

RUGBY VIRGINIA



Spring Youth Rugby

Scope, Laws & Modifications

Spring 2012

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Spring Youth Rugby

Scope, Laws & Modifications

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Introduction

Rugby Virginia (RUVA or RV) is a **USA Rugby** State Based Rugby Organization (SBRO) dedicated to the development of youth and high school rugby.

SPRING YOUTH Rugby is designed to introduce middle school and high school freshmen athletes to the fifteen-a-side contact game of rugby and do so in a safe and enjoyable environment.

Scope

- ❖ To be eligible to play Spring Youth Rugby, a player must be currently enrolled in school or be home schooled and not have reached his/her 15th birthday by January 1st preceding the spring season. *(N.B. The age cut-off date for Spring Youth U-15 rugby is different from the age cut-off for (U-19) high school rugby which uses September 1st of the current academic year.)*
- ❖ All players must be CIPPed (USA Rugby's **Club and Individual Participation Program**) before the start of the season.
- ❖ The Rugby Virginia Spring Youth Rugby season runs from mid-March through the end of May. The season ends with a one day tournament.
- ❖ Matches are 60 minutes; that is, two 30 minute halves.
- ❖ Spring Youth Rugby will use a size 4 ball.
- ❖ Spring Youth Rugby follows and complies with league and match rules as more fully set out in Rugby Virginia's **Competition Rules**. The Competition Rules are published on the Rugby Virginia website at: http://www.rugbyvirginia.com/competition_rules.aspx

As noted above, Spring Youth Rugby is designed to introduce middle school and high school freshmen athletes to the fifteen-a-side contact game of rugby and do so in a safe and enjoyable environment. Some players will already have some experience of rugby, having participated in RUVA's Youth Summer Rugby program – either on a touch team or a tackle team. However, previous experience is not necessary.

Coaches will introduce players to various aspects of the 15-a-side tackle game in a controlled and gradual fashion, with emphasis always on proper technique.

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All players will be required to participate in at least four tackling practices, supervised by a certified coach before participating in their first game. The focus of this instruction is to teach safe tackling techniques and how to be tackled safely. Players will also be required to participate in two live scrum sessions, supervised by a certified coach, before participating in their first game.

Contested scrums will be introduced gradually. The first and second matches of the season will be played with uncontested scrums. Matches with contested scrums will begin with the third match of the season.

Contested rucks and mauls will be a part of all matches. Players will be coached to sight an entry position, slow down, and be sure that their shoulders are above the hips with the head up. Referees will manage this phase of play carefully. *[See Notes below re 16.2 (a) Joining a Ruck & 17.2 (a) Joining a Maul.]*

Contested Lineouts with lifting will be a part of all matches.

Laws of the Game

The **Rules of Play for Rugby Virginia Spring Youth RUGBY** shall be the **Laws of the Game**, (“Laws”) including *Under 19 Variations*, as published by the International Rugby Board (iRB) unless specifically modified herein. The iRB Laws of the Game may be downloaded as a ‘pdf’ from:

http://www.irblaws.com/downloads/EN/irb_law_book_2010_en.pdf .

NOTE: A section of the Laws will only be referenced herein if it is (i) new for the 2012 season, (ii) an Under 19 Variation, or (iii) a modification adopted by Rugby Virginia for U-15 Rugby in the state of Virginia.

Laws and Modifications

LAWS

Law 1: The Ground

Per iRB; no modification

Note 1: The Guidelines for Pitch Dimensions for the Fields-of-Play are provided in the Rugby Virginia Field Sizes and Match Durations for Young Players dated 5 June 2011.

Document is available for download from Rugby Virginia website:

<http://www.rugbyvirginia.com/forms.aspx> ;

Click on ‘pdf’ *RV Guidelines for Field Size & Playing Time dtd 5 June 2011.*

Law 2: The Ball

Per iRB; no modification

Note 1: SPRING YOUTH Rugby will use a size 4 ball.

Law 3: Number of Players - The Team

3.5 SUITABLY TRAINED AND EXPERIENCED PLAYERS IN THE FRONT ROW

U-19 Variation: 3.5. (c) If a team nominates 22 players, it must have at least six players who can play in the front row in order that there is replacement cover for the loose head prop, hooker and tight head prop.

If a team nominates more than 22 players it must have at least six players who can play in the front row in order that there is replacement cover for the loose head prop, hooker and tight head prop. There must also be three players who can play in lock position.

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3.12 SUBSTITUTED PLAYERS REJOINING THE MATCH

U-19 Variation: 3.12. A player who has been substituted may replace an injured player.

3.14 UNION SPECIFIC VARIATIONS:

Per 3.14 (a): Rolling substitutions shall be permitted

RUVA Modification: Unlimited rolling substitutions shall be permitted. Players may only be substituted upon a stoppage of play and may only leave or enter the field of play with the knowledge and consent of the referee.

Law 4: Players' Clothing

Per iRB; no modification

Law 5: Time

5.1 Duration of a Match

U-19 Variation: 5.1. Each half of an Under 19 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.

RUVA Modification: Each half of a SPRING YOUTH Rugby match lasts 30 minutes playing time. Play in a match lasts no longer than 60 minutes.

Law 6: Match Officials

Per IRB; no modification

Law 7: Mode of Play

Per iRB; no modification

Law 8: Advantage

Per iRB; no modification

Law 9: Method of Scoring

Per iRB; no modification

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Law 10: Foul Play

10.4 DANGEROUS PLAY AND MISCONDUCT

10.4 (t) **RUVA Modification:** Lifting of a team-mate by the legs in open play is not permitted.

Sanction: Free Kick

10.4 (u) **RUVA Modification:** Dangerous Tackle – High tackles, no-wrap tackles, scrag tackles, spear tackles, and pile-drivers are dangerous and shall not be tolerated. Referee shall immediately stop play and call a penalty. No advantage. Offending player cautioned, possibly temporarily suspended (yellow card).

Sanction: Penalty

Note 1: Any contact, including fend-off, level with or above the armpit is to be considered a high tackle.

Note 2: The scrag-type tackle (i.e. swinging the player round by the shirt) must be considered dangerous play and must be **penalized**.

Note 3: The piledriver-type tackle (i.e. lifting the ball carrier off the ground and then slamming the ball-carrier to the ground violently) must be considered dangerous play and **penalized**.

10.5 Sanctions

10.5 (c) **RUVA Modification:** Players who punch or stamp other players must be sent-off (red card).

10.6 (d) **RUVA Modification:** If a player is temporarily suspended, he shall remain with his team coach and shall not enter the playing area until permitted to do so by the referee.

10.6 (e) **RUVA Modification:** The time of a temporary suspension (yellow card) shall be 5 minutes playing time.

Law 11: Offside and Onside in General Play

Per iRB; no modification

Law 12: Knock-on or Throw Forward

Per iRB; no modification

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Law 13: Kick-off and Restart Kicks

Per iRB; no modification

Law 14: Ball on the Ground - No Tackle

Per iRB; no modification

Law 15: Tackle: Ball Carrier Brought to Ground

Per iRB; no modification

15.7 FORBIDDEN PRACTICES

15.7 (f) **RUVA Modification:** No player shall use the technique known or referred to as 'Squeezeball' and no person involved in the teaching or coaching of U-13/U-15 Rugby may teach, coach or encourage players to use the 'Squeezeball' technique.

Sanction: Penalty kick.

Note: 'Squeezeball' is a technique where the ball carrier goes to ground, head forward (touching or close to the ground), irrespective of immediate contact with opponents, usually keeping parallel to the touch line, holding and protecting the ball close to the chest and, when on the ground, pushes the ball back between the legs.

Law: 16 Ruck

Per iRB; no modification

16.2 JOINING A RUCK

Note re 16.2 (a) Joining a Ruck: *It is dangerous for young players to enter a ruck or maul at speed. Players should sight an entry position, slow down and be sure that the shoulders are above the hips with the head up. Referees need to manage this phase of play carefully.*

16.2 (b): A player joining a ruck must bind on a team-mate or an opponent, using the whole arm. The bind must either precede, or be simultaneous with, contact with any other part of the body of the player joining the ruck. [New for 2010 per iRB.]

Sanction: Penalty kick

16.4 OTHER RUCK OFFENCES

(b) Players must not handle the ball in a ruck except after a tackle if they are on their feet and have their hands on the ball before the ruck is formed. [New for 2010 per iRB.]

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Sanction: Penalty kick

16.5 OFFSIDE AT THE RUCK

(c) **Players joining or rejoining the ruck.** A player joining a ruck must do so from behind the foot of the hindmost team-mate in the ruck. A player may join alongside this hindmost player. If a player joins the ruck from the opponents' side, or in front of the hindmost teammate, the player is offside. A player may bind onto an opposition player providing the player is not otherwise offside. . [New for 2010 per iRB.]

Sanction: Penalty kick on the offending team's offside line

Law 17: MAUL

Per iRB; no modification

17.2 JOINING A MAUL

Note re 17.2 (a) Joining a Maul: *It is dangerous for young players to enter a ruck or maul at speed. Players should sight an entry position, slow down and be sure that the shoulders are above the hips with the head up. Referees need to manage this phase of play carefully.*

Law 18: MARK

Per iRB; no modification

Law 19: TOUCH AND LINEOUT

19.10 OPTIONS AVAILABLE IN A LINEOUT

19.10 (d) **Lifting and supporting.** Players may assist a team-mate in jumping for the ball by lifting and supporting that player providing that the lifting and/or supporting players do not support the jumping team-mate below the shorts from behind or below the thighs from the front.

19.10 (d) **RUVA Modification Add:** Lifting and/or supporting players must not support the jumping team-mate below the shorts. There is to be no lifting on the legs.

Sanction: Free Kick on the 15m line.

19.10 (e) **Pre-gripping is permitted.** Players who are going to lift or support a team-mate jumping for the ball may pre-grip that team-mate providing they do not pre-grip below the shorts from behind and below the thighs from the front.

19.10 (e) **RUVA Modification Add:** Players who are going to lift or support a team-mate jumping for the ball may not pre-grip below the shorts.

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Sanction: Free Kick on the 15m line.

Note 1. At lineout, lifting players may only grip the player's shorts. NO lifting actions may occur below the player's shorts.

Law 20: SCRUM

20.1 FORMING A SCRUM

20.1 (f) Front rows coming together.

ADD: 20.1 (f) Under 19 Variation

(Also see above U-19 Variation 3.5 (c) Suitably Trained and Experienced Players in the Front Row)

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 the team cannot field eight suitably trained players in its scrum due to either the team not fielding a complete team, or a forward player being sent off or temporarily suspended for foul play, 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 for Foul Play 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.

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20.3 BINDING IN THE SCRUM

20.3 (f) RUVA Modification **Add**: Binding between the legs of either prop by either lock is illegal.

Sanction: Penalty Kick

20.9 SCRUM - GENERAL RESTRICTIONS

20.9 (j) **Under 19 Variation**: 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

20.9 (k) **Under 19 Variation**: 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

20.11 SCRUM WHEELED

20.11 (a) **Under 19 Variation**: No wheeling. A team must not intentionally wheel a scrum.

Sanction: Penalty 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.

20.12 OFFSIDE AT THE SCRUM

20.12 (c) RUVA Modification **Add**: The scrum-half of the team that has not won the ball in the scrum may not stand in the space between the flanker and Number 8 when following the ball through the scrum.

Sanction: Penalty Kick

Law 21: Penalty and Free Kicks

Per iRB; no modification

Law 22: In-GOAL

Per iRB; no modification

iRB Regulations

REGULATION 10. MEDICAL

10.1 Concussion¹

10.1.1 A Player who has suffered concussion shall not participate in any Match or training session for a minimum period of three weeks from the time of injury, and may then only do so when symptom free and declared fit after proper medical examination. Such declaration must be recorded in a written report prepared by the person who carried out the medical examination of the Player.

10.1.2 Subject to sub-clause 10.1.3 below, the three week period may be reduced only if the Player is symptom free and declared fit to play after appropriate assessment by a properly qualified and recognised neurological specialist. Such declaration must be recorded in a written report prepared by the properly qualified and recognised neurological specialist who carried out the assessment of the Player.

10.1.3 In age grade rugby the three week minimum period shall be mandatory.

Appendix I

Concussion

¹Concussion occurs when the brain is injured following a blow to the head or face.

Concussion may occur without an apparent period of unconsciousness.

The signs and symptoms of concussion include any of the following:

Loss of consciousness

Giddiness or unsteadiness

Loss of memory

Vomiting

Confusion and disorientation Headache

Double or blurred vision

Being unaware of what happened, even for a few moments at the time of the injury is the most consistent sign that the player is or has been concussed.