

# **Rugby Colorado**

## **TRY Rugby**

### **Developmental Program**

#### **Grades K-8, Boys & Girls**

##### **Format & Rules**

###### **2022 Spring Update**

### **What is TRY**

As the name implies, TRY is a way for young players to try rugby in a fun and safe environment. TRY exists to develop player skills and sportsmanship through high rep game situations. TRY's graduated and progressive format is key in preparing youth to be lifelong rugby fans as well as making the transition to high school rugby in 9th-12th grades. TRY is a developmental endeavor with no scores kept and no championships awarded.

### **Club/Team Rosters**

Every club must have an up-to-date and complete roster for each age/group team on hand at all jamborees (excel spreadsheet format provided by Rugby Colorado). Each player must be fully registered with Rugby Colorado and USA Rugby. In order to comply with player safety/welfare, there are zero exceptions to this policy. Coaches playing athletes who are not properly rostered will face disciplinary sanctions from Rugby Colorado.

### **Waivers**

A waiver process for players to play up or down an age group is available as well as for extenuating circumstances. Waivers must be completed fully and in a timely manner. Coaches playing athletes who are not properly waived will face disciplinary sanctions from Rugby Colorado.

Waiver available here

[https://rugbycolorado.org/en\\_us/waiver-to-play-in-a-different-age-group](https://rugbycolorado.org/en_us/waiver-to-play-in-a-different-age-group)

## **TRY Rugby - Middle School Boys**

### **Eligibility - Grade 6/7/8**

A player must be currently enrolled in middle school (grade 6/7/8) as of the start of the TRY season the player is taking part in. e.g. For the Spring Season (April/May/June), all players must be in 6th, 7th, or 8th grade upon the first scheduled game of that season (May for Spring and Sep for Fall). Please also see the waiver section below.

### **Divisions**

TRY Middle School Boys is comprised of two divisions - 6th/7th and 7th/8th.

- Light: 6th/7th Grade Division

All 6th graders regardless of weight AND 7th graders that are under 140 pounds

- Open: 7th/8th Grade Division

All 8th graders regardless of weight AND 7th graders that are over 140 pounds

### **Format**

Tackle: Yes

Numbers: 7 v 7, two seven-minute halves, rolling subs at stoppages only

Ball: Size 4

Field: 50 meters wide by 70 meters long

Scoring: Try only, no kicks at goal

Kick-off: dropkick by the scoring team, quick restarts allowed

Scrum: 3 v 3, contested

Line out: competitive, lifting, quick throws allowed

Kicking: all allowed (drop, out of hand, soccer/on the ground)

Rucking: Open numbers, tackler can counter ruck

Maul: allowed

Penalties: tap, scrum, kick for lineout, fast/quick tap allowed

Yellow/Red Cards: yes per World Rugby 7's laws

[U-19 laws](#) and [7's variations](#) are the standard for middle school age groups as well as the [game management guidelines](#) provided by USA rugby.

### **Waivers**

A waiver process is available, see waivers above.

In extenuating circumstances, 9th graders who are under 15 as of May 1 for the April/May/June Spring Season and Sep 1 for Aug/Sep/Oct Fall Season may be considered for participation in TRY, with such requests required to follow the waiver process. Safety and developmental appropriateness are the key requirements.

## **TRY Rugby - Middle School Girls**

### **Eligibility - Grade 6/7/8**

A player must be currently enrolled in middle school (grade 6/7/8) as of the start of the TRY season the player is taking part in. e.g. For the Spring Season (April/May/June), all players must be in 6th, 7th, or 8th grade upon the first scheduled game of that season (May for Spring and Sep for Fall). Please also see the waiver section below.

### **Divisions**

TRY Middle School Girls is comprised of one division - 6th/7th/8th combined.

### **Format**

Tackle: Yes

Numbers: 7 v 7, two seven-minute halves, rolling subs at stoppages only

Ball: Size 4

Field: 50 meters wide by 70 meters long

Scoring: Try only, no kicks at goal

Kick-off: dropkick by the scoring team, quick restarts allowed

Scrum: 3 v 3, contested

Line out: competitive, lifting, quick throws allowed

Kicking: all allowed (drop, out of hand, soccer/on the ground)

Rucking: Open numbers, tackler can counter ruck

Maul: allowed

Penalties: tap, scrum, kick for lineout, fast/quick tap allowed

Yellow/Red Cards: yes per World Rugby 7's laws

[U-19 laws](#) and [7's variations](#) are the standard for middle school age groups as well as the [game management guidelines](#) provided by USA rugby.

### **Waivers**

A waiver process is available, see waivers above.

In extenuating circumstances, 9th graders who are under 15 as of May 1 for the April/May/June Spring Season and Sep 1 for Aug/Sep/Oct Fall Season may be considered for participation in TRY, with such requests required to follow the waiver process. Safety and developmental appropriateness are the key requirements.

## TRY Rugby - U12 Co-ed

### **Eligibility - Under age 12**

A player must be 10 or 11 as of May 1 for the Spring Season (April/May/June season) and Sep 1 for the Fall Season (Aug/Sept/Oct). e.g. For the Spring 2022 season, all players must be 10 or 11 years of age as of May 1, 2022.

### **Format**

Tackle: Yes

Numbers: 7 v 7, two seven-minute halves, rolling subs at stoppages only

Ball: Size 4

Field: 40 meters wide by 60 meters long

Scoring: Try only, no kicks at goal

### **Waivers**

Waivers are available with approval for extenuating circumstances, see waivers above

### **General Game Play**

Scrum are contested up to one meter

Line outs are contested with no lifting

Rucking is one player per team

Fending chest height or lower

Kicking is allowed

### **Start and Re-Start at the beginning of a half or after a score:**

1. Defense must be allowed to reset for any start or re-start
2. Play is restarted with a drop out
3. The offside line is 10 meters from the center line
4. Following a score the restart kick must be taken in 30 seconds
5. Unless otherwise agreed upon, scoring team kicks.
6. Sanction - Free kick

### **Restart after a penalty/free kick:**

1. Options: Scrum, kick for touch, quick tap

### **Restart from a scrum:**

1. 3 v 3 scrum is contested up to one meter.

### **Restart from a line-out:**

1. Defensive lineout must be allowed to get set, no quick lineouts
2. Line out is contested with no boosting
3. Offside line for players not involved in the lineout is ten meters

### **Prohibited: Sanction = penalty**

1. Multiple players on the same team in a ruck
2. Tackler immediately initiating a counter ruck

### **Tackle:**

1. Tackler must roll away and reset as a defender, cannot immediately counter ruck

**Offside Line:** The offside line is last foot of the defender at the ruck

## TRY Rugby - U10 Co Ed

### **Eligibility - Under age 10**

A player must be 8 or 9 as of May 1 for the Spring Season (April/May/June season) and Sep 1 for the Fall Season (Aug/Sept/Oct). e.g. For the Spring 2022 season, all players must be 8 or 9 years of age as of May 1, 2022.

### **Format**

Tackle: Yes

Numbers: 7 v 7, two seven-minute halves, rolling subs at stoppages only

Ball: Size 3

Field: 40 meters wide by 50 meters long

Scoring: Try only, no kicks at goal

### **Waivers**

Waivers are available with approval for extenuating circumstances, see waivers above

### **General Game Play**

Scrum are uncontested

Line outs are uncontested

Rucking is not allowed

Kicking is not allowed

Fending chest height or lower

### **Prohibited: Sanction = penalty**

1. Ripping
2. Poaching
3. Rucking
4. Kicking

### **Start and Re-Start at the beginning of a half or after a score:**

1. Defense must be allowed to reset for any start or re-start
2. Play is restarted with a tap and go
3. The offside line is 5 meters from the tap

### **Restart after a penalty/free kick:**

1. Scrum option
2. Play is restarted with a tap and go
3. The offside is 5 meters from the tap (*not defined in current rules so open for discussion*)

### **Restart from a scrum:**

1. Scrum is uncontested
2. 3:3 scrums

### **Restart from a line-out:**

1. Defensive line must be allowed to get set
2. Line out is uncontested
3. Offside line for players not involved in the lineout is five meters

**Tackle:**

1. Referee can determine if a player's forward progress is stopped. If so, the referee will call tackle and the ball carrier will go to ground and present the ball.
2. Tackled players cannot pop the ball off the ground to a player on their feet
3. Tackled player must release the ball and can't play the ball next
4. Tackler must roll away and reset as defender

**Offside Line:**

1. The offside line is at the point of the tackle
2. Defense cannot go through the gate to tackle the player in the scrum half position. They can only advance from the side of the simulated ruck once the ball is picked up.
3. Ball is out when a pass has been made or a player has gathered and started running

## **TRY Rugby - U8 Co Ed**

### **Eligibility - Under age 8**

A player must be 5, 6 or 7 as of May 1 for the Spring Season (April/May/June season) and Sep 1 for the Fall Season (Aug/Sept/Oct). e.g. For the Spring 2022 season, all players must be 5, 6, or 7 years of age as of May 1, 2022.

### **Format**

Tackle: Flag only

Numbers: 5 v 5, two seven-minute halves, rolling subs at stoppages only

Ball: Size 3

Field: 25 meters wide by 40 meters long

Scoring: Try only, no kicks at goal

### **Waivers**

Waivers are available with approval for extenuating circumstances, see waivers above

### **General Game Play**

Line-outs and scrums are not conducted at U8. Scenarios that would result in a scrum are a turnover. Going into touch is a turnover.

**Start and Re-Start:** for purposes of U8, start and re-start is any aspect of the game where a stoppage would occur and play would be restarted with a scrum, line-out, free kick, penalty kick or drop-out

1. Defense must be allowed to reset for any start or re-start
2. Play is restarted with a pass from one player to another
3. NOTE - A Tackled player (ie - pulled flag) does not constitute a re-start

### **Prohibited: Sanction = turnover**

1. Flag guarding (any motion that prevents a potential tackler from successfully pulling a flag from a ball carrier's belt)
2. Ripping
3. Fending/stiff arm

### **Tackle (Flag Pull):**

1. Tackler (flag puller) stands at the point of tackle (mark) and holds flag in air. Tackler is out of the play and must remain at mark, holding flag, until ball is passed.
2. Ball carrier must return to mark before passing
3. Ball carrier passes ball to onside teammate within five seconds (ref says use it)
4. Flag carrier hands the flag back to the tackled player and must return to an onside position. (they must hand the flag back to the tackled player. They cannot throw it on the ground, at the player, in the air, etc.)
5. Open play resumes
6. If a ball carrier's flag either falls off while running with the ball or the flag is not on the side of the belt where it can be pulled the player is considered tackled.

### **Offside:**

1. The offside line for any start or restart as defined above is 5 meters
2. The offside line for a tackle is three steps from the point of flag pull or another tackle scenario