

**EFFECTIVE 01 APRIL 2019**

**2019 LAW VARIATIONS FOR COMMUNITY RUGBY:  
EXPLANATORY DOCUMENT FOR  
U7, U9, U11, U13, U15, U17, & U19**

**PLEASE DISREGARD RUGBY CANADA AGE GRADE  
VARIATIONS RELEASED PRIOR TO APRIL 1, 2019.**



Rugby Alberta  
Percy Page Centre, 11759 Groat Road  
Edmonton Alberta, T5M 3K6



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### ***IMPORTANT NOTICE***

**IF THE VARIATION IS NOT LISTED IN THIS DOCUMENT AND THERE IS A DOUBT ABOUT THE LAW APPLY WORLD RUGBY U19 LAWS OF THE GAME.**



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## Vision and Mission Statement

### Vision

To foster an inclusive, welcoming environment so that players of every shape, size, gender, age, ability, and skill level are able to participate in developmentally appropriate, controlled, competitive and enjoyable games. Use the game as the best teacher for teamwork, co-operation and respect between participants, coaches, players, officials, parents, and fans.

### Mission

Use a player-centred, developmentally driven and competition supported model to continually assess, adapt and improve age and developmentally appropriate law variations across Canada. We seek to ensure integrity, passion, solidarity, discipline and respect are central tenants for all considerations, decisions and variations made.



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## Law Clarification

*Below is clarification for some of the new laws applied across all age grades where appropriate.*

### Half-Game Project

	Explanation	Law Considerations / Notes
<b>Half-game guarantee</b>	Each player guaranteed to play Half-a-Game every match day.	Half-game minutes may be accumulated all at once or through rolling substitutions.
<b>Start 1 game guarantee</b>	Every player must start 1 game per festival/competition day.	Focus on development opportunities for all players in a variety of positions.
<b>Triangular/Quad Fixtures</b>	<p>Play multiple shorter games in a festival style using full or modified squad sizes and modified match lengths.</p> <p>Endeavour to schedule 3 matches / team per festival. Ensure there is appropriate rest time between matches.</p>	<p>Recommendation to schedule multiple matches when possible to promote player participation &amp; experience.</p> <p>Recommended for U15 and below.</p> <p>This structure allows for match results to be recorded and may be used in both recreational and competitive settings.</p>

Every player - regardless of age, development or skill level - are guaranteed to play a minimum of half of the game time available per event. Playing time may happen all at once (play an entire half), or through an accumulation of minutes via rolling substitutions. This rule is modeled off other rugby nations such as Wales, Scotland, New Zealand and the RFU (England Rugby). Central to this initiative is the belief of development over success and the best way to facilitate the development of youth players is to provide more opportunities for them to play. A player-centred environment is fostered through consideration of what the player needs and wants, and it is the responsibility of adults (coaches, administrators, volunteers, supports etc.) to create an environment which supports them. In this way, the belief that rugby is a game for everyone, all ages, body types and experience levels necessarily champions a rule which places player experience at the forefront of competition structure. In and of itself, the Half-Game initiative has the potential to greatly increase player enjoyment and engagement simply because it asks coaches to walk the walk of player development.



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## Scrum

a. Limited tolerance for scrum infringements - limit scrum resets to a maximum of **two to three resets** per scrum in older age grades.

- Limiting the number of scrum resets promotes faster game play and increases ball in play time. Coaches are tasked with teaching safe scrummaging technique and ensuring all players are educated and aware of the laws. This promotes individual scrum technique and process (body position, effective binding and staying square).

b. Enforce 30 seconds time limit for scrum to be set once the call is made.

*Sanction: free kick for opposing team.*

- Enforcing a time limit of the scrum to be set increases speed of game and ball in play time.

## Line Out

a. Maximum of 30s for attacking team to throw in line-out from AR mark.

- To speed up the game, increase ball in play time and increase intensity of game. Players are asked to execute lineouts safely, fairly and properly in a time efficient manner.

## Tackle Height

Tackle height guidance for U11 - U19 boys and girls.

**Red.** High tackle, dangerous, may or may not be full arm wrap. Penalty and a learning opportunity for player - Coach and official provide insight on safe tackle procedures.

**Yellow.** Slightly high tackle around the chest or midsection, play on but remind player about tackle technique and height.

**Green.** Low tackle around legs or waist/belly button, and player is brought safely to ground. Promote the green zone - encourage all tackles to be made here!



## Law Recommendations

The following recommendations are intended for a modified game where sub-unions, clubs, and coaches deem appropriate. Unless otherwise specified, these recommendations are appropriate for U7 - U19 age grades.

### Squad Size

If a team is unable to field the full squad size recommended by the law variations, it is highly recommended for coaches to discuss adjust as necessary. Following discussion and agreement upon modified squad size, pitch size, playing time and rules coaches must consult and confirm changes with officials.

### Substitutions

No substitutions to be made prior to half time unless for an injury. Recommendation particularly for triangle/quad fixtures. See Half-Game Laws for more information.

### Infringements (U13 - U19)

10 seconds time limit to play following a penalty or free kick call.

**Sanction: Reverse free kick, the opposition is given a free kick at the same place if longer than 10s.**

- Use to increase speed of thought, ball in play and speed of game. A law which gives players more decision-making opportunities, supporting a player-centred sport philosophy



## Under 7 (Flag)

### Time of Play and Players

#### Playing Numbers

- 4 per team *recommended*; 6 per team *maximum*.
- Games must be played with an equal number of players (i.e. 4v4, 5v5, 6v6 on each team). Coaches agree on squad numbers prior to beginning of match.
  - Balance players and ability where possible.

#### Playing time

- *Single game*: 10 minutes per half.
- *Festival/multiple games*: 7 minutes per half.
- *Maximum playing time for players*: 60 minutes daily / per event

#### Substitutions

- Rolling substitutions.

#### Coaches on Field (Not Including Game Manager)

- Yes.

### Field of Play

#### Ball Size

- Size 3

#### Pitch size (*see field maps on pg. 10*)

- 20m X 15m (4v4).
  - Less players means more players have opportunities to touch the ball.
- 25m X 20m (6v6)

#### Safety zone between playing areas (*see field maps on pg. 10*)

- Please allow at least *5m in between each field*.

Where possible/space allows, no spectators are allowed inside this 5m safety zone. Only coaches, substitute participants and medical staff are allowed in the safety zones during play.

#### Match Official

- Games to be officiated by Game Manager or Coach.
  - Must be registered with a club as one of the following:
    - Match Official, Coach, Volunteer, Player.



## Scoring, Knock-On, Tackle, Offside, Hand-Off

### Scoring

- Try = 1 point.
  - Recommendation is to not formally keep track of scoring - development and enjoyment is our key aim for this age grade.

### Knock-ons

- Play on! To increase the flow of the game, allow play to continue if ball dropped.
  - If there are repeated, sequential knock-ons by both teams' referee may stop play and restart play with a tap and pass.

### Tackle

- Pulling of the flag.
- The defending team is to move to their side of the ball after a flag pull.
- The 'flagging' (tackler) player cannot rejoin play until they have handed the flag back.
- The 'flagged' (tackled) player cannot rejoin play until the flag(s) they have been removed is placed back on their belt.

### Offside line

- ~ 3m back from *tap and pass* restart.
- Where the ball carrier *stops* after the flag is pulled not where the flag was pulled.
  - Ball carrier allowed a *maximum* of 3 steps after flag is pulled.
  - As long as the player who is offside does not interfere with play, continue playing.

### Hand-Off (Fending)

- Not allowed.

## Kicking & Restarts

### Restarting Play (kickoffs and restarts after scores)

- Tap and pass

### Conversions/Kicking for Points

- Not allowed

### Kick in Open Play

- Not allowed





## Scrum, Lineout, Breakdown & Maul

### Scrum

- Tap and Pass to be used in all circumstances where a scrum would normally occur.

### Lineout

- Tap and pass from the mark where the ball exited play.

### Ruck

- None.

### Maul

- None.

## Infringements

### Penalties - Tap and Pass

- Tap and pass should be used for all infringements to restart game.
  - Scrum option from penalty or free kick.

### Yellow Card

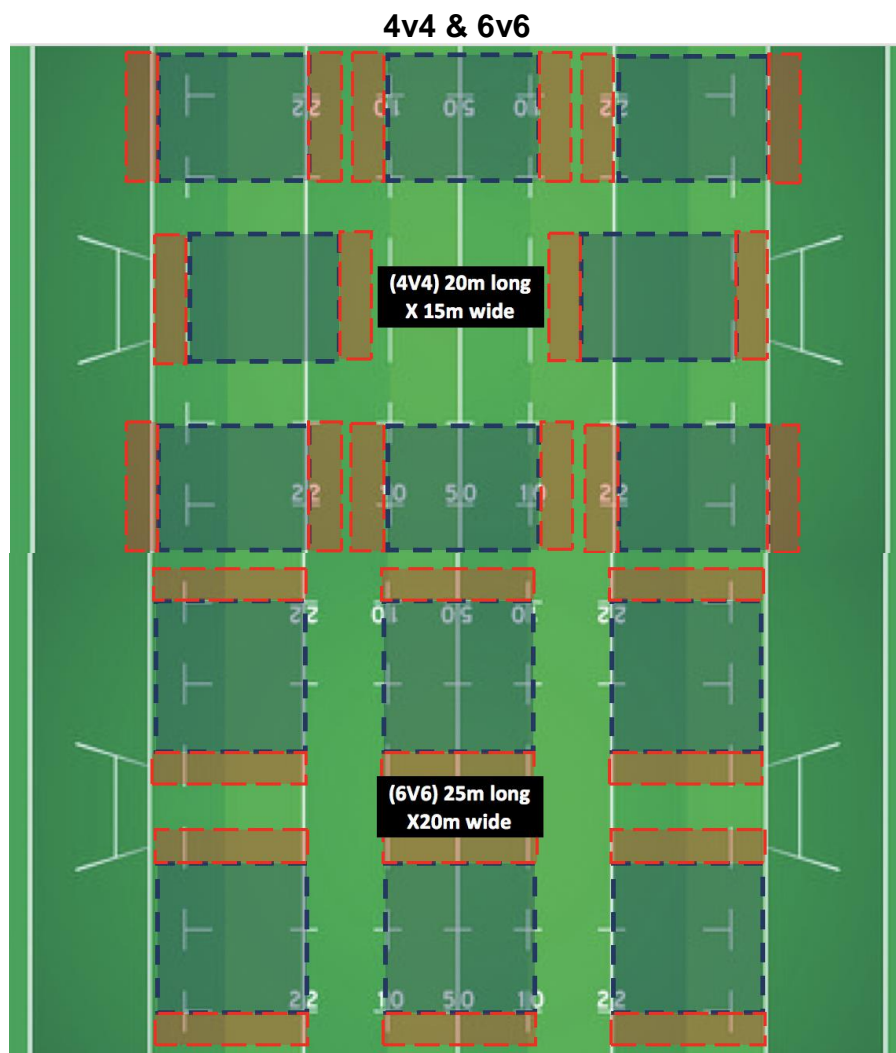
- Time Out – 2 Minutes.
- Player sits out for a short period to get coaches feedback on foul play (Learning opportunity).
- Player is to be replaced to maintain equal numbers.

### Red Card

- No.

## Suggested Field Set Up

Below are some suggestions for field set up. All locations and number of fields are different so please adapt to suit your needs.



## Under 9 (Flag)

### Time of Play and Players

#### Playing Numbers

- 6 per team *recommended*; 8 per team *maximum*.
- Games must be played with an equal number of players (i.e. 6v6, 7v7 on each team). Coaches agree on squad numbers prior to beginning of match.
  - Balance players and ability where possible.

#### Playing time

- *Single game*: 12 - 15 minutes per half.
- *Festival/multiple games*: 7 minutes per half.
- *Maximum playing time for players*: 60 minutes daily / per event

#### Substitutions

- Rolling substitutions.

#### Coaches on Field (Not Including Game Manager)

- Yes.

### Field of Play

#### Ball Size

- Size 3

#### Pitch size (*see field maps on pg. 14*)

- 35m x 25m (6v6 & 8v8).
  - Less players means more players have opportunities to touch the ball.

#### Safety zone between playing areas (*see field maps on pg. 14*)

- Please allow at least *5m in between each field*.
- Where possible/space allows, no spectators are allowed inside this 5m safety zone. Only coaches, substitute participants and medical staff are allowed in the safety zones during play.

#### Match Official

- Games to be officiated by Game Manager or Coach.
  - Must be registered with a club as one of the following:
    - Match Official, Coach, Volunteer, Player.



## Scoring, Knock-On, Tackle, Offside, Hand-Off

### Scoring

- Try = 1 point.
  - Recommend there is no formal tracking of scoring - development and enjoyment is our key aim for this age grade.

### Knock-ons

- As per laws of game - restart with tap and pass.
  - Option to allow a few knock-ons at the beginning of the season as players are learning; coaches to discuss and agree on rules prior to match.

### Tackle

- Pulling of the flag.
- The 'flagged' ball carrier (tackled player) ...
  - may take **three steps** before a pass is made.
  - must pass within **three seconds** of being flagged.
- If a team does not score within 6 flags, possession shall be turned over to the other team at the point of the 6<sup>th</sup> flag.
- The defensive 'flagging' (tackler) ...
  - cannot rejoin play until they have handed the flag back.
  - cannot rejoin play until the flag(s) that has been removed is placed back on their belt.
- A flagged ball carrier can score if they are within one step of completing the action.

### Offside line

- ~ 3m back from *tap and pass* restart.
- Where the ball carrier *stops* after the flag is pulled not where the flag was pulled.
  - Ball carrier allowed a *maximum* of 3 steps after flag is pulled.
  - As long as the player who is offside does not interfere with play, continue playing.

### Hand-Off (Fending)

- Not allowed.

### Kicking & Restarts

#### Restarting Play (kickoffs and restarts after scores)

- Tap and pass at centre.

#### Conversions/Kicking for Points

- Not allowed



## Kick in Open Play

- Not allowed

## Scrum, Lineout, Breakdown & Maul

### Scrum

- Tap and Pass to be used in all circumstances where a scrum would normally occur.

### Lineout

- Tap and pass from the mark where the ball exited play.

### Ruck

- None.

### Maul

- None.

## Infringements

### Penalties - Tap and Pass

- Tap and pass should be used for all infringements to restart game.
  - Scrum option from penalty or free kick.

### Yellow Card

- Time Out – 2 Minutes.
- Player sits out for a short period to get coaches feedback on foul play (Learning opportunity).
- Player is to be replaced to maintain equal numbers.

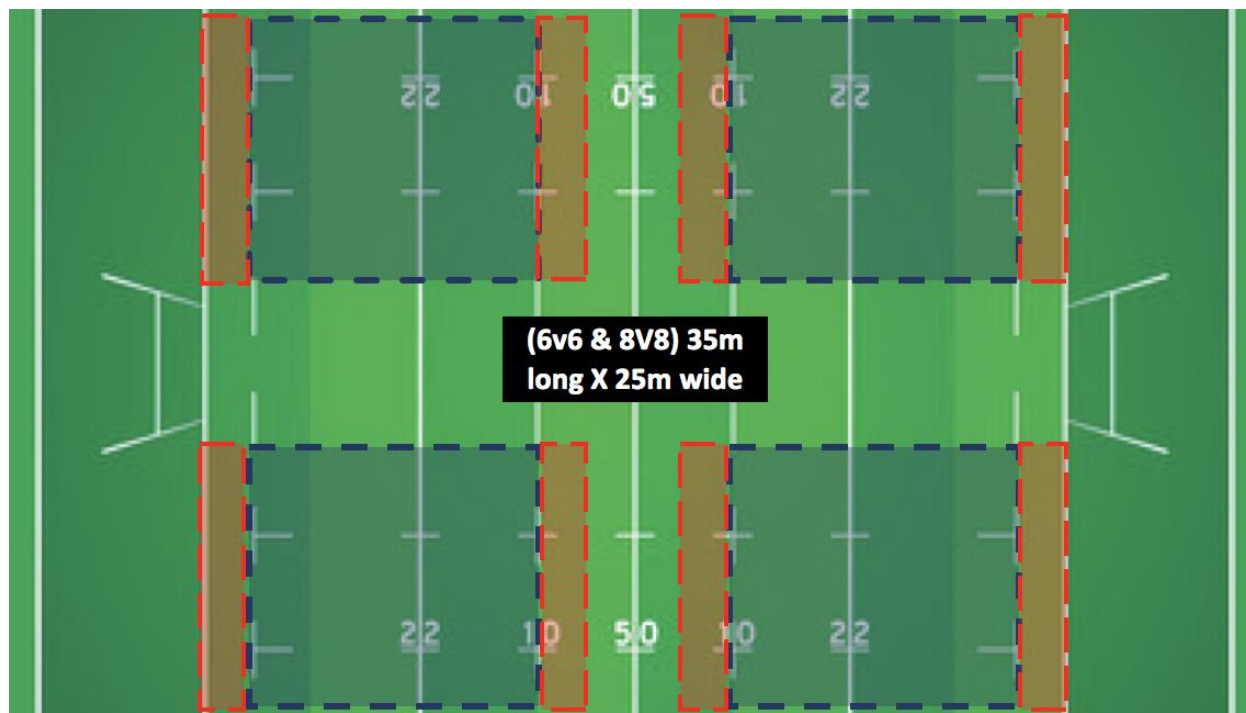
### Red Card

- No.

## Suggested Field Set Up

Below are some suggestions for field set up. All locations and number of fields are different so please adapt to suit your needs.

**6v6 or 8v8**



## Under 11 (Transition to Contact)

### Time of Play and Players

#### Playing Numbers

- 8 per team *recommended*; 9 per team *maximum*.
- Games must be played with an **equal** number of players (i.e. 7v7, 8v8, 9v9 on each team). Coaches agree on squad numbers prior to beginning of match.
  - Balance players and ability where possible.

#### Playing time

- *Single game*: 15 - 20 minutes per half.
- *Festival/multiple games*: 7 - 10 minutes per half.
- *Maximum playing time for players*: 70 minutes daily / per event

#### Substitutions

- Rolling substitutions.

#### Coaches on Field (Not Including Game Manager)

- Recommend **no** coach on field, but if coaches feel there are any safety issues, they may discuss prior to the match to be on field for learning opportunities.

### Field of Play

#### Ball Size

- Size 3 or 4

#### Pitch size (see field maps on pg. 19)

- Festival: 35m x 30m (8v8)
- Single Game: 60m x 35m (9v9)
  - If space allows, adjust field size based on squad size.

#### Safety zone between playing areas (see field maps on pg. 20)

- Please allow at least *5m in between each field*.
- Where possible/space allows, no spectators are allowed inside this 5m safety zone. Only coaches, substitute participants and medical staff are allowed in the safety zones during play.



## Match Official

- Games to be officiated by Game Manager or Coach.
  - Must be registered with a club as one of the following:
    - Match Official, Coach, Volunteer, Player.

## Scoring, Knock-On, Tackle, Offside, Hand-Off

### Scoring

- Try = 1 point.
  - Recommendation is to not formally keep track of scoring - development and enjoyment is our key aim for this age grade.

### Knock-ons

- As per laws of game - 3v3 uncontested scrum (see page 18)

### Tackle

- Yes - below the waist! (Use World Rugby tackle definition)
  - Red, Amber, Green zones in effect (see page 5)
- It is the responsibility of the Game Coach on field to ...
  - manage high tackles.
  - communicate with the player to lower tackle height.
  - *Sanction: Issue a yellow card timeout for repeated tackle infringements.*
- If there are **any** safety concerns, coaches must communicate prior to match and determine if a gradual tackle progression is appropriate. If this is the case, the Game Coach may call a tackle complete based on contact made, the ball carrier will fall to the ground and the game continues.
  - This is a development option for learning - it is best used at the beginning of the season as players are learning the game, introduced to contact and becoming comfortable in contact situations.

### Offside line

- Back foot of the ruck. Apply World Rugby Laws of the Game
  - Game Coach to monitor off side as well as ensure defense is onside and allowing enough space for attacking team to play.

### Hand-Off (Fending)

- Not allowed.
  - Focus in this age grade is introduction to contact and increasing player body awareness and comfort in contact situations.



## Kicking & Restarts

### Restarting Play (kickoffs and restarts after scores)

- Punt or Drop Kick (player choice) - must travel 7m.
  - Kicking team may **not** advance until the ball has traveled 7m.
- If ball is kicked through the back of the in-goal or straight out of bounds ...
  - Award a free kick at half to the opposing team.

### Conversions/Kicking for Points

- Not allowed

### Kick in Open Play

- Allowed, only from hand - *cannot* kick the ball along the ground excessively.
- No open field kicks may go straight out play (in-touch) or past the dead ball line.
  - Constraining kicking within the field of play boundaries allows for development of a variety of kicks, kick technique and field awareness. It promotes thoughtfulness and skill execution, increases ball in play time, promotes counter attack and kicking to pace
  - *Sanction: Free kick to opposition from where ball was kicked.*

## Scrum, Lineout, Breakdown & Maul

### Scrum

- 3 vs. 3 uncontested.
  - The nearest **4** players per team are to join the scrum - 2 props, 1 hooker, and 1 dummy half/scrum half from each team.
  - At this age we want to promote all players playing a variety of positions!
- Attacking scrum half **must** pass.
- Opposition scrum half **must not** challenge.
- Defence **must** be **3m** back.
- Encourage **30 seconds** time limit for scrum to be set once the call is made.
  - *Sanction: Free kick to opposition if there are repeated and excessive delays in scrum formation.*

### Lineout

- 2 vs. 2 uncontested.
  - The nearest **4** players per team are to join the lineout - 1 thrower, 2 receivers and 1 dummy half / scrum half from each team.
  - At this age we want to promote all players playing a variety of positions!
- Defence must be **3m** back.
- Attacking scrum half **must** pass.
- Encourage **30 seconds** time limit for attacking team to throw in lineout from mark.
  - *Sanction: Free kick to opposition if there are repeated and excessive delays in lineout formation.*



## Ruck

- 1v1 contested.
- Players are to enter the ruck from their side of the ball and must remain on their feet the entire time
  - *Should a **second** player enter the ruck from the defensive team, that team must stop pushing and allow the attacking team to win.*
- Encourage a fast game - if no players ruck and the ball is moved from a tackle situation, play on!
  - Players on the defensive team are allowed to turn the ball over (e.g. poach) if no ruck is formed.

## Maul

- None.

## Infringements

### Penalties - Tap and Pass

- Tap and pass should be used for all infringements
- **NO** kicking for touch (lineout) or kicking for points.
  - Promote quick thinking and quick play once a penalty is awarded.
- **NO** requesting a scrum option from penalty or free kick
  - Scrummaging is not a priority for this age grade, work to promote ball in play and player movement.

## Yellow Card

- Time out based on match length:
  - 2 minutes per *festival* or adjusted matches
  - 5 minutes per *single* game
- Player sits out for a short period to get coaches feedback on foul play (Learning opportunity).
- Player is to be replaced to maintain equal numbers.

## Red Card

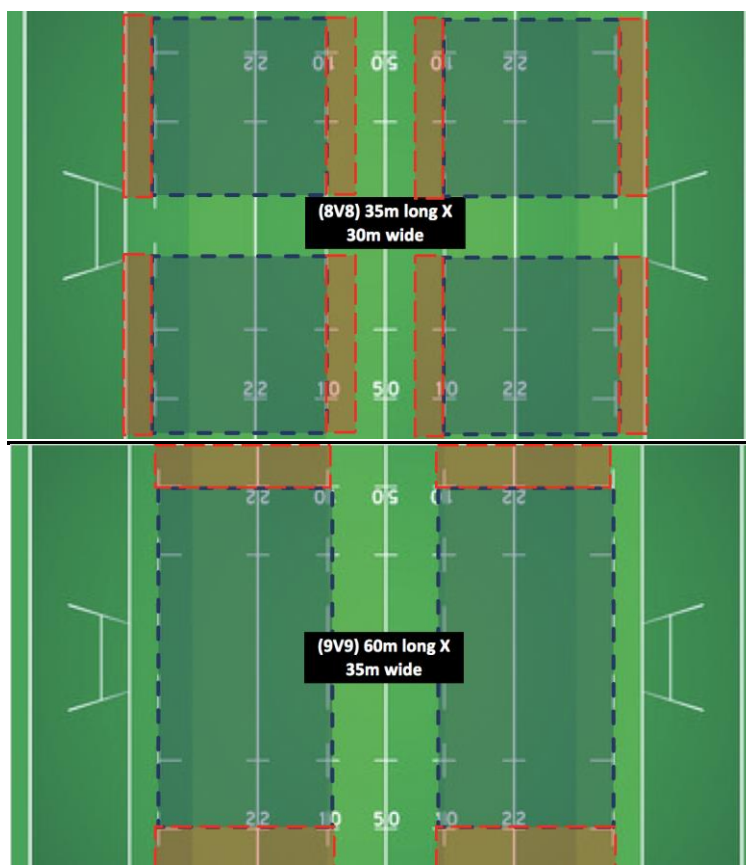
- No.



## Suggested Field Set Up

Below are some suggestions for field set up. All locations and number of fields are different so please adapt to suit your needs.

### 8v8 & 9v9



## Under 13 Boys & Girls

### Time of Play and Players

#### Playing Numbers

- 13 per team *recommended maximum*; 12 per team *minimum*.
  - Number of forwards: 6
  - Number of backs: 7
  - Squad size: no maximum for league play.
  - Games must be played with equal number of players (e.g. 13v13 not 12v13)
  - Balance players and ability where possible.
- Coaches agree on squad numbers & minutes if unable to field a full 13-a-side squad
  - See “U13 Limited Players” section for less than 13-a-side consideration

#### Playing time

- *Single game*: 25 minutes per half / 12.5-minute quarters
- *Festival/multiple games*: 10 - 15 minutes per half.
- *Maximum playing time for players*: 70 minutes daily / per event

#### Substitutions

- Rolling substitutions.
  - No limit during festivals; substitutions to be made at quarter time during a full match or any stoppage of play during modified matches.

#### Coaches on Field (Not Including Game Coach)

- No.
  - Exception: if there are any concerns regarding safety. Coaches to discuss prior to match and agree to be on field for learning opportunities.

#### Field of Play

#### Ball Size

- *Recommended size 4; Size 5 acceptable*

#### Pitch size (see field maps on pg. 24)

- 60m x 90m - play within the 5m lines (13 v 13).
  - Adjust field size for modified squad sizes.



### Safety zone between playing areas *(see field maps on pg. 25)*

- Please allow at least *5m in between each field*. Apply World Rugby Laws of the Game.
- Where possible/space allows, no spectators are allowed inside this 5m safety zone. Only coaches, substitute participants and medical staff are allowed in the safety zones during play.

### Match Official

- Games to be officiated by accredited referee where possible.
  - Coach is acceptable if agreed upon.

## Scoring, Knock-On, Tackle, Offside, Hand-Off

### Scoring

- Apply World Rugby U19 Laws of the Game.

### Knock-ons

- Apply World Rugby Laws of the Game.

### Tackle

- Yes - below the shoulders! Use World Rugby tackle definition.
  - Red, Amber, Green zones in effect
- It is the responsibility of the Referee / Game Coach on field to ...
  - manage high tackles.
  - communicate with the player to lower tackle height.
  - Sanction: Issue a yellow card timeout for repeated tackle infringements.

### Offside line

- Back foot of the ruck. Apply World Rugby U19 Laws of the Game.

### Hand-Off (Fending)

- Allowed.
- Hand-off **cannot** make contact with opposition player head or neck - chest and shoulder area only.
  - *Sanction: penalty.*
    - Hand-off allowed at this age as focus in U11 was increasing player comfort when making and receiving a tackle.

## Kicking & Restarts

### Restarting Play (kickoffs and restarts after scores)

- Punt or Drop Kick - must travel 10m.
- Restart from half, must **land** between opposition 10m and 22m
  - The ball may bounce and roll past the 22m.
  - Allow kicker to re-kick if ball does not travel 10m or travels in the air past the 22m. If the kick missed **twice** in a row apply sanction.
    - *Sanction: free kick for opposition at half way line.*
- Constraining area for restart to land promotes development of aerial skills, improves accuracy of kicking and allows players more opportunities to play with ball in hand.

### Conversions/Kicking for Points

- Single match: allowed in front of posts following a try - encourage both drop kicks and kicking off of a tee.
  - Referee to offer player option to kick where ball was scored or defer kick to restart play quicker.
    - Festival matches: Permitted but must be taken within 60 seconds of scoring the try.
  - No kicking for points on penalties.

### Kick in Open Play

- Yes - all types allowed and encouraged
- No open field kicks may go straight out of play (in to touch/dead ball), **excluding** penalty or when within own 22m.
  - *Sanction: free kick to opposition from where ball was kicked*
    - Constraining kicking within the field of play boundaries allows for development of a variety of kicks, kick technique and field awareness. It promotes thoughtfulness and skill execution, increases ball in play time, promotes counter attack and kicking to space.

## Scrum, Lineout, Breakdown & Maul

### Scrum

- 6v6 (3:2:1) - no flankers
  - Hookers contest but **no** push.
  - Opposition scrumhalf cannot challenge but may follow the ball.
  - Scrumhalf in possession of ball must pass.
  - 8-pick and 9-pick is not allowed.
    - Should the ball exit the back of the scrum without a pass being made the ball is out, play on.
- Enforce 30 seconds time limit for scrum to be set once the call is made.
  - *Sanction: Free kick to opposition if there are repeated and excessive delays in scrum formation.*



## Lineout

- *Maximum* of 6 vs 6 - 1 thrower + 5 receivers + 1 scrumhalf per team
  - No lift. Jumpers contest.
  - Official to mark 3m for front of lineout.
- Quick throw-in (lineout) allowed
- Maximum of **30 seconds** for attacking team to throw in lineout from AR mark.
  - *Sanction: free kick for opposition team on 15m line if there are repeated and excessive delays in lineout formation.*
- **All** infringements at the lineout result in a **free kick** for the opposition team on the **15m** line, excluding foul play.
  - Foul play infringements sanction remains the same as in World Rugby Laws.

## Ruck

- Apply World Rugby U19 Laws of Game.

## Maul

- Apply World Rugby U19 Laws of the Game.
  - Use or Lose application to limit the time length of Maul.
  - Once the maul stalls, the ball must be produced and used - the maul cannot restart.

## Infringements

### Penalties

- Tap and pass should be *encouraged* for all infringements
  - Kicking out of hand is only permitted within own 22m when defending
- **NO** kicking for touch (lineout) or kicking for points.
  - Promote quick thinking and quick play once a penalty is awarded.
- **NO** requesting a scrum option from penalty or free kick
  - Scrummaging is not a priority for this age grade, work to promote ball in play and player movement.

### Yellow Card

- Time out based on match length
  - Festival or adjusted matches: 2 minutes
  - Single match: 5 minutes
- Player sits out for a short period to get coaches feedback on foul play (Learning opportunity).
- Player must be replaced to maintain equal numbers.

### Red Card

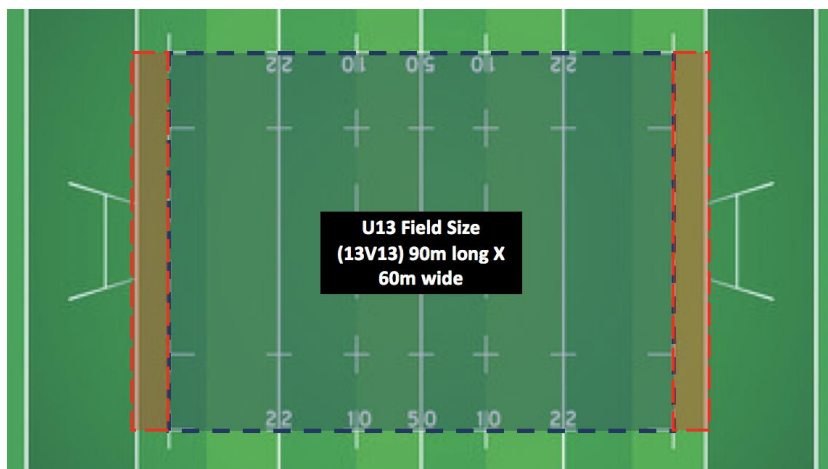
- Yes - remove player for any further play that day and they must be replaced to keep numbers equal.



## Suggested Field Set Up

Below are some suggestions for field set up. All locations and number of fields are different so please adapt to suit your needs.

### 13v13





## Under 13 for Limited Numbers

*All game-play rules to follow Under 13 Law Variations unless otherwise specified below.*

### Time of Play and Players

#### Playing Numbers

- Coaches and officials to agree on squad numbers and length of match. Games must be played with an equal number of players and look to balance players where possible.
  - 7-a-side: 3 forwards + 4 backs
  - 8-a-side: 3 forwards + 5 backs
  - 9-a-side: 5 forwards + 4 backs
  - 10-a-side: 6 forwards + 4 backs
  - 11-a-side: 6 forwards + 5 backs

#### Playing time

- *Maximum playing time for players: 70 minutes daily / per event*
  - 7 a-side → 7 minutes per half.
  - 8 a-side = 8 → 10 minutes per half.
  - 9 - 11 a-side → 10 - 15 minutes per half.
    - Timings may vary, confirm with event organizer prior to the event.

#### Substitutions

- Rolling substitutions.
  - To be made at quarter time during a full match or any stoppage of play during modified matches.

#### Coaches on Field (Not Including Game Manager)

- No.
  - Exception: if there are any concerns regarding safety. Coaches to discuss prior to match and agree to be on field for learning opportunities.

### Field of Play

#### Ball Size

- *Recommended size 4; size 5 acceptable*

#### Pitch size (see field maps on pg. 29)

- Coaches and officials to agree on adjusted field size for modified squad sizes.
  - 7 - 11 a-side: 60m (length) x 45m (width) + 5m in-goal/try-zone



### Safety zone between playing areas (see field maps on pg. 30)

- Please allow at least *5m in between each field*. Apply World Rugby Laws of the Game.
- Where possible/space allows, no spectators are allowed inside this 5m safety zone. Only coaches, substitute participants and medical staff are allowed in the safety zones during play.

### Match Official

- Games to be officiated by accredited referee where possible.
  - Coach is acceptable if agreed upon.

## Scoring, Knock-On, Tackle, Offside, Hand-Off

### Scoring

- Apply World Rugby U19 Laws of the Game.

### Knock-ons

- Apply World Rugby Laws of the Game.

### Tackle

- Yes - below the shoulders! Use World Rugby tackle definition.
  - Red, Amber, Green zones in effect
  - It is the responsibility of the Referee / Game Coach on field to ...
  - manage high tackles.
  - communicate with the player to lower tackle height.
  - Sanction: Issue a yellow card timeout for repeated tackle infringements.

### Offside line

- Back foot of the ruck. Apply World Rugby U19 Laws of the Game.

### Hand-Off (Fending)

- Allowed.
- Hand-off **cannot** make contact with opposition player head or neck - chest and shoulder area only.
  - *Sanction: penalty.*
    - Hand-off allowed at this age as focus in U11 was increasing player comfort when making and receiving a tackle.



## Kicking & Restarts

### Restarting Play (kickoffs and restarts after scores)

- Punt or Drop Kick - must travel 10m.

### Conversions/Kicking for Points

- Not allowed when match length and field parameters adjusted.

### Kick in Open Play

- Yes - all types allowed and encouraged
- No open field kicks may go straight out of play (in to touch/dead ball), **excluding** penalty or when within own 22m.
  - *Sanction: free kick to opposition from where ball was kicked*

## Scrum, Lineout, Breakdown & Maul

### Scrum

- Adjust according to squad size.
  - 7 and 8-aside → 3 v 3
  - 9-a-side → 5 v 5 (3:2)
  - 10 and 11-a-side → 6 v 6 (3:2:1)
    - Hookers contest but no push.
    - Opposition scrumhalf cannot challenge but may follow the ball.
    - Scrumhalf in possession of ball must pass.
    - 8-pick and 9-pick is not allowed.
- Enforce 30 seconds time limit for scrum to be set once the call is made.
  - *Sanction: free kick for opposition team.*

### Lineout

- *Maximum* of 5 vs 5 - 1 thrower + 3 receivers + 3 scrumhalf per team.
- *Recommend* 3v3 for smaller squad sizes - 1 thrower 2 receivers and a scrumhalf per team.
- No lift. Jumpers contest.
  - Official to mark 3m for front of lineout.
- Quick throw-in (lineout) allowed
- Maximum of 30 seconds for attacking team to throw in lineout from AR mark.
  - Sanction: free kick for opposition team on 15m line.
- All infringements at the lineout result in a free kick for the opposition team on the 15m line, excluding foul play.
  - Foul play infringements sanction remains the same as in World Rugby Laws.

## Ruck

- Apply World Rugby U19 Laws of Game.

## Maul

- Apply World Rugby U19 Laws of the Game.
  - Use or Lose application to limit the time length of Maul.
  - Once the maul stalls, the ball must be produced and used - the maul cannot restart.

## Infringements

### Penalties

- Tap and pass should be encouraged for all infringements
  - Kicking out of hand is only permitted within own 22m when defending
- NO kicking for touch (lineout) or kicking for points.
  - Promote quick thinking and quick play once a penalty is awarded.
- NO requesting a scrum option from penalty or free kick
  - Scrummaging is not a priority for this age grade, work to promote ball in play and player movement.

### Yellow Card

- Time out based on match length
  - Festival or adjusted matches: 2 minutes
  - Single match: 5 minutes
- Player sits out for a short period to get coaches feedback on foul play (Learning opportunity).
- Player must be replaced to maintain equal numbers.

### Red Card

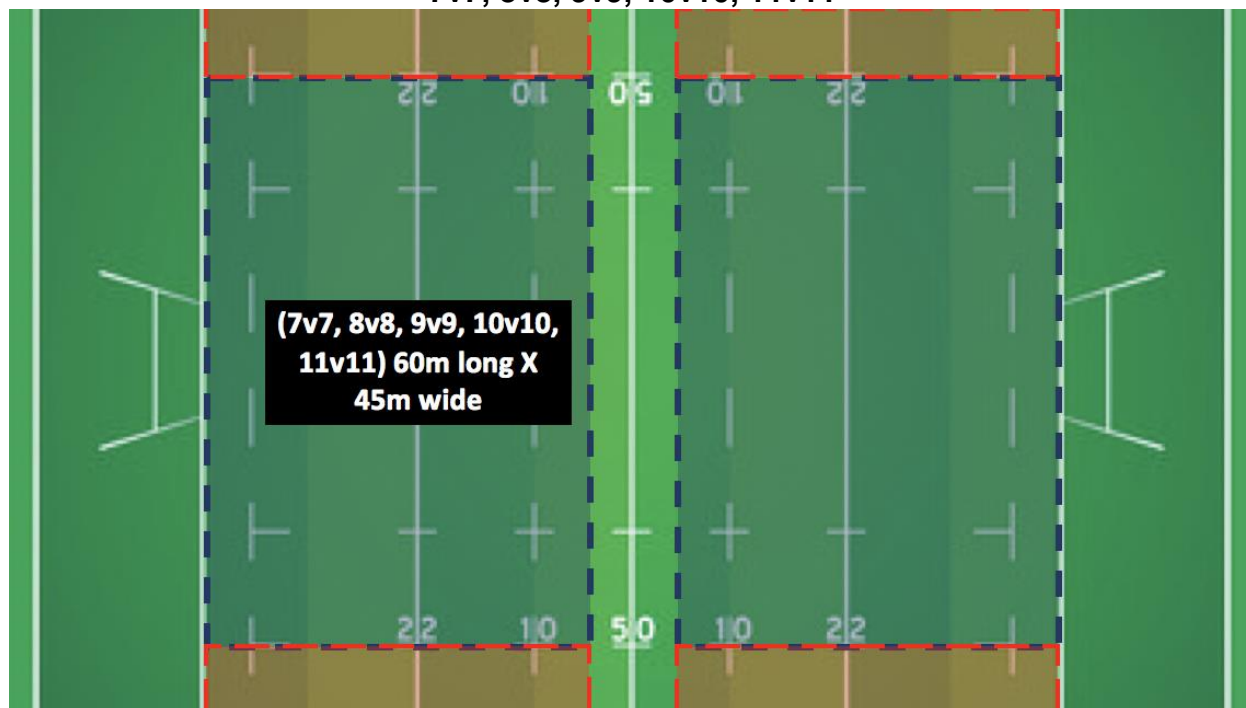
- Yes - remove player for any further play that day and they must be replaced to keep numbers equal.



## Suggested Field Set Up

Below are some suggestions for field set up. All locations and number of fields are different so please adapt to suit your needs.

7v7, 8v8, 9v9, 10v10, 11v11



## Under 15 Boys & Girls

### Time of Play and Players

#### Playing Numbers

- 15 per team *recommended maximum*; 12 per team *minimum*.
  - See “U15 Limited Players” section for less than 12-a-side consideration
  - On field: 12 - 15
  - Forwards: 6 - 8
  - Backs: 6 - 7
  - Squad Size: No maximum for league play or playoffs.
- Games must be played with an equal number of players (i.e. 4v4, 5v5, 6v6 on each team). Coaches agree on squad numbers prior to beginning of match.
  - Balance players and ability where possible.

#### Playing time

- *Single game*: 30 minutes per half – 15-minute quarters
- *Festival/multiple games*: 20 minutes per half.
- *Maximum playing time for players*: 90 minutes daily / per event

#### Substitutions

- Rolling substitutions.
  - No limit during playoffs; substitutions to be made at quarter time during a full match or any stoppage or play during modified matches.
  - Replacements must include suitably trained front row - see World Rugby Scrum Ready.

#### Coaches on Field (Not Including Game Manager)

- No.
  - Exception: if there are any concerns regarding safety. Coaches to discuss prior to match and agree to be on field for learning opportunities.

#### Field of Play

#### Ball Size

- Recommended size 4, size 5 acceptable.

#### Pitch size

- Full field.



## Safety zone between playing areas

- Apply World Rugby U19 Laws of the Game.
  - Where possible/space allows, no spectators are allowed inside this 5m safety zone. Only coaches, substitute participants and medical staff are allowed in the safety zones during play.

## Match Official

- Games to be officiated by an accredited referee.

## Scoring, Knock-On, Tackle, Offside, Hand-Off

### Scoring

- Apply World Rugby U19 Laws of the Game.

### Knock-ons

- Apply World Rugby U19 Laws of the Game.

### Tackle

- Yes - below the waist! Use World Rugby tackle definition.
  - Red, Amber, Green zones in effect

### Offside line

- Back foot of the ruck. Apply World Rugby U19 Laws of the Game.

### Hand-Off

- Allowed.
- Hand-off **cannot** make contact with opposition player head or neck - chest and shoulder area only.
  - *Sanction: penalty.*

## Kicking & Restarts

### Restarting Play (kickoffs and restarts after scores)

- Drop Kick - must travel 10m.
- Restart from half, must **land** between opposition 10m and 22m
  - The ball may bounce and roll past the 22m.
  - Allow kicker to re-kick if ball does not travel 10m or travels in the air past the 22m. If the kick missed **twice** in a row, apply sanction.
    - *Sanction: free kick for opposition at half way line.*
- Constraining area for restart to land promotes development of aerial skills, improves accuracy of kicking and allows players more opportunities to play with ball in hand.

## Conversions/Kicking for Points

- Single match: allowed within 15m following a try - encourage both drop kicks and kicking off of a tee.
  - Referee to offer player option to kick where ball was scored or defer kick in-favour of quick restart.
  - No kicking for points on penalties.
- Festival matches: Permitted, must be taken within 30 seconds.

## Kick in Open Play

- Yes - all types allowed and encouraged
- No open field kicks may go straight out of play (in to touch/dead ball), **excluding** penalty or when within own 22m.
  - *Sanction: free kick to opposition from where ball was kicked*
    - Constraining kicking within the field of play boundaries allows for development of a variety of kicks, kick technique and field awareness. It promotes thoughtfulness and skill execution, increases ball in play time, promotes counter attack and kicking to pace

## Scrum, Lineout, Breakdown & Maul

### Scrum

- Contested - 8v8. Hookers contest, 1.5m push
  - Apply World Rugby U19 Laws of the Game.
  - Teams must identify 5 trained front row players during play-offs.
- Limited tolerance for scrum infringements - limit scrum resets to a maximum of **two** per scrum.
  - *Sanction: free kick for non-offending team.*
- Enforce 30 seconds time limit for scrum to be set once the call is made.
  - *Sanction: free kick for opposition team.*

### Lineout

- Lifting allowed - introduced. Coaches and officials to agree if lifting is appropriate and how to modify.
  - Uncontested in the air. Coaches may agree to contest when appropriate.
  - No maximum numbers.
  - Official to mark 3m for front of lineout.
- Quick throw-in (lineout) allowed
- Maximum of **30 seconds** for attacking team to throw in lineout from AR mark.
  - *Sanction: free kick for opposition team on 15m line.*
- **All** infringements at the lineout result in a **free kick** for the opposition team on the **15m** line, excluding foul play.
  - Foul play infringements sanction remains the same as in World Rugby Laws.





## Ruck

- Apply World Rugby U19 Laws of Game.

## Maul

- Apply World Rugby U19 Laws of the Game.
  - Use or Lose application to limit the time length of Maul.
  - Once the maul stalls, the ball must be produced and used - the maul cannot restart.

## Infringements

### Penalties

- Tap and pass should be *encouraged* for all infringements
  - Kicking out of hand is **only** permitted within own 22m when defending
- **NO** kicking for touch (lineout) or kicking for points.
  - Promote quick thinking and quick play once a penalty is awarded.
- **NO** requesting a scrum option from penalty or free kick
  - Scrummaging is not a priority for this age grade, work to promote ball in play and player movement.

### Yellow Card

- Time out based on match length
  - Festival or adjusted matches: 2 minutes
  - Single match: 5 minutes
- Player sits out for a short period to get coaches feedback on foul play (Learning opportunity). Player will not be replaced.

### Red Card

- Yes - remove player for any further play that day. Player will not be replaced.



## Under 15 for Limited Numbers

### Time of Play and Players

#### Playing Numbers

- Coaches and officials to agree on squad numbers and length of match. Games must be played with an equal number of players and look to balance players where possible.
  - 7-a-side: 3 forwards + 4 backs
  - 8-a-side: 3 forwards + 5 backs
  - 9-a-side: 5 forwards + 4 backs
  - 10-a-side: 6 forwards + 4 backs
  - 11-a-side: 6 forwards + 5 backs

#### Playing time

- *Maximum playing time for players:* 90 minutes daily / per event.
  - 7 a-side → 7 minutes per half.
  - 8 a-side → 8 - 10 minutes per half.
  - 9 - 11 a-side → 10 - 15 minutes per half.

#### Substitutions

- Rolling substitutions.
  - To be made at quarter time during a full match or any stoppage or play during modified matches.
  - Replacements must include suitably trained front row - see World Rugby Scrum Ready.

#### Coaches on Field (Not Including Game Manager)

- No.
  - Exception: if there are any concerns regarding safety. Coaches to discuss prior to match and agree to be on field for learning opportunities.

#### Field of Play

#### Ball Size

- Recommended size 4, size 5 acceptable.

#### Pitch size

- Modify according to squad size playing and developmentally appropriate considerations as discussed by coaches. Suggestions:
  - 7 - 9 a-side → 56m length x 60m width (22m as try-line + 5m as touch-lines).
  - 10 - 11 a-side → 60m x 90m (play within 5m lines)



## Safety zone between playing areas

- Apply World Rugby U19 Laws of the Game.
  - Where possible/space allows, no spectators are allowed inside this 5m safety zone. Only coaches, substitute participants and medical staff are allowed in the safety zones during play.

## Match Official

- Games to be officiated by an accredited referee.

## Scoring, Knock-On, Tackle, Offside, Hand-Off Scoring

- Apply World Rugby U19 Laws of the Game.

## Knock-ons

- Apply World Rugby U19 Laws of the Game.

## Tackle

- Apply World Rugby U19 Laws of the Game

## Offside line

- Apply World Rugby U19 Laws of the Game.

## Hand-Off

- Allowed.
- Hand-off cannot make contact with opposition player head or neck - chest and shoulder area only.
  - Sanction: penalty.

## Kicking & Restarts

### Restarting Play (kickoffs and restarts after scores)

- Drop Kick - must travel 10m.

### Conversions/Kicking for Points

- Not allowed when match length and field parameters adjusted.

### Kick in Open Play

- Yes - all types allowed and encouraged
- No open field kicks may go straight out of play (in to touch/dead ball), excluding penalty or when within own 22m.
  - *Sanction: free kick to opposition from where ball was kicked*



## Scrum, Lineout, Breakdown & Maul

### Scrum

- Adjust according to squad size.
  - 7 and 8-aside → 3 v 3
  - 9-a-side → 5 v 5 (3:2)
  - 10 and 11-a-side → 6 v 6 (3:2:1)
    - Apply World Rugby U19 Laws of the Game.
- Limited tolerance for scrum infringements - limit scrum resets to a maximum of **two** per scrum.
  - *Sanction: free kick for non-offending team.*
- Enforce 30vseconds time limit for scrum to be set once the call is made.
  - *Sanction: free kick for opposition team.*

### Lineout

- Lifting allowed - introduced. Coaches and officials to agree if lifting is appropriate and how to modify.
  - Uncontested in the air.
  - No maximum numbers.
  - Official to mark 3m for front of lineout.
- Quick throw-in (lineout) allowed
- Maximum of **30 seconds** for attacking team to throw in lineout from AR mark.
  - *Sanction: free kick for opposition team on 15m line.*
- **All** infringements at the lineout result in a **free kick** for the opposition team on the **15m** line, excluding foul play.
  - Foul play infringements sanction remains the same as in World Rugby Laws.

### Ruck

- Apply World Rugby U19 Laws of Game.

### Maul

- Apply World Rugby U19 Laws of the Game.
  - Use or Lose application to limit the time length of Maul.
  - Once the maul stalls, the ball must be produced and used - the maul cannot restart.

## Infringements

### Penalties

- Tap and pass should be *encouraged* for all infringements
  - Kicking out of hand is **only** permitted within own 22m when defending
- **NO** kicking for touch (lineout) or kicking for points.
  - Promote quick thinking and quick play once a penalty is awarded.
- **NO** requesting a scrum option from penalty or free kick
  - Scrummaging is not a priority for this age grade, work to promote ball in play and player movement.

### Yellow Card

- Time out based on match length
  - Festival or adjusted matches: 2 minutes
  - Single match: 5 minutes
- Player sits out for a short period to get coaches feedback on foul play (Learning opportunity). Player will not be replaced.

### Red Card

- Yes - remove player for any further play that day. Player will not be replaced.



## Under 17 and Under 19

### Time of Play and Players

#### Playing Numbers

- 15 per team *recommended maximum*; 13 per team *minimum*.
  - See “U17 and U19 Limited Players” section for less than 12-a-side consideration
  - On field: 12 - 15
  - Forwards: 6 - 8
  - Backs: 6 - 7
  - Squad Size: No maximum for league play. Maximum of 25-person roster during playoffs.
- Games must be played with an equal number of players (i.e. 15v15, 14v14), coaches agree on squad numbers prior to beginning of match.
  - Balance players and ability where possible.

#### Playing time

- *Single game*: 35 minutes per half - 17.5min quarters.
- *Festival/multiple games*: 20 minutes per half.
- *Maximum playing time for players*: 90 minutes daily / per event

#### Substitutions

- Rolling substitutions.
  - Replacements must include suitably trained front row - see World Rugby Scrum Ready.
- Substitutions to be made at quarter time during a full match or any stoppage or play during modified matches.

#### Coaches on Field (Not Including Game Manager)

- No.
  - Exception: if there are any concerns regarding safety. Coaches to discuss prior to match and agree to be on field for learning opportunities.

#### Field of Play

##### Ball Size

- Size 5.

##### Pitch size (see field maps on pg. 10)

- Full field.



## Safety zone between playing areas (see field maps on pg. 10)

- Apply World Rugby U19 Laws of the Game.
  - Where possible/space allows, no spectators are allowed inside this 5m safety zone. Only coaches, substitute participants and medical staff are allowed in the safety zones during play.

## Match Official

- Games to be officiated by an accredited referee.

## Scoring, Knock-On, Tackle, Offside, Hand-Off

### Scoring

- Apply World Rugby U19 Laws of the Game.

### Knock-ons

- Apply World Rugby U19 Laws of the Game.

### Tackle

- Yes - below the waist! Use World Rugby tackle definition.
  - Red, Amber, Green zones in effect

### Offside line

- Back foot of the ruck. Apply World Rugby U19 Laws of the Game.

### Hand-Off

- Allowed.
- Hand-off **cannot** make contact with opposition player head or neck - chest and shoulder area only.
  - *Sanction: penalty.*

## Kicking & Restarts

### Restarting Play (kickoffs and restarts after scores)

- Drop Kick - must travel 10m.
- Restart from half, must **land** between opposition 10m and 22m
  - The ball may bounce and roll past the 22m.
  - Allow kicker to re-kick if ball does not travel 10m or travels in the air past the 22m. If the kick missed **twice** in a row, apply sanction.
    - *Sanction: free kick for opposition at half way line.*
- Constraining area for restart to land promotes development of aerial skills, improves accuracy of kicking and allows players more opportunities to play with ball in hand



## Conversions/Kicking for Points

- Allowed - apply World Rugby U19 Laws of the Game

## Kick in Open Play

- Yes - all types allowed and encouraged
- No open field kicks may go straight out of play (in to touch/dead ball), **excluding** penalty or when within own 22m.
  - *Sanction: free kick to opposition from where ball was kicked*
    - Constraining kicking within the field of play boundaries allows for development of a variety of kicks, kick technique and field awareness. It promotes thoughtfulness and skill execution, increases ball in play time, promotes counter attack and kicking to pace

## Scrum, Lineout, Breakdown & Maul

### Scrum

- Contested - 8v8. Apply World Rugby U19 Laws of the Game.
  - Teams must identify 5 trained front row players during play-offs.
- Limited tolerance for scrum infringements - limit scrum resets to a maximum of **two** per scrum.
  - *Sanction: free kick for non-offending team.*
- Enforce 30 seconds time limit for scrum to be set once the call is made.
  - *Sanction: free kick for opposition team.*

### Lineout

- Contested, no maximum numbers. Apply World Rugby U19 Laws of the Game
- Quick throw-in (lineout) allowed
- Maximum of **30 seconds** for attacking team to throw in lineout from AR mark.
  - *Sanction: free kick for opposition team on 15m line.*
- **All** infringements at the lineout result in a **free kick** for the opposition team on the **15m** line, **excluding** foul play.
  - Foul play infringements sanction remains the same as in World Rugby Laws.

### Ruck

- Apply World Rugby U19 Laws of Game.

### Maul

- Apply World Rugby U19 Laws of the Game.
  - Use or Lose application to limit the time length of Maul.
  - Once the maul stalls, the ball must be produced and used - the maul cannot restart.



## Infringements

### Penalties

- All decisions to be made within **10 seconds**.
  - Allow **all** penalty options (scrum, kick for touch, tap and pass and kick for points/penalty goal) as outlined in World Rugby U19 Laws.
  - Decision must be made within 10s, if not players must tap & pass.
    - Placing a time limit on decision making increases speed of thought in the players as well as increases ball in play time.

### Yellow Card

- Time out based on match length
  - Festival or adjusted matches: 2 minutes
  - Single match: 5 minutes
- Player sits out for a short period to get coaches feedback on foul play (Learning opportunity). Player will not be replaced.

### Red Card

- Yes - remove player for any further play that day. Player will not be replaced.



## Under 17 & Under 19 for Limited Numbers

### Time of Play and Players

#### Playing Numbers

- Coaches and officials to agree on squad numbers and length of match. Games must be played with an equal number of players and look to balance players where possible.
  - 7-a-side: 3 forwards + 4 backs
  - 8-a-side: 3 forwards + 5 backs
  - 9-a-side: 5 forwards + 4 backs
  - 10-a-side: 6 forwards + 4 backs
  - 11-a-side: 6 forwards + 5 backs

#### Playing time

- *Maximum playing time for players: 90 minutes daily / per event.*
  - 7 a-side → 7 minutes per half.
  - 8 a-side → 8 - 10 minutes per half.
  - 9 - 11 a-side → 10 - 15 minutes per half.

#### Substitutions

- Rolling substitutions.
  - To be made at quarter time during a full match or any stoppage or play during modified matches.
  - Replacements must include suitably trained front row - see World Rugby Scrum Ready.

#### Coaches on Field (Not Including Game Manager)

- No.
  - Exception: if there are any concerns regarding safety. Coaches to discuss prior to match and agree to be on field for learning opportunities.

#### Field of Play

##### Ball Size

- Size 5.

##### Pitch size

- Full field.



## Safety zone between playing areas (see field maps on pg. 10)

- Apply World Rugby U19 Laws of the Game.
  - Where possible/space allows, no spectators are allowed inside this 5m safety zone. Only coaches, substitute participants and medical staff are allowed in the safety zones during play.

## Match Official

- Games to be officiated by an accredited referee.

## Scoring, Knock-On, Tackle, Offside, Hand-Off

### Scoring

- Apply World Rugby U19 Laws of the Game.

### Knock-ons

- Apply World Rugby U19 Laws of the Game.

### Tackle

- Yes - below the waist! Use World Rugby tackle definition.
  - Red, Amber, Green zones in effect

### Offside line

- Back foot of the ruck. Apply World Rugby U19 Laws of the Game.

### Hand-Off

- Allowed.
- Hand-off **cannot** make contact with opposition player head or neck - chest and shoulder area only.
  - *Sanction: penalty.*

## Kicking & Restarts

### Restarting Play (kickoffs and restarts after scores)

- Drop Kick - must travel 10m.
- Restart from half, must **land** between opposition 10m and 22m
  - The ball may bounce and roll past the 22m.
  - Allow kicker to re-kick if ball does not travel 10m or travels in the air past the 22m. If the kick missed **twice** in a row, apply sanction.
    - *Sanction: free kick for opposition at half way line.*
- Constraining area for restart to land promotes development of aerial skills, improves accuracy of kicking and allows players more opportunities to play with ball in hand.



## Conversions/Kicking for Points

- Allowed - apply World Rugby U19 Laws of the Game

## Kick in Open Play

- Yes - all types allowed and encouraged
- No open field kicks may go straight out of play (in to touch/dead ball), **excluding** penalty or when within own 22m.
  - *Sanction: free kick to opposition from where ball was kicked*
    - Constraining kicking within the field of play boundaries allows for development of a variety of kicks, kick technique and field awareness. It promotes thoughtfulness and skill execution, increases ball in play time, promotes counter attack and kicking to pace

## Scrum, Lineout, Breakdown & Maul

### Scrum

- Adjust according to squad size. Apply World Rugby U19 Laws of the Game.
- Contested, 1.5m push
  - 7 and 8-aside → 3 v 3
  - 9-a-side → 5 v 5 (3:2)
  - 10 and 11-a-side → 6 v 6 (3:2:1)
    - Apply World Rugby U19 Laws of the Game.
- Limited tolerance for scrum infringements - limit scrum resets to a maximum of **two** per scrum.
  - *Sanction: free kick for non-offending team.*
- Enforce 30 seconds time limit for scrum to be set once the call is made.
  - *Sanction: free kick for opposition team.*

### Lineout

- Contested, no maximum numbers. Apply World Rugby U19 Laws of the Game
- Quick throw-in (lineout) allowed
- Maximum of **30 seconds** for attacking team to throw in lineout from AR mark.
  - *Sanction: free kick for opposition team on 15m line.*
- **All** infringements at the lineout result in a **free kick** for the opposition team on the **15m** line, excluding foul play.
  - Foul play infringements sanction remains the same as in World Rugby Laws.

### Ruck

- Apply World Rugby U19 Laws of Game.



## Maul

- Apply World Rugby U19 Laws of the Game.
  - Use or Lose application to limit the time length of Maul.
  - Once the maul stalls, the ball must be produced and used - the maul cannot restart.

## Infringements

### Penalties

- All decisions to be made within **10 seconds**.
  - Allow **all** penalty options (scrum, kick for touch, tap and pass and kick for points/penalty goal) as outlined in World Rugby U19 Laws.
  - Decision must be made within 10s, if not players must tap & pass.
    - Placing a time limit on decision making increases speed of thought in the players as well as increases ball in play time.

### Yellow Card

- Time out based on match length
  - Festival or adjusted matches: 2 minutes
  - Single match: 5 minutes
- Player sits out for a short period to get coaches feedback on foul play (Learning opportunity). Player will not be replaced.

### Red Card

- Yes - remove player for any further play that day. Player will not be replaced.

