

U8

Under 8 rugby provides a safe and enjoyable introduction to contact rugby, focusing on safe tackling, confidence-building, and positive first experiences.

With simplified rules designed to prioritise learning over competition, every child is supported to develop fundamental rugby skills in an inclusive and encouraging environment.



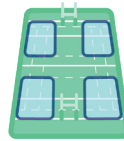
ON FIELD PLAYER NUMBERS

7 x players on field



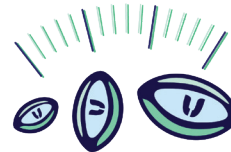
PLAYING TIME (MAXIMUM)

2 x 15min halves



PLAYING AREA 1/4 FIELD

33m wide x 35m long



BALL SIZE

Size 3 ball



SUBSTITUTIONS

Unlimited movements throughout the game



POST TACKLE CONTEST

Maximum 2 players per team (not including tackler/s) are allowed in the tackle contest.

A 'RUCK' call signifies that a ruck has formed (1 player from either team in contact over the ball).

"RUCK CONTEST" signifies that there is a maximum number of players in the tackle contest.



TACKLE

As per Rugby Australia tackle height law variation; all tackles must be below the sternum.



OFFSIDE

The defending team is permitted to move when the ball is in the hands of the first receiver after a pass from a ruck or tap kick.

If the ball is not caught cleanly, the defensive team must wait for the player to take possession.



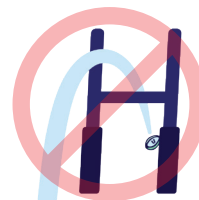
KICK OFF / RESTART

Tap by non-try-scoring team half way.



SCORING

Tries Only



CONVERSIONS

GAME BALANCE LAW 40 POINTS

Maximum points difference

MOUTHGUARDS

Recommended for all players taking part in contact rugby.



YELLOW CARD

Yellow Card offences are jointly managed by the Match Official and the Coaches on the field. Player safety and inclusivity are paramount to the game.

RED CARD

Red Card offences are jointly managed by the Match Official and the Coaches on the field. Player safety and inclusivity are paramount to the game.



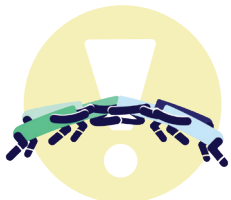
SANCTIONS

Tap and Pass with defenders back 5m.



FEND / PALM

To the body below the line of the sternum.



SCRUM

There are no scrums in U8 rugby.

Play restarts with a tap and pass. The defending team must be 3m back from the mark and can only move forward once the ball is in the hands of the first receiver.



LINEOUT

There are no lineouts in U8 rugby.

Play restarts with a tap and pass from where the ball crossed the line of touch.



MAUL

There are no mauls in U8 rugby.

Attacking team retains the ball and restarts play with a tap and pass.



MATCH OFFICIAL ACCREDITATION

MATCH OFFICIAL

Match Officials are required to have:

- Smart Rugby
- Season Ready Accreditation

It is highly recommended that Match Officials attend a Referee Course.



COACHING ACCREDITATION

COACH

Coaches are required to have:

- Smart Rugby
- Season Ready Accreditation

It is highly recommended that Coaches complete the Junior Coach Course.



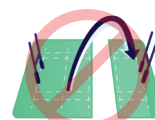
COACHING

ON FIELD SUPPORT

Coaches are allowed on field to support player development and the Match Official facilitating the game.



GENERAL PLAY KICKING



50 - 22



GOAL LINE DROPOUT

Tap 5m from try line for the defending team.

