

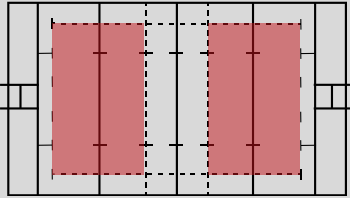


**COURAGE  
CONNECTED  
WORK HARD**

# CMRFU Junior Rugby

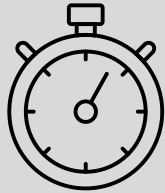
## Year 5 Open Weight Grade

### FIELD LAYOUT:



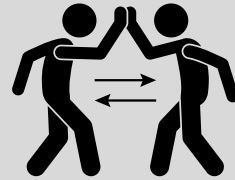
**FIELD SIZE**  
60m x 35m Max

### MATCH DURATION:



**50 Minutes Max.**  
Halves / Quarters

### SUBSTITUTES:



All players must play a min. of half a game. Substitutions may be made at quarter or half time.

### BALL SIZE:



**Size 3 Ball**

### TEAM SIZE:



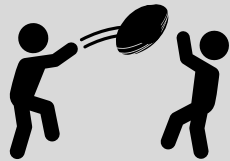
**9-a-side**  
**14 max. squad**  
If a team does not have 9 players to start, game to be played with equal numbers

### THE TACKLE:



Tummy tackle -  
Below the sternum

### PENALTY:



Team awarded the penalty to restart with a tap and pass

### FENDING:



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

### CONVERSIONS:



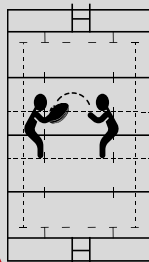
No Conversions

### KICKING:



Kicking is allowed in general play - encourage running + passing

### STARTING PLAY:



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

### SCORING TRIES:



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

### SCRUMS:



No Scrums

### LINEOUTS:



No Lineouts

#prideinthehoops