



Australian Capital Territory Junior Rugby Union (Incorporated)

RULES of COMPETITION

GIRLS

2019

As adopted from the 6 February, 2018 Special AGM and
as approved by Rugby Australia's Laws Advisory Group as a local law variations

Caveat

The Rules of Competition for Junior Girls' Rugby are to be read in conjunction with the ACTJRU Rules of Competition, as adopted, and Rugby Australia (Rugby AU) [Youth Pathway Laws](#) which are intended to balance the development of players with the growth of the game and level of competition over time.

Competition

- Finals series, competition ladders and premierships allowed.
- For Under 14's Girls, Youth Pathway laws will apply to both the regular season and finals series.
- For Under 16's Girls, Youth Pathway laws will apply for the first six rounds of the regular season competition and ACTJRU Rules of Competition will apply to the remainder of the regular season and the finals series, except where variations are applied in these Rules. Agreement may be reached between Coaches and confirmed with Referees to play contested lineouts and scrums before a game commences in the first six rounds taking into account the rugby maturity and experience of both teams. Where uncontested lineouts and scrums occur, Youth Pathway laws will apply.
- For Under 18's Girls, the ACTJRU Rules of Competition will apply, except where variations are applied in these Rules. Where uncontested lineouts and scrums occur, Youth Pathway laws will apply.

The Ground

- Full field with the sidelines moved in 5 meters on each side (cones to be used).
- The narrowed field is intended to provide greater opportunities for girls to experience contested rugby which will help the Girls' Rugby competition progress from 10 a side to 15 a side over time. The field size will be reviewed as the competition develops.

Game Times

- Under 14's: 9.30am +/- 1hr, 20 minutes each way, 5 minute interval.
- Under 16's: 10.30am +/- 1hr, 25 minutes each way, 5 minute interval.
- Under 18's: 11.30am +/- 1hr, 30 minutes each way, 5 minute interval.
- There is no time-off for injury or other stoppages.
- While the draws will be developed based on the game times outlined above, flexibility is provided to Clubs and Schools to make alternative game time arrangements, subject to approval by submitting a request for amendment online.

The Ball

- Size 5

Number of Players

- 10 players on the field per side.
- It is recommended that the maximum size of a squad be 17 players.
- In the spirit of the game and as part of the Youth Pathway Rules, teams are expected to match numbers on the field during play throughout the regular season. This is not the case for the finals series.

- In the finals series, a team may field less than 10 players, but numbers will not be matched.
- Unlimited rolling substitutions are allowed but can only be made when the ball is dead.

Scoring

- A TRY is awarded 5 points.
- A CONVERSION, 2 points.
- DROP GOALS and PENALTY GOAL are 3 points.

Foul Play

- No squeeze ball allowed in Under 14s and in the first six rounds of Under 16's where Youth Pathway flexibility is applied (Penalty Kick).
- No leg lifting is allowed in any age group (Penalty Kick).
- A RED CARD = sent off and cannot return.
- A YELLOW CARD = 5 mins in the sin-bin for Under 14 and Under 16's, and 10 mins in the sin-bin for Under 18's. If the time period has not expired when half-time or full-time is called, the temporary suspension ends.
- When a YELLOW or RED CARD is issued, the player may be replaced in Under 14s. For Under 16s, the player may be replaced only in the first six rounds where Youth Pathway flexibility is applied.

Kick-off and Restarts

- Kick-offs and restarts are made by the scoring team and are drop kicks.
- No second chances for incorrect kick-offs and drop-outs.

Lineout Setup

- No quick throw-ins allowed.
- There must be 4 players from each team to stand as catchers in the lineout, 1 metre from the opposition players in a single line.
- The thrower of the team in possession stands on the line of touch.
- The thrower's immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch.
- There must be a receiver (scrum-half) 2 metres back from the lineout. The receiver must stay in position until they receive the ball from the lineout.
- All other players not taking part in the line-out must be back at least 5 metres under Youth Pathway rules, and 10 metres under ACTJRU Rules of Competition.

Lineout Play

Under 14's – Rounds 1-6 (Youth Pathway Uncontested)

- No lifting is allowed.
- The team throwing the ball in must win it.
- The ball is passed or knocked to the receiver who must then pass it to a team-mate.
- No second chance if the throw is incorrect (i.e. not straight).

Under 14's – Rounds 7 to Finals Series (Youth Pathway Contested)

- No lifting is allowed.

- No second chance if the throw is incorrect (i.e. not straight).

Contested – Under 16's and Under 18's

- Lifting can only be by the shorts.
- No lifting on the legs is allowed (Free Kick).
- No second chance if the throw is incorrect (i.e. not straight).

Lineout Offside

Under 14's – Rounds 1-6 (Youth Pathway Uncontested)

- The lineout does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver.
- Opposition backline players must stay onside and lineout players must stay in the lineout until the line-out is over.
- If players are offside, the Referee awards another lineout with the same team throwing in, so the players can get it right.

Contested – Under 14's from Round 7, Under 16's and Under 18's

- The lineout does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver.
- Opposition backline players must stay onside and lineout players must stay in the lineout until the line-out is over.
- If players are offside, the Referee awards a Penalty Kick.

Scrum Setup

Under 14's – Rounds 1-6 (Youth Pathway Uncontested)

- Minimum 5 players from each team form the scrum.
- Numbers must be matched in scrums at all times.
- Both scrum-halves must stand on the same side of the scrum.
- No crutch binding in scrums.
- All other players not taking part in the scrum must be back at least 5 metres.
- If the setup is not right, the referee awards another scrum with the same team putting the ball in, so the players can get it right.

Contested – Under 14's from Round 7, Under 16's and Under 18's

- Minimum 5 players from each team form the scrum.
- Both scrum-halves must stand on the same side of the scrum.
- No crutch binding in scrums.
- All other players not taking part in the scrum must be back at least 5 metres.
- If the setup is not right, the referee awards a Free Kick.

Scrum Play

Under 14's – Rounds 1-6 (Youth Pathway Uncontested)

- The team feeding the scrum must win it.
- Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'BIND' and 'SET'.

- A team must not push the scrum. If the scrum moves off the 'mark' the Referee awards another scrum with the same team feeding, so the players can get it right.
- If the wrong team wins the scrum the Referee awards another scrum with the same team feeding, so the players can get it right.
- There are no penalties in non-contested scrums.

Contested – Under 14's from Round 7, Under 16's and Under 18's

- Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'BIND' and 'SET'.
- A team must not push the scrum more than 1 metre (Free Kick).
- During the game, if the Referee calls the scrums as uncontested, a scrum penalty is awarded against the team who cannot contest.

Scrum Offside

Uncontested (Youth Pathway Rules)

- The scrum does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver.
- The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over.
- Opposition players must stay onside or stay bound until the scrum is over.
- If players are offside, Referee awards another scrum with the same team feeding, so the players can get it right.

Contested

- The scrum is not over until the ball is completely out of the scrum (e.g. even if the scrum-half has hands on the ball it is not out).
- The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over.
- Opposition players must stay onside or stay bound until the scrum is over.
- If players are offside, the referee awards a Penalty Kick.