

GENERAL INFORMATION

Lead Area:	NTRU
Lead Policy Title:	GAME ON RULES (excl Girls U13 – u17) (as recommended in World Rugby Game On Global)
Date last modified:	8 September 2025

SCOPE OF RESPONSIBILITY

This policy describes the Game On Rules, adapted from the [World Rugby Game On Global](#) recommendations, and how they will apply to NTRU Competitions.

The underlying principle of the Game On Rules is to provide a flexible solution to local participation issues, while still promoting the Community XVs Rugby format. At all times, our aim remains to play 15-a-side wherever possible, but where not possible the Game On Rules will still allow for a competitive match to be played.

The Game On Rules apply to ALL NTRU Competition age-grades, except for A Grade (Men's).

The Game On Rules do not apply during any Finals match (all Finals matches are 15-a-side plus reserves).

STEP	DESCRIPTION OF ACTION	RESPONSIBLE
1	NOTIFICATION If a Coach/Team Manager knows before the game that their team will not be able to field 15 players at the start of the game, then they must notify the Referee and opposition Coach/Manager of this fact before the start of the match Ideally, and by way of courtesy, Coaches/Team Managers/Clubs should be communicating on Thursday evening prior to the match if limited numbers are already known	Coach/Team Manager/Clubs
2	TEAMS MUST BE EQUAL AT THE COMMENCEMENT OF THE MATCH - with player numbers on the pitch for each team being 7*** 10, 11, 12, 13 or 14 a-side (plus reserves up to 23) - Team(s) with less than 15 players available must play with all available players * - The team with the fewest players (between 10 and 15 players) determines the number of players the match is commenced with. - Once the match has commenced, injuries or players arriving late don't further alter the number of players on or allowed on the pitch as applied prior to the commencement of the match ** RESERVES - If the team has a full complement of players however Game On rules have been applied, the following reserves are; - *** Girls U13, u15, u17 – maximum of 12 players - 10 – maximum of 6 reserves (total 16 players) - 11 – maximum of 6 reserves (total 17 players) - 12 – maximum of 8 reserves (total 20 players) - 13 – maximum of 8 reserves (total 21 players) - 14 – maximum of 8 reserves (total 22 players) NOTE - All games will be played under XVs laws (and any applicable pathways laws) - Contested and Uncontested Scrum Policy still applies - All games will be played as competition games	Coach/Team Manager/Clubs
3	GAME DURATION The following shortened game durations apply regardless of age-grade: - 7-a-side = 21 minutes (3 x 7 min per half) *** - 10-a-side = 40 minutes (20 minutes per half) - 11 / 12 a-side = 50 minutes (25 minutes per half) - 13 / 14 -a-side = 60 minutes (30 minutes per half) **** Where there is time remaining in the allocated timeslot, teams are encouraged to play a further period of rugby as a “friendly” match (i.e. not for competition points), to maximise participation opportunity.	Coach/Team Manager/Clubs
4	SCRUMS Players in the scrum will be similarly reduced based on the starting team sizes as follows - 11 / 10 -a-side = 5 players in the scrum - 12 -a-side = 6 players in the scrum - 13 -a-side = 7 players in the scrum - 14 / 15 -a-side = 8 players in the scrum	Coach/Team Manager/Clubs

* e.g. if you have 13 players available, you play with 13. You don't play with 12, plus 1 reserve.

OPERATIONAL POLICY

** e.g. if a player is injured, you play with 1 less player. If a player arrives late, you play with 1 reserve player.

*** applicable ONLY to Girls U13, U15 & U17 competitions

**** unless U13 age grades, which are maximum 25 minute halves