

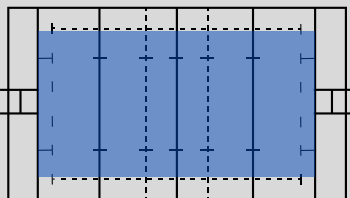
# COURAGE CONNECTED WORK HARD

# CMRFU Junior Rugby

## Year 7 / Year 8 (Under 12 / 13)

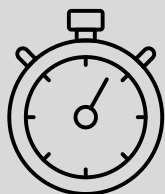
#prideinthehoops

### FIELD LAYOUT:



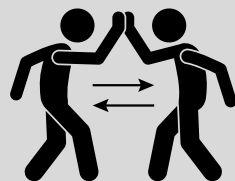
**Full Length Field**  
(5m inside either sideline)  
100m x 60m

### MATCH DURATION:



2x 30 Minute Halves

### SUBSTITUTES:



All players must play at least half a game  
Substitutions can only be made at halftime

### BALL SIZE:



Size 4 Ball

### TEAM SIZE:



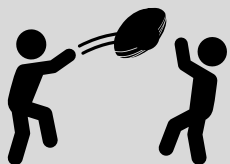
12-a-side  
20 max. squad  
If a team does not have 12 players to start, game to be played with equal numbers

### THE TACKLE:



Tummy tackle -  
Below the sternum

### PENALTY:



Option 1: Tap  
Option 2: Kick for touch  
Option 3: Kick for goal

### FENDING:



Allowed, but **NO Fending to: Head, Face or Neck**

### CONVERSIONS:



Not to be taken anywhere outside of the 15m lines

### KICKING:



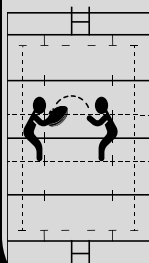
Kicking is allowed throughout the game

### MANAGEMENT:



Team management and reserve players to be **behind the deadball line**, with **opposition running towards you**

### STARTING PLAY:



Start the game at **halfway** with a dropkick / punt.  
**Non-scoring team** to kick off at halfway from restarts

### SCORING TRIES:



If score blowouts are occurring, **BOTH COACHES MUST MEET** to discuss creating a more even contest  
TRY = 5 Pts

### SCRUMS:



**CONTESTED**  
6 Player Scrums  
0.5m Max. push  
**No.8 NOT ALLOWED TO RUN OFF SCRUM**

### LINEOUTS:



**CONTESTED**  
6 Player Lineouts  
No Lifting