

Rugby Texas Policies & Guidelines on Youth Competitions

PROGRESSION OF PLAY

CONTACT / SET PLAY

Grouping (Level)	Grades 7-8 / U15s	Grades 5-6 / U13s	Grades 3-4 / U11s	Grades 1-2 / U9s	Grades PK-K / u7s
General	Contact			Limited or No Contact	<i>Non-Contact</i>
Tackling	Contact & wrap must be <i>below shoulders</i>		Contact must be at or below the waistline (navel)		2-hand Touch at shorts
	Wrap must be held to ground, No grab and pull down				
"Stiff Arming", Fending Off A Tackle	Hand contact at shoulders or below		Ball Carrier not allowed to fend off the tackle (no stiff arm)		
Rucks	Opposed			None	
	Regular IRB rules	Up to 3 players from each side	1 player from each side only	Ball must be released immediately	
	5 second rule, Use it or lose it				
Safety Considerations	Once tackled, the ball carrier must release the ball in a side lying position only (i.e. jackknife position). At no time shall a player release the ball back between the legs while on the knees with the head down (i.e. "squeeze ball")				
Mauls	Opposed			None	
	Regular IRB rules	Up to 3 players each team	Up to 2 players each team	Ball must be handed off to attacking teammate within 5 seconds or ball carrier taken to ground and ball released immediately	
	Includes the initial ball carrier				
5 second rule, Use it or lose it					
Scrum	Allowed				No
# in Scrum	15s = 8, 12s & 10s = 5 7s = 3		10s = 5 7s = 3	7s = 3	Free kick
Contested?	Yes, unless requested otherwise		No		
Backline is back	5 mtrs. back			3 mtrs back	
Scrum half stays	Behind ball			Behind scrum	
Push limit	-1 ½ meters push only		None		
If front row player is sent off or injured, the scrum must be uncontested, if not replaced by a trained substitute					
Line-outs	Yes				<i>None</i>
Contested?	Yes				<i>free kick or pass awarded</i>
# in Line Out	IRB Rules (At least 2)		Maximum of 2, includes thrower		
Lifting?	No				
Front player distance from touch line	5 mtrs.		3mtrs		
15 mtr line	Yes	No			n/a
Backline is back	10 mtrs		5 mtrs	3 mtrs	

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KICKING

Grouping (Level)	Grades 7-8 / U15s	Grades 5-6 / U13s	Grades 3-4 / U11s	Grades 1-2 / U9s	Grades PK-K / u7s
Start / Restarts	Drop Kick 10 meters		Drop Kick 5 meters	Punt Kick 5 meters	Receiving team "tap & go" at mid-field
Open field kicking allowed?	Yes	Yes Only defensively, within the 22 meter		No	
Conversions	Yes			No	
Penalty kick at goal	Yes			No	

REFEREES & PENALTIES

Grouping (Level)	Grades 7-8 / U15s	Grades 5-6 / U13s	Grades 3-4 / U11s	Grades 1-2 / U9s	Grades PK-K / u7s
Center Referee	Certified Coach (at minimum)				
	Certified Referee (preferable)				
Touch Judge	Each Team Provides (should have completed online course)			None	
Yellow Card (sin bin)	Misbehavior, Repeated violations				
"Sin Bin" Time	10 min (12s, 15s) 3 min (7s, 10s)	5 min	4 min	3 min	2 min
Red cards (removal)	Flagrant misbehavior, Dangerous play				
Period of Effect	Current game to the season, dependent on incident		Out for current game & the next game or entire tournament, whichever is greater		Out for current game only
Replacement Allowed	No		Yes		
	If front row player is sent off, a sub must be made at scrum time to have a replacement front row forward come on.				
Reporting	Red cards must be reported to Rugby Texas to be documented and tracked				

OFF-FIELD CONDUCT DURING MATCH PLAY

Grouping (Level)	Applies to All Levels
Expectations	Players, coaches, and spectators are to demonstrate good sportsmanship at all times and abide by the <i>Codes of Conduct</i> Rugby established by USA Rugby, Rugby Texas and Rugby Texas Youth Committee.
Violation 1	Warning. <i>If safety is a concern, ejection from the area.</i>
Violation 2	Penalty kick or 10 meter advance given to opposing team (grades KP-K, 1-2, 3-4) <i>If safety becomes a concern, ejection from the area.</i>
Violation 3	Continued poor conduct <i>ejection from the area.</i> <i>Play is not to continue until the offending individual (or group) is out of the arena or at least 50 yards away.</i>
	Such behavior from a coach may also include additional disciplinary action.
Reporting	Violations requiring action must be reported to Rugby Texas.
Enforcement	Off-field penalties may be given by Referee, Tournament Director, Club President, or Rugby Texas Disciplinary Official.