

Please read in conjunction with:

- [GMGs for Community Rugby 2024](#)

LAWS SUMMARY FOR U6/7 to U12

	U6/7	U8	U10	U12
Playing Numbers	7 (min = 5; max = 10)	7 (min = 5; max = 10)	12 (min = 9; max = 18)	15 (min = 11; max = 23)
Playing Area	1/4 Field L = 40m; W = 25m	1/2 Field L = 60m; W = 35m	Full Field (less 10m) L = 100m; W = 60m	Full Field L = 100m; W = 70m
Playing Time	2 x 15 mins	2 x 15 mins	2 x 20 mins	2 x 25 mins
Ball Size	Size 3	Size 3	Size 4	Size 4
Conversions	No	No	Yes Not past 15m line No Charge Down	Yes Not past 15m line No Charge Down
Kick-Off (Start of Half)	Punt 5m Exclusion Zone	Punt 5m Exclusion Zone	Drop-kick	Drop-kick
Restart after Score	Tap on half-way by non-scoring team	Tap on half-way by non-scoring team	Kick-off (drop-kick) by non-scoring team	Kick-off (drop-kick) by non-scoring team
Kicking (general play)	No	No	Yes	Yes
Tackle	2-handed tag on shorts No off-side line for defence	Yes	Yes	Yes
Lineout	2 players No contest	2 players No contest	5 players Contested No lifting	7 players Contested No lifting
Lineout receiver	Must pass	Must pass	All options	All options
Scrum	3 players No contest	3 players No contest	6 players Contested 1m push (maximum)	8 players Contested 1m push (maximum)
Scrum Half	Must pass	Must pass	All options #8 moves illegal	All Options
When is a Lineout or Scrum Over?	Played by fly-half or bounces	Played by fly-half or bounces	Ball out	Ball out
Penalty Kicks and Free Kicks	Tap only Opp. 5m back	Tap only Opp. 5m back	All options Opp. 10m back	All Options Opp. 10m back

OTHER LAWS TO NOTE FOR U6/7 to U12

Player Numbers	Equal number of players on each team. If one team is short, teams MUST share players to reach the maximum number of equal players possible. Unlimited rolling replacements		
Scrum	Scrum engagement sequence is CROUCH – BIND – SET. When crouched, the distance between opposing front row should be close enough that players' heads are interlinked approximately ear-to-ear. Must be a clear, non-verbal pause between "BIND" and "SET" Defending scrum-half cannot go past midline and cannot leave scrum In contested Scrums, teams must match numbers in the Scrum (min = 5; max = 8) In uncontested Scrums, must have max. players in the scrum (i.e., 6 in U10, 8 in U12)		
Scoring	No drop goals No penalty goals	Tackle	Slinging tackles, fending to the head and squeeze ball are illegal
Lineout	No quick throw-ins No variation in numbers allowed Must have a lineout receiver	Foul Play	Yellow Card = 5 minutes A player given a Yellow or Red card may be replaced

LAWS SUMMARY FOR U14 to U18

	U14	U16	U18
Playing Numbers	15 (plus reserves up to 23 total) Game On Rules apply	15 (plus reserves up to 23 total) Game On Rules apply	15 (plus reserves up to 23 total) Game On Rules apply
Rolling Replacements	Unlimited	Unlimited	Unlimited
Playing Time	2 x 25 mins	2 x 30 mins	2 x 35 mins
Ball Size	Size 5	Size 5	Size 5
Lifting teammate in Lineout	Can pre-grip on shorts Lifting on legs not permitted	N/A	N/A
Lifting teammate in general play	Not permitted (free-kick to opposition)	N/A	N/A
Scrum	1.5m push (maximum) Crotch-bind (binding between the legs) is not permitted	1.5m push	1.5m push
Foul Play (Yellow Card)	5 minutes Sit within team area No replacement	10 minutes Sit on allocated chair on half-way	10 minutes Sit on allocated chair on half-way

OTHER LAWS TO NOTE FOR U14 to U18

Scrum Cadence	Scrum engagement sequence is CROUCH – BIND – SET. When crouched, the distance between opposing front row should be close enough that players' heads are interlinked approximately ear-to-ear. Must be a clear, non-verbal pause between "BIND" and "SET"
Contested Scrums	The following scrum patterns apply when one (or both) team(s) are playing with less than 14 players on the pitch. The opposition team are required to match these numbers in the contested scrum: 10 players = 5 in the scrum = 3-2 formation (i.e. no flankers or #8) 11 players = 5 in the scrum = 3-2 formation (i.e. no flankers or #8) 12 players = 6 in the scrum = 3-2-1 formation (i.e. no flankers) 13 players = 7 in the scrum = 3-4 formation (i.e. no #8) 14 or 15 players = 8 in the scrum = 3-4-1 formation
Uncontested Scrums	Uncontested Scrums as a result of sending off, temporary suspension or injury must be played with eight (8) players from each team in the scrum (unless Game On Rules are being applied). See the RUSA Game On Rules and Contested + Uncontested Scrums policy for more information. The team feeding the ball must win the ball. Number 8 can pick from the base of the scrum. Where only one team is required to nominate uncontested scrums , then the team concerned must play with one player fewer on the pitch than would otherwise be allowed (includes 1 player fewer than agreed under Game On Rules). If, subsequently, a qualified front rower becomes available so that scrums can be contested then that player will be allowed onto the field and the team may return to the appropriate complement of players. If neither team has a suitably training front row available to commence the match , then the match will be played entirely with uncontested scrums, even if suitably trained front row players for either team subsequently become available. Both teams will be permitted to play with their full complement of players.

GAME ON RULES SUMMARY (U14 to Seniors, except Premis)

Game On Summary	Teams have equal numbers playing at the commencement of the match (10 to 15 per side) Teams with < 15 players must play with all available players at the start of the match Team with fewest players determines the number of players to commence match Once match commenced, injuries / late arrivals don't further alter number of players on the pitch	
	# Players	Match Duration
	10-a-side	40 minutes (20min/half)
	11-a-side	50 minutes (25min/half)
	12-a-side	60 minutes (30min/half) – unless U12 or U14
	13-a-side	60 minutes (30min/half) – unless U12 or U14
	14-a-side	70 minutes (35min/half) – unless U12, U14 or U16
	15-a-side	70 minutes (35min/half) – unless U12, U14 or U16
		Players in the Scrum
		5 players per team
		5 players per team
		6 players per team
		7 players per team
		8 players per team
		8 players per team

LAWS SUMMARY FOR SENIORS

	Third Grade / Women	Reserve Grade / Premier Grade
Playing Numbers	15 (plus reserves up to 23 total) Game On Rules apply	Reserve Grade 15 (plus reserves up to 23 total) Game On Rules apply Premier Grade 15 (min = 11; max = 23)
Rolling Replacements	12 movements (maximum)	8 movements (maximum)
Playing Time	2 x 35 min	Reserve Grade = 2 x 35 min Premier Grade = 2 x 40 min <i>plus</i> injury time
Foul Play (Yellow Card)	10 minutes Sit on allocated chair on half-way Not permitted leave allocated area for warm-ups etc	10 minutes Sit on allocated chair on half-way Not permitted leave allocated area for warm-ups etc
Contested/ Uncontested Scrum	Permitted to commence match with uncontested scrums (where required)	Must commence match with contested scrums and meet Contested Scrum obligations described below. If unable to meet Contested Scrum obligations match will be recorded as a forfeit*

OTHER LAWS TO NOTE FOR SENIORS

Scrum Cadence	Scrum engagement sequence is CROUCH – BIND – SET. Engagement When both sides are square, stable and stationary, the referee calls “crouch”. 1. The front-rows then adopt a crouched position if they have not already done so. Their heads and shoulders are no lower than their hips, a position that is maintained for the duration of the scrum. 2. The front-rows crouch with their heads to the left of their immediate opponents’, so that no player’s head is touching the neck or shoulders of an opponent. 3. Hookers must have a 'brake' foot positioned to help stability and to avoid axial loading. Must be a clear, non-verbal pause between “BIND” and “SET”
Contested Scrums	All Senior Grades When a team is reduced to fewer than 15 for any reason, then the number of players in each team in the scrum may be similarly reduced. Where a permitted reduction is made by one team, there is no requirement for the other team to make a similar reduction. However, a team must not have fewer than five players in the scrum. Premier Grade / Reserve Grade* There must be sufficient players to play in the front row to ensure that on the first occasion that a replacement hooker is required, and on the first occasion that a replacement prop forward is required, the team can continue to play safely with contested scrums. Should a Premier Grade or Reserve Grade* team not be able to meet this obligation for any reason during a game, the team will be deemed to have forfeited the match, and the Uncontested Scrums (below) will be followed. *Exemption from commencing a match with contested scrums for the Reserve Grade team, where the lowest Senior Men’s team in the Club is Reserve Grade, can be considered on a case-by-case basis by the Competition Manager.
Mayday Procedure	The Mayday Safety Procedure has been developed to enable players and referees to take prompt action to relieve the pressure if this situation occurs in a scrum. The Mayday Safety Procedure follows this sequence: <ul style="list-style-type: none"> • Player calls ‘mayday’ • All other players repeat ‘mayday’ • Referee immediately blows whistle • All players stop pushing • Front rowers release binds on opposite front rower • All players in the scrum immediately drop to their knees • Front row land on their faces • Players wait for referee instructions.
Uncontested Scrums	Uncontested Scrums as a result of sending off, temporary suspension or injury must be played with eight (8) players from each team in the scrum. See the RUSA <i>Player Numbers and Contested +</i>

Uncontested Scrums policy for more information where teams turn up with less than 15 players for the match.

The team feeding the ball must win the ball. Number 8 can pick from the base of the scrum.

Where one team is required to nominate uncontested scrums, then the team concerned must play with one player fewer on the pitch than would otherwise be allowed (i.e., play with a maximum of 14 players on the pitch).

If, subsequently, a suitably trained front row player becomes available so that scrums can be contested then that player will be allowed onto the field and the team may return to the appropriate complement of on-field players.

If neither team has a suitably trained front row available to commence the match, then the match will be played entirely with uncontested scrums, even if suitably trained front row players for either team subsequently become available. Both teams will be permitted to play with their full complement of players.