>
<p>Restart</p> <p>A punt or drop-kick from the halfway mark</p> <p>The kicking team may not advance until the ball has traveled 7m. Unsuccessful kicks result in a Free Kick to the opposition at the halfway mark</p>	<p>Tackle</p> <p>Yes - Below Waist</p>	<p>Ruck</p> <p>YES - 1 v 1 Contested Rucks</p> <p>(No pick and go from support players)</p>	<p>Maul</p> <p>No</p>	<p>Lineout</p> <p>Yes</p> <p>2 receivers from each team uncontested.</p>
<p>Scrum</p> <p>YES - 3 v 3 Uncontested</p> <p>(No Push and opposing 9 does not challenge)</p> <p>(Nearest 4 players from each team join the scrum)</p>	<p>Kicking in Open Play</p> <p>From Hand Only</p>	<p>Fending/ Hand-Off</p> <p>No</p>	<p>Squeeze Ball</p> <p>No</p>	





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1. THE GROUND

- 1.1** The playing enclosure must be safe to play on.
- 1.2** The surface may be grass, sand, clay, snow or artificial grass. Match organisers may decide to use other surfaces provided they are suitable.
- 1.3** 1.3 Matches are played on a field no more than 35m long from goal line to goal line and 30m wide from touch line to touch line for festival play and 60m long from goal line to goal line and 35m wide from touchline to touchline for single game matches.
- 1.4** A solid line should indicate each touch line, goal line and the halfway line. If no lines are possible, required markings can be indicated by soft cones.
- 1.5** If either team has an objection to the ground, the coach must tell the Game Manager before the match starts, who will attempt to resolve the issue in conjunction with the organizers.

2. THE BALL

- 2.1** The ball must conform to World Rugby Laws of the Game Law 2. It will normally be a size 3.

3. TEAM

- 3.1** There is no distinction made for any participants of any gender.
- 3.2** Each team must have no more than nine players on the playing area.
- 3.3** Teams must have the same number of players, down to a minimum of six.
- 3.4** At any time before or during a match a team coach may make an objection to the Game Manager about the number of players in the opponent's team. As soon as the Game Manager knows that a team has too many players, the Game Manager must order the coach of that team to reduce the number appropriately. The score at the time of the objection remains unaltered.
Sanction: Tap and pass.
- 3.5** A team may nominate an unlimited number of substitutes.



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- 3.6** A team may replace any number of players during a game at any time. The replacement must enter the playing area at the half-way line. A player leaving the playing area may do so from any place. A replacement enters the field of play only when the replaced player has left the field of play.
- 3.7** A player sent off for foul play may be replaced.
- 3.8** If the Game Manager decides – with or without the advice of a doctor or other medically qualified person – that a player is too injured to continue playing, the Game Manager should order that player to leave the playing area. The Game Manager may also order an injured player to leave the field in order to be medically examined.
- 3.9** A player who has an open or bleeding wound must leave the playing area. The player may return only when the bleeding has stopped or controlled and covered.

4. PLAYERS CLOTHING

Apply World Rugby Laws of the Game - [Laws of the Game | World Rugby Laws](#)

5. TIME

- 5.1** A game lasts no longer than 40 minutes actual time in single games and 20 minutes in festival play. A game is divided into two halves each of not more than 20 minutes actual time for single games and 10 minutes per half in festival play. Match organisers may reduce the duration of the game where appropriate.
- 5.2** There is an interval at half-time of not more than five minutes, after which teams change ends.
- 5.3** The Game Manager keeps the time.
- 5.4** The Game Manager has the power to end the match at any time if they believe it would be dangerous to continue.
- 5.5** If time expires and the ball is not dead the Game Manager allows play to continue until the ball next becomes dead.
- 5.6** Players must not exceed 70 minutes of play in a day.



6. MATCH OFFICIAL

- 6.1** Every match is under the control of a Game Manager. Additional persons, as authorised by the match organisers may include the assistant Game Managers and reserve Game Manager.
- 6.2** All players are under the control of the Game Manager and/or match organiser from the time they arrive on location to the time they leave.
- 6.3** In the event of misconduct by a player, the Game Manager shall, at their discretion, caution, or instruct the coach to replace the player. If the misconduct occurs off the field of play the Game Manager will report the matter to the match organisers.
- 6.4** The Game Manager organises the coin toss or other appropriate method to determine which team starts and in which direction. The team that wins the toss, decides whether to start or to choose an end. If the winner of the toss decides to choose an end, the opponents must start and vice versa.
- 6.5** The Game Manager may consult with assistant Game Managers in regard to matters relating to their duties.
- 6.6** If a player is injured, and continuation of play would be dangerous, the Game Manager must blow the whistle immediately.
- 6.7** If the Game Manager stops play because a player is injured but there has been no infringement, and the ball has not been made dead, play restarts with a tap and pass to the team last in possession of the ball, with the same number of flags.
 - a) If the ball or ball-carrier makes contact with the Game Manager and neither team gains an advantage, play continues. If either team gains an advantage the Game Manager awards a tap and pass to the team that last played the ball, with the same number of flags.



7. ADVANTAGE

The advantage law takes precedence over most others. Its purpose is to promote continuity. It is particularly useful at community and age-grade levels where there are more infringements and, therefore, more opportunities for advantage to be played. When infringements occur, players are encouraged to play until the whistle sounds.

- 7.1** When the opposing team gains an advantage immediately after an infringement, the Game Manager does not stop play for the infringement.
- 7.2** When Game Managers are playing advantage they call “advantage”. When Game Managers determine that an advantage has been gained by the non-offending side, they call “advantage over” and play continues without interruption.
- 7.3** If no advantage is gained by the non-offending team or that team infringes, the ball is returned to the point of the original offence and the non-offending team will restart with a Tap and pass.

8. SCORING

- 8.1** When an attacking player is first to ground the ball in the opponents' in-goal, a try is scored.
Value: 1 point.
- 8.2** If a player would probably have scored a try but for foul play by an opponent, a penalty try is awarded.
Value: 1 point.



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9. FOUL PLAY

Apply World Rugby Laws of the Game: [Laws of the Game | World Rugby Laws](#)

9.1 Yellow and red cards

- When there is more than one match in a day the length of a yellow card is to be 2 minutes
- When there is only one match in a day the length of a yellow card is to be 5 minutes
- There are no red cards, coaches are encouraged to remove a player who is disrupting the game on a consistent or dangerous way.
- A player is always to be replaced should a player be removed from the field of play with a yellow card.

10. OFFSIDE AND ONSIDE IN OPEN PLAY

Apply World Rugby Laws of the Game: [Laws of the Game | World Rugby Laws](#)

11. KNOCK-ON OR THROW FORWARD

11.1 A knock-on occurs when the ball-carrier loses possession or makes contact with the ball with a hand or arm, and the ball goes forward towards the opposing team's dead-ball line and touches the ground or another player before the ball-carrier can catch the ball.

Sanction: Tap and pass to defending team

11.2 A throw forward occurs when a player throws or passes the ball forward towards the opposing team's dead-ball line.

Sanction: Tap and pass to defending team



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12. STARTS AND RESTARTS

- 12.1** Each half begins and play restarts after a score with a punt or drop-kick at the middle of the half-way line. The team that scores is to restart play.
- 12.2** The opposing team must be at least seven metres from the half-way line when play starts or restarts.
Sanction: Tap and pass.
- 12.3** The kicking team may not advance until the ball has traveled at least seven meters or is touched by the receiving team.
- 12.4** If the ball is kicked into the opponents' in-goal without touching any player and an opponent grounds the ball without delay or it goes dead through in-goal, the non-kicking team is awarded a free-kick at the middle of the halfway line.
- 12.5** If the ball goes directly into touch, the non-kicking team is awarded a free-kick at the middle of the halfway line.

13. PLAYERS ON THE GROUND IN OPEN PLAY

Apply World Rugby U19 Laws of the Game: [Laws of the Game | World Rugby Laws](#)

14. TACKLE

Apply World Rugby Laws of the Game: [Laws of the Game | World Rugby Laws](#)

- 14.1** All tackles must occur below the waist.
Sanction: Penalty
- 14.2** A tackler may not rip the ball from an attacking player.



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15. RUCK

Apply World Rugby Laws of the Game: [Laws of the Game | World Rugby Laws](#)

- 15.1** A ruck may only include one player from both teams.
- 15.2** Tackled players may not use the “squeeze ball” technique to recycle possession.
Sanction: Penalty

16. MAUL

- 16.1** Should a maul form, a tackle must be called by the Game Manager and tackle laws apply

17. MARK

N/A

18. TOUCH

- 18.1** The ball is in touch when it or the ball-carrier or ball makes contact with the touchline or anything beyond it.
- 18.2** The place where the ball-carrier or the ball reaches the touchline is the mark of touch.
- 18.3** A player must not deliberately throw or knock the ball off the playing area.
Sanction: Tap and pass to the non-offending team.
- 18.4** When the ball goes into touch, play restarts with a two-person, uncontested lineout from the touchline on the mark of touch to the team that did not put the ball into touch.
- 18.5** Each team forms a single line parallel to and half a metre from the mark of touch on their side of the lineout between three-metres and seven-metres from the sideline. The gap between the lines must be maintained until the ball is thrown in.
Sanction: Free-kick.
- 18.6** The non-throwing team must have a player between the touchline and the three-metre mark.



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The player stands one metre from the mark of touch on their team's side of the lineout and one metre from the three-metre mark.

Sanction: Free-kick.

18.7 Both teams must have a scrum-half, the scrum-half stands between three-metres and seven-metres from the sideline and now more than two metres away from their team-mates in the lineout. Each team may have only one scrum-half.

Sanction: Free-kick.

18.8 Players not participating in the lineout must remain at least seven metres from the mark of touch on their own team's side or behind the goal line if this is nearer.

18.9 The lineout ends when the ball is passed from the lineout from the scrum-half and is received by a player not in the line-out.

18.10 When the ball goes into touch in-goal, play restarts with a tap and pass five metres out from the goal line and three metres in from the touchline, to the team that did not put the ball into touch.

19. SCRUM

19.1 A scrum only occurs when the ball is thrown forward or knocked on as defined in section 11. Knock-on or throw forward.

19.2 Each team must have two props and one hooker in the front row and a scrum-half.

19.3 All scrums are uncontested, the team in possession will regain possession.

19.4 A scrum ends when the ball is passed by the scrum-half and is received by a player not involved in the scrum.

19.5 All players not participating at the scrum remain at least five metres behind the hindmost foot of their team.

20. PENALTY

20.1 All penalties and free-kicks result in a tap and pass.



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21. IN-GOAL

21.1 If the ball-carrier is held up in-goal without a try being scored, players restart with a tap and pass five metres from the goal line with the same team in possession.

DEFINITIONS

Game Manager

The 'game manager' adjudicates the actions of the players in line with the Laws, with an emphasis on promoting the players' safety and enjoyment in a spirit of respect and in a way that is conducive to learning.

Tap and Pass

The method of starting or restarting play. A player places the ball on the ground, taps it with their foot so that it moves a visible distance and immediately passes it to a team-mate. The opposition may advance once the ball has been passed.

Squeeze Ball

A method of restarting play after a tackle. A tackled player positions their body over the ball to delay the release of the ball and pushes it back between their legs to recycle possession.



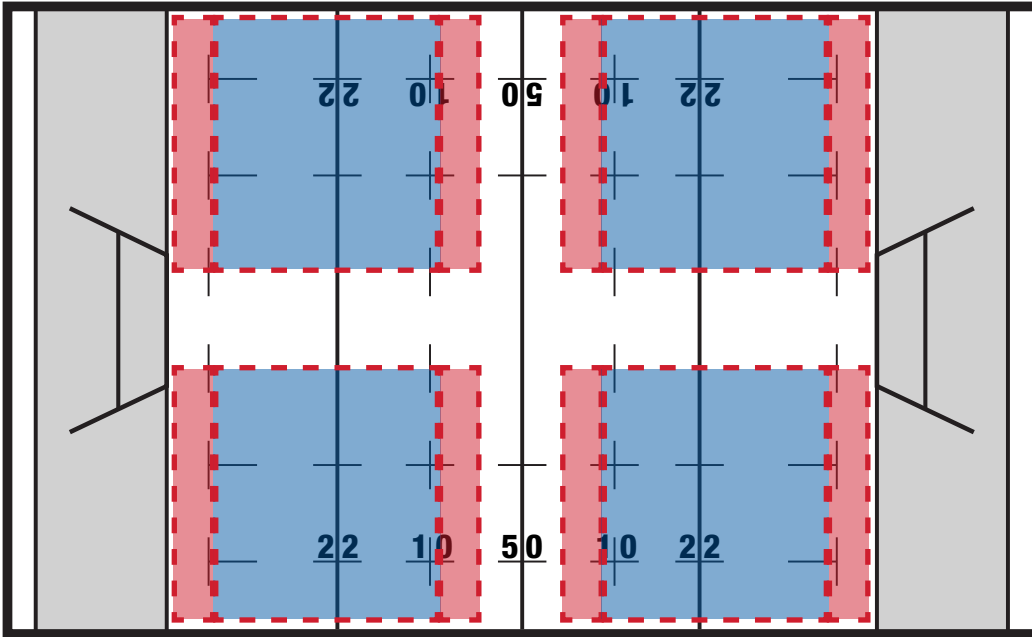
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SUGGESTED FIELD SET UP

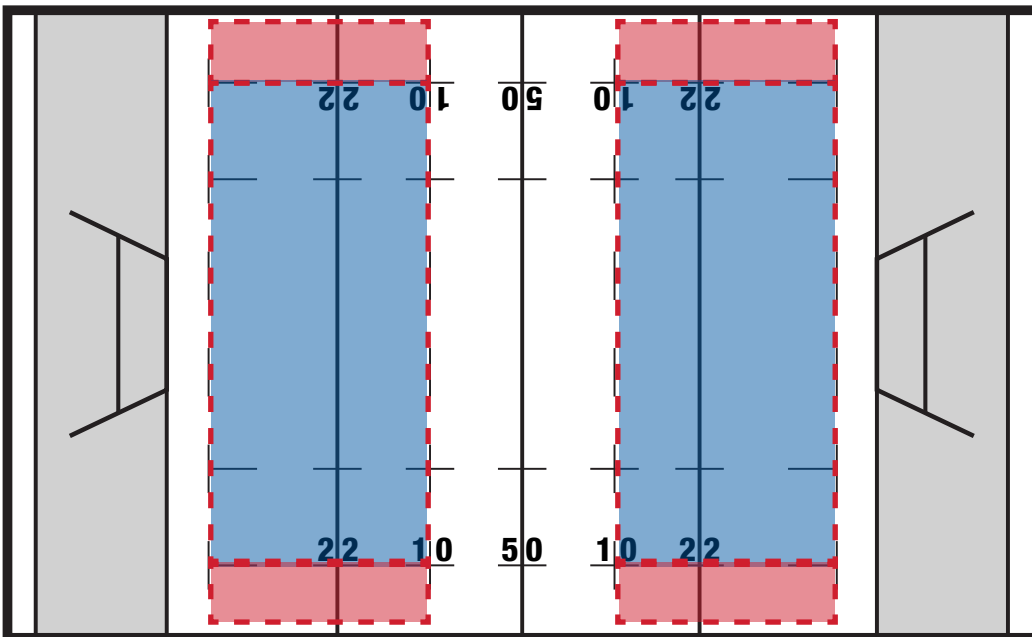
8v8

35m long x 30m wide



9v9

60m long x 35m wide





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