

# U8

U8 rugby introduces children to contact rugby in a safe and enjoyable way, with a focus on safe tackling, building confidence, and positive early experiences. The game is simplified to prioritise learning over competition, giving every child the opportunity to develop fundamental rugby skills in a supportive and inclusive environment.



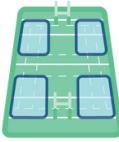
## ON FIELD PLAYER NUMBERS

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



## OFFSIDE

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

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

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



## KICK OFF / RESTART

Tap by non-try-scoring team on 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.



### SANCTIONS

Tap and Pass with defenders back 5m



### FEND / PALM

To the body below the line of the sternum

## 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.



### 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.



### MATCH OFFICIAL ACCREDITATION

### MATCH OFFICIAL

Match Officials are required to have Smart Rugby and Season Ready accreditation.

It is highly recommended that match officials attend a referee course.



### MAUL

There are no mauls in U8 rugby.

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



### COACHING ACCREDITATION

### COACH EDUCATION

Coaches are required to have Smart Rugby and Season Ready accreditation.

It is highly recommended they 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

No. Tap 5m from try line for the defending team.

