IPSHA Modified (7-a-side) Rugby Laws

Competition:

- Scores may be kept but are not recorded.
- 9 Yrs - Coaches are permitted on the field up to and including Round 5.
- 10-12yrs – no coaches are permitted on the field

Law 1: The Ground

1.2 (a) The playing area does not exceed 70 metres in length and 35 metres in width (ie: half field). The field of play does not exceed 60 metres in length. Each in-goal does not exceed 5 metres in length.

(insert diagram as per U8/U9 pathway document)

Law 2: The Ball

2.1 9 yrs - Balls used are to be Size 3.
2.2 10-12 yrs – Balls used are to be size 4

Law 3: Number of Players – The Team

3.1 Each team must have no more than seven (7) players on the playing area during play. It is recommended that the minimum number of players is six (6). Please note there should always be an attempt to play a match with whatever numbers are present.

3.3 Teams **must** match numbers on the field during play. If either team has fewer than the standard number of players during play, then teams **must** share players to get the maximum number of players on the field, while maintaining equal numbers.

3.4 It is recommended that the maximum size of a team's squad be ten (10) players.

3.14 Rolling substitutions are allowed and these are unlimited in number. Substitutions may only be made when the ball is dead.

Law 4: Time

4.1 A match for 14 minutes, divided into two halves of 7 minutes. There is a half time of 2 minutes. There is no allowance for time lost.

Law 5: Advantage

It is recommended that referees play advantage generously to maximise playing time and reduce the number of infringements. Its application is at the sole discretion of the referee.

Law 6: Method of Scoring

There are no conversions, penalty goals or dropped goals allowed.

Law 7: Foul Play

7.1 (d) Kicking (including toeing the ball through) in general play is not permitted. *(Sanction: Scrum at the place of infringement. The non-infringing team throws in the ball)*

7.2 (e) Tackling:

A tackle where the tackler grabs a ball carrier by the jersey and swings them, letting go before the ball carrier hits the ground, is considered dangerous play. (Sanction: Penalty kick)

Fending to the neck or head of an opponent is not permitted. Any action taken by a ball carrier to fend off an opponent by using the palm of the hand making contact above the line of the shoulders of an opponent is considered dangerous play. (Sanction: Penalty kick)

7.3 Any player cautioned (yellow card) is temporarily suspended for two (2) minutes actual time. If this time period has not expired when half-time or full-time is called, the temporary suspension ends. When a yellow card is issued, the player may be replaced.

7.4 When a red card is issued, the player may be replaced.

Law 8: Kick-off and Restart Kicks

8.1 A team kicks off with a punt kick or a drop kick. (Sanction: if the kick is taken incorrectly, another chance is provided until the kick is successfully taken)

8.2 (c) After a score, the non-scoring team restarts play with a tap restart from the centre of the half way line.

8.3 Once the ball has been kicked off, all players on the kicker's team must stay outside of an imaginary circle of 5 metres radius from where a player on the receiving team is attempting to field the ball. Once the receiving player has caught or picked up the ball, the kicker's team may now move within this exclusion zone. (Sanction: Penalty kick)

8.4 All the opposing team must stand at least 5 metres from the half way line.

8.5 If a kick off does not travel 5 metres and is not first played by an opponent, or goes directly into touch, or goes dead, or is grounded in the in-

goal by a defender, then another chance is provided until the kick is successfully taken.

8.6 Where a drop-out would normally occur under Law, the team entitled to take the drop=out will restart play with a tap restart at the centre of the 15 metre line (ie: 10 metres from the defending team's goal-line).

Law 9: Tackle
Referees are reminded to encourage players to only play the ball when they are on their feet. After the tackled player has passed or released the ball, no player may play the ball while on their knees.
9.1 (h) A tackled player must not use the technique known as 'squeeze ball' (where the ball carrier goes to ground head forward, usually keeping parallel to the touchline, holding and prote4cting the ball close to the chest and, when on the ground, pushing the ball back between the legs). (Sanction: Penalty kick)

Law 10: Lineout
10.1 Quick throw-ins are not permitted.

10.2 If the throw-in at a lineout is taken incorrectly, another lineout is awarded with the throw-in to the team originally throwing in the ball.

10.3 Forming a lineout:
(a) Two (2) players from each team must form a lineout.
(h) The front of the lineout is not less than 4 metres from the touchline. The player throwing the ball in must stand on the line-of-touch.
(i) Both teams must have a receiver. The receiver must stand at least 2 metres towards that player's goal line from that player's team-mates who are lineout players and between 4 and 10 metres from the touchline.
(j) The team not throwing in must have a player standing between the touchline and the 4-metre line on that team's side of the line of touch when the lineout is formed. That player must stand 2 metres from the line of touch and 2 metres from the 4-metre line. (Sanction: If the lineout is incorrectly formed in any way, another lineout is awarded with the throw-in to the team originally throwing in the ball)

10.4 (a) After gaining possession of the ball at the lineout, the lineout player must pass or knock the ball to the receiver, who must gather the ball and pass it to a team-mate. (Sanction: another lineout is awarded with the throw-in to the team originally throwing in the ball) Note: Repeated infringement may be penalised under Law 10.3(a).

(b) The lineout does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver.

10.5 The lineout is uncontested. An uncontested lineout is the same as a normal lineout, except that the teams do not compete for the ball, there is no lifting, the team throwing in the ball must win it, and neither team is allowed to touch an opponent. (Sanction: If the non-throwing team wins possession, the referee should award another lineout until the lineout is successfully completed. Note: Repeated infringement may be penalised under Law 10.3(a).

10.6 (c) The offside line for players not taking part in the lineout is 5 metres behind the line of touch. A player is offside if that player oversteps the offside line before the lineout has ended. All lineout players must remain in the lineout until the lineout has ended. (Sanction: Penalty kick)

Law 11: Scrum
11.1 (e) A scrum must have three (3) players from each team.

11.2 (j) The scrum is uncontested. An uncontested scrum is the same as a normal scrum, except that the teams do not compete for the ball; the team throwing in the ball must win it, and neither team is allowed to push.

11.3 (k) After gaining possession of the ball, the scrum-half must pass to a team-mate. (Sanction: Another scrum is awarded with the throw-in to the team originally throwing in the ball) Note: Repeated infringement may be penalised under Law 10.3(a).

11.4 The scrum does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the scrum-half.

11.5 Offside at the Scrum:
(a) When the scrum is set, both scrum-halves must stand on the side of the scrum where the ball is to be thrown in. (Sanction: Another scrum is awarded with the throw-in to the team originally throwing in the ball)
© When a team has won the ball in a scrum, the scrum-half of the opposing team is offside if that scrum-half steps in front of the midline of the scrum (ie: the line between the two front rows). This scrum-half may not move further than one (1) metre away from the scrum, or move to the non=feeding side of the scrum, until the scrum is over. (Sanction: Penalty kick)

Law 12: Penalty and Free Kicks
12.1 All penalty and free kicks are taken as a tap restart. A tap restart is taken by placing the ball on the ground at the mark. The ball must then be kicked a visible distance in any direction from the mark before the player picks the ball up. The ball may also be kicked out of the hands a visible distance. The player must not hold the ball in the hands and touch the ball with his foot without letting go. (Sanction: Another Penalty kick or Free kick is awarded to the team in possession until the kick is taken correctly)

The opposing team must immediately run towards their own goal line until they are at least 5 metres away from the mark. (Sanction: Any infringement by the opposing team at a Penalty kick or Free kick results in a second Penalty kick or Free kick, 5 metres in front of the original mark)