



RULES AND REGULATIONS FOR ELEMENTARY SCHOOL INTERMEDIATE RUGBY

THE TEAM

An Intermediate Rugby team shall consist of a minimum of ten (10) and a maximum of fifteen (15) players. Coaches must ensure that all players participate equally. The on-field, playing complement shall consist of seven (7) players.

THE GAME

A regulation game shall consist of two (2), ten (10) minute halves with a change of ends at half-time. Coaches will whistle a complete line change every three (3) minutes.

The referee shall toss a coin to determine who shall kick off. All players must be in their own half of the field and must stay outside the centre circle, until the ball is kicked. The kick-off must travel at least ten yards. If a violation occurs the non-offending team will have their choice of re-kick or scrum at centre field.

No tackling or full body contact.

The Scrum - occurs when the ball is either passed forward, or knocked on in general play. A scrum is awarded to the non-offending team if they have not gained an advantage from the infraction.

Four players from each team are involved. Three of which are involved in physical contact with the opposition, the fourth is responsible for putting the ball between the opposing teams. The scrum is composed of a hooker, who is the middle player, the loose head prop – who is furthest left of the three, and the tight head prop – who is furthest right, and has opposition heads on either side of his/hers. The player who puts the ball in (scrum half) is marked by his opposite, but must remain on his/her own side of the scrum.

The scrum engagement sequence is initiated by the referee. The referee will first have the three involved bind to the respective hookers and then command the threesomes to “**Crouch**,” then to “**Bind**” on the opposition and finally; “**Set**” where the threesomes will put their head to the left and under the shoulder of their opposite. The ball must then be put into the scrum (usually upon a prearranged signal between hooker and scrum half). The two hookers can compete to hook the ball back to their respective teams. All the while the rest of the team must remain 5 meters back of their respective scrums until the ball is picked up by the respective scrum half. There will be **no push** involved in the scrum.

The Line out: When the ball is either passed or run out of bounds (on or over the touch lines)

In this case the non-offending team throws the ball back into play. 4 persons from each team are involved in this restart. The remainder of the team must be 10 meters back of their respective team. Traditionally the scrum plays this role, but any 4 players can be used.

A legal lineout requires that the ball be thrown in from the point that it left the field. If the ball left the field of play closer than 5 meters to the try line the lineout will take place 5 meters from the try line. The ball must be thrown in by one (traditionally the hooker) of the non-offending players between 4 (traditionally the tight and loose heads from each of the teams). These players must position themselves on their side of the imaginary line that forms from where the ball left the playing field. The scrum half will position him/herself within 3 meters of the lineout and will help the progress of the ball, while the rest of the team is 10 meters back of the line.

The ball must travel a minimum of 5 meters. If the ball is not thrown straight, or it does not travel 5 meters the non-offending team gets a scrum 5 meters from the point at which the ball left the field.

PENALTIES

A penalty is awarded to the non-offending team for the following infractions: repeated off-side, not retreating 10 meters at a penalty, unnecessary roughness, including pushing, tripping, unsportsmanlike behavior, or otherwise interfering with play.

The non-offending team will be awarded their choice of the following while the offending team must retreat 10 meters: quick tap and go (1 time only), kicking for field position (kicking the ball from the place of infraction toward the touch lines (side lines) and get the throw-in lineout from there, or a

scrum put-in.

SUBSTITUTIONS

Running substitutions can be made at any break in play provided a request is made to the referee by a captain. An effort must be made to play all players equally.

Substitutions shall be ready to take the field immediately when called for, as there will be no stoppage of the clock. However, if a team is unusually slow in changing lines, the referee shall warn their coach once and if the problem persists, the referee shall stop time, give the non-offending team 10 meter advantage and their choice of penalty options (kick for field position & lineout, scrum or quick tap).

Injured players may be substituted and shall be replaced by a player mutually agreed upon by the coaches.