



SOCAL INTERSCHOLASTIC RUGBY FEDERATION (SCIRF) 2019-20 HIGH SCHOOL CLUB X'S

High School Club 10s is intended to support small schools, emerging and recovery rugby programs. The game of Rugby tens, also known as ten-a-side and Xs, is a variant of rugby union in which teams are made up of ten players, typically five forwards and five backs. Matches are much shorter, usually played as two ten-minute halves. Unlike sevens rugby, tens offer players of diverse skills, capabilities and different fitness levels the opportunity to play the game. The more traditional scrums and lineouts are part of the game whilst the fact that there is a bit more space on the field, however not too much as to expose the slower forwards on the defensive lines, makes this a very popular game for all levels of players.

How to play Club Rugby 10s

- Be part of an approved ASB High School Club Sport (AD or Program Director Letter)
- Have a JV or Varsity Roster of 12-15 players not to exceed **20 players**.
- JV and Varsity Teams must be able to stand on their own if both teams are required to play simultaneously or at different locations.
- Teams are allowed to play JV or Varsity 10s teams with a JV or Varsity 15s team but if you have more than 20 players available for either team it is strongly recommended that you form a 15s team which offers the greatest opportunity for your players.

Match Setup

- Teams can play each other 2-3 times in one contest or play a round robin tournament style setup not to exceed four matches per day.
- Each team will submit a roster of **10 to 15 players** to the match coordinator prior to each match.
- Rolling subs are allowed but they must go through the mid-field coordination table.
- Each team should have at least five front row qualified players.

Standard Points System

- 4 points for a win.
- 2 points for a draw.
- 0 points for losing.
- 1 "bonus" point for scoring 4 tries (or more). (TB)
- 1 "bonus" point for losing by 7 points (or fewer). (LB)
- Average of point/matches gives provides your team ranking. A minimum of matches that have to be played will be provided.

Junior Varsity

- Each match will consist of a roster of 10-15 players
- Teams are to be made up of 9th and 10th grade student-athletes.
- Up to 3 juniors who are first year rugby players may play in a JV match with the consent of the opposing coach before the match.

Varsity

- Each match will consist of a roster of 10-15 players
- 14-year-old sophomores or freshmen may only play in varsity games with a signed USA Rugby U15 High School Waiver submitted to SCYR. 13- year-olds are prohibited from playing Varsity.
 - USA RUGBY - HIGH SCHOOL RUGBY COMPETITION RULES AND ELIGIBILITY
<http://assets.usarugby.org/docs/membership/hs-eligibility.pdf?v=1564700619164>

10S LAWS VARIATIONS,

NUMBERS

- Each team has no more than 10 players in the playing area during play.
- A team may nominate up to five replacements.
- A team may replace any number of players during a match at any time. Players entering the field of play must do so at the half-way line after the replaced player has left the field of play.
Sanction: Penalty.

TIME

- A match lasts 20 minutes (split into two halves, each of not more than 10 minutes) plus time lost. Match organizers may vary the duration of the match. When a drawn match requires extra-time, play restarts after a one-minute break with periods of no more than five minutes. After each period, the teams change ends without an interval.
- Half-time consists of an interval not exceeding two minutes.
- Before extra-time starts, the referee organizes a toss in the same way as before the match.

CONVERSION

- When a try is scored, it gives that team the right to attempt a conversion, which must be a drop kick
- Takes the kick within 30 seconds (playing time) from the time the try was awarded. Sanction: Kick is disallowed.
- All opposing players immediately assemble close to their own 10-metre line.

PENALTY GOAL

- The kick must be taken within 30 seconds (playing time) from the time the team indicated their intention to do so. Sanction: Kick is not allowed, and a scrum is awarded.
- The kick must be a drop-kick. Sanction: Scrum.

EXTRA TIME

- In extra-time, the team that scores points first is immediately declared the winner, without any further play.

KICK-OFFS AND RESTART KICKS FOLLOWING A SCORE

- After a team has scored, the same team restarts with a drop kick on or behind the centre of the half-way line. Sanction: Free-kick.
- The ball must reach the 10-metre line. Sanction: Free-kick.

- The ball must not go directly into touch. Sanction: Free-kick.
- If the ball is kicked into the opponents' in-goal without touching any player and an opponent grounds the ball without delay or it goes into touch-in-goal or on or over the dead-ball line, the non-kicking team is awarded a free-kick.

SCRUM

- A scrum must have five players in two rows from each team. The front row consists of two props and a hooker and the second row consists of two locks. All five must stay bound to the scrum until it ends and may not unbind to play the ball. Sanction: Penalty.

ENDING THE SCRUM

- When the ball is played by that team's scrum-half.

TAKING A PENALTY OR FREE-KICK

- The kicker may punt or drop-kick the ball but may not place-kick it.

Competition Setup with Xs and 15s

Xs JV and Varsity (2 school competition)

- Match-1 JV (Tens or Xs) Home Team vs Away (30 mins)
- Match-2 Varsity (Xs) Home vs Away (30 mins)
- Match-3 (Xs) Home Team vs Away (30 mins)
- Match-4 Varsity (Xs) Home vs Away (30 mins)
- Option for a 5th and 6th match either official or unofficial match
2-3 hours of field time

Xs JV and Varsity 15s

- Match-1 JV (Tens or Xs) Home Team vs Away (30 mins)
- Match-2 JV (Tens or Xs) Home Team vs Away (30 mins)
- Optional 3rd JV-Xs match
- Match-3 Varsity 15s Home Team vs Away (60 mins)
2-3 hours of field time

Xs three school tournament

- Match-1 Team-1 vs Team-2 (30 min)
- Match-2 Team-3 vs Team-4 (30 min)
- Match-3 Team-1 vs Team-3 (30 min)
- Match-4 Team-2 vs Team-4 (30 min)
- Match-5 Team-1 vs Team-4 (30 min)
- Match-6 Team-2 vs Team-3 (30 min)
3 hours of field time