

NEW ZEALAND DOMESTIC SAFETY LAW VARIATIONS & SMALL BLACKS LAWS

Includes Rippa and
Rip Rugby Rules



2021

adidas

NEW ZEALAND
RUGBY



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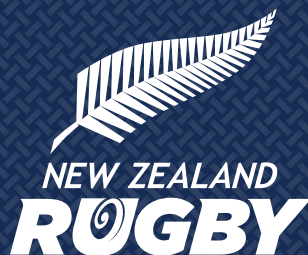
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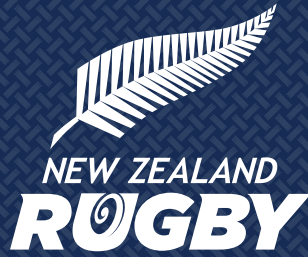
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DOMESTIC SAFETY LAW VARIATIONS (DSLVS)

The NZ Rugby has approved a number of Domestic Safety Law Variations, from the International Laws of the Game.

These Variations are applicable as set out below:

LAW	TITLE	APPLICATION
Law 3	Team	All levels of Domestic Rugby
	NZ Rugby Half Game Rule	All levels of rugby below Secondary School 1st XV including all representative rugby U16 and below
	Sevens Variations	Regional & National tournaments
Law 4	Players' Clothing	All levels of Domestic Rugby
Law 5	Time	All levels of rugby Under 19 years of age and below
Law 8	Scoring	All levels of Domestic Rugby
Law 18	Touch, Quick Throw and Lineout	All levels of Domestic Rugby grades Under 13 and below
Law 19	Scrum	All levels Under 19 and below All grades of women's rugby below Premier Grade. At designated levels of adult rugby as determined by the Union having jurisdiction over the competition
	NZ Rugby Directive	All levels of Domestic Rugby
Law 20	Penalty and Free-kick	All levels of Domestic Rugby
Appendix 1	Game On	As determined by Provincial Unions

APPLICATION TO VISITING TEAMS FROM OVERSEAS TO NEW ZEALAND

- New Zealand Provincial Unions are encouraged to ensure that the requirements of (b), (c) and (d) below are understood by overseas teams well in advance of their accepting any invitation to play matches in New Zealand.
- All visiting overseas teams (Designated) Premier Grade and above, including teams equating to the New Zealand Under 20 and Provincial Colts, must play under the International Laws of the Game.
- All visiting overseas teams below (Designated) Premier Grade must play under the New Zealand Domestic Safety Law Variations, excepting matches involving National Representative teams, Under-19 and below.
- Re (c) above, all visiting National Under 19 and below tour matches must be played under the World Rugby Under 19 Variations, regardless of the status of the New Zealand team: eg Japan Secondary Schools v Avondale College.

NZR DOMESTIC SAFETY LAW VARIATIONS

LAW 3 Team

APPLICATION

Applicable to all levels of New Zealand domestic rugby.

Does not apply to International and Super Rugby.

DEFINITIONS

Temporary Replacement: A player who temporarily replaces another who leaves the field to have bleeding controlled and/or an open wound covered, or who replaces a front row player who has been temporarily suspended or required to leave the field to obtain a mouthguard.

Permanent Replacement: A player who permanently replaces an injured player or a front row forward who has been ordered off or a player who has been shown a Blue Card.

Secondary School Rugby: All grades of rugby from U14 to U19 inclusive, including all grades played by teams comprising secondary school students (whether representing schools or clubs).

Designated Premier Grade Competitions: Rugby competitions that have been designated as such by the Provincial Union/s (or other organisation, such as a regional secondary school sports authority) having jurisdiction over that competition. For the avoidance of doubt more than one grade may be designated as a Designated Premier Grade Competition.

Game On Provisions: means the provisions set out in Appendix 1.

NUMBERS

2. When a team participating in a Designated Premier Grade Competition is unable to provide at least 15 players for a match (including the number of trained front rowers required by Law, that team shall forfeit the match and the opposition team will be deemed to have won the match and will receive the winning competition points (without any bonus points). The match may still be played in accordance with the Game On Provisions (without impact on the official match result or competition points).

When a team or teams participating in a competition that is not a Designated Premier Grade Competition is or are unable to provide at least 15 players for a match (including at least 3 players who are trained to play in front row positions), but both teams have at least 10 players, the game will proceed in accordance with the Game On Provisions, without any consequence to the match result.

8. The replacement of a front row forward must come from suitably trained and experienced players who started the match or from the nominated replacements. A player other than a nominated front row player is permitted to play in the front row only when Uncontested Scrums are being played and there are no available front row replacements.

If a team in a Designated Premier Grade Competition nominates 15, 16, 17, 18, 19 or 20 players, it must have a minimum of 3 players trained to play in the front row positions.

If a team in a Designated Premier Grade Competition nominates 21 players, it must have a minimum of 4 players who are trained to play in front row positions.

If a team in a Designated Premier Grade Competition nominates 22 players, it must have a minimum of 5 players who are trained to play in front row positions.

When a team or teams participating in a competition that is not a Designated Premier Grade Competition is or are unable to provide sufficient players who are trained to play in front row positions for a match in accordance with (8), the match will proceed with Uncontested Scrums in accordance with the Game On Provisions, without any consequence to the match result.

UNCONTESTED SCRUMS

16. If after a front row player has been sent off or during the time a front row player is temporarily suspended or absent from the field to obtain a mouthguard, and there are no further front row players available from the nominated team, then Uncontested Scrums will be ordered. It is not the responsibility of the referee to determine the suitability of trained front row replacements nor their availability, as this is a team responsibility.
- 19-20. After a front row player is sent off or during the time a front row player is temporarily suspended or absent from the field to obtain a mouthguard, the referee, upon awarding the next scrum, will ask that player's captain whether or not the team has another player on the field of play who is suitably trained to play in the front row. If not, the captain chooses any player from that team who then must leave the field of play and be replaced by a suitably trained front row player from the team's replacements. The captain may do this immediately prior to the next scrum or after another player has been tried in the front row.

PERMANENT REPLACEMENT

(THE REFEREE'S POWER TO STOP AN INJURED PLAYER FROM CONTINUING)

- 22.d If the referee believes a player has been concussed or suspects a player has been concussed, the referee must order that player to leave the playing area. That player must not return and play in that match.

PERMANENT REPLACEMENT – RECOGNISE AND REMOVE

24. Without limiting 22.d above, in grades in which Blue Card Concussion Initiatives apply, if the referee believes a player has been concussed, or suspects a player has been concussed, the referee must show a Blue Card to that player, and that player will be required to leave the Playing Area, and not return and play in that match. Further, the player shown a Blue Card may not return to play in any future match without first meeting the requirements for a Graduated Return to Play, as set out in the protocols applicable to the Blue Card Concussion Initiative. Full details of the protocols can be found in the NZ Rugby Booklet titled: Blue Card Concussion Initiative: Protocols & Implementation Procedures for Provincial Unions.

33. TACTICAL REPLACEMENTS – JOINING THE MATCH

- A player may be used as a Tactical Replacement only once.
- A tactically replaced player may be used as a permanent or temporary replacement.

NZ RUGBY HALF GAME RULE

APPLICATION

Applicable at all levels of domestic rugby below but not including Secondary School 1st XV grades. Includes all representative rugby at Under-16 level and below.

All players in a squad of 22 players or less must play a minimum of half a game each match.

NB: Application of the Half Game Rule is a Team Coach responsibility. Team coaches not complying with the Half Game Rule will be subject to the following sanctions.

Sanction: to be determined by each individual organising body/Provincial Union. New Zealand Rugby recommends:

1. First offence. Formal letter to individual/organisation informing that any future breach will result in disciplinary action.
2. Second offence. Disciplinary hearing with starting point being a one week stand down from coaching for the offender.

LAW 3 VARIATIONS – SEVENS

Team

The NZ Rugby Regional and National Sevens tournaments are played under International Sevens Law. International Law assumes the use of the HIA protocol. This HIA protocol does not apply for NZR tournaments, however the Blue Card Concussion Initiative is in place. To this end, the NZR player movement protocol is as follows:

- each team may nominate up to 5 replacement players
- each team may make up to 5 replacements during the match

In addition to the 5 replacements, each team may replace a player who:

- has an open or bleeding wound
- has been injured due to foul play
- has been removed from the field of play having been issued a Blue Card

LAW 4 Players' Clothing

APPLICATION

Applicable to all levels of New Zealand domestic rugby.

Does not apply to International and Super Rugby.

- 3.f The wearing of a mouth guard in an approved manner is compulsory for all players at all levels of New Zealand Domestic Rugby

Sanction:

- The first player observed not wearing a mouth guard is to be penalised under Law 9.7.a (A player must not intentionally infringe any law of the game) and will be issued a Yellow Card.

At this time the referee is to speak to the captain and advise that any further players not wearing a mouth guard will be issued with a Red Card.

- The player Yellow Carded can return to the Field of Play upon expiry of the Temporary Suspension period, but only if the player is wearing a mouth guard.
- If the offending player is unable to return wearing a mouth guard, then that player can be replaced. This will be deemed to be a replacement and the offending player will not be permitted to return to the field of play under any circumstances.
- If subsequent players from the same team are observed not wearing a mouth guard these players will be issued a Red Card in accordance with Law 9.8 (A team must not repeatedly commit the same offence).
- Any player issued with a Red Card for failing to wear a mouth guard will receive an automatic one match suspension.

Note: If a player produces a medical certificate stating they should not wear a mouth guard that player will be exempt from the requirement.

LAW 5 Time

1. At Under-19 level and below, each half of a match lasts 35 minutes playing time. Play in a match lasts no longer than 70 minutes. After a total of 70 minutes playing time, the referee must not allow extra time to be played in the case of a drawn match in a knock-out competition.

N.B: 90 minutes is the maximum playing time permitted in one day for players in all grades of rugby Under 19 and below (World Rugby Guideline)

VARIATIONS IN DURATION OF MATCH

The duration of matches in competitions that are not Designated Premier Grade Competitions, that proceed in accordance with the Game On Provisions, may be varied in accordance with Appendix 1, Game On Provisions.

LAW 8 Scoring

APPLICATION

Applicable to all levels of New Zealand domestic rugby.

Does not apply to International and Super Rugby.

CONVERSION

8.c The use of an approved kicking tee is compulsory for all place kicks at goal.

PENALTY GOAL

24. The use of an approved kicking tee is compulsory for all place kicks at goal.

LAW 18 Touch, quick throw and lineout

APPLICATION

Applicable to all levels of New Zealand domestic rugby grades Under 13 and below.

FORMING A LINE-OUT

19. At all levels of domestic rugby grades Under-13 and below, supporting or lifting of the jumper at the lineout is not permitted.

Sanction: Penalty Kick on the 15-metre line

20. Players must not jump before the ball has left the hands of the player throwing in.

Sanction: Free-kick

LAW 19 Scrum

APPLICATION

Applicable to all levels of New Zealand Domestic Rugby grades Under 19 and below.

Applicable to all grades of women's rugby below Premier Grade.

The application of World Rugby International Scrum Laws in adult rugby is at the discretion of the Provincial Union in which the competition is being played.

NZ Rugby Guideline:

International scrum law may apply in grades Under 20 and above. It would be normal to expect that teams playing in grades in which this law is applied, are able to comply with requirements at this level of the game. Specifically teams should regularly be able to provide a squad of 22 players, with a minimum of 5 players who are trained to play in the front row.

Secondary Schoolgirls Rugby:

Secondary Schoolgirls competitions may apply contested scrums in all grades including tens and sevens competitions, provided the coaches and front rowers have attended a Front Row Factory course.

FORMING A SCRUM

5-7. In an 8 person scrum the formation must be 3-4-1, with the single player (normally the Number 8) shoving on the 2 locks. The locks must pack with their heads on either side of the hooker.

Exception: A team must have fewer than eight players in its scrum when they cannot field eight suitably trained players due to either not fielding a complete team, or a forward player being sent off or temporarily suspended, or a forward player leaving the field because of injury.

Even allowing for this exception, each team must always have at least five players in a scrum.

If a team is incomplete and it cannot field eight suitably trained players in its scrum, the scrum formation must be as follows:

- If a team is without one forward player, then **both** teams must use a 3-4 formation (i.e. no No.8).
- If a team is without two forward players, then **both** teams must use a 3-2-1 formation (i.e. no flankers).

- If a team is without three forward players, then **both** teams must use a 3-2 formation (i.e. only front rows and locks).
- When a normal scrum takes place, the players in the three front row positions and the two lock positions must have been suitably trained for these positions.
- If a team cannot field such suitably trained players because:
 - either they are not available, or
 - a player in one of those five positions is injured or
 - has been sent off or temporarily suspended and no suitably trained replacement is available, then the referee must order Uncontested Scrums.

In an Uncontested Scrum, the teams do not compete for the ball. The team putting in the ball must win it. Neither team is allowed to push the other team away from the mark.

OFF-SIDE AT A SCRUM

APPLICATION

Law Variation 19:30 OFF-SIDE AT A SCRUM only applies to domestic rugby grades Under-13 and below.

30. Once play in the scrum begins, the scrum-half of the team not in possession:
- a. Takes up a position in front of the middle line with either foot while the ball is still in the scrum, that player is offside.

Sanction: Free Kick.

DANGEROUS PLAY AND RESTRICTED PRACTICES IN A SCRUM

38. Other restricted practices at a scrum include:
- g. **Maximum 1.5 metres push.** A team in a scrum must not push the scrum more than 1.5 metres towards their opponents' goal line.

Sanction: Free Kick.

- h. **Ball must be released from scrum.** A player must not intentionally keep the ball in the scrum once the player's team has heeled the ball and controls it at the base of the scrum.

Sanction: Free Kick.

- i. **No wheeling.** A team must not intentionally wheel a scrum.

Sanction: Free Kick.

If a wheel reaches 45 degrees, the referee must stop play. If the wheel is unintentional, the referee orders another scrum at the place where the scrum is stopped. The same team throws in the ball.

NZR DIRECTIVE

APPLICATION

All levels of domestic rugby

It is a team responsibility to advise the referee through the Captain if players are trained to play in the front row. If the referee is advised that a player is not trained to play in the front row, then the referee will apply Uncontested Scrums. However in circumstances where a referee is advised that a player is trained to play in the front row and in the opinion of the referee the player is unable to maintain a suitable and safe body position then the referee must in the interests of player safety apply Uncontested Scrums laws. This Directive applies to a front row player who started the match or a replacement front row player.

Penalty: If any of the Uncontested Scrum laws are not complied with, a Penalty Kick must be awarded immediately to the non-offending team.

Contested scrums may be applied in all fixtures refereed by Playing Rugby accredited coaches in the Under-12 grade and Under-13 grade.

NZR Associate Referees are permitted to referee contested scrums in accordance with the laws applicable at all levels of New Zealand Domestic Rugby grades Under 19 and below.

LAW 20 Penalty and free-kick

APPLICATION

Applicable to all levels of New Zealand domestic rugby.

Does not apply to International and Super rugby.

TAKING A PENALTY OR FREE KICK

8. The kicker may punt, drop-kick or place-kick (other than for touch) the ball.
 The use of an approved kicking tee is compulsory for all place kicks at goal.

APPENDIX 1 – GAME ON PROVISIONS

1. Game On is a flexible game format designed to enable games to proceed with meaningful outcomes despite teams being unable to meet normal team number and/or front row considerations. It applies to all adult club and secondary school rugby competitions that are not Designated Premier Grade Competitions.
2. Game On is only to be used when a team(s) has less than 15 players and/or insufficient players trained to play in front row positions to commence the match.
3. The rules to apply to matches under the Game On Provisions are determined as follows:
 - a. Team Size (when one or both teams has less than 15 players). Playing numbers (from 10 to 15 aside) are determined by agreement between the Teams. In the event of no agreement, the playing numbers will match the number of players of the team with the fewest players.
 - b. Rolling Replacements (Grades above Secondary School Rugby only). Rolling Replacements will be permitted in all games played under the Game On Provisions unless the teams agree that Rolling Replacements will not be used, and notify the referee prior to kick-off. Half Game rule applies to Secondary School Rugby below 1st XV grades.
 - c. Contested or Uncontested Scrums. Subject to availability of a minimum of three players trained to play in front row positions to start in each team, the match will commence with contested scrums, but for the avoidance of doubt will revert to Uncontested Scrums if any of those trained players leave the field.
 - d. Length of match. To be agreed between the teams (with 40 minutes being the minimum and 70 minutes being the maximum for Secondary School Rugby, and 80 minutes being the maximum for grades above Secondary School Rugby). If no agreement is reached, the match duration will be based on team size as follows:

Number	Time	Maximum
10 a side	2 x 20 min halves	40 min
11 a side	2 x 25 min halves	50 min
12 a side	2 x 30 min halves	60min
13/14 a side	2 x 35 min halves	70 min
15 a side	2 x 40 min halves	80 min
(Secondary School Rugby 70 mins max)		



WORLD RUGBY REGULATIONS

SCHEDULE 1 – SPECIFICATIONS RELATING TO PLAYERS' DRESS.

LAW 4 – Players' Clothing

1 ADDITIONAL ITEMS OF CLOTHING

(a) Shin Guards

A player may wear shin guards worn under the socks with padding incorporated in non-rigid fabric with no part of the padding thicker than 0.5cm when compressed.

(b) Fingerless Mitts

Coverage of the fingers and thumbs be permitted to the outer joint but no further. The mitt zone of coverage should not continue beyond the wrist.

The body of the mitt should be of a stretch type material with the grip material being made of a soft rubber/synthetic compound not exceeding a depth of 1mm.

No part of a mitt should contain buttons or potentially dangerous items.

(c) Shoulder Pads*

A player may wear shoulder pads, made of soft and thin materials, which may be incorporated in an undergarment or jersey provided that the pads cover the shoulder and collar bone only. No part of the pads may be thicker than 1cm when uncompressed. No part of the pads may have a density of more than 45 kilograms per cubic metre.

(d) Headgear*

A player may wear headgear made of soft and thin materials provided that no part of the headgear is thicker than 1cm when uncompressed and no part of the headgear has a density of more than 45 kilograms per cubic metre.

(e) Playing Monitoring Devices

A player may wear a player monitoring device which complies with the requirements as set out in the World Rugby Performance Specification for Player Monitoring Devices.

2. SPECIAL ADDITIONAL ITEMS FOR WOMEN

Breast Padding*

Besides the previous items, women may wear breast pads made of soft and thin materials which may be incorporated as part of a garment provided that the pads cover the shoulder and/or collar bone and/or chest only with no part of the pads thicker than 1cm when uncompressed and no part of the pads having a density of more than 45 kilograms per cubic metre.

**Shoulder Pads, Headgear, Breast Padding (Women) must conform to the Standard Performance Specification for Specific Items of Players' Clothing (Appendix 1 hereto).*

The approved trial of global positioning system devices shall conclude on 30 June 2017.

3 STUDS

Studs of players' boots must conform to the "Safety Aspects of Rugby Boot Sole Design" set out below. (Schedule 2 hereto)

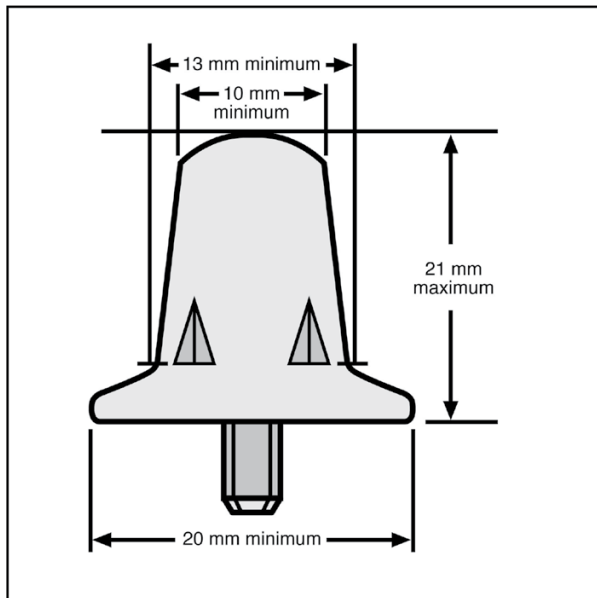
4 BANNED ITEMS OF CLOTHING

- (g) A player must not wear any item of which any part is thicker than 0.5cm when uncompressed or is denser than 45 kilograms per cubic metre unless specified within this Regulation 12/Law 4. Where this overall thickness consists of padded material covered by fabric, 0.5cm is the maximum measured thickness for the combination of the uncompressed padding and the fabric. The fabric can contribute up to a maximum measured thickness of 1 mm on each side of the padding.

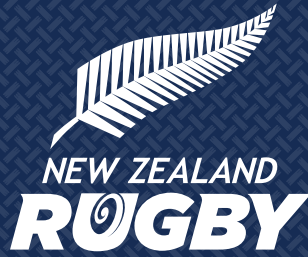
SCHEDULE 2

Figure 1. Correct size of stud

Acceptable dimensions for conical or cylindrical studs/cleats



Also the minimum diameter values together with the maximum length value also defines a "comparator" stud/cleat, made in aluminium, that can be used in performance tests to evaluate alternatively shaped studs/cleats.



SMALL BLACKS DEVELOPMENT MODEL LAWS

INTRODUCING THE SMALL BLACKS DEVELOPMENT MODEL

THE WAY TO PLAY

Rugby is a dynamic and exciting sport that is a whole lot of fun, and helps develop friendships that can last a lifetime. Small Blacks Rugby has been designed to help players develop their rugby skills as their physical ability develops, making the game as simple and safe as possible for all Kiwi kids, regardless of their age, shape or size. The Small Blacks Development Model has been developed to ensure that there is a consistency of play, coaching and player welfare at all levels throughout the country, and is a great way of getting kids involved in a team sport.

DIFFERENT AGES, DIFFERENT STAGES

These Laws clearly explain the Small Blacks Development model for coaches, parents and Small Blacks players. It contains easy to follow guidelines on how the game is to be played at each age. The Model has been designed to ensure that all kids who graduate from the Small Blacks programme have the best possible skill set to take them through their rugby career.

NZ RUGBY HALF GAME RULE

NZ Rugby has introduced a half game rule at all levels of domestic rugby below but not including Secondary School 1st XV grades. Refer DSLV Law.

At all levels of Small Blacks Rugby all players must play a minimum of half a game (this is to include two full quarters). In Small Blacks Rugby the referee may allow a replacement break half way through each half. This replacement break should be no longer than one minute and the time taken will be added on at the end of each half. The replacement break should normally be taken after a score or when the ball is out of play near the half way line.

CODES OF CONDUCT

PLAYER CODE OF BEHAVIOUR

- 1 Play for enjoyment.
- 2 Play hard but fair.
- 3 Play by the laws of the game.
- 4 Be committed to your team.
Attend all practices and matches.
- 5 Never argue with the referee.
Control your temper at all times.
- 6 Work equally hard for yourself and your team.
- 7 Be a good sport. Applaud all good play whether by your team or your opponent.
- 8 Remember the goals of the game are to have fun, improve your skills and feel good.

COACH CODE OF BEHAVIOUR

- 1 Positively reinforce the actions of players.
- 2 Lead by example.
- 3 Be honest with yourself and players.
- 4 Create an enjoyable environment in which to play the game.
- 5 Develop team respect for referees.
- 6 Give all players the opportunity to participate in the game.
- 7 Insist on fair play and discipline.
- 8 Be reasonable on the demand on players' time, energy and enthusiasm.
- 9 Encourage sportsmanship.

SPECTATOR/PARENT CODE OF BEHAVIOUR

- 1 Applaud the performance of both teams.
- 2 Be positive with the referee.
- 3 Acknowledge the efforts of the referee.
- 4 Let players play their game, not your game.
- 5 Praise efforts, not results.
- 6 Set an example for the players.

BEGINNING RUGBY LAWS UNDER 6 - UNDER 7

These laws complement laws outlined in the Small Blacks Development Model.

SCORING/RESTART

- A try is scored by grounding the ball on or over the goal line.
- The non-scoring team will restart play with a tap kick at halfway.
- The opposing team will be back five metres from halfway.

TACKLE

- A tackle occurs when a tag is ripped/removed from an opponents waist. (Rippa Rugby.)
- The ball carrier must pass the ball within three steps of the tackle/rip occurring.
- The referee will penalise the player if they continue to run after a tackle/rip.
- NO FENDING, BARGING OR PUSHING PERMITTED.

SCRUM

- There are no scrums permitted in Beginning Rugby grades.

LINEOUT

- There are no lineouts permitted in Beginning Rugby grades.

OFFSIDE

- In general play, players are in an offside position when they are in front of the ball when it was last played by a teammate.
- The referee will encourage the ball carrier to continue when players tackle/rip from an offside position.

PENALTY TAP KICK

- The referee will award a penalty tap kick for pushing, fending, taking the ball from the ball carrier's hands, or continuing to run after a tackle/rip. (Free pass for Rippa Rugby.)
- The defending team will be back five metres from the infringement mark.
- The ball must be passed from the tap.
- All penalties are tapped on the ground.

KNOCK-ON, FORWARD PASS

- Referees are to apply the advantage law generously to foster a free-flowing game.

APPOINTMENT OF THE REFEREE

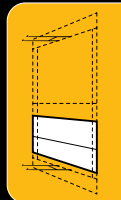
- The home team will provide a referee or Beginning Rugby referee to officiate.
- If no referee or Beginning Rugby referee from the home team is available, then a referee or Beginning Rugby referee from the visiting team will officiate.
- It is recommended that one referee control the entire match.

COACHES ON FIELD

A maximum of two coaches per team will be permitted on the field at any one time.

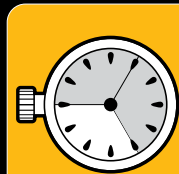
UNDER 6/7 - SATURDAY MORNING RUGBY

YEAR 1 & 2 - SCHOOL RUGBY



FIELD SIZE

Goal to 10m (across the field). Portable goalposts size posts on sideline need bolsters.



GAME LENGTH

2 x 20 minutes maximum.



SUBS

All players must play a minimum of half a game (this is to include at least two full quarters). Rolling substitutions are not permitted. Substitutions may be made at half time or approximately half way through each half when the referee will allow and signal a Substitution Break. This applies to representative games.



REFEREE

Beginning coach.



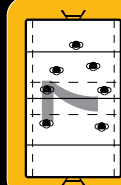
CONVERSION

No conversions.



BALL SIZE

Size 2.5 or 3 balls.



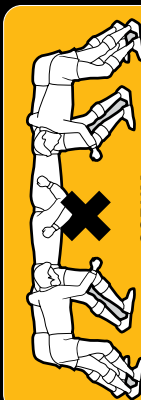
7-a-side

Numbers are maximum. If a team doesn't have enough players to start a game, it should then be played with equal numbers.



TRY

If score blow-outs are occurring (ie 35+ at halftime) both coaches must meet and come to an agreement as to how they can generate a more even contest. Try = 5 pts.



SCRUM

No scrums.



KICKING

No kicking in general play.



PENALTY

Tap and pass.



TACKLE (RIP)

When 'rip' is made, player passes the ball.



KICK-OFF

Free pass.

U six seven

YEAR 1/2

LEARNING RUGBY LAWS UNDER 8 - UNDER 11

These laws complement laws outlined in the Small Blacks Development Model.

SCORING/RESTART

- A try is scored by grounding the ball on or over the goal line.
- The scoring team will restart play with a punt or drop kick from halfway.
- Under 8 only - The non-scoring team will restart play with a tap kick from halfway.
- The opposing team will be back five metres from halfway.

TACKLE

- A player must not tackle an opponent whose feet are off the ground.
- The tackled player must release the ball when either the player or the ball is grounded.

SCRUM

- The side throwing the ball in to the scrum wins the ball, i.e. no contest and no pushing.
- The opposing team cannot advance until the halfback has played the ball.
- There is an offside line five metres behind the hindmost feet of the scrum.
- The opposing halfback must not advance past the middle line i.e. tunnel.

LINEOUT

- The side throwing the ball in to the lineout wins the ball, except the U11 grade. If the ball is not caught or goes over the back, the ball becomes "fair game".
- If the throw isn't straight, advantage applies to the non-offending team, otherwise normal law applies.
- The two lines of players must be one metre apart.
- Backlines must stand five metres from the line of touch (centre line).

RUCK AND MAUL

- Players must not join from the side.
- Players must be bound to the maul or behind the last player.
- Players must not collapse a maul.

PENALTY TAP KICK

- The defending team will be five metres back from the infringement mark.
- All penalties are tapped on the ground, except U11 grade, where normal laws apply.

RUGBY LAWS

- All other domestic safety law variations apply.

APPOINTMENT OF THE REFEREE

- The home team will provide a referee or Learning Rugby referee to officiate.
- If no referee or Learning Rugby referee from the home team is available, then a referee or Learning Rugby referee from the visiting team will officiate.
- It is recommended that one referee will control the entire match.

UNDER 8 - SATURDAY MORNING RUGBY



FIELD SIZE

Goal to 10m (across the field). Portable goalposts recommended.
Full size posts on sideline need bolsters.



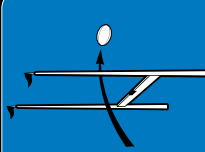
GAME LENGTH

2 x 25 minutes maximum.



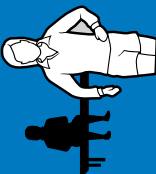
REFEREE

If no Learning Rugby referee, no tackling.



CONVERSION

Conversion taken from in front of posts either drop goal or punt. Points don't count.



SUBS

All players must play a minimum of half a game (this is to include at least two full quarters). Rolling substitutions are not permitted. Substitutions may be made at half time or approximately half way through each half when the referee will allow and signal a Substitution Break. This applies to representative games.



TACKLE

Two tackle sessions must be carried out by all U8 coaches before the season kicks off.
No fending.



BALL SIZE

Size 3 balls.



10-a-side

Numbers are maximum. If a team doesn't have enough players to start a game, it should then be played with equal numbers.



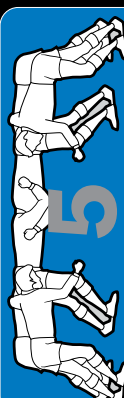
TRY

If score blow-outs are occurring (ie 35+ at halftime), both coaches must meet and come to an agreement as to how they can generate a more even contest. Try = 5 pts.



LINEOUT

Always 5 in lineout. Lineouts not to be contested. There is to be no lineout lifting at any level.



SCRUMS

Always 5 in scrum. No contest and no pushing.



KICKING

Encourage running and passing.



KICK-OFF

Tap and pass. Kick-offs to be rotated through all players.



PENALTY


Tap and pass.

Ueight

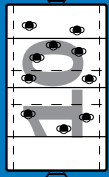
YEAR 3

YEAR 4/5/6 - SCHOOL RUGBY


UNDER 9/10/11 - SATURDAY MORNING RUGBY



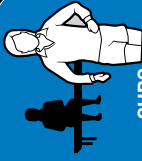
TRY
If score blow-outs are occurring (ie 35+, at halftime), both coaches MUST meet and come to an agreement as to how they can generate a more even contest. Try = 5 pts.




10-a-side
If a team doesn't have enough players to start a game, it should then be played with equal numbers.




5
SCRUM
Always 5 in scrum. No contest and no pushing.



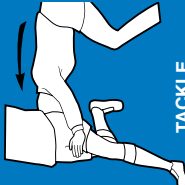
SUBS
All players must play a minimum of half a game (this is to include at least two full quarters). Rolling substitutions are not permitted. Substitutions may be made at half time or approximately half way through each half when the referee will allow and signal a Substitution Break. This applies to representative games.




3
BALL SIZE
Size 3 balls.




REFEREE
If no Learning Rugby referee, no tackling.



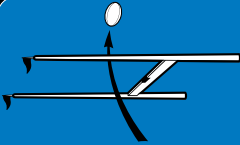
TACKLE
Tackle must be below the nipple. No fending to the head, face or neck regions.




PENALTY
lap and pass.



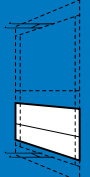
GAME LENGTH
2 x 25 minutes maximum.




CONVERSION
Conversion taken from in front of posts either drop goal or punt. Points don't count.



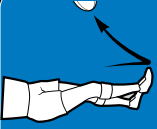
KICKING
Encourage running and passing.



FIELD SIZE
Goal to 10m (across the field). Portable goalposts recommended. Full size posts on sideline need markers.



5
LINEOUT
Always 5 in lineout. Lineouts not to be contested until U11 grade. There is to be no lineout lifting at any level.



KICK-OFF
Punt or drop kick by scoring side. Kick offs to be rotated through all players.

U nine ten eleven

PLAYING RUGBY LAWS UNDER 12 - UNDER 13

These laws complement laws outlined in the Small Blacks Development Model.

SCORING/RESTART

- A try is scored by grounding the ball on or over the goal line.
- The non-scoring team will restart play with a drop kick from halfway.
- The opposing team will be back 10 metres from halfway.

TACKLE

- A player must not tackle an opponent whose feet are off the ground.
- The tackled player must release the ball when either the player or the ball is grounded.

SCRUM

- The opposing team cannot advance until the halfback has played the ball.
- The opposing halfback must not advance past the middle line i.e. tunnel.
- There is an offside line five metres behind the hindmost feet of the scrum.

LINEOUT

- The two lines of players must be one metre apart.
- Backline must stand 10 metres from the centre line.
- If the throw isn't straight, advantage applies to the non-offending team, otherwise normal law applies.

RUCK AND MAUL

- Players must not join from the side.
- Players must be bound to the maul or behind the last player.
- Players must not collapse a maul.

PENALTIES

- The defending team will be 10 metres back from the infringement mark.

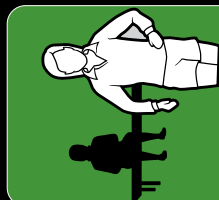
RUGBY LAWS

- All other domestic safety law variations apply.

APPOINTMENT OF THE REFEREE

- The home team will provide a referee or Playing Rugby referee to officiate.
- If no referee or Playing Rugby referee from the home team is available, then a referee or Playing Rugby referee from the visiting team will officiate.
- It is recommended that one referee will control the entire match.

UNDER 12/13 – SATURDAY MORNING RUGBY YEAR 7/8 – SCHOOL RUGBY



SUBS

All players must play a minimum of half a game (this is to include at least two full quarters). Rolling substitutions are not permitted. Substitutions may be made at half time or approximately half way through each half when the referee will allow and signal a Substitution Break. This applies to representative games.

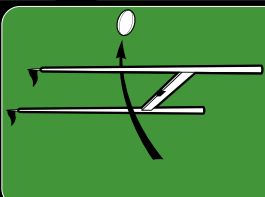


GAME LENGTH
2 x 30 minutes maximum.



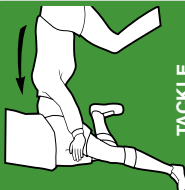
REFEREE

If no Playing Rugby referee, no tackling.



CONVERSION

Conversions not to be taken further out than the 15m line.



TACKLE

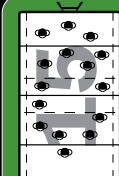
Tackle must be below the nipple. No fending to the head, face or neck regions.



KICKING
Yes.



PENALTY
Normal.



NUMBERS PER TEAM

15-a-side. Numbers are maximum. If a team doesn't have enough players to start a game, it should then be played with equal numbers.



TRY

If score blow-outs are occurring (ie 30+ at halftime), both coaches MUST meet and come to an agreement as to how they can generate a more even contest. Try = 5 pts.



SCRUMS

Always 8 in scrum. Contest and pushing. The push is limited to half a metre maximum. Safety is paramount.



LINEOUT

Always 8 in lineout. Lineouts can be contested. There is no lineout lifting at any level.

YEAR 7/8
twelve
thirteen



NZ RUGBY RIPPA RULES

RIPPA RULES

These rules are the official New Zealand Rugby Rippa Rules enforced and applied at the New Zealand Rugby Rippa Championship. It is understood and appreciated that there is a need for flexibility at this level and form of the game, particularly in the playing of club competitions. Accordingly, the recommended variations for club competitions are identified. However at local qualifying tournaments for the NZ Rippa Rugby Championship all Provincial Unions must strictly enforce and apply the New Zealand Rugby Rippa Rules.

Club competition recommended variations:

RULES FOR THE PLAYING OF RIPPA RUGBY

1.0 PLAYING AREA

- 1.1 The playing area will not exceed 70 metres in length and 40 metres in width.
- 1.2 The playing area will be clearly marked.
- 1.3 The seven players on a team will be the only people entitled to be on the playing area during a game. Coaches, substitutes and spectators must not be on the playing area during a game.

2.0 DURATION OF PLAY

- 2.1 A game is made up of two halves of seven minutes (15 minutes) each.
- 2.2 There will be a two minute interval between the two halves.
- 2.3 After half time the teams will change ends.
- 2.4 A half can only end at the next stoppage in play after seven minutes.
- 2.5 A half cannot end on a penalty. If a penalty is signalled the team awarded the penalty shall be entitled to a free pass and the game will continue until the next stoppage in play.
- 2.6 A rip is not a stoppage in play.

3.0 NUMBER OF PLAYERS

- 3.1 There will be no more than ten players in each team.
- 3.2 Each team must contain five boys and five girls (Variations may apply in club competitions).
- 3.3 Games will be played with seven players on the playing area at any one time.
- 3.4 At least three girls must be on the playing area at all times. (Variations may apply in club competitions).

- 3.5 Except in the case of injury or a sending off, every player must play at least one half of each game.

4.0 SUBSTITUTES

- 4.1 Substitutes can only be made at half time except in the case of injury defined in 4.2. (In club competitions substitutions can be made in either half, but only when the ball is out of play)
- 4.2 An injured player can be substituted but only once the injured player has left the playing area. Any substitution of an injured player must be approved by the referee, and an injured player who has been substituted cannot rejoin the game.
- 4.3 Players who are substituted at half time may rejoin the game when replacing an injured player under Rule 4.2.

5.0 REFEREES

- 5.1 The referee for each match will be appointed by the tournament organiser.
- 5.2 The referee will carry a whistle.
- 5.3 The referee will shout, "PASS!" when a rip has been made, and "TURNOVER!" after a sixth rip.
- 5.4 The referee will blow the whistle to signal the start of the two halves or when play is to stop.
- 5.5 The referee will signal to the team who is starting with a free pass, by pointing with an outstretched arm towards that team.

6.0 THE RIPPA BELT

- 6.1 The belt is adjusted to fit the waist of the player and fastened so that two flags hang, one from each side.
- 6.2 Velcro attaches the flags so they are positioned one on each hip.
- 6.3 Care needs to be taken to ensure that for safety the tail of the belt is tucked away.
- 6.4 Each team is distinguished by the colour of the flags they wear.
- 6.5 The belt must be worn outside the clothing, shirts tucked in and flags free so they can be ripped off.
- 6.6 If a player accidentally loses a flag when they have the ball, the game will be stopped to allow the player to replace the flag. Once the flag has been replaced the game will restart with a free pass by the player in possession. The stoppage will not count towards the rip count.

7.0 ATTACKERS

- 7.1 The ball carrier cannot fend defenders off using their hands, or the ball.
- 7.2 The ball carrier cannot guard or shield their flags in any way.

8.0 DEFENDERS (RIPPERS)

- 8.1 There is no contact in Rippa Rugby. Defenders (Rippers) ripping the flag off the belt of the ball carrier stops the ball carrier's progress.
- 8.2 Defenders (Rippers) cannot physically touch the ball carrier.

9.0 STARTING PLAY

- 9.1 One team starts each half of the game from the centre of the field with a free pass.
- 9.2 When a try is scored, the non-scoring team starts at the centre of the field with a free pass.

10.0 FREE PASS

- 10.1 To make a free pass, the player making the pass starts with the ball on the ground, moves the ball slightly forward using the side of their foot, then picks up the ball and passes the ball backwards to a member of their own team.
- 10.2 The Defenders (Rippers) must remain five metres back from the player making the free pass. They cannot start moving forward until the ball leaves the hands of the player making the free pass.
- 10.3 A free pass is also used to restart play at any time that play has halted and needs to be restarted.
- 10.4 If the ball travels out of the field of play, the game is restarted with a free pass to the opponents of the side that was last to touch it immediately prior to the ball travelling out of play.
- 10.5 Free passes cannot take place less than five metres from the try line.
- 10.6 A free pass is also awarded to the non-offending team when their opposition infringes the rules, such as a forward pass, an offside or for not returning the flag to the ripped player.

11.0 RIP

- 11.1 To complete a rip one of the two flags from the ball carrier's belt must be removed.
- 11.2 The only person who can be ripped is the ball carrier.
- 11.3 The Defender (Ripper) must stop, hold the flag above their head and shout "RIP!"

- 11.4 The ball carrier must then pass the ball immediately (within three strides). He or she does not have to stop, return to the mark or roll the ball between their legs.
- 11.5 Six rips in a row leads to a turnover in possession.
- 11.6 After the ball carrier has passed the ball the Defender (Ripper) must hand the flag back to the player who then reattaches it to their belt before they rejoin play. If either of these players doesn't adhere to this, they will be penalized and a free pass will be awarded to the non-offending team at the place of the infringement.
- 11.7 If a player is ripped before the try line and doesn't pass before they get over the line, they restart play five metres out from the try line with a free pass.
- 11.8 Restarting the rip count occurs when there is a turnover or when either team is penalised.

12.0 KNOCK ON

- 12.1 When a player knocks the ball towards the opponents' try line and does not regain control of the ball before it touches the ground, another player or the referee, a free pass is awarded to the non-offending team unless an advantage occurs.

13.0 OFFSIDE

- 13.1 Offside only occurs at a rip.
- 13.2 When a rip is made, all players from the Defender's (Ripper's) team must get back until they are behind where the rip was made. Failure to do so results in a free pass to the team in possession and the rip count will restart at zero.
- 13.3 If a player is offside and they intercept, prevent or slow down a pass, they will be penalized and a free pass will be awarded to the non-offending team, unless an advantage can be played.

14.0 PASSING THE BALL

- 14.1 The ball can only be passed by the ball carrier in a backwards direction.
- 14.2 Attackers must not pass the ball forward, towards the Defenders' (Rippers') try line.
- 14.3 Attackers cannot hand the ball to another Attacker.
- 14.4 A free pass will be awarded to the opposition if an Attacker passes the ball forward or hands the ball to another Attacker.
- 14.5 If the ball is not caught to conclude a pass but is not knocked on, play can continue.

15.0 KICKING

- 15.1 There is no kicking of any kind in Rippa Rugby.

16.0 ADVANTAGE

- 16.1 Not stopping the game when an infringement happens is called 'advantage'.
- 16.2 Referees should play 'advantage' to the non-offending team if there is any chance that team may gain an advantage by there being no stoppage in play. i.e. if the non-offending team gains possession of the ball or retains the ball in circumstances that are more favourable than if the referee ruled a free pass.
- 16.3 The referee should call 'advantage' followed by 'advantage over' if an advantage is deemed to have occurred.
- 16.4 If no advantage occurs within a reasonable period, play restarts with a free pass.

17.0 GOING TO GROUND

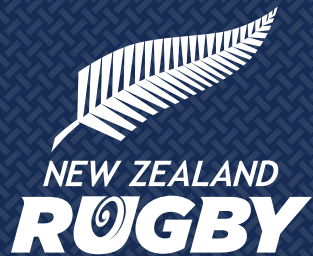
- 17.1 Subject to 17.2, if the ball carrier intentionally goes to ground or a player dives on the ball, a free pass is awarded to the opposition.
- 17.2 Players can dive for a try or dive on the ball for a try.

18.0 FAIR PLAY

- 18.1 All players must play games in a positive spirit following the principles of good sportsmanship.
- 18.2 In instances of verbal abuse, physical abuse, poor sportsmanship, intentional offending, repeated offending or any other actions deemed unfair play, dangerous play or misconduct, a referee may send a player from the playing area.
- 18.3 If a player is sent from the playing area by the referee under 18.2 they must remain off for the remainder of that game. However, that player can be replaced by another player who has not been sent off.
- 18.4 There shall be no intentional physical contact between players.

KEY POINTS

- Referees clearly call the "RIP" and the rip number
- Players must pass within three steps of a rip
- Ball must be passed backwards
- A knock on or forward pass results in a handover to the other team
- Penalties and restarts start with a free kick
- The ball must be forced on the ground for a try, just like rugby
- Play as much advantage as possible
- Free kicks to restart play must have the ball placed on the ground, released and tapped with the foot
- Spinning to avoid a rip is ok but continuous spinning is not allowed



Rip Rugby Rules

RULES FOR RIP RUGBY RULES

1.0 PLAYING AREA

- 1.1 The playing area will be approximately 70 metres in length and approximately 40 metres in width.
- 1.2 The playing area will be clearly marked.
- 1.3 The seven players on a team and the referee will be the only people entitled to be on the playing area during a game. Coaches, substitutes and spectators must not be on the playing area during a game.

2.0 DURATION OF PLAY

- 2.1 A game is usually made up of four quarters of five minutes each. 20 minutes in total. (In Small Blacks grades, follow the time set for each age band).
- 2.2 There will be a one minute interval at each quarter for substitutions.
- 2.3 After half time the teams will change ends.
- 2.4 A quarter can only end at the next stoppage in play .
- 2.5 A half cannot end on a penalty. If a penalty is signalled, the team awarded the penalty shall be entitled to a free pass and the game will continue until the next stoppage in play.
- 2.6 A rip is not a stoppage in play.

3.0 NUMBER OF PLAYERS

- 3.1 The game is played between teams of equal numbers of players.
- 3.2 Seven is ideal.
- 3.3 Except in the case of injury or a sending off, every player must play at least two quarters of each game.

4.0 SUBSTITUTES

- 4.1 Substitutions must be made at quarter time except in the case of injury defined in 4.2.
- 4.2 An injured player can be substituted but only once the injured player has left the playing area.

Any substitution of an injured player must be approved by the referee, and an injured player who has been substituted cannot re-join the game.
- 4.3 Players who are substituted at any quarter time may re-join the game when replacing an injured player under Rule 4.2.

5.0 REFEREES

- 5.1 The referee for each match will be agreed upon and appointed by the two teams.
- 5.2 The referee should have a whistle.
- 5.3 The referee will shout, "PASS!" when a rip has been made, and "TURNOVER!" after a fourth rip.
- 5.4 The referee will blow the whistle to signal the start of the four quarters or when play is to stop.
- 5.5 The referee will signal to the team who is starting with a free pass by pointing with an outstretched arm towards that team.

6.0 THE RIP RUGBY BELT

- 6.1 The belt is adjusted to fit the waist of the player and fastened so that two flags hang – one from each side.
- 6.2 Velcro attaches the flags so they are positioned on each hip.
- 6.3 Care needs to be taken to ensure that for safety the tail of the belt is tucked away.
- 6.4 Each team is distinguished by the colour of the flags they wear.
- 6.5 The belt must be worn outside the clothing, shirts tucked in and flags free so they can be ripped off.
- 6.6 If a player accidentally loses a flag when they have the ball, the game will be stopped to allow the player to replace the flag. Once the flag has been replaced the game will restart with a free pass by the player in possession. The stoppage will not count towards the rip count.

7.0 ATTACKERS

- 7.1. The ball carrier cannot fend defenders off using their hands, or the ball.
- 7.2. The ball carrier cannot guard or shield their flags in any way. A player can spin once (360) in a movement (no helicopters).

8.0 DEFENDERS (RIPPERS)

- 8.1 There is no contact in Rip Rugby. Defenders (Rippers) ripping the flag off the belt of the ball carrier stops the ball carrier's progress.
- 8.2 Defenders (Rippers) cannot physically touch the ball carrier.

9.0 STARTING PLAY

- 9.1 One team start/restarts the match from the centre of the field with a punt kick if U9 above, otherwise it's a tap and pass. Great if Kick-offs rotated through all players.
- 9.2 Kick must travel in a forward direction 5 metres minimum.
- 9.3 Kick not making the 5 metres – free pass on half-way to the receiving team.
- 9.4 When a try is scored, the team that scored starts at the centre of the field with a punt kick or tap and pass to those who didn't score.

10.0 FREE PASS

- 10.1 To make a free pass, the player making the pass starts with the ball on the ground, moves the ball slightly forward using the side of their foot, then picks up the ball and passes the ball backwards to a member of their own team.

The player who taps the ball **MUST** pass and cannot run with the ball.
- 10.2 The Defenders (Rippers) must remain five metres back from the player making the free pass.

They cannot start moving forward until the ball leaves the hands of the player making the free pass.
- 10.3 A free pass is used to restart play at any other time that play has halted and needs to be restarted other than with a lineout or scrum.
- 10.4 Free passes cannot take place less than five metres from the try line.
- 10.5. A free pass is also awarded to the non-offending team when their opposition infringes the rules, such as an offside or for not returning the flag to the ripped player. A free pass or kick for touch as in normal rugby applies here.

11.0 RIP

- 11.1 To complete a rip one of the two flags from the ball carrier's belt must be removed.
- 11.2 The only person who can be ripped is the ball carrier.
- 11.3 The Defender (Ripper) must stop, hold the flag above their head and shout "RIP!"
- 11.4 The ball carrier must then pass the ball immediately (within three strides). He or she does not stop, return to the mark or roll the ball between their legs.
- 11.5 Four rips in a row leads to a turnover in possession.
- 11.6 After the ball carrier has passed the ball the Defender (Ripper) must hand the flag back to the player who then reattaches it to their belt before they re-join play. If either of these players doesn't adhere to this, they will be penalised and a free pass will be awarded to the non-offending team at the place of the infringement.

- 11.7 If a player is ripped before the try line and doesn't pass before they get over the line, they restart play five metres out from the try line with a free pass.
- 11.8 Restarting the rip count occurs when there is a turnover or when either team is penalised.
- 11.9 If a player accidentally loses a tag when they have the ball, stop the game, replace the tag and restart with a free pass.

12.0 KNOCK ON

- 12.1 When a player knocks the ball towards the opponents' try line and does not regain control of the ball before it touches the ground, another player or the referee, a scrum is awarded to the non-offending team unless an advantage can be played.

13.0 OFFSIDE

- 13.1 Offside only occurs at a rip.
- 13.2 When a rip is made, all players from the Defender's (Ripper's) team must get back until they are behind where the rip was made.

Failure to do so, results in a free pass to the team in possession and the rip count will restart at zero.
- 13.3 If a player is offside and they intercept, prevent or slow down a pass, they will be penalised and a free pass will be awarded to the non-offending team, unless an advantage can be played.

14.0 PASSING THE BALL

- 14.1 The ball can only be passed to the ball carrier in a backwards direction.
- 14.2 Attackers must not pass the ball forward; towards the Defenders' (Rippers') try line.
- 14.3 Attackers cannot hand the ball to another Attacker.
- 14.4 A scrum will be awarded to the opposition if an Attacker passes the ball forward or hands the ball to another Attacker.
- 14.5 If the ball is not caught to conclude a pass but is not knocked on, play can continue.

15.0 KICKING

- 15.1 There is kicking in Rip Rugby.
- 15.2 If you are 'Ripped' – you cannot kick the ball.
- 15.3 If a kick in general play crosses the dead ball line, it is a free pass at the mark from where the kick was made.

15.4 Normal off-sides from kicking situations apply.

15.5 There are no conversions or shots at goal.

16.0 ADVANTAGE

16.1 Not stopping the game when an infringement happens is called 'advantage'.

16.2 Referees should play 'advantage' to the non-offending team if there is any chance that they may be advantaged by there being no stoppage in play, for instance if the team gets the ball or retains the ball in circumstances that are more favourable than if a free pass was called.

16.3 The referee should call 'advantage' followed by 'play on' if an advantage is deemed by the referee to occur.

16.4 If no advantage occurs within a reasonable period play restarts with a scrum, penalty or free pass.

17.0 GOING TO GROUND

17.1 Subject to 17.2, if the ball carrier intentionally goes to ground or a player dives on the ball, a free pass is awarded to the opposition.

17.2 Players can dive for a try or dive on the ball for a try.

18.0 THE SCRUM

18.1 These consist of three players from each side.

18.2 No pushing – win your own ball.

18.3 Follow the ref's calls to 'crouch – bind – set'.

18.4 Both halfbacks must stand next to the scrum and can't advance past the middle of the tunnel.

18.5 Players who are not in the scrum and who are not the team's halfback, are offside if they remain in front of their offside line or overstep the offside line which is 5 metres behind the hindmost player of each team in a scrum.

19.0 THE LINEOUT

19.1 If the ball is carried or kicked out of the field of play, the game is restarted with a lineout with the non-offending side throwing the ball in.

19.2 The lineout must consist of three forwards from each team and a scrum half.

19.3 Lineouts follow contested laws to appropriate age. Lineouts not to be contested until U11 grade.

- 19.4 There is no lifting the jumper in Small Blacks grades.
- 19.5 The player catching the ball should hopefully pass it back to the player that threw it in as they run round to pass to the backs, but usual lineout law applies.
- 19.6 For players not taking part in the lineout, the offside line is 5 metres behind the line of touch or their goal line, if that is nearer.

20.0 FAIR PLAY

- 20.1 All players must play games in a positive spirit following the principles of good sportsmanship.
- 20.2 In instances of verbal abuse, physical abuse, poor sportsmanship, intentional offending, persistent reoffending or any other offending, a referee may send a player from the playing area.
- 20.3 If a player is sent from the playing area by the referee under 20.2 they must remain off for the remainder of that game. However, that player can be replaced by another player who has not been sent off.
- 20.4 There shall be no intentional physical contact between players.

GRADUATED RETURN TO PLAY (G RTP)

All players diagnosed with a concussion or suspected concussion must go through the G RTP described in this poster. For more information talk to your coach, your local union, contact New Zealand Rugby or check out rugbysmart.co.nz



CONCUSSION

Rehabilitation Stage	Minimum Time	
	U19	19+
1 Rest / No Activity Avoid physical activity, thinking tasks and screens (TV, phone and laptops).	2 days	2 days
2 Light to moderate exercise Symptom guided activities such as walking, jogging or stationary cycling.	14 days	14 days
3 Moderate to high exercise Running drills, no impact activities.	2 days	1 day
4 Non-contact training drills Progression to more complex training drills: passing, catching, weight training.	2 days	1 day

MEDICAL CLEARANCE FROM DOCTOR

5 Full contact practice May participate in normal training activities (contact training).	2 days	2 days
6 Return to play Player rehabilitated.	1 day	1 day

RECOGNISE / REMOVE / RECOVER / RETURN