



RUGBY CANADA

2023 LAW VARIATIONS FOR COMMUNITY RUGBY: U13 & U14 RUGBY (7s)

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	Play multiple shorter games in a festival style using full or modified squad sizes and modified match lengths. Endeavour to schedule 3 matches / team per festival. Ensure there is appropriate rest time between matches.	Recommendation to schedule multiple matches when possible, to promote player participation & experience. Recommended for U16 and below. This structure allows for match results to be recorded and may be used in both recreational and competitive settings.





LAW VARIATIONS VISION & MISSION STATEMENT

RUGBY CANADA

TACKLE HEIGHT GUIDANCE

Tackles should 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.

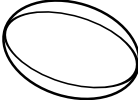
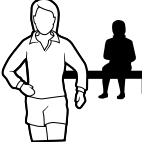



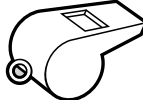
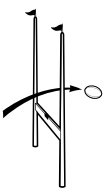
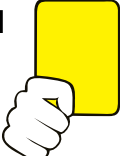



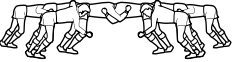
MOUTHGUARD GUIDANCE

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

Size of Playing Area 60m x 40m (Excluding In-Goal)	Safety Zone between Playing Areas 5m	Ball Size Size 4 or 5 	Numbers Per Team 7	Substitutions Rolling Subs 
Time per Half – Single Game 7 min 	Maximum Time Per Half - Festival 7 min 	Maximum playing time for players per day / event 70 min 	Match Official Certified and appointed Match Official where possible 	Coaches on field (not including Match Official) No
Goal Kicking (Conversion/ Penalties) No 	Yellow Card  Time Out Festival 2min Single Game 5min <small>Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) Player to be replaced for equal numbers</small>	Red Card Yes <small>Offending player is removed and replaced to maintain equal numbers</small> 	Offside Apply World Rugby Laws of the Game	Penalties Tap Ball 
Restart A punt or drop-kick from the halfway mark	Tackle Apply World Rugby Laws of the Game	Ruck Apply World Rugby Laws of the Game	Maul No	Lineout Yes <small>2 receivers from each team. Contested with no lift.</small> 
Scrum Yes – 3 v 3 Hookers Contest <small>(No push. Opposing 9 does not challenge.)</small> 	Kicking in Open Play Apply World Rugby Laws of the Game	Fending/ Hand-Off Yes No contact to the head or neck permitted	Squeeze Ball No	Scoring Zone 5 7 15 <small>If a try is scored in the middle 5m award 7 points. If scored outside of the middle 5m award 5.</small>





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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** Matches are played on a field no more than 60m long from goal line to goal line and 40m wide from touch line to touch line for festival play and 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 match official before the match starts, who will attempt to resolve the issue in conjunction with the organizers.

Should less players be available, match organizers should adjust field sizes to reflect the number of players on the field. Approximately six metres per player on the field.

2. THE BALL

- 2.1** The ball must conform to World Rugby Laws of the Game Law 2. It will normally be a size 4.

3. TEAM

- 3.1** There is no distinction made between male and female players.
- 3.2** Each team must have no more than seven players on the playing area.
- 3.3** Teams should have the same number of players, down to a minimum of five.
- 3.4** At any time before or during a match a team coach may make an objection to the match official about the number of players in the opponent's team. As soon as the match official knows that a team has too many players, the match official must order the coach of that team to reduce the number appropriately. The score at the time of the objection remains unaltered.

Sanction: Penalty



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- 3.5** A team may nominate an unlimited number of substitutes.
- 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 match official decides – with or without the advice of a doctor or other medically qualified person – that a player is too injured to continue playing, the match official should order that player to leave the playing area. The match official 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 14 minutes actual time. A game is divided into two halves each of not more than seven minutes actual time. Match organisers may reduce the duration of the game where appropriate.
- 5.2** There is an interval at half-time of not more than two minutes, after which teams change ends.
- 5.3** The match official keeps the time.
- 5.4** The match official 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 match official allows play to continue until the ball next becomes dead.



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5.6 Players must not exceed 70 minutes of play in a day.

6. MATCH OFFICIAL

6.1 Every match should be under the control of a trained, registered and appointed match official where possible. Additional persons, as authorised by the match organisers may include the assistant match official and reserve match official.

6.2 All players are under the control of the match official 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 match official shall, at their discretion, caution, or instruct the coach to replace the player. If the misconduct occurs off the field of play the match official will report the matter to the match organisers.

6.4 The match official 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 match official may consult with assistant match officials in regard to matters relating to their duties.

6.6 If a player is injured, and continuation of play would be dangerous, the match official must blow the whistle immediately.

6.7 If the match official 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 tags.

(a) If the ball or ball-carrier makes contact with the match official and neither team gains an advantage, play continues. If either team gains an advantage the match official awards a tap and pass to the team that last played the ball, with the same number of tags.



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7. ADVANTAGE

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

8. SCORING

8.1 When an attacking player is first to ground the ball in the opponents' in-goal, a try is scored.

Value: 5 points or 7 points.

- Scoring zones 5/7/5
 - The five meters in the middle of the goal-line is to be identified by different colored cones. Should a team score within the 5-meter zone seven points is awarded. Should a team score outside of the 5-meter zone, five points are awarded.

8.2 If a player would probably have scored a try but for foul play by an opponent, a penalty try is awarded.

Value: 7 points.

9. FOUL PLAY

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

A player is always to be replaced should a player be removed from the field of play.

10. OFFSIDE AND ONSIDE IN OPEN PLAY

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



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11. KNOCK-ON OR THROW FORWARD

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

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 restart.
- 12.2** The opposing team must be at least 7 metres from the half-way line when play starts or restarts.
Sanction: Free-kick
- 12.3** 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.
- 12.4** If the ball goes directly into touch without bouncing first, 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 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](#)

15. RUCK

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



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- 15.1** Tackled players may not use the “squeeze ball” technique to recycle possession.
Sanction: Penalty

16. MAUL

N/A

17. MARK

N/A

18. TOUCH, QUICK THROW AND LINEOUT

- 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: Penalty
- 18.4** When the ball goes into touch, play restarts with a two-person, contested lineout from the touchline on the mark of touch to the team that did not put the ball into touch.
- 18.5** There is to be no lift in the lineout by either team.
- 18.6** Each team forms a single line parallel to and half a metre from the mark of touch on their side of the lineout between 3-metres and 7-metres from the sideline. The gap between the lines must be maintained until the ball is thrown in.
Sanction: Free-kick.
- 18.7** The non-throwing team must have a player between the touchline and the 5-metre mark. The player stands 1-metre from the mark of touch on their team’s side of the lineout and one metre from the 5-metre mark.
Sanction: Free-kick.
- 18.8** Both teams must have a scrum-half, the defending scrum-half stands between 5-metres and



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10-metres from the sideline, two metres away from their team-mates in the lineout. Each team may have only one scrum-half.

Sanction: Free-kick.

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

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

18.11 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, two locks in the second row and a scrum-half.

19.3 Scrums are contested by the hooker, but there is to be no push.

Sanction: Penalty

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 5-metres behind the hindmost foot of their team.

20. PENALTY

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

21. IN-GOAL

21.1 If the ball-carrier is held up in-goal without a try being scored, play restarts with a tap and pass 5-metres from the goal line with the same team in possession.



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DEFINITIONS

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

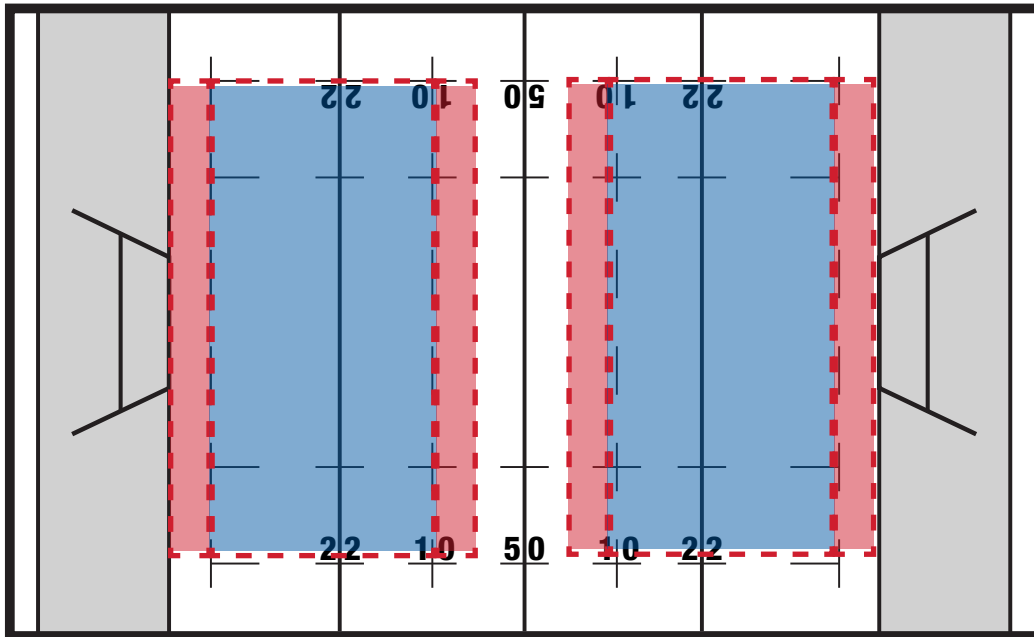
A method of restarting play after a tackle. A tackled player positions their body over the ball to delay the release of the ball and pushes it back between their legs to recycle possession.



SUGGESTED FIELD SET UP

7v7

60m long x 40m wide





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