

RUGBY UNION LAWS OF THE GAME 2020 EDITION





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Business

RUGBY UNION LAWS OF THE GAME 2020 EDITION

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South African Rugby Union
Cape Town

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Business



To all the refs OUT there

For starters, thank you to every single South African Rugby Union Referee for dedicating your life to making a brilliant game even better. We are extremely proud to be associated with people who are leaders on the playing field and within the communities that make up our incredible country. Your passion is undeniable and admirable.

For us, this sponsorship is by no means superficial. In fact, we are driven by many shared values. Like you, we know that success comes from loving what you do and that fair play for all those involved is a non-negotiable. And, of course, that true progress requires a significant investment in talent, which is why we are excited to help tomorrow's referees shine.

We look forward to the season ahead and would like to wish you well as you take to the field in front of an ever-growing audience of rugby-mad fans. May your passion be infectious. May your decisions be applauded. And, most of all, may you inspire others to follow their dreams and join this prestigious group, helping grow the sport that can unite so many.

Here's to everybody getting more OUT of the game of rugby.

Danie Matthee
CEO: OUTsurance





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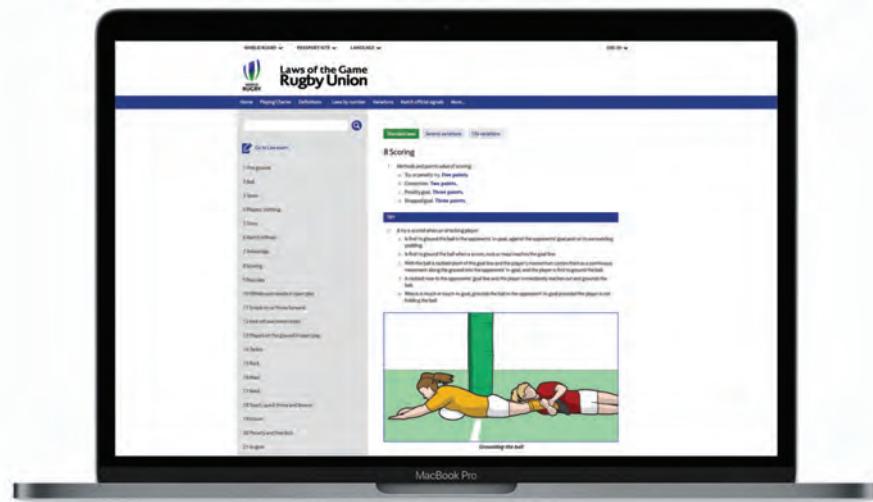


Business

worldrugby.org/laws

World Rugby's law education web site

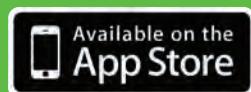
English • Français • Español • Русский • 中文 • 日本語 • Italiano • Română • Afrikaans • Deutsch • Portugues



- Read the laws of the game and the playing charter
 - Watch video clips of the laws in practice
- Take the self-test law exam and download your awareness certificate
 - Download a PDF file of the law book



Get the free World Rugby laws iPad/iPhone app



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FOREWORD



The object of the game is that two teams of 15, 10 or seven players each, observing fair play, according to the laws and sporting spirit, should by carrying, passing, kicking and grounding the ball, score as many points as possible, the team scoring the greater number of points being the winner of the match.

The laws of the game, including the standard set of variations for under-19s, 10s and rugby sevens, are complete and contain all that is necessary to enable the game to be played correctly and fairly.

Rugby union is a sport which involves physical contact and, as such, presents inherent dangers. It is very important to play the game in accordance with the laws and be mindful of player welfare at all times.

It is the responsibility of players to ensure that they are physically and technically prepared to play within the laws and are committed to participate in accordance with safe practices and enjoyment.

It is the responsibility of those who coach or teach the game to ensure that players are prepared to comply with the laws, to play fairly and practice safe conduct.

It is the duty of the referee to apply fairly all the laws in every match, including law trials and variations as authorised by World Rugby.

It is the duty of the unions to ensure that the game at every level is conducted in accordance with disciplined and sporting behaviour.

The principle of fair play cannot be upheld solely by the referee. Responsibility for its observance also rests on unions, clubs, other affiliated bodies, coaches and players.

Each union should create a pathway programme for youth players. Through this programme, young players can be gradually introduced to the various phases of rugby at an appropriate time, offering them more protection from injury. The age and content of this programme should be determined by each union, depending on the unique characteristics of the playing environment within that union.



PLAYING CHARTER



PLAYING CHARTER



INTRODUCTION

A game which started out as a simple pastime has been transformed into a global network around which vast stadia have been built, an intricate administrative structure created and complex strategies devised. Rugby union, in common with any activity which attracts the interest and enthusiasm of all kinds of people, has many sides and faces.

Rugby is played by men and women and by boys and girls worldwide. More than 8.5 million people aged from six to 60+ regularly participate in the playing of the game. The wide variation of skills and physical requirements needed for the game mean that there is an opportunity for individuals of every shape, size and ability to participate.

Apart from the playing of the game and its ancillary support, rugby embraces a number of social and emotional concepts such as courage, loyalty, sportsmanship, discipline and teamwork. What this charter does is to give the game a checklist against which the mode of play and behaviour can be assessed. The objective is to ensure that rugby maintains its unique character both on and off the field.

The charter covers the basic principles of rugby as they relate to playing and coaching, and to the creation and application of the laws. It is hoped that the charter, which is an important complement to the laws, will set the standards for all those who are involved in rugby, at whatever level.

**INTEGRITY • PASSION • SOLIDARITY
DISCIPLINE • RESPECT**

PLAYING CHARTER

PRINCIPLES OF THE GAME

CONDUCT

The legend of William Webb Ellis, who is credited with first picking up the football and running with it, has doggedly survived the countless revisionist theories since that day at Rugby School in 1823. That the game should have its origins in an act of spirited defiance is somehow appropriate.

At first glance it is difficult to find the guiding principles behind a game which, to the casual observer, appears to be a mass of contradictions. It is perfectly acceptable, for example, to be seen to be exerting extreme physical pressure on an opponent in an attempt to gain possession of the ball, but not wilfully or maliciously to inflict injury.

These are the boundaries within which players and referees must operate and it is the capacity to make this fine distinction, combined with control and discipline, both individual and collective, upon which the code of conduct depends.

SPIRIT

Rugby owes much of its appeal to the fact that it is played both to the letter and within the spirit of the laws. The responsibility for ensuring that this happens lies not with one individual - it involves coaches, captains, players and referees.



INTEGRITY

Integrity is central to the fabric of the game and is generated through honesty and fair play



PLAYING CHARTER

PRINCIPLES OF THE GAME

It is through discipline, control and mutual respect that the spirit of the game flourishes and, in the context of a game as physically challenging as rugby, these are the qualities which forge the fellowship and sense of fair play so essential to the game's ongoing success and survival.

Old-fashioned traditions and virtues they may be, but they have stood the test of time and, at all levels at which the game is played, they remain as important to rugby's future as they have been throughout its long and distinguished past. The principles of rugby are the fundamental elements upon which the game is based and they enable participants to immediately identify the game's character and what makes it distinctive as a sport.

OBJECT

The game's objective is to score as many points as possible against an opposing team by carrying, passing, kicking and grounding the ball, according to the laws of the game, its sporting spirit and fair play.

CONTEST AND CONTINUITY

The contest for possession of the ball is one of rugby's key features. These contests occur throughout the game and in a number of different forms:

- in contact
- in open play
- when play is re-started at scrums, lineouts, kick-offs and restart kicks.



PASSION

Rugby people have a passionate enthusiasm for the game.
Rugby generates excitement, emotional attachment and a
sense of belonging to the global rugby family



PLAYING CHARTER

PRINCIPLES OF THE GAME

The contests are balanced in such a way as to reward superior skill displayed in the preceding action. For example, a team forced to kick for touch because of its inability to maintain the play is denied the throw-in to the lineout. Similarly, the team knocking the ball on or passing the ball forward is denied the throw at the subsequent scrum. The advantage then must always lie with the team throwing the ball in, although, here again, it is important that these areas of play can be fairly contested.

The team in possession aims to maintain continuity by denying the opposition the ball and, by skilful means, to advance and score points. Failure to do this will mean the surrendering of possession to the opposition either as a result of shortcomings on the part of the team in possession or because of the quality of the opposition defence; contest and continuity, profit and loss.

As one team attempts to maintain continuity of possession, the opposing team strives to contest for possession. This provides the essential balance between continuity of play and continuity of possession. This balance of contestability and continuity applies to both set piece and open play.



SOLIDARITY

Rugby provides a unifying spirit that leads to life long friendships, camaraderie, teamwork and loyalty which transcends cultural, geographic, political and religious differences



PLAYING CHARTER

PRINCIPLES OF THE GAME

The principles upon which the laws of the game are based are:

A SPORT FOR ALL

The laws provide players of different physiques, skills, genders and ages with the opportunity to participate at their levels of ability in a controlled, competitive and enjoyable environment. It is incumbent upon all who play rugby to have a thorough knowledge and understanding of the laws of the game.

MAINTAINING THE IDENTITY

The laws ensure that rugby's distinctive features are maintained through scrums, lineouts, mauls, rucks, kick-offs and re-starts. Also the key features relating to contest and continuity - the backward pass, the offensive tackle.

ENJOYMENT AND ENTERTAINMENT

The laws provide the framework for a game that is both enjoyable to play and entertaining to watch. If, on occasions, these objectives appear to be incompatible, enjoyment and entertainment are enhanced by enabling the players to give full rein to their skills. To achieve the correct balance, the laws are constantly under review.

APPLICATION

There is an over-riding obligation on the players to observe the laws and to respect the principles of fair play. The laws must be applied in such a way as to ensure that the game is played according to the principles of play. The match officials can achieve this through fairness, consistency, sensitivity and, when appropriate, management. In return, it is the responsibility of coaches, captains and players to respect the authority of the match officials.



DISCIPLINE

Discipline is an integral part of the game, both on and off the field, and is reflected through adherence to the laws, the regulations and rugby's core values



PLAYING CHARTER

CONCLUSION

Rugby is valued as a sport for men and women, boys and girls. It builds teamwork, understanding, co-operation and respect for fellow participants. Its cornerstones are, as they always have been:

- The pleasure of participating
- The courage and skill which the game demands
- The love of a team sport that enriches the lives of all involved
- The lifelong friendships forged through a shared interest in the game.

It is because of, not despite, rugby's intensely physical and athletic characteristics that such great camaraderie exists before and after matches. The long-standing tradition of players from competing teams enjoying each other's company away from the pitch and in a social context remains at the very core of the game.

Rugby has fully embraced the professional era, but has retained the ethos and traditions of the recreational game. In an age in which many traditional sporting qualities are being diluted or even challenged, rugby is rightly proud of its ability to retain high standards of sportsmanship, ethical behaviour and fair play.

This charter will help to reinforce those cherished values.



SOCIETE
GENERALE

RUGBY AFRICA
WOMEN'S CUP

African Flair
TRUST IS TREASURE

African Flair
TRUST IS TREASURE



RESPECT

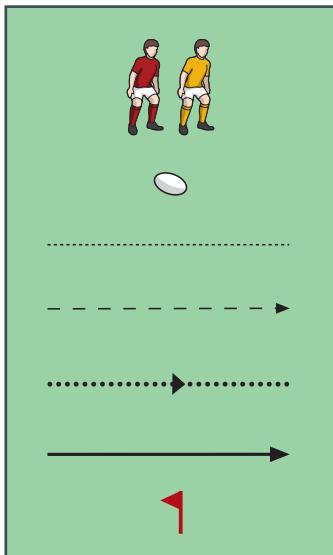
Respect for team-mates, opponents, match officials and those involved in the game is paramount



KEY TO TEXT AND DIAGRAMS

DIAGRAMS

Throughout this book, the diagrams conform to the following conventions:



Players

Ball

Path of ball when kicked

Path of ball when thrown / passed

Path of ball when knocked on / charged down

Path of player

Flag post

TEXT

Ongoing Global Law Trials are denoted by:

Sanctions are denoted by colour as follows:

Red for a sanction which results in the award of a penalty

Green for a sanction which results in the award of a free-kick

Blue for a sanction which results in the award of a scrum, restart kick, quick-throw or lineout

Gold for a sanction which results in the disallowing of a kick.



DEFINITIONS



DEFINITIONS

0-9

22: The area between the goal line and the 22-metre line, and between the touchlines. It includes the 22-metre line but not the goal line or the touchlines.

A

Actual time: Continuous elapsed time (see playing time).

Advantage: A clear and real tactical or territorial benefit arising after an infringement by the opposition.

Attacking team: The opposition to the team in whose half play is taking place.

B

Ball-carrier: A player who is in possession of the ball.

Beyond or behind or in front of a position: Means with both feet, except where the context makes that inappropriate.

Binding: Grasping another player's body firmly between the shoulders and the hips with the whole arm in contact from hand to shoulder.

Blood injury: Uncontrolled active bleeding.

C

Captain: The player nominated by a team to lead that team, consult the referee and select options relating to referee decisions.

Cavalry charge: An illegal type of attack, which usually happens near the goal line, when the attacking team is awarded a penalty or free-kick. At a signal from the kicker, a line of attacking players charge forward from a distance. When they get near, the kicker taps the ball and passes to a player.

D

Dead: The ball is dead when the referee blows the whistle to stop play or following an unsuccessful conversion.

Dead-ball line: The line at either end (and not part) of the playing area.

Defending team: The team in whose half play is taking place.

Directly caught: A ball caught without first touching anyone else or the ground.

Drop-kick: After being intentionally dropped to the ground from the hand or hands, the ball is kicked as it rises from its first bounce.

DEFINITIONS



F

Field of play: The area between the goal lines and the touch lines. Those lines are not part of the field of play.

Flying wedge: An illegal type of attack, which usually happens near the goal line, when the attacking team is awarded a penalty or free-kick. The kicker taps the ball and starts the attack, either by driving towards the goal line or by passing to a team-mate who drives forward. Immediately, team-mates bind on each side of the ball-carrier in a wedge formation before engaging the opposition. Often one or more of these team-mates is in front of the ball-carrier.

Forward: Towards the opposition's dead-ball line.

Foul play: Anything a player does within the playing enclosure that is contrary to Law 9 governing obstruction, unfair play, repeated infringements, dangerous play and misconduct.

Free-kick: Awarded against a team for an infringement or to a team for a mark.

G

Goal: The ball is place-kicked or drop-kicked over the opponents' cross-bar from the field of play.

Goal line: The line at either end (and not part) of the field of play.

The ground: The total area shown in the ground diagram in Law 1.

H

Half-time: The interval between the two halves of the game.

Hand-off: A permitted action, taken by a ball-carrier to fend off an opponent, using the palm of the hand.

Hindmost: Nearest a team's own goal line.

Holding the ball: Being in possession of the ball in the hand or hands or in the arm or arms.

I

In-goal: The area between the goal line and dead-ball line, and between the touch-in-goal lines. It includes the goal line but not the dead-ball line or the touch-in-goal lines. The goal posts and their surrounding padding are located in in-goal.

Infield: Within the playing area, away from the touchlines.

DEFINITIONS

J

Jersey: A shirt worn on the upper half of the body and which is not attached to shorts or underwear.

K

Kick: An act made by intentionally hitting the ball with any part of the leg or foot, except the heel, from the toe to the knee but not including the knee. A kick must move the ball a visible distance out of the hand, or along the ground.

Kick-off: The method of starting each half of a match and at the beginning of each period of extra-time with a drop-kick.

Kicked directly into touch: The ball is kicked into touch without first landing on the playing area or touching a player or the referee.

Kicking tee: Any device approved by the match organiser to support the ball when taking a place-kick.

Knock-on: When a player loses possession of the ball and it goes forward, or when a player hits the ball forward with the hand or arm, or when the ball hits the hand or arm and goes forward, and the ball touches the ground or another player before the original player can catch it.

L

Line of touch: See mark of touch.

Line through the mark or place: Unless stated otherwise, a line parallel to the touchline.

Lineout: A lineout is a set piece consisting of a line of at least two players from each team waiting to receive a throw from touch.

Lineout players: The players in either line of a lineout.

M

Mark: A method of suspending play and winning a free-kick by directly catching an opponent's kick in the catcher's own 22 or in in-goal and shouting "mark".

Mark of touch: An imaginary line in the field of play at right angles to the touchline through the place where the ball is thrown in. The mark of touch cannot be within five metres of a goal line.

Match officials: Those who control the game, usually consisting of a referee and two assistant referees or touch judges but may also include a television match official and, in sevens, two in-goal judges.

DEFINITIONS



Match organiser: Administrative body responsible for the match which may be World Rugby, a union, a group of unions or any organisation approved by a union or World Rugby.

Maul: A phase of play consisting of a ball-carrier and at least one player from each team, bound together and on their feet.

N

Near: Within one metre.

O

Obstruction: When a player attempting to play is illegally impeded and prevented from doing so.

Off feet: Players are off their feet when any other part of the body is supported by the ground or players on the ground.

Offside: A positional offence meaning a player can take no part in the game without being liable to sanction.

On feet: Players are on their feet if no other part of their body is supported by the ground or players on the ground.

Open play: The period after a kick-off, restart kick, free-kick, penalty or set piece and before the next phase, or the period between phases of play, excluding when the ball is dead.

P

Participating players at a lineout: These consist of lineout players, one receiver from each team (if present), the player who throws in and an immediate opponent.

Pass: A player throws or hands the ball to another player.

Penalty: Awarded against a team for a serious infringement.

Penalty try: Awarded when, in the opinion of the referee, a try probably would have been scored (or scored in a more advantageous position) if not for an act of foul play by an opponent.

Phase of play: Scrum, lineout, ruck or maul.

Place-kick: The ball is kicked after it has been placed on the ground (or on an approved kicking tee) for that purpose.

Placer: A player holding the ball for a team-mate to place kick.

Plane of touch: The vertical space rising immediately above the touch line or touch-in-goal line.

Played: The ball is played when it is intentionally touched by a player.

DEFINITIONS

Player grounded: See “off feet”.

Players’ clothing: Anything players wear which, to be legal, must conform to World Rugby Regulation 12.

Playing area: The field of play plus the in-goal areas. The touch lines, touch-in-goal lines and dead-ball lines are not part of the playing area.

Playing enclosure: The playing area plus a space around it, which is known as the perimeter area.

Playing time: Actual time, excluding time lost for stoppages (see actual time).

Possession: An individual or team in control of the ball or who are attempting to bring it under control.

Punt: A player intentionally drops the ball and kicks it before it touches the ground.

Q

Quick-throw: A throw from touch taken before the lineout is formed. The ball is thrown in by the team that would have thrown the ball into the lineout.

R

Receiver: The player in a position to receive the ball if it is knocked or passed back from a lineout.

Red card: The card shown by the referee to a player to indicate that the player has been permanently excluded from the match.

Replacement: A player who replaces a team-mate because of injury or for tactical reasons.

Restart kick: The method of restarting play with a drop-kick after a score or a touch-down.

Ruck: A phase of play where one or more players from each team, who are on their feet and in physical contact, close around the ball, which is on the ground.

Rucking: Legally using one’s feet to try to win or keep possession of the ball in a ruck.

S

Sanction: The method by which the game is restarted following an infringement or stoppage.

Scrum: A set piece, normally consisting of eight players from each team bound together in formation.

Scrum zone: The area in the field of play where a scrum may take place.

Sent off: A player is shown a red card and is permanently excluded from the match.

DEFINITIONS



Shorts: Trousers that start at the waist and end above the knees, have an elasticated waist band and/or draw string, and are not attached to the jersey or underwear.

Sin-bin: The designated place outside the playing area within which a temporarily suspended player must remain.

Stiff-arm tackle: An illegal tackle whereby a player uses a stiff arm to strike the ball-carrier.

T

Tackle: The method of holding a ball-carrier and bringing that player to ground.

Tackled player: A ball-carrier who is held and taken to ground by a tackler or tacklers.

Tackler: An opposition player who holds the tackled player and goes to ground.

Team: A group of players, usually 15, who start the match plus any authorised replacements.

Team-mate: Another player of the same team.

Temporarily suspended: Excluded from the game for a specified period of playing time, usually 10 minutes.

Throw forward: When a player throws or passes the ball forward i.e. if the arms of the player passing the ball move forward.

Touch: The area alongside the field of play that includes the touchlines and beyond.

Touch-in-goal: The area alongside the in-goal area that includes the touch-in-goal lines and beyond.

U

Uncontested scrum: A scrum in which the team throwing-in gains possession without contest, with neither team being allowed to push from the mark.

Underwear: An undergarment, that covers the body from the waist, having short or no legs, ending above the knees, and is worn next to the skin or under clothing, and is not attached to the jersey or shorts.

Union: A body, approved by World Rugby, responsible for the organising and playing of games within a specific geographical area.

Y

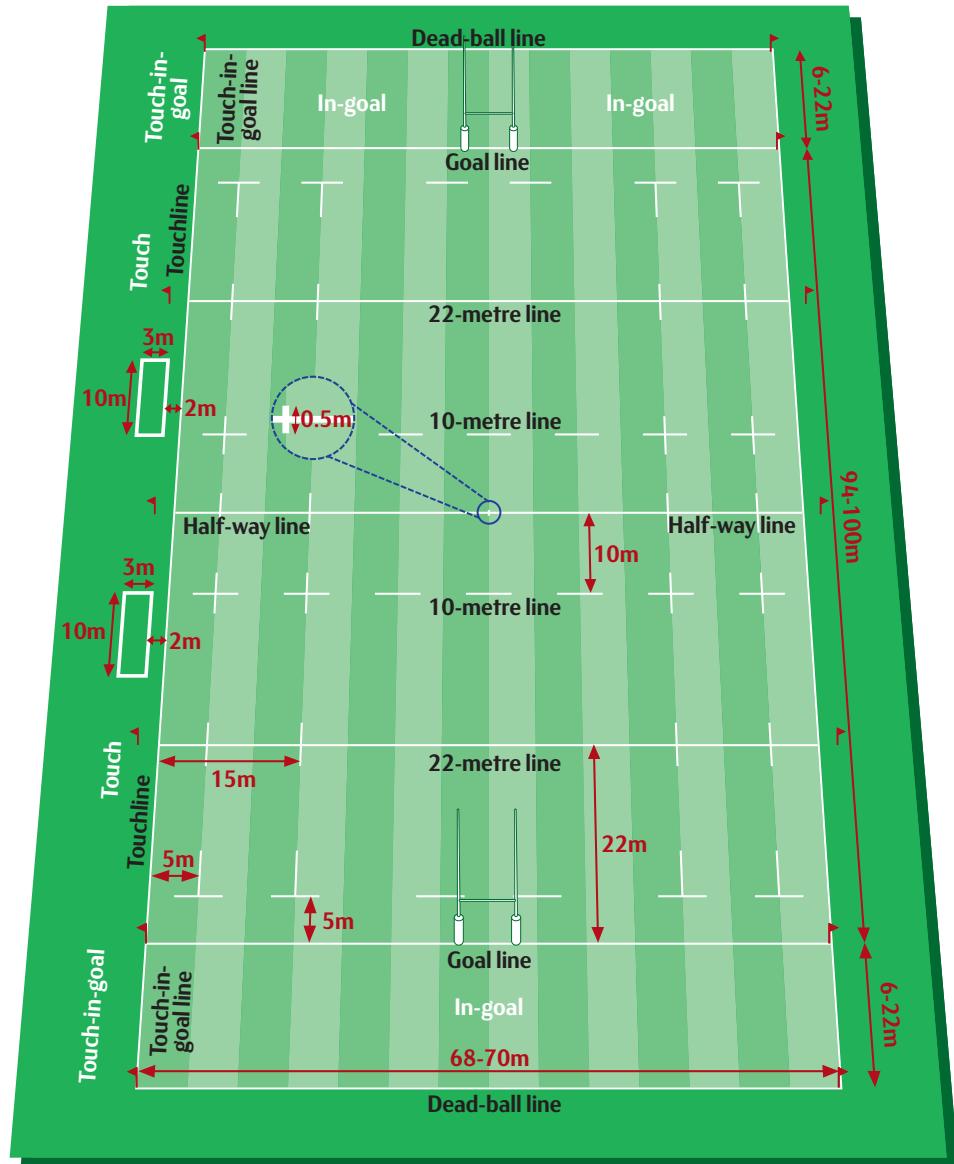
Yellow card: The card shown by the referee to a player to indicate that the player has been cautioned and temporarily suspended.



LAWS OF THE GAME



LAW 1 | The ground



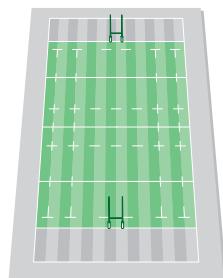
The ground

LAW 1 | The ground

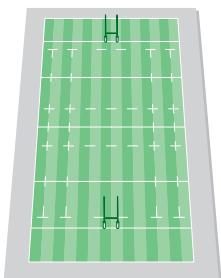
1. The playing surface must be safe.
2. The permitted surface types are grass, sand, clay, snow or artificial turf (conforming to World Rugby Regulation 22).
3. The dimensions of the playing area shown in the ground diagram.

Dimensions	Field of play length	In-goal length	Width
Maximum (metres)	100	22	70
Minimum (metres)	94	6	68

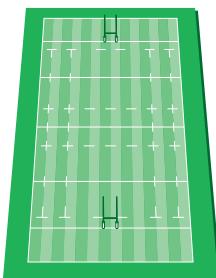
- a. The playing area is rectangular in shape.
- b. Any variations to these dimensions must be approved by the relevant union for domestic competitions or World Rugby for international matches.



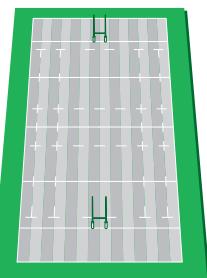
Field of play



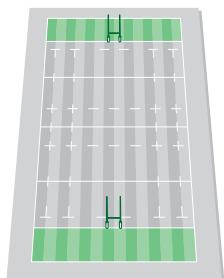
Playing area



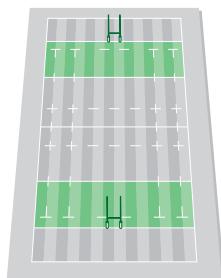
Playing enclosure



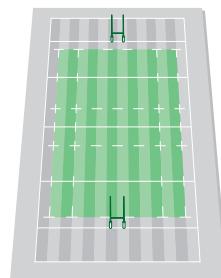
Perimeter area



In-goal



22



Scrum zone

- c. Where the length of the field of play is less than 100 metres, the distance between the 10-metre lines and 22-metre lines is reduced accordingly.
- d. Where the width of the playing area is less than 70 metres, the distance between the 15-metre lines is reduced accordingly.
- e. The perimeter area should not be less than five metres wide where practicable.

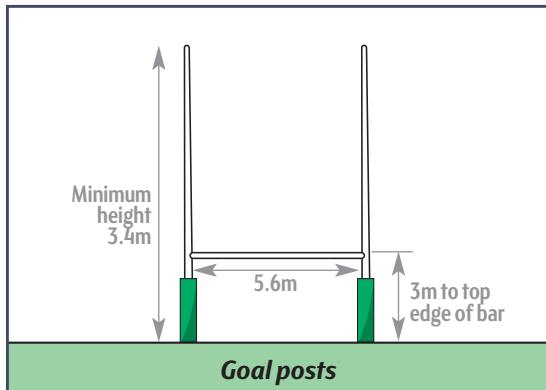
LINES

- 4. There are solid lines configured as shown in the ground diagram. The solid lines are on:
 - a. The dead-ball lines and touch-in-goal lines.
 - b. The goal lines.
 - c. The 22-metre lines.
 - d. The half-way line.
 - e. The touchlines.
- 5. There are dash lines configured as shown in the ground diagram. Each dash within a dash line is five metres in length. There are dash lines:
 - a. Five metres from, and parallel to each touchline.
 - b. 15 metres from, and parallel to, each touchline.
 - c. 10 metres from, and parallel to, each side of the half-way line.
 - d. Five metres from, and parallel to, each goal line.
- 6. There is one line 0.5 metres long that intersects the centre of the half-way line.

LAW 1 | The ground

GOAL POSTS AND CROSSBAR

- When padding is attached to the goal posts the distance from the goal line to the external edge of the padding must not exceed 0.3 metres.



FLAG POSTS

- There are 14 flag posts with flags, each with a minimum height of 1.2 metres.
- One flag post is positioned at each intersection of the touch-in-goal lines and the goal lines and one at each intersection of the touch-in-goal lines and the dead-ball lines (eight flag posts in total).
- One flag post is positioned in line with the 22-metre line and the half-way line on each side of the pitch, two metres outside the touchlines and within the playing enclosure (six flag posts in total).

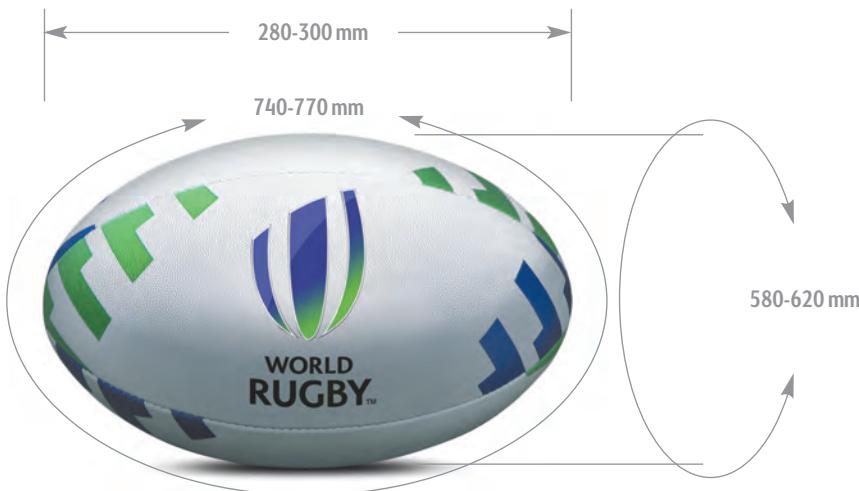
OBJECTIONS TO THE GROUND

- Teams must inform the referee of any objections before the match starts.
- The referee will attempt to resolve the issues and will not start a match if any part of the ground is considered to be unsafe.

LAW 2 | Ball



1. The ball is oval and made of four panels.
2. It has dimensions as shown here:



3. It weighs 410-460 grams.
4. Smaller balls may be used for matches between young players.
5. The ball is made of leather or a suitable synthetic material. It may be treated to make it water resistant and easier to grip.
6. Its air pressure at the start of play is 65.71-68.75 kilopascals, 0.67-0.70 kilograms per square centimetre or 9.5-10.0 pounds per square inch.
7. Spare balls may be available during a match.

LAW 3 | Team

NUMBERS

1. Each team has no more than 15 players in the playing area during play.
2. A match organiser may authorise matches to be played with fewer than 15 players in each team.
3. A team may make an objection to the referee about the number of players in their opponents' team. If a team has too many players, the referee orders the captain of that team to reduce the number appropriately. The score at the time of the objection remains unaltered. **Sanction:** Penalty.
4. For international matches, a union may nominate up to eight replacements.
5. For other matches, the match organiser decides how many replacements may be nominated, up to a maximum of eight.
6. Replacements are made only when the ball is dead and only with the permission of the referee.
7. If a player re-joins or a replacement joins the match without the referee's permission and the referee believes the player did so to gain an advantage, the player is guilty of misconduct. **Sanction:** Penalty.
8. The table indicates the minimum number of front-row players by squad size and the minimum replacement obligations. A match organiser may, having taken player welfare into account, amend the minimum number of front-row players in the squad and the minimum replacement obligations at defined levels of the game.

Squad size	Minimum number of front row players in the squad	Must be able to replace at the first time of asking
15 or fewer	3	-
16, 17 or 18	4	Either a prop or a hooker
19, 20, 21 or 22	5	Both a prop and a hooker
23	6	Loose-head prop, tight-head prop and hooker

9. Where the match organiser has determined squad sizes of 23 and a team is able to nominate only two front-row replacements, then that team may nominate only 22 players in their squad.
10. Prior to the match, each team must advise the appropriate match official of their front-row players and possible front-row replacements and which position(s) in the front row they can play. Only these players may play in the front row when the scrum is contested and only in their designated position(s).
11. A replacement front-row player may start the match in another position.
12. It is a team's responsibility to ensure that all front-row players and front-row replacements are suitably trained and experienced.

UNCONTESTED SCRUMS

13. Scrums will become uncontested if either team cannot field a suitably trained front row or if the referee so orders.
14. A match organiser may stipulate the conditions under which a game may start with uncontested scrums.
15. Uncontested scrums as a result of a sending off, temporary suspension or injury must be played with eight players per side.
16. When a front-row player leaves the playing area, whether through injury or temporary or permanent suspension, the referee enquires at that time whether the team can continue with contested scrums. If the referee is informed that the team will not be able to contest the scrum, then the referee orders uncontested scrums. If the player returns or another front-row player comes on, then contested scrums may resume.
17. In a squad of 23 players or at the discretion of the match organiser, a player whose departure has caused the referee to order uncontested scrums cannot be replaced.
18. Only when no replacement front-row player is available is any other player permitted to play in the front row.

LAW 3 | Team

19. If a front-row player is temporarily suspended, and the team cannot continue with contested scrums with players already on the field, then the team nominates another player to leave the playing area to enable an available front-row player to come on. The nominated player may not return until the period of suspension ends, or to act as a replacement.
20. If a front-row player is sent off, and the team cannot continue with contested scrums with players already on the field, then the team nominates another player to leave the playing area to enable an available front-row player to come on. The nominated player may act as a replacement.

PERMANENT REPLACEMENT

21. A player may be replaced if injured. An injured player may not return once replaced.
22. A player is deemed to be injured if:
 - a. At national representative level, it is the opinion of a doctor that it would be inadvisable for the player to continue.
 - b. In other matches, where a match organiser has given explicit permission, it is the opinion of a medically trained person that it would be inadvisable for the player to continue. If none is present, that player may be replaced if the referee agrees.
 - c. The referee decides (with or without medical advice) that it would be inadvisable for the player to continue. The referee orders that player to leave the playing area.
23. The referee may also order an injured player to leave the playing area to be medically examined.

PERMANENT REPLACEMENT - RECOGNISE AND REMOVE

24. If, at any point during a match, a player is concussed or has suspected concussion, that player must be immediately and permanently removed from the playing area. This process is known as “Recognise and Remove”.

TEMPORARY REPLACEMENT - BLOOD INJURY

25. When a player has a blood injury, that player leaves the field of play and may be temporarily replaced. The injured player returns to play as soon as the bleeding has been controlled and/or covered. If the player is not available to return to the field of play within 15 minutes (actual time) of leaving the playing area, the replacement becomes permanent.
26. In international matches, the match-day doctor decides whether an injury is a blood injury necessitating a temporary replacement. In matches which have been approved in advance by World Rugby for use of the HIA process, the game cannot restart until the player with the blood injury has been temporarily replaced.

TEMPORARY REPLACEMENT - HEAD INJURY ASSESSMENT (HIA)

27. In matches which have been approved in advance by World Rugby for use of the HIA process, a player who requires an HIA:
 - a. Leaves the field of play; and
 - b. Is temporarily replaced (even if all the replacements have been used). The game cannot restart until the player who requires an HIA has been temporarily replaced. If the player is not available to return to the field of play after 12 minutes (actual time) of leaving the playing area, the replacement becomes permanent.

TEMPORARY REPLACEMENT - ALL

28. A temporary replacement can be temporarily replaced (even if all replacements have been used).
29. If a temporary replacement is injured, that player may also be replaced.
30. If a temporary replacement is sent off, the originally replaced player is not permitted to return to the playing area, except to comply Law 3.19 or 3.20, and only if the player has been medically cleared to do so and does so within the required time of leaving the field of play.

LAW 3 | Team

31. If the temporary replacement is temporarily suspended, the replaced player is not permitted to return to the field of play until after the period of suspension, except to comply with Law 3.19 or 3.20, and only if the player has been medically cleared to do so and does so within the required time of leaving the field of play.
32. If the time allowed for a temporary replacement elapses during half-time, the replacement shall become permanent unless the replaced player returns to the field of play immediately at the start of the second half.

TACTICAL REPLACEMENTS JOINING THE MATCH

33. Tactically replaced players may return to play only when replacing:
 - a. An injured front-row player.
 - b. A player with a blood injury.
 - c. A player with a head injury.
 - d. A player who has just been injured as a result of foul play (as verified by the match officials).
 - e. The nominated player described in Law 3.19 or 3.20.

ROLLING REPLACEMENTS

34. A match organiser may implement rolling tactical replacements at defined levels of the game within its jurisdiction. The number of interchanges must not exceed 12. The administration and rules relating to rolling replacements are the responsibility of the match organiser.

LAW 4 | Players' clothing



1. All items of clothing must comply with World Rugby Regulation 12.
2. A player wears a jersey, shorts and underwear, socks and boots. The sleeve of a jersey must extend at least half-way from the shoulder point to the elbow.
3. Additional items are permitted. These are:
 - a. Washable supports made of elasticated or compressible materials.
 - b. Shin guards.
 - c. Ankle supports worn under socks, not extending higher than one third of the length of the shin and, if rigid, from material other than metal.
 - d. Mitts (fingerless gloves).
 - e. Shoulder pads.
 - f. Mouth guard or dental protector.
 - g. Headgear.
 - h. Bandages, dressings, thin tape or other similar material.
 - i. Goggles.
 - j. Studs, including those of moulded rubber, on the soles of their boots.
4. In addition, women may wear:
 - a. Chest pads.
 - b. Cotton blend long tights, with single inside leg seam under their shorts and socks.
 - c. Headscarves, providing they do not cause a danger to the wearer or other players.
5. A player may not wear:
 - a. Any item contaminated by blood.
 - b. Any sharp or abrasive item.
 - c. Any items containing buckles, clips, rings, hinges, zippers, screws, bolts or rigid material or projection not otherwise permitted under this law.
 - d. Jewellery.
 - e. Gloves.
 - f. Shorts with padding sewn into them.
 - g. Any item that is normally permitted in law but, in the referee's opinion, is liable to cause injury.
 - h. Communication devices.

LAW 4 | Players' clothing

6. The referee has the power to decide at any time that part of a player's clothing is dangerous or illegal. In this case, the referee must order the player to remove the item. The player must not take part in the match until the item is removed or rendered harmless.
7. If, at an inspection before the match, a match official tells a player that an item banned under this law is being worn and the player is subsequently found to be wearing that item on the playing area, that player is sent off for misconduct. **Sanction:** Penalty.
8. The referee must not allow any player to leave the playing area to change items of clothing, unless they are bloodstained.

World Rugby Regulation 12 can be found at: <http://playerwelfare.worldrugby.org/reg12>

1. A match lasts no longer than 80 minutes (split into two halves, each of not more than 40 minutes plus time lost), unless the match organiser has authorised the playing of extra-time in a drawn match within a knock-out competition.
2. Half-time consists of an interval not exceeding 15 minutes as decided by the match organiser. During this time, the teams and match officials may leave the playing enclosure.
3. In non-international matches, the match organiser may decide to reduce the length of a match. If the match organiser does not decide, the teams agree on the length of a match. If they cannot agree, the referee decides.
4. The referee keeps the time but may delegate the duty to either or both assistant referees and/or an official time-keeper, in which case the referee signals to them any stoppage. In matches without an official time-keeper, if the referee is in doubt as to the correct time, the referee consults either or both the assistant referees and may consult others but only if the assistant referees cannot help.
5. The referee may stop play and allow time for:
 - a. Player injury for up to one minute. If a player is seriously injured, the referee has the discretion to allow more than one minute for that player to be removed from the playing area.
 - b. Consultation with other officials.
6. Once the ball is already dead, the referee may allow time for:
 - a. Replacement of players.
 - b. Replacing or repairing players' clothing.
 - c. Re-tying a boot-lace.
 - d. Retrieving the ball.
7. A half ends when the ball becomes dead after time has expired unless:
 - a. A scrum, lineout or restart kick following a try or touchdown, awarded before time expired, has not been completed and the ball has not returned to open play. This includes when the scrum, lineout or restart kick is taken incorrectly.
 - b. The referee awards a free-kick or penalty.
 - c. A penalty is kicked directly to touch without the ball first being tapped and without the ball touching another player.
 - d. A try has been scored, in which case the referee allows time for the conversion to be taken.

LAW 5 | Time

8. A team scoring a try may attempt the conversion or may decline it.
 - a. The decision to decline the conversion must be relayed by the try scorer to the referee by saying “no kick” after the try is awarded.
 - b. Provided the conversion is attempted or declined before time elapses, the referee will award a restart kick.
 - c. If the conversion is attempted, time is taken from the strike on the ball.
9. When weather conditions are exceptionally hot and/or humid, the referee has the discretion to allow for a water break. This one-minute break should be taken midway through the half, after a score or when the ball is dead near the half-way line.
10. The referee has the power to end or suspend the match at any time if the referee believes that it would be unsafe to continue.

LAW 6 | Match Officials



PRINCIPLE

Every match is under the control of match officials who consist of the referee and two touch judges or assistant referees. Additional persons, as authorised by the match organisers may include the reserve referee and/or reserve assistant referee, the television match official, the time-keeper, the match doctor, the team doctors, the non-playing members of the teams and the ball persons.

Assistant referees and touch judges are responsible for signalling touch, touch in-goal and the success or otherwise of kicks at goal. In addition, assistant referees provide assistance as the referee directs, including the reporting of foul play.

APPOINTMENT OF THE REFEREE

1. The referee is appointed by the match organiser. If no referee has been appointed, the two teams agree upon a referee. If they cannot agree, the home team appoints a referee.
2. If the referee is unable to complete the match, the referee's replacement is appointed according to the instructions of the match organiser. If the match organiser has given no instructions, the referee appoints a replacement. If the referee cannot do so, the home team appoints a replacement.

DUTIES OF THE REFEREE BEFORE THE MATCH

3. The referee organises the toss. One of the captains tosses a coin and the other captain calls. The winner of the toss decides whether to kick off or to choose an end. If the winner of the toss decides to choose an end, the opponents must kick off and vice versa.
4. The match officials must inspect the players' clothing and studs for conformity to Law 4.

LAW 6 | Match Officials

DUTIES OF THE REFEREE DURING A MATCH

5. Within the playing enclosure:
 - a. The referee is the sole judge of fact and of law during a match. The referee must apply the laws of the game fairly in every match.
 - b. The referee keeps the time. However, the match organiser may appoint a time-keeper who will signify the end of each half.
 - c. The referee keeps the score.
6. The referee permits access to the playing area for players and replacements, when it is safe to do so.
7. The referee gives permission for players to leave the playing area.

THE WHISTLE

8. The referee carries a whistle and blows it:
 - a. To indicate the beginning and the end of each half of the match.
 - b. To stop play. The referee has the power to stop play at any time.
 - c. To indicate a score or a touch down.
 - d. To caution or send off an offender and a second time when the penalty or penalty try is awarded.
 - e. When the ball becomes dead, other than after a failed conversion kick.
 - f. When the ball becomes unplayable.
 - g. When a penalty, free-kick or scrum is awarded.
 - h. When it would be dangerous to let play continue or when it is suspected that a player is seriously injured.

THE BALL BECOMES DEAD

9. The referee will deem the ball to be dead when:
 - a. The ball is in touch or touch in-goal.
 - b. The ball is grounded in in-goal.
 - c. A conversion has been attempted.
 - d. A try, penalty or dropped goal has been scored.
 - e. The ball or ball-carrier touches the dead-ball line or anything beyond it.
 - f. The ball hits anything above the playing area.

THE BALL OR BALL-CARRIER TOUCHES THE REFEREE OR NON-PLAYER

10. If the ball or the ball-carrier touches the referee or other non-player and neither team gains an advantage, play continues. If either team gains an advantage in the field of play, a scrum is awarded to the team that last played the ball.
11. If the ball-carrier touches the referee or other non-player in in-goal and either team gains an advantage:
 - a. If the ball is in possession of an attacking player, the referee awards a try where the contact took place.
 - b. If the ball is in possession of a defending player, the referee awards a touch down where the contact took place.
12. If the ball is touched by the referee or other non-player in in-goal, the referee judges what would have happened next and awards a try or a touch down at the place where the contact took place.

INTERACTION BETWEEN THE REFEREE AND ASSISTANT REFEREE / TOUCH JUDGES

13. The referee may consult with assistant referees about matters relating to their duties, the law relating to foul play and timekeeping, and may request assistance related to other aspects of the referee's duties.
14. The referee may alter a decision after a touch judge or an assistant referee has raised the flag to signal touch, touch-in-goal or an assistant referee has signalled foul play.

LAW 6 | Match Officials

TELEVISION MATCH OFFICIAL / GLOBAL LAW TRIAL

15. A match organiser may appoint a television match official (TMO), who uses technological devices to clarify situations relating to:
 - a. The grounding of the ball in in-goal.
 - b. Touch or touch-in-goal in the act of grounding the ball or the ball being made dead.
 - c. Where there is doubt as to whether a kick at goal has been successful.
 - d. Where match officials believe an infringement may have occurred in the playing area leading to a try or preventing a try.
 - e. Foul play, including sanctions.
16. Any of the match officials, including the TMO, may recommend a review by the TMO. The reviews will take place in accordance with the TMO protocol which is available at <http://laws.worldrugby.org>

DUTIES OF THE REFEREE AFTER A MATCH

17. The referee communicates the score to the teams and to the match organiser.
18. If a player was sent off, the referee gives the match organiser a written report on the foul play infringement as soon as possible.

APPOINTING AND CONTROLLING ASSISTANT REFEREES AND TOUCH JUDGES

19. There are two assistant referees or two touch judges for every match. Unless they have been appointed by or under the authority of the match organiser, each team provides a touch judge.
20. The match organiser may nominate a person to act as a replacement for the assistant referees or touch judges. This person is called the reserve touch judge or reserve assistant referee and is situated in the perimeter area.
21. The referee has control over the assistant referees or touch judges. The referee may tell them what their duties are and may overrule their decisions. If a touch judge is unsatisfactory, the referee may ask that the touch judge be replaced. If the referee believes a touch judge is guilty of misconduct, the referee has the power to send the touch judge off and make a report to the match organiser.

DURING THE MATCH

22. There is one assistant referee or touch judge on each side of the ground. The assistant referee or touch judge remains in touch except when judging a kick at goal. When judging a kick at goal they stand in in-goal, behind the goal posts.
23. An assistant referee may enter the playing area to report foul play. This may be done only at the next stoppage in play and when the referee allows.

SIGNALS

24. Each assistant referee or touch judge carries a flag or something similar with which to signal decisions.
25. Signalling the result of kicks at goal: One assistant referee or touch judge stands at or behind each goal post. If the ball goes over the crossbar and between the posts, they raise the flags to indicate a goal.
26. Signalling touch:
 - a. When the ball or the ball-carrier has gone into touch or touch-in-goal, the assistant referee or touch judge holds up the flag.
 - b. The assistant referee or touch judge stands at the place of the throw and points to the team entitled to throw in.
 - c. When the ball is thrown in, the assistant referee or touch judge lowers the flag, with the following exceptions:
 - i. When the player throwing in puts any part of either foot in the field of play.
 - ii. When the team not entitled to throw in has done so.
 - iii. When, at a quick throw, the ball that went into touch is replaced by another ball or, after it went into touch, it was touched by anyone except the ball-carrier who took it into touch or the player who takes the throw.
 - d. It is for the referee, and not the assistant referee or touch judge, to decide whether the ball was thrown in from the correct place.

LAW 6 | Match Officials

27. Signalling foul play:

- a. A match organiser may give authority to the assistant referee to signal for foul play.
- b. An assistant referee signals that foul play or misconduct has been seen by holding the flag horizontally and pointing infield at right angles to the touchline.
- c. If an assistant referee signals foul play, the assistant referee stays in touch and continues to carry out all the other duties until the next stoppage in play.
- d. At the invitation of the referee the assistant referee may then enter the playing area to report the offence to the referee. The referee will then take appropriate action.
- e. If an assistant referee's verbal report to the referee leads to a player being sent off, the assistant referee submits a written report about the incident to the referee as soon as possible after the match and the referee provides it to the match organiser.

ADDITIONAL PERSONS

28. Appropriately trained and accredited first-aid or immediate (pitch-side) care persons may enter the playing area to attend to injured players at any time it is safe to do so.
29. The following may enter the playing area without the referee's permission, provided they do not interfere with play or make any comments to the match officials:
 - a. Water-carriers during a stoppage in play for an injury to a player or when a try has been scored.
 - b. A person carrying a kicking tee after a team has indicated they intend to kick at goal or a try has been scored.
 - c. The coaches attending to their teams at half-time.
30. The management of replacements may be delegated to sideline managers appointed by the match organiser. Information relating to sideline management can be found at:
<http://officiating.worldrugby.org>

LAW 7 | Advantage



PRINCIPLE

If a team gains an advantage following an infringement by their opponents, the referee may allow play to continue in an effort to keep the game flowing.

1. Advantage:
 - a. May be tactical. The non-offending team is free to play the ball as they wish.
 - b. May be territorial. Play has moved towards the offending team's dead-ball line.
 - c. May be a combination of tactical and territorial.
 - d. Must be clear and real. A mere opportunity to gain an advantage is not sufficient.
2. Advantage ends when:
 - a. The referee deems that the non-offending team has gained an advantage. The referee allows play to continue; or
 - b. The referee deems that the non-offending team is unlikely to gain an advantage. The referee stops the game and applies the sanction for the infringement from which advantage was being played; or
 - c. The non-offending team commits an infringement before they have gained an advantage. The referee stops the game and applies the sanction for the first infringement. If either or both infringements are for foul play, the referee applies the appropriate sanction(s) for the offence(s); or
 - d. The offending team commits a second or subsequent infringement from which no advantage can be gained. The referee stops play and allows the captain of the non-offending team to choose the most advantageous sanction.

LAW 7 | Advantage

3. Advantage must not be applied and the referee must blow the whistle immediately when:
 - a. The ball or a player in possession of the ball, touches the referee and an advantage is gained by either side.
 - b. The ball comes out of either end of the tunnel at a scrum.
 - c. A scrum is wheeled through more than 90 degrees.
 - d. A player in a scrum is lifted or forced upwards so that the player is no longer in contact with the ground.
 - e. A quick throw, free-kick or penalty is taken incorrectly.
 - f. The ball is made dead.
 - g. It would be dangerous to let play continue.
 - h. It is suspected that a player is seriously injured.

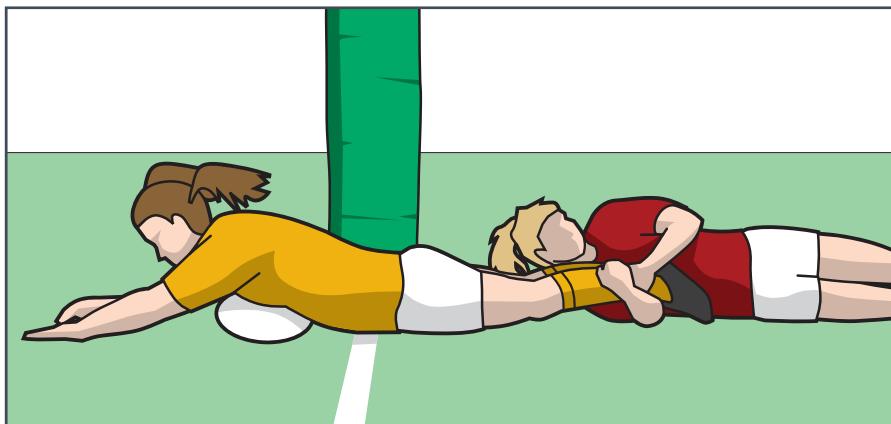
1. Methods and points value of scoring:

- a. Try. **Five points.**
- b. Conversion. **Two points.**
- c. Penalty try. **Seven points.**
- d. Penalty goal. **Three points.**
- e. Dropped goal. **Three points.**

TRY

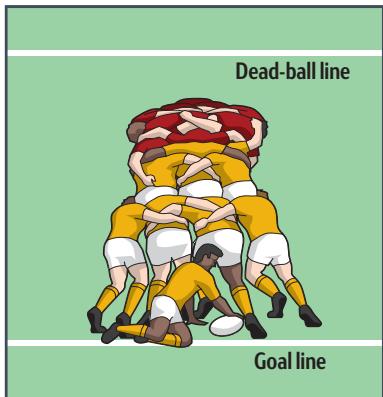
2. A try is scored when an attacking player:

- a. A try is scored when the attacking player is first to ground the ball in the opponents' in-goal.
- b. Is first to ground the ball when a scrum, ruck or maul reaches the goal line.
- c. With the ball is tackled short of the goal line and the player's momentum carries them in a continuous movement along the ground into the opponents' in-goal, and the player is first to ground the ball.
- d. Is tackled near to the opponents' goal line and the player immediately reaches out and grounds the ball.
- e. Who is in touch or touch-in-goal, grounds the ball in the opponents' in-goal provided the player is not holding the ball.

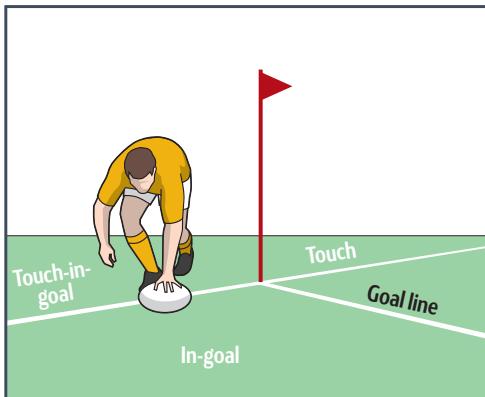


Grounding the ball

LAW 8 | Scoring



Scoring a try - when a scrum reaches the goal line



Scoring a try - a player in touch-in-goal who is not holding the ball

PENALTY TRY

3. A penalty try is awarded between the goal posts if foul play by the opposing team prevents a probable try from being scored, or scored in a more advantageous position. A player guilty of this must be cautioned and temporarily suspended or sent off. No conversion is attempted.

CONVERSION, PENALTY GOAL AND DROPPED GOAL

4. For any goal to be successful, the ball must be kicked over the crossbar and between the goal posts without first touching a team-mate or the ground.
5. If the ball goes over the crossbar and over the height of the goal posts, the kick is successful if it is deemed that the ball would have gone between the goal posts had they been taller.
6. If the ball has crossed the crossbar and the wind blows it back into the field of play, the score stands.

CONVERSION

7. When a try is scored, it gives that team the right to attempt a conversion, which may be a place-kick or drop-kick.
8. The kicker:
 - a. Uses the ball that was in play unless it is defective.
 - b. Takes the kick in the field of play on a line through the place where the try was awarded, parallel to the touchlines.
 - c. Places the ball directly on the ground or on sand, sawdust, or a kicking tee. The kicker may be assisted by a placer. Nothing else may be used to assist the kicker.
 - d. Takes the kick within 90 seconds (playing time) from the time the try was awarded, even if the ball rolls over and has to be placed again.
Sanction: Kick is disallowed.
9. The kicker's team, apart from a team-mate holding the ball, stay behind the ball when it is kicked and do nothing to mislead their opponents into charging too soon.
Sanction: Kick is disallowed.

LAW 8 | Scoring

10. If the ball falls over before the kicker begins the approach to kick, the referee permits the kicker to replace it. While the ball is replaced, the opponents remain behind their goal line.
11. If the ball falls over after the kicker begins the approach to kick, the kicker may then kick or attempt a dropped goal.
12. If the ball falls over and rolls away from the line through the place where the try was awarded and the kicker then kicks the ball over the crossbar, the conversion is successful.
13. If the ball falls over and rolls into touch after the kicker begins the approach to kick, the kick is disallowed.

THE OPPOSING TEAM AT A CONVERSION

14. All opposing players retire to their goal line and do not overstep that line until the kicker begins the approach to kick. When the kicker does this, they may charge or jump to prevent a goal but must not be physically supported by other players in these actions.
15. The team must not shout during a conversion attempt.
Sanction: If the opposing team at a conversion attempt infringes but the kick is successful, the goal stands. If the kick is unsuccessful, the kicker retakes the conversion and the opposing team is not allowed to charge. When another kick is allowed, the kicker may repeat all the preparations. The kicker may change the type of kick.
16. If the ball falls over after the kicker begins the approach to kick, the opponents may continue to charge.
17. If the opposition touches the ball and the kick is successful, the goal stands.

LAW 8 | Scoring



PENALTY GOAL

18. A penalty goal can be scored only from a penalty.
19. The kicking team must indicate their intention to kick for goal without delay.
20. If the team indicates to the referee the intention to kick at goal, they must kick at goal. The intention to kick can be communicated to the referee or signalled by the arrival of the kicking tee or sand, or when the player makes a mark on the ground.
21. The kick must be taken within 60 seconds (playing time) from the time the team indicated their intention to do so, even if the ball rolls over and has to be placed again.
Sanction: Kick is disallowed and a scrum is awarded.
22. If the kicker indicates to the referee the intent to kick at goal, the opposing team must stand still with their hands by their sides from the time the kicker starts to approach to kick until the ball is kicked.
23. If the kicker has not indicated an intention to kick at goal but takes a drop-kick and scores a goal, the goal stands.
24. The kicker places the ball directly on the ground or on sand, sawdust, or a kicking tee. The kicker may be assisted by a placer. Nothing else may be used to assist the kicker.
Sanction: Scrum.
25. Any player who intentionally touches the ball in an attempt to prevent a penalty goal being scored is illegally touching the ball.
26. A defending player must not shout during a penalty kick at goal.
27. If the opposing team infringes while the kick is being taken but the kick at goal is successful, the goal stands and a further penalty is not awarded. If the kick is unsuccessful, the non-offending team is awarded a penalty 10 metres in front of the original mark. **Sanction:** Penalty.

DROPPED GOAL

28. A player scores a dropped goal by kicking a goal from a drop-kick in open play.
29. The team awarded a free-kick (including where they opt for a scrum or lineout instead) cannot score a dropped goal until the ball next becomes dead or until an opponent has played the ball, has touched it or has tackled the ball-carrier. Any such kick is deemed to be unsuccessful and play continues.

LAW 9 | Foul Play

PRINCIPLE

A player who commits foul play must either be cautioned or temporarily suspended or sent off.

OBSTRUCTION

1. When a player and an opponent are running for the ball, neither player may charge or push the other except shoulder-to-shoulder.
2. An offside player must not intentionally obstruct an opponent or interfere with play.
3. A player must not intentionally prevent an opponent from tackling or attempting to tackle the ball-carrier.
4. A player must not intentionally prevent an opponent from having the opportunity to play the ball, other than by competing for possession.
5. A ball-carrier must not intentionally run into an off-side team-mate to obstruct the opposition.
6. A player must not obstruct, or in any way interfere with an opponent while the ball is dead.

Sanction: Penalty.

UNFAIR PLAY

7. A player must not:
 - a. Intentionally infringe any law of the game.
 - b. Intentionally knock, place, push or throw the ball with arm or hand from the playing area.
 - c. Do anything that may lead the match officials to consider that an opponent has committed an infringement.

Sanction: Penalty.

- d. Waste time. **Sanction:** Free-kick.

REPEATED INFRINGEMENTS

8. A team must not repeatedly commit the same offence.
9. A player must not repeatedly infringe the laws.

Sanction: Penalty.

10. When different players of the same team repeatedly commit the same offence, the referee gives a general caution to the team and if they then repeat the offence, the referee temporarily suspends the guilty player(s).

DANGEROUS PLAY

11. Players must not do anything that is reckless or dangerous to others.
12. A player must not physically or verbally abuse anyone. Physical abuse includes, but is not limited to, biting, punching, contact with the eye or eye area, striking with any part of the arm (including stiff-arm tackles), shoulder, head or knee(s), stamping, trampling, tripping or kicking.
13. A player must not tackle an opponent early, late or dangerously. Dangerous tackling includes, but is not limited to, tackling or attempting to tackle an opponent above the line of the shoulders even if the tackle starts below the line of the shoulders.
14. A player must not tackle an opponent who is not in possession of the ball.
15. Except in a scrum, ruck or maul, a player who is not in possession of the ball must not hold, push, charge or obstruct an opponent not in possession of the ball.
16. A player must not charge or knock down an opponent carrying the ball without attempting to grasp that player.
17. A player must not tackle, charge, pull, push or grasp an opponent whose feet are off the ground.
18. A player must not lift an opponent off the ground and drop or drive that player so that their head and/or upper body make contact with the ground.

LAW 9 | Foul Play

19. Dangerous play in a scrum.
 - a. The front row of a scrum must not form at a distance from its opponents and rush against them.
 - b. A front-row player must not pull an opponent.
 - c. A front-row player must not intentionally lift an opponent off their feet or force the opponent upwards out of the scrum.
 - d. A front-row player must not intentionally collapse a scrum.
20. Dangerous play in a ruck or maul.
 - a. A player must not charge into a ruck or maul. Charging includes any contact made without binding onto another player in the ruck or maul.
 - b. A player must not make contact with an opponent above the line of the shoulders.
 - c. A player must not intentionally collapse a ruck or a maul.
21. A player must not retaliate.
22. Teams must not use the ‘cavalry charge’ or ‘flying wedge’.
23. A player must not attempt to kick the ball from the hands of the ball-carrier.
24. A ball-carrier is permitted to hand off an opponent provided excessive force is not used.

Sanction: Penalty.

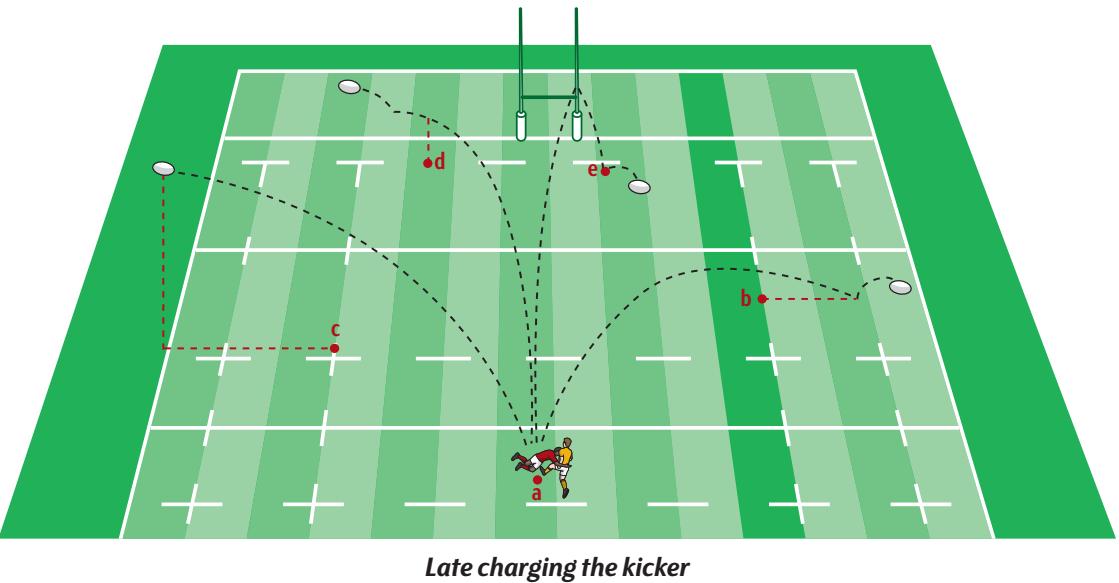
25. A player must not intentionally charge or obstruct an opponent who has just kicked the ball.

Sanction: Penalty. The non-offending team chooses to take the penalty either:

- a. At the place of the infringement; or
 - b. Where the ball lands or is next played but not nearer than 15 metres from the touchline; or
 - c. If the ball is kicked directly into touch, on the 15-metre line in line with where the ball crossed the touchline; or
 - d. If the ball lands in in-goal, touch-in-goal or on or over the dead-ball line, five metres from the goal line in line with where the ball crossed the goal line and at least 15 metres from the touchline; or
 - e. If the ball hits a goal post or crossbar, where the ball lands.
26. In open play, any player may lift or support a team-mate. Players who do so must lower that player to the ground safely as soon as the ball is won by either team.

Sanction: Free-kick.

LAW 9 | Foul Play



MISCONDUCT

27. A player must not do anything that is against the spirit of good sportsmanship.
28. Players must respect the authority of the referee. They must not dispute the referee's decisions. They must stop playing immediately when the referee blows the whistle to stop play.

Sanction: Penalty.

YELLOW AND RED CARDS

29. When a player is being cautioned and suspended for 10 minutes, the referee will show that player a yellow card. If that player later commits another yellow-card offence, the player must be sent off.
30. When a player is being sent off, the referee will show that player a red card and the player will take no further part in the match. A player sent off may not be replaced.

LAW 10 | Offside and onside in open play

PRINCIPLE

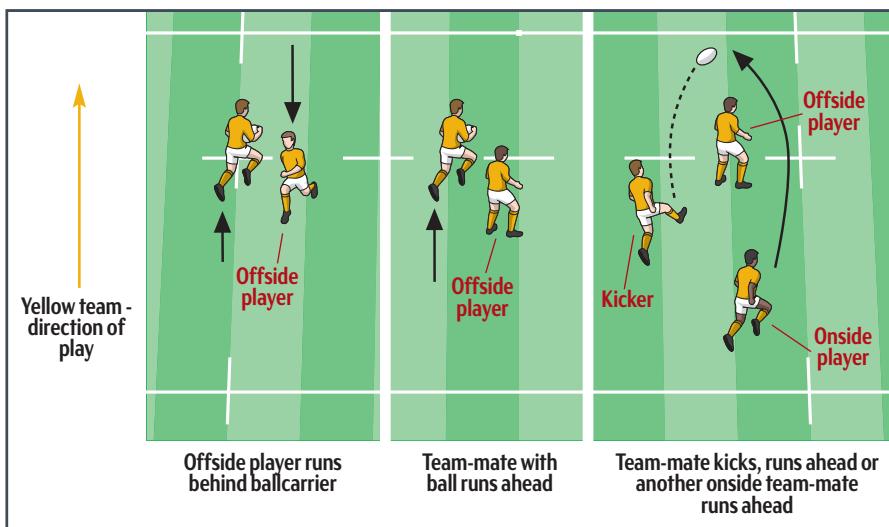
The game is played only by players who are onside.

OFFSIDE AND ONSIDE IN OPEN PLAY

1. A player is offside in open play if that player is in front of a team-mate who is carrying the ball or who last played it. An offside player must not interfere with play. This includes:
 - a. Playing the ball.
 - b. Tackling the ball-carrier.
 - c. Preventing the opposition from playing as they wish.
2. A player can be offside anywhere in the playing area.
3. A player who receives an unintentional throw forward is not offside.
4. An offside player may be penalised, if that player:
 - a. Interferes with play; or
 - b. Moves forwards towards the ball; or
 - c. Was in front of a team-mate who kicked the ball and fails to retire immediately behind an onside team-mate or an imaginary line across the field 10 metres on that player's side from where the ball is caught or lands, even if it hits a goal post or crossbar first. If this involves more than one player, then the player closest to where the ball lands or is caught is the one penalised. This is known as the 10-metre law and still applies if the ball touches or is played by an opponent but not when the kick is charged down. **Sanction:** The non-offending team can choose either:
 - i. Penalty at the place of infringement; or
 - ii. Scrum where the offending team last played the ball.
5. A player is accidentally offside if the player cannot avoid being touched by the ball or by a team-mate who is carrying the ball. Only if the offending team gains an advantage should play stop. **Sanction:** Scrum.

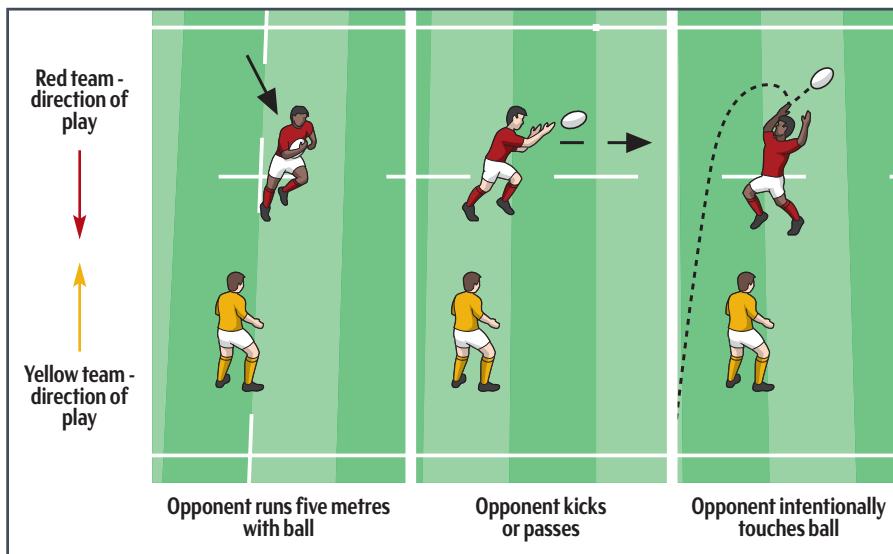
LAW 10 | Offside and onside in open play

6. Any offside player can be put onside when that player:
 - a. Moves behind a team-mate who last played the ball; or
 - b. Moves behind a team-mate who is onside.
7. Other than under Law 10.4c, an offside player can be put onside when:
 - a. An onside team-mate of that player moves past the offside player and is within or has re-entered the playing area.
 - b. An opponent of that player:
 - i. Carries the ball five metres; or
 - ii. Passes the ball; or
 - iii. Kicks the ball; or
 - iv. Intentionally touches the ball without gaining possession of it.
8. A player offside under Law 10.4c cannot be put onside by any action of an opponent, apart from a charge down.



Player made onside by team-mate

LAW 10 | Offside and onside in open play



Player put onside by opponents

RETIRING FROM A RUCK, MAUL, SCRUM OR LINEOUT

9. A player who is offside at a ruck, maul, scrum or lineout remains offside, even after the ruck, maul, scrum or lineout has ended.
10. The player can be put onside only if:
 - a. That player immediately retires behind the applicable offside line; or
 - b. An opposition player carries the ball five metres in any direction; or
 - c. An opposition player kicks the ball.
11. An offside player may be penalised if that player:
 - a. Fails to retire without undue delay and benefits from being put onside in a more advantageous position; or
 - b. Interferes with play; or
 - c. Moves towards the ball.

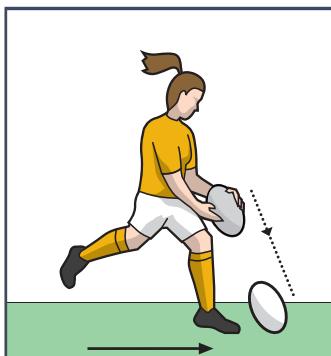
Sanction: Penalty.

LAW 11 | Knock-on or throw forward

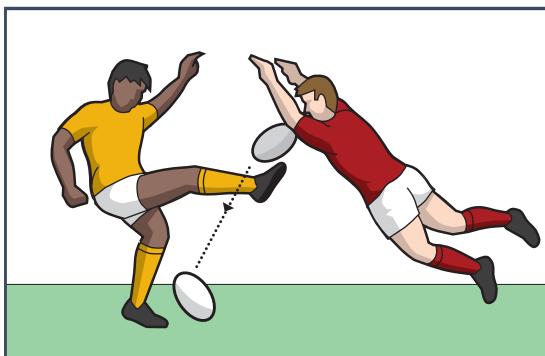


KNOCK-ON

1. A knock-on may occur anywhere in the playing area.
2. It is a knock-on when a player, in tackling or attempting to tackle an opponent, makes contact with the ball and the ball goes forward. **Sanction:** Scrum (if the ball goes into touch, the non-offending team may opt instead for a quick-throw or lineout).
3. A player must not intentionally knock the ball forward with hand or arm.
Sanction: Penalty.
4. It is not an intentional knock-on if, in the act of trying to catch the ball, the player knocks on provided that there was a reasonable expectation that the player could gain possession.
5. The ball is not knocked-on, and play continues, if:
 - a. A player knocks the ball forward immediately after an opponent has kicked it (charge down).
 - b. A player rips or knocks the ball from an opponent and the ball goes forward from the opponent's hand or arm.



Knock-on



Charge down

THROW FORWARD

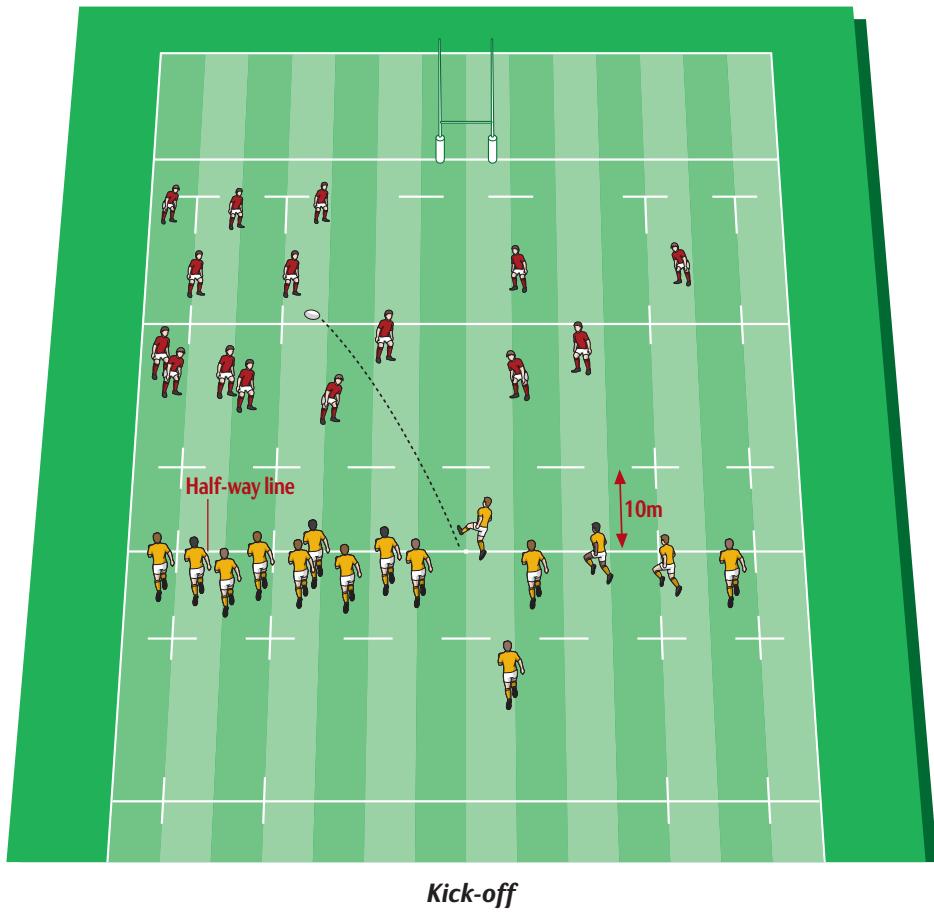
6. A throw forward may occur anywhere in the playing area. **Sanction:** Scrum.
7. A player must not intentionally throw or pass the ball forward. **Sanction:** Penalty.

LAW 12 | Kick-off and restart kicks

PRINCIPLE

Kick-offs are used to start each half of the match or period of extra-time. Restart kicks resume play after a score or touch-down.

1. All kick-offs and restart kicks are drop kicks. **Sanction:** The non-kicking team has the option of the kick being retaken or a scrum.



KICK-OFFS AND RESTART KICKS FOLLOWING A SCORE

2. Kick-offs are taken on or behind the centre of the half-way line. **Sanction:** The non-kicking team has the option of the kick being retaken or a scrum.
3. The opponents of the team who kicked off the match start the second half.
4. After a team has scored, their opponents restart play on or behind the centre of the half-way line. **Sanction:** The non-kicking team has the option of the kick being retaken or a scrum.
5. When the ball is kicked:
 - a. Team-mates of the kicker must be behind the ball. **Sanction:** Scrum.
 - b. Opposition players must be on or behind the 10-metre line.
Sanction: The kick is retaken.
6. The ball must reach the 10-metre line. **Sanction:** The non-kicking team has the option of the kick being retaken or a scrum.
7. If the ball reaches the 10-metre line but is then blown back or if an opponent plays the ball before it reaches the 10-metre line, play continues.
8. If the ball goes directly into touch, the non-kicking team chooses one of the following:
 - a. The kick being retaken.
 - b. Scrum.
 - c. Lineout.
 - d. Quick-throw.
9. If the ball is kicked into the opponents' in-goal without touching any player and an opponent grounds the ball without delay or it goes dead through in-goal, the non-kicking team has the option of having the kick retaken or a scrum.
10. If the ball is kicked into the kicking team's own in-goal and is made dead by a defending player or it goes dead through in-goal, the non-kicking team is awarded a five-metre scrum.

LAW 12 | Kick-off and restart kicks

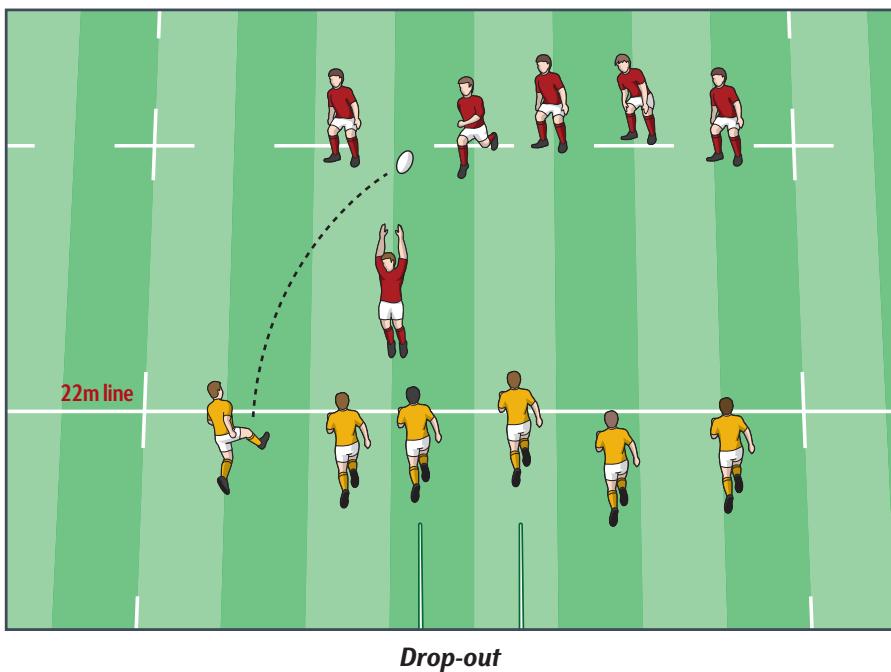
RESTART KICKS FOLLOWING A TOUCH-DOWN (22-METRE DROP-OUT)

11. Apart from at a kick-off or restart kick, if the ball is played or taken into in-goal by an attacking player and is made dead by an opponent, play is restarted with a 22-metre drop-out.
12. A 22-metre drop-out:
 - a. Is taken anywhere on or behind the defending team's 22-metre line.
Sanction: Scrum.
 - b. Must be taken without delay. **Sanction:** Free-kick.
 - c. Must cross the 22-metre line. **Sanction:** The non-kicking team has the option of the kick being retaken or a scrum.
 - d. Must not go directly into touch. **Sanction:** The opposing team chooses one of the following:
 - i. The drop-out being retaken; or
 - ii. A scrum; or
 - iii. A lineout; or
 - iv. A quick-throw.
13. An opponent must not charge over the 22-metre line before the ball is kicked.
Sanction: Free-kick.
14. An opponent, who is inside the kicker's 22, may not delay or obstruct the drop-out.
Sanction: Penalty.

LAW 12 | Kick-off and restart kicks

15. If the ball crosses the 22-metre line but is then blown back, play continues.
16. If the ball does not cross the 22-metre line, advantage may apply.
17. If a 22-metre drop-out reaches the opponents' in-goal without touching any player and an opponent grounds the ball without delay or it goes into touch-in-goal or on or over the dead-ball line, the non-kicking team has the option of having the kick retaken or a scrum.
18. The team-mates of the kicker must be behind the ball when it is kicked. Those who are in front of the ball when it is kicked may be sanctioned unless they retire and do not interfere with play until they are put onside by the actions of a team-mate.

Sanction: Scrum.



LAW 13 | Players on the ground in open play

PRINCIPLE

The game is played only by players who are on their feet.

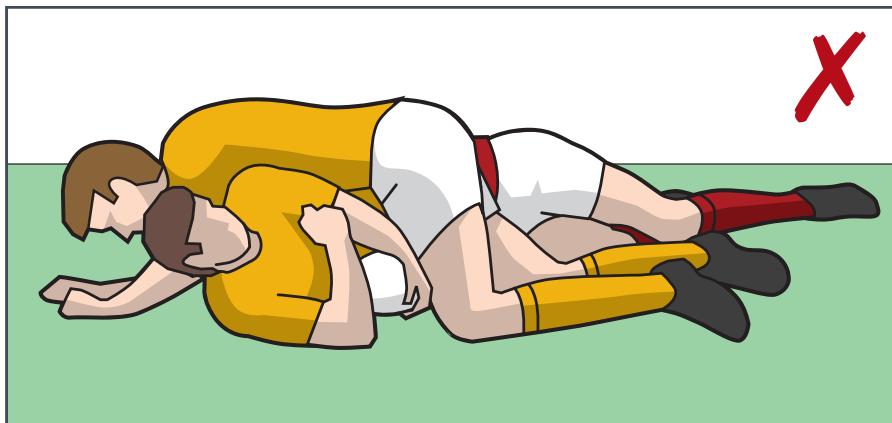
1. Players, who go to ground to gather the ball or who go to ground with the ball, must immediately:
 - a. Get up with the ball; or
 - b. Play (but not kick) the ball; or
 - c. Release the ball.

Sanction: Penalty.

2. Once the ball is played or released, players on the ground must immediately either move away from the ball or get up. **Sanction:** Penalty.
3. A player on the ground without the ball is out of the game and must:
 - a. Allow opponents who are not on the ground to play or gain possession of the ball.
 - b. Not play the ball.
 - c. Not tackle or attempt to tackle an opponent.

Sanction: Penalty.

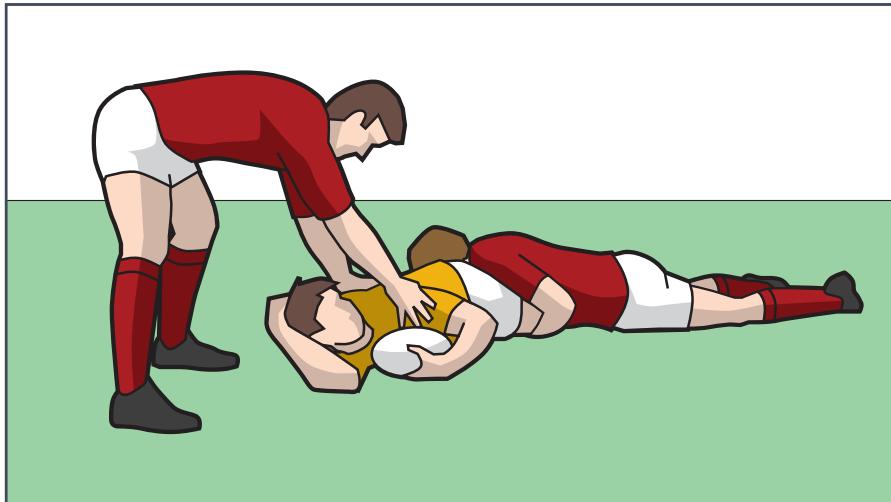
4. Players on their feet and without the ball must not fall on or over players on the ground who have the ball or who are near it. **Sanction:** Penalty.



No player may fall on or over a tackled player

PRINCIPLE

A tackle can take place anywhere in the field of play. The actions of players involved in the tackle must ensure a fair contest and allow the ball to be available for play immediately.



Tackle

REQUIREMENTS FOR A TACKLE

1. For a tackle to occur, the ball-carrier is held and brought to ground by one or more opponents.
2. Being brought to ground means that the ball-carrier is lying, sitting or has at least one knee on the ground or on another player who is on the ground.
3. Being held means that a tackler must continue holding the ball-carrier until the ball-carrier is on the ground.

LAW 14 | Tackle

PLAYERS IN A TACKLE

4. Players in a tackle are:
 - a. Tackled player.
 - b. Tackler(s).
 - c. Others:
 - i. Player(s) who hold the ball-carrier during a tackle but do not go to ground.
 - ii. Player(s) who arrive to contest possession in the tackle.
 - iii. Player(s) who are already on the ground.

PLAYER RESPONSIBILITIES

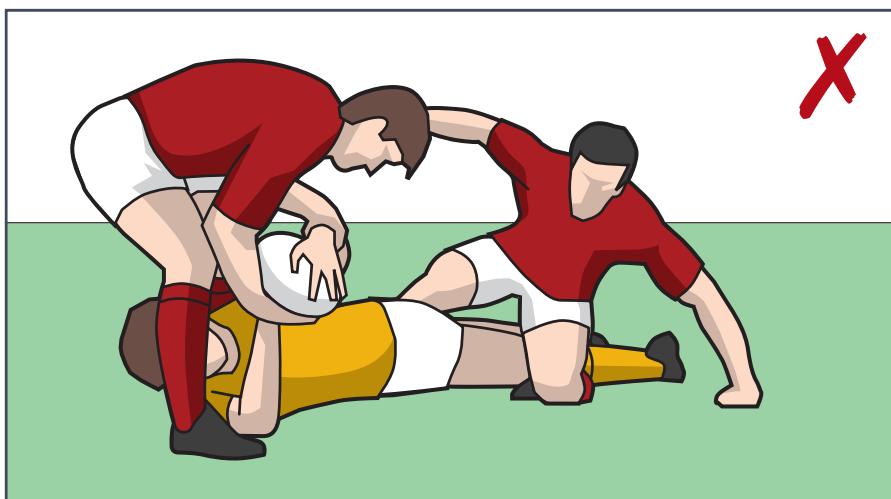
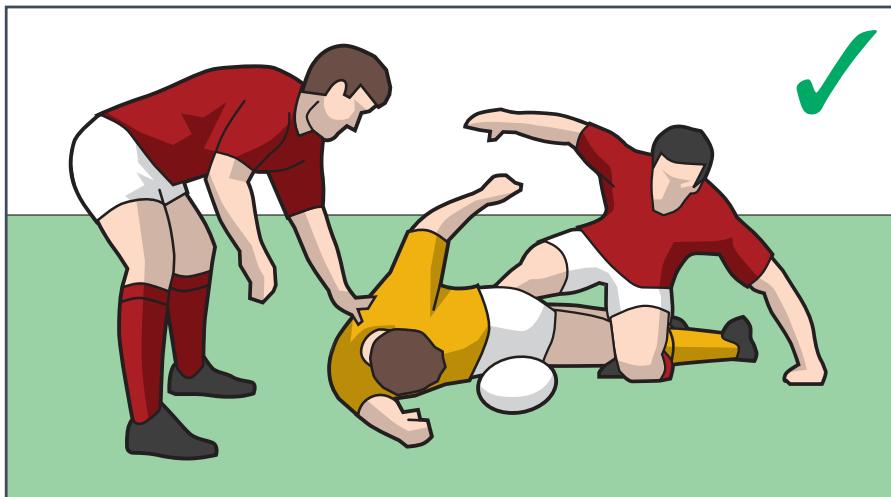
5. Tacklers must:
 - a. Immediately release the ball and the ball-carrier after both players go to ground.
 - b. Immediately move away from the tackled player and from the ball or get up.
 - c. Be on their feet before attempting to play the ball.
 - d. Allow the tackled player to release or play the ball.
 - e. Allow the tackled player to move away from the ball.

Sanction: Penalty.

6. Tacklers may play the ball from the direction of their own goal line provided they have complied with the above responsibilities and a ruck has not formed.
7. Tackled players must immediately:
 - a. Make the ball available so that play can continue by releasing, passing or pushing the ball in any direction except forward. They may place the ball in any direction.
 - b. Move away from the ball or get up.
 - c. Ensure that they do not lie on, over or near the ball to prevent opposition players from gaining possession of it.

Sanction: Penalty.

LAW 14 | Tackle



Tackled player must release the ball immediately

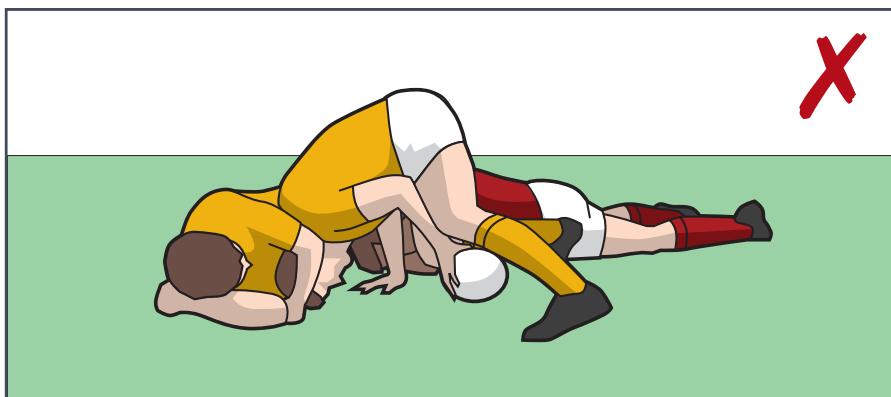
LAW 14 | Tackle

8. Other players must:
 - a. Remain on their feet and release the ball and the ball-carrier immediately.
 - b. Remain on their feet when they play the ball.
 - c. Arrive at the tackle from the direction of their own goal line before playing the ball.
 - d. Not play the ball or attempt to tackle an opponent while on the ground near the tackle.

Sanction: Penalty.



After a tackle all of the players must be on their feet when they play the ball



Player off feet and playing the ball at the tackle

LAW 14 | Tackle



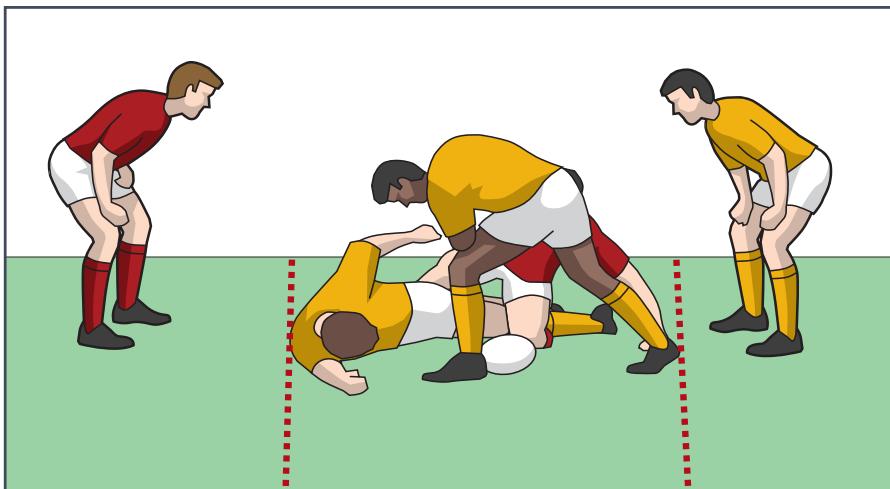
Player off feet and playing the ball at the tackle

9. Any player who gains possession of the ball:
 - a. Must play it immediately, by moving away, or by passing or kicking the ball.
 - b. Must remain on their feet, and not go to ground at or near the tackle unless tackled by the opposition.
 - c. May be tackled, provided the tackler does so from the direction of their own goal line.

Sanction: Penalty.

LAW 14 | Tackle

10. Offside lines are created at a tackle when at least one player is on their feet and over the ball, which is on the ground. Each team's offside line runs parallel to the goal line through the hindmost point of any player in the tackle or on their feet over the ball. If that point is on or behind the goal line, the offside line for that team is the goal line.



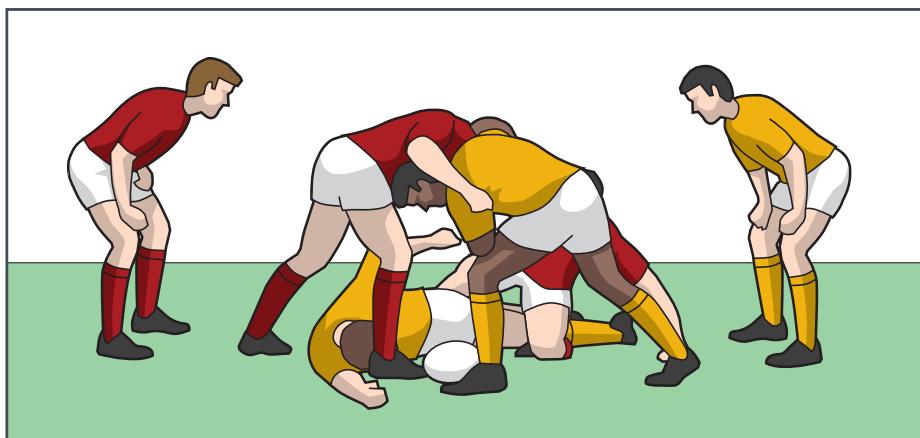
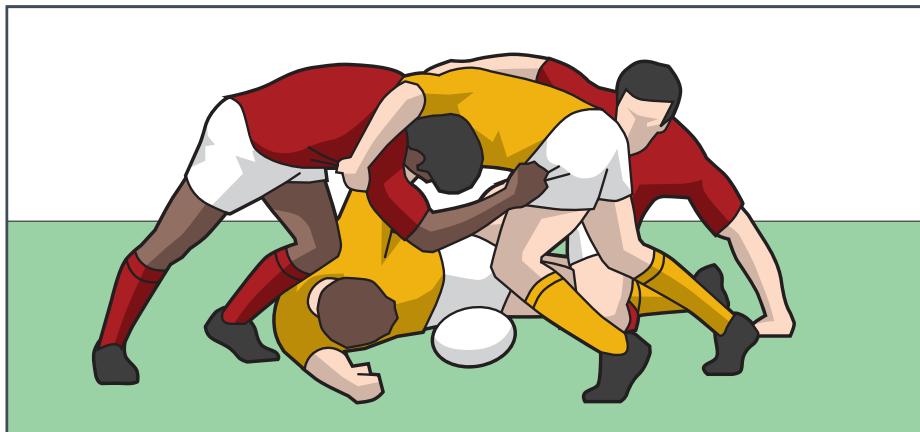
Offside lines created by player on feet over ball

11. The tackle ends when:
- A ruck is formed.
 - A player on their feet from either team gains possession of the ball and moves away or passes or kicks the ball.
 - The ball leaves the tackle area.
 - The ball is unplayable. If there is doubt about which player did not conform to law, the referee orders a scrum. The throw is taken by the team moving forward prior to the stoppage or, if no team was moving forward, by the attacking team.

LAW 15 | Ruck

PRINCIPLE

The purpose of a ruck is to allow players to compete for the ball which is on the ground.



Ruck

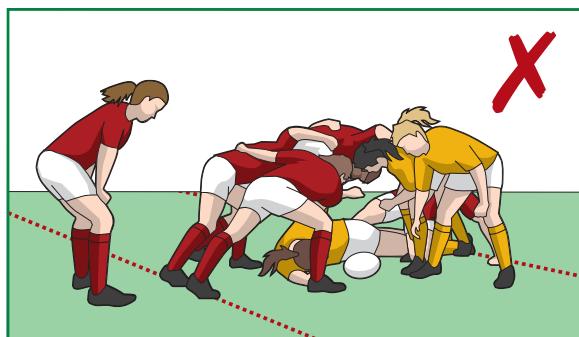
LAW 15 | Ruck

FORMING A RUCK

1. A ruck can take place only in the field of play.
2. A ruck is formed when at least one player from each team are in contact, on their feet and over the ball which is on the ground.
3. Players involved in all stages of the ruck must have their heads and shoulders no lower than their hips. **Sanction:** Free-kick.

OFFSIDE AT A RUCK

4. Each team has an offside line that runs parallel to the goal line through the hindmost point of any ruck participant. If that point is on or behind the goal line, the offside line for that team is the goal line.



At a ruck, the offside line runs through the hindmost point of the hindmost player of either team. The player in the yellow jersey on the right-hand side is offside.

JOINING A RUCK

5. An arriving player must be on their feet and join from behind their offside line.
6. A player may join alongside but not in front of the hindmost player.
7. A player must bind onto a team-mate or an opposition player. The bind must precede or be simultaneous with contact with any other part of the body.
8. Players must join the ruck or retire behind their offside line immediately.
9. Players who have previously been part of the ruck may rejoin the ruck, provided they do so from an onside position.

Sanction: Penalty.

DURING A RUCK

10. Possession may be won either by rucking or by pushing the opposing team off the ball.
11. Once a ruck has formed, no player may handle the ball unless they were able to get their hands on the ball before the ruck formed and stay on their feet.
12. Players must endeavour to remain on their feet throughout the ruck.
13. All players in a ruck must be caught in or bound to it and not just alongside it.
14. Players may play the ball with their feet, provided they do so in a safe manner.
15. Players on the ground must attempt to move away from the ball and must not play the ball in the ruck or as it emerges.
16. Players must not:
 - a. Pick the ball up with their legs.
 - b. Intentionally collapse a ruck or jump on top of it.
 - c. Intentionally step on another player.
 - d. Fall over the ball as it is coming out of a ruck.
 - e. Kick, or attempt to kick, the ball out of a ruck.

Sanction: Penalty.

- f. Return the ball into the ruck.
- g. Take any action to make opponents believe that the ruck has ended when it has not.

Sanction: Free-kick.

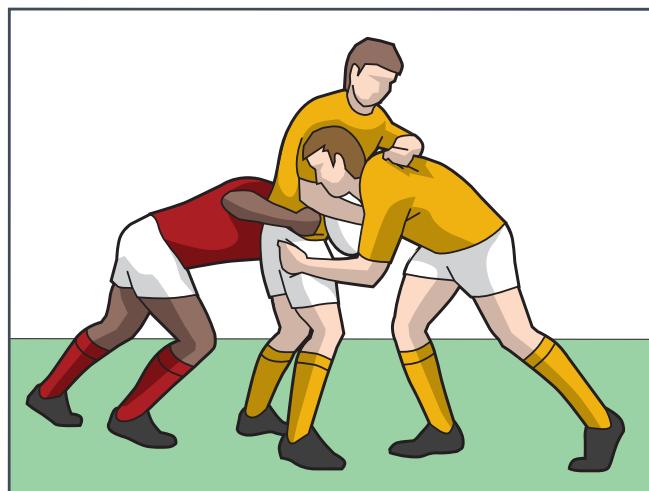
ENDING A RUCK

17. When the ball has been clearly won by a team at the ruck, and is available to be played, the referee calls “use it”, after which the ball must be played away from the ruck within five seconds. **Sanction:** Scrum.
18. The ruck ends and play continues when the ball leaves the ruck or when the ball in the ruck is on or over the goal line.
19. The ruck ends when the ball becomes unplayable. If the referee decides that the ball will probably not emerge within a reasonable time, a scrum is awarded.

LAW 16 | Maul

PRINCIPLE

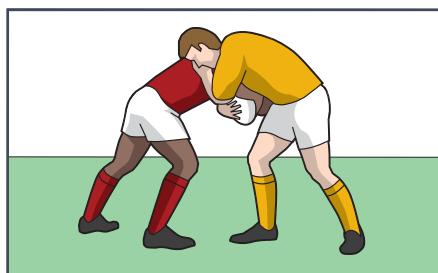
The purpose of a maul is to allow players to compete for the ball, which is held off the ground.



Maul

FORMING A MAUL

1. A maul can take place only in the field of play.
2. It consists of a ball-carrier and at least one player from each team, bound together and on their feet.
3. Once formed, a maul must move towards a goal line.



Maul not formed

OFFSIDE AT A MAUL

4. Each team has an offside line that runs parallel to the goal line through the maul participants' hindmost foot that is nearest to that team's goal line. If that foot is on or behind the goal line, the offside line for that team is the goal line.
5. A player must either join a maul from an onside position or retire behind their offside line immediately. **Sanction:** Penalty.
6. Players who leave a maul must immediately retire behind the offside line. These players may re-join the maul. **Sanction:** Penalty.

JOINING A MAUL

7. Players joining a maul must:
 - a. Do so from an onside position.
 - b. Bind on to the hindmost player in the maul.
 - c. Have their heads and shoulders no lower than their hips. **Sanction:** Free-kick.

Sanction: Penalty.

DURING A MAUL

8. The ball-carrier in a maul may go to ground provided that player makes the ball available immediately. **Sanction:** Scrum.
 9. All other players in a maul must endeavour to stay on their feet.
 10. All players in a maul must be caught in or bound to it and not just alongside it.
 11. Players must not:
 - a. Intentionally collapse a maul or jump on top of it.
 - b. Attempt to drag an opponent out of a maul.
 - c. Take any action to make opponents believe that the maul has ended when it has not. **Sanction:** Free-kick.
- Sanction:** Penalty.
12. When players of the team who are not in possession of the ball intentionally leave the maul such that there are no players of that team left in the maul, the maul continues.

LAW 16 | Maul

13. When all players of the team who are not in possession of the ball intentionally leave the maul, they may re-join provided that the first player binds on the frontmost player of the team in possession of the ball. **Sanction:** Penalty.
14. When a maul has stopped moving towards a goal line for more than five seconds but the ball is being moved and the referee can see it, the referee instructs the players to use the ball. The team in possession must then use the ball within a reasonable time.
Sanction: Scrum.
15. When a maul has stopped moving towards a goal line, it may restart moving towards a goal line providing it does so within five seconds. If it stops a second time but the ball is being moved and the referee can see it, the referee instructs the team to use the ball. The team in possession must then use the ball in a reasonable time. **Sanction:** Scrum.

ENDING A MAUL

16. A maul ends and play continues when:
 - a. The ball or ball-carrier leaves the maul.
 - b. The ball is on the ground.
 - c. The ball is on or over the goal line.
17. A maul ends unsuccessfully when:
 - a. The ball becomes unplayable.
 - b. The maul collapses (not as a result of foul play).
 - c. The maul does not move towards a goal line for longer than five seconds and the ball does not emerge.
 - d. The ball-carrier goes to ground and the ball is not immediately available.
 - e. The ball is available to be played, the referee has called “use it” and it has not been played within five seconds of the call.

Sanction: Scrum.

18. If a maul is formed immediately after a player has directly caught an opponent's kick in open play, a scrum that is awarded for any of the above reasons will be to the team of the ball catcher.

PRINCIPLE

A means of stopping play within a player's own 22 by directly catching an opponent's kick.



CLAIMING A MARK

1. To claim a mark, a player must:
 - a. Have at least one foot on or behind their own 22-metre line when catching the ball or when landing having caught it in the air; and
 - b. Catch a ball that has reached the plane of the 22-metre line directly from an opponent's kick before it touches the ground or another player; and
 - c. Simultaneously call "mark".
2. A player may claim a mark even if the ball hits a goal post or crossbar before being caught.
3. When a mark is called correctly, the referee immediately stops the game and awards a free-kick to the team in possession.
4. A mark may not be claimed from a kick-off or a restart kick after a score.

RESTARTING PLAY AFTER A MARK

5. The player who claimed the mark takes the free-kick (in accordance with Law 20).
6. If the player is unable to take the free-kick within one minute, a scrum is awarded to the team in possession.
7. The free-kick is taken at the following locations:

Place of the mark	Location of free-kick
Within the 22	At the place of the mark but at least five metres from the goal line, in line with the place of the mark.
Within the in-goal	On the five-metre line in line with the place of the mark.

LAW 18 | Touch, quick throw and lineout



PRINCIPLE

The field of play has side boundaries known as touchlines. When play reaches a touchline, the ball is in touch and becomes dead.

Quick-throws and lineouts are methods of restarting the game with a throw after the ball or ball-carrier has gone into touch.

TOUCH OR TOUCH-IN-GOAL

1. The ball is in touch or touch-in-goal when:
 - a. The ball or ball-carrier touches the touchline, touch-in-goal line or anything beyond.
 - b. A player, who is already touching the touchline, touch-in-goal line or anything beyond, catches or holds the ball.
 - i. If the ball has reached the plane of touch when it is caught, the catcher is not deemed to have taken the ball into touch.
 - ii. If the ball has not reached the plane of touch when it is caught or picked up, the catcher is deemed to have taken the ball into touch, regardless of whether the ball was in motion or stationary.
2. The ball is not in touch or touch-in-goal if:
 - a. The ball reaches the plane of touch but is caught, knocked or kicked by a player who is in the playing area.
 - b. A player jumps, from within or outside the playing area, and catches the ball, and then lands in the playing area, regardless of whether the ball reached the plane of touch.

LAW 18 | Touch, quick throw and lineout

- c. A player jumps from the playing area and knocks (or catches and releases) the ball back into the playing area, before landing in touch or touch-in-goal, regardless of whether the ball reached the plane of touch.
- d. A player, who is in touch, kicks or knocks the ball, but does not hold it, provided it has not reached the plane of touch.

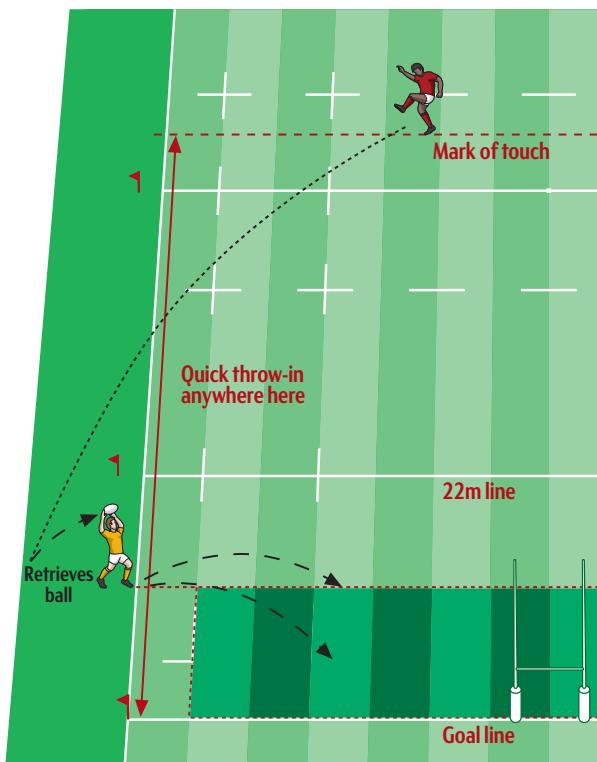
QUICK THROW

- 3. A player who carries the ball into touch must release the ball immediately so that a quick throw may be taken. **Sanction:** Penalty.
- 4. At a quick throw, the ball is thrown in:
 - a. Between the mark of touch and the thrower's own goal line; and
 - b. Parallel to or towards the thrower's own goal line; and
 - c. So that it reaches the five-metre line before it touches the ground or hits a player; and
 - d. By a player whose feet are both outside the field of play.

Sanction: Option of lineout or scrum.

LAW 18 | Touch, quick throw and lineout

5. A quick throw is disallowed and a lineout is awarded to the same team if:
 - a. A lineout had already been formed; or
 - b. The ball had been touched after it went into touch by anyone other than the player throwing in or the player who carried the ball into touch; or
 - c. A different ball is used from the one that originally went into touch.
6. The ball must reach the five-metre line before it is played and a player must not prevent the ball from travelling five metres. **Sanction:** Free-kick.
7. If the mark of touch is outside the 22, the defending team may take the quick throw inside the 22 but is deemed to have taken the ball into the 22.



Quick throw-in

LAW 18 | Touch, quick throw and lineout

LINEOUT

8. Where the game is restarted with a lineout and which team throws in is determined as follows:
- General

Event	Location of the mark of touch	Who throws in
The ball-carrier goes into touch or kicks the ball indirectly into touch.	Where the player or ball touches the touchline or the ground beyond it.	The opposition.
A player unintentionally knocks, passes or throws the ball into touch.	Where the ball reaches the touchline.	The opposition.
The ball hits a player and goes directly into touch.	Where the ball reaches the touchline or at the point on the touchline closest to where the ball hit the player, whichever is nearer to that player's goal line.	The opposition.
The ball hits a player and it bounces into touch.	Where the ball reaches the touchline.	The opposition.
A player, who is in touch, catches or picks up a ball which has reached the plane of touch.	Where the ball reached the plane of touch.	The team of the player who caught or picked up the ball.
A player, who is in touch, catches or picks up a ball which has not reached the plane of touch.	Where that player is standing.	The opposition.

LAW 18 | Touch, quick throw and lineout



b. Ball is kicked directly into touch from a kick-off or restart kick

Event	Location of the mark of touch	Who throws in
The ball goes directly into touch from a kick-off or restart kick following a score.	If the touch option is taken, the throw is where the ball reaches the touchline or on the half-way line, whichever is nearer to the kicker's goal line.	The non-kicking team.
The ball goes directly into touch from a 22 drop-out.	If the touch option is taken, then the throw is where the ball reaches the touchline or on the 22-metre line, whichever is nearer to the kicker's goal line.	The non-kicking team.

c. Ball is kicked from a penalty

Event	Location of the mark of touch	Who throws in
A player kicks the ball into touch (either directly or first bouncing in the field of play or hitting a player or the referee).	Where the ball reaches the touchline.	The kicking team.
A player, who is in touch, catches the ball irrespective of whether the ball has reached the touchline.	Where the ball reaches the touchline or, if the ball hasn't reached the touchline, where the player catching the ball is standing.	The kicking team.
A player, who is in touch, picks up a ball that has not reached the plane of touch.	Where that player is standing.	The kicking team.

LAW 18 | Touch, quick throw and lineout

- d. Ball is kicked directly into touch from within own 22 or in-goal

Event	Location of the mark of touch	Who throws in
NO GAIN IN GROUND		
The defending team took the ball into their 22, no tackle, ruck or maul took place and no opponent touched the ball within the 22. If a player, who is inside their own 22, picks up the ball when it is outside the 22, or catches the ball before it reaches the plane of the 22-metre line, and kicks it directly to touch from within the 22, then that player has taken the ball back into the 22.		
A player kicks the ball directly into touch.	Where the ball reaches the touchline or on the touchline in line with where the ball was kicked, whichever is nearer to the kicker's goal line.	The non-kicking team.
An opposition player, who is in touch, catches the ball.	Where the ball reaches the touchline or on the touchline in line with where the ball was kicked, whichever is nearer to the kicker's goal line.	The non-kicking team.
GAIN IN GROUND		
Either the defending team did not take the ball into their 22 or a tackle, ruck or maul took place within the 22 or an opponent touched the ball within the 22.		
A player kicks the ball directly into touch.	Where the ball reaches the touchline.	The non-kicking team.
An opposition player, who is in touch, catches the ball.	Where the ball reaches the touchline.	The non-kicking team.
A player kicks the ball from a free-kick awarded within the 22.	Where the ball reaches the touchline.	The non-kicking team.

LAW 18 | Touch, quick throw and lineout



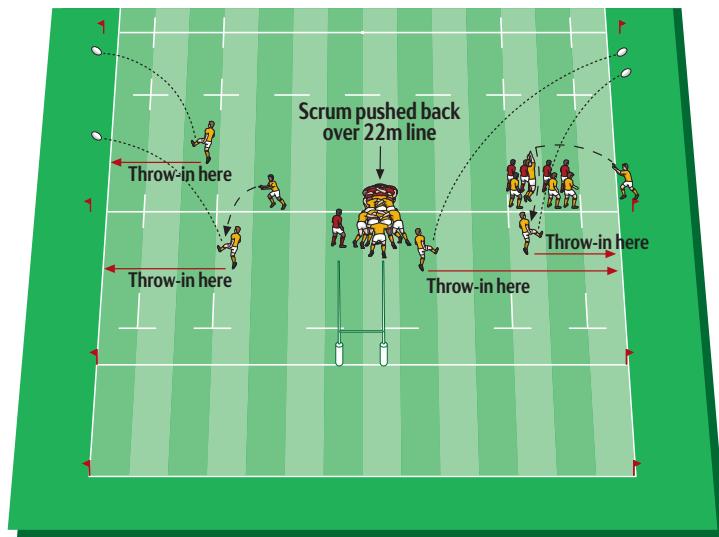
e. Ball is kicked directly into touch from outside the 22

Event	Location of the mark of touch	Who throws in
A player kicks the ball directly into touch from open play or from a free-kick.	Where the ball reaches the touchline or on the touchline in line with where the ball was kicked, whichever is nearer to that player's goal line. No gain in ground.	The non-kicking team.

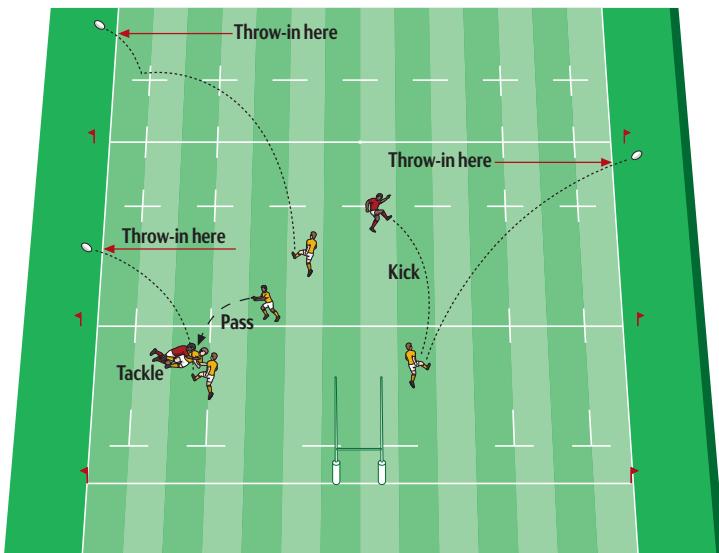
f. Lineout options

Event	Location of the mark of touch	Who throws in
Following an incorrect throw.	Where the original lineout took place.	The opposition.
Following a disallowed quick throw.	Where the formed lineout would have taken place if the quick throw had not been taken.	The same team.
Following an incorrect quick throw.	Where the incorrect throw was taken.	The opposition.
Following the ball going into touch from a knock-on or throw forward.	Where the ball reached the touchline.	The opposition.
From a penalty or free-kick awarded for a lineout infringement.	Where the original lineout took place.	The opposition.

LAW 18 | Touch, quick throw and lineout



No gain in ground

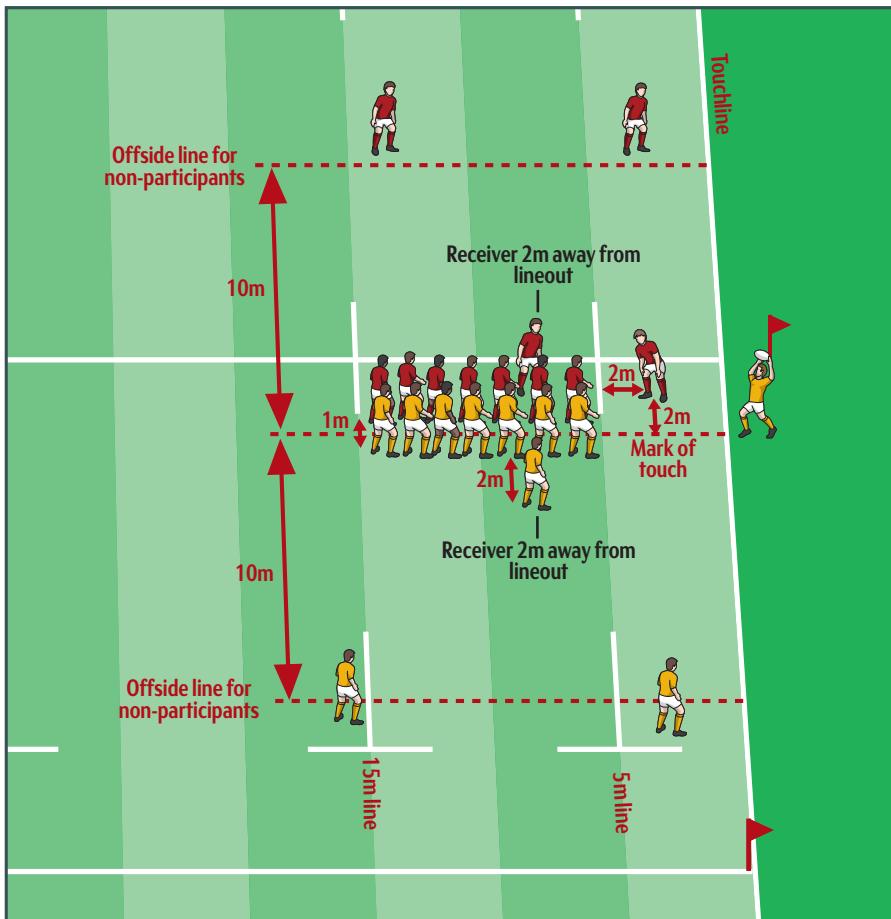


Gain in ground

LAW 18 | Touch, quick throw and lineout

FORMING A LINEOUT

9. A lineout is formed on the mark of touch.
10. Each team forms a single line parallel to and half a metre from the mark of touch on their side of the lineout between the five-metre and 15-metre lines. The gap between the lines must be maintained until the ball is thrown in. **Sanction:** Free-kick.
11. A minimum of two players from each team are required to form a lineout.



LAW 18 | Touch, quick throw and lineout

12. Teams form the lineout without delay. **Sanction:** Free-kick.
 13. The team throwing in determines the maximum number of players that each team may have in the lineout.
 14. Unless the throw is taken as soon as the lineout is formed, the non-throwing team may not have more players (but may have fewer players) in the lineout than the throwing team. **Sanction:** Free-kick.
 15. The non-throwing team must have a player between the touchline and the five-metre line. The player stands two metres from the mark of touch on their team's side of the lineout and two metres from the five-metre line. **Sanction:** Free-kick.
 16. If a team elects to have a receiver, the receiver stands between the five-metre and the 15-metre lines, two metres away from their team-mates in the lineout. Each team may have only one receiver. **Sanction:** Free-kick.
 17. Once the lineout is formed, players:
 - a. From the team throwing in may not leave the lineout other than to change positions with other participating players.
 - b. From the non-throwing team may leave the lineout only to ensure that they do not have more players than the opposition.
- Sanction:** Free-kick.
18. Participating players may change places in the lineout before the ball is thrown.
 19. Players in the lineout who are going to lift or support a team-mate jumping for the ball may pre-grip that team-mate providing they do not grip below the shorts from behind or below the thighs from the front. **Sanction:** Free-kick.
 20. Players must not jump or be lifted or supported before the ball has left the hands of the player throwing in. **Sanction:** Free-kick.
 21. Players must not make any contact with an opponent before the ball is thrown in.
Sanction: Penalty.

LAW 18 | Touch, quick throw and lineout

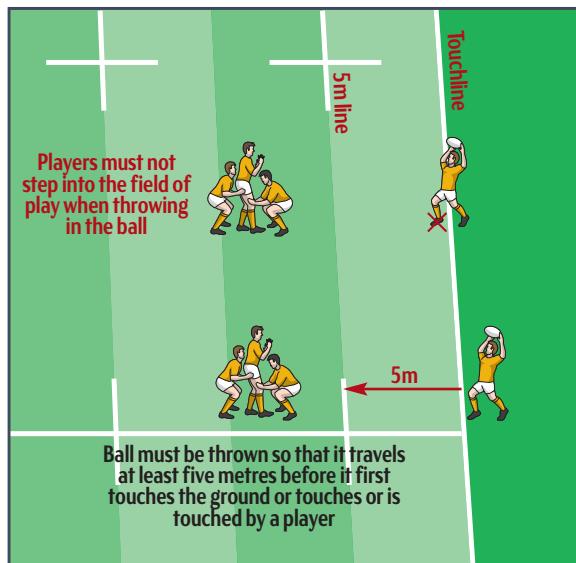
THROWING INTO A LINEOUT

22. The player throwing in the ball stands on the mark of touch with both feet outside the field of play. The thrower must not step into the field of play until the ball has been thrown.

Sanction: Option of lineout or scrum.

23. The ball must:

- Be thrown in straight along the mark of touch; and
- Reach the five-metre line before it hits the ground or is played.



Sanction: Option of lineout or scrum. If the lineout is chosen and the ball is again not thrown straight, a scrum is awarded to the team that originally threw in the ball.

- Be thrown in without delay once the lineout is formed. **Sanction:** Free-kick.

24. The thrower must not pretend to throw the ball. **Sanction:** Free-kick.

25. Opposition players must not block the throw. **Sanction:** Free-kick.

LAW 18 | Touch, quick throw and lineout

DURING A LINEOUT

26. The lineout commences once the ball leaves the hands of the thrower.
27. Once the lineout has commenced, the thrower and the thrower's immediate opponent may:
 - a. Join the lineout.
 - b. Retire to the offside line of the non-participating players of his own team.
 - c. Stay within five metres of the touchline.
 - d. Move to the receiver position if that position is empty.
28. If those players move anywhere else, they are offside. **Sanction:** Penalty.
29. Once the lineout has commenced, any player in the lineout may:
 - a. Compete for possession of the ball.
 - b. Catch or deflect the ball. A jumper may catch or deflect the ball with the outside arm only if they have both hands above their head. **Sanction:** Free-kick.
 - c. Lift or support a team-mate. Players who do so must lower that player to the ground safely as soon as the ball is won by either team. **Sanction:** Free-kick.
 - d. Leave the lineout so as to be in a position to receive the ball, provided they remain within 10 metres of the mark of touch and they keep moving until the lineout is over. **Sanction:** Free-kick.
 - e. Grasp and bring an opponent in possession of the ball to ground, provided that the player is not in the air. **Sanction:** Penalty.

OFFSIDE AT A LINEOUT

30. All lineout players are onside if they remain on their side of the mark of touch until the ball has been thrown in and touched a player or the ground.
31. Players jumping for the ball who cross the mark of touch and do not catch the ball must immediately return to their own side.
32. Until the ball is thrown in, and has touched the player or the ground, the offside line for lineout players is the mark of touch. After that, their offside line is a line through the ball.

LAW 18 | Touch, quick throw and lineout



No levering on an opponent



No holding or shoving



No illegal charging



No blocking the throw



Pre-gripping is
permitted



Lifting of lineout
players is permitted

LAW 18 | Touch, quick throw and lineout

33. When a ruck or maul forms at the mark of touch, a participating player may either:
 - a. Join the ruck or maul; or
 - b. Retire to the offside line, which is the hindmost foot of that player's team in the ruck or maul.
34. Once the ball has been thrown, a lineout player may move beyond the 15-metre line. If the ball does not go beyond the 15-metre line, the player must immediately return to the lineout.
35. Players not participating in the lineout must remain at least 10 metres from the mark of touch on their own team's side or behind the goal line if this is nearer. If the ball is thrown in before a player is onside, the player will not be liable to sanction if the player immediately retires to the onside position. The player cannot be put onside by the action of any other player.
36. Once the ball has been thrown in by a team-mate, players who are not participating in the lineout may move forward. If that occurs, then their opponents may also move forward. If the ball does not go beyond the 15-metre line, the players will not be liable to sanction if they immediately retire to their respective offside lines.

Sanction: Penalty.

ENDING A LINEOUT

37. The lineout ends when:
 - a. The ball or a player in possession of the ball:
 - i. leaves the lineout; or
 - ii. enters the area between the touchline and the five-metre line; or
 - iii. goes beyond the 15-metre line.
 - b. A ruck or maul forms and all of the feet of all of the players in the ruck or maul move beyond the mark of touch.
 - c. The ball becomes unplayable.
38. Other than by moving to the receiver position if that position is empty, no lineout player may leave the lineout until it has ended. **Sanction:** Penalty.

PRINCIPLE

The purpose of a scrum is to restart play with a contest for possession after a minor infringement or stoppage.

- Where the game is restarted with a scrum and which team throws in is determined as follows:

Infringement / stoppage	Location of scrum	Who throws in
A knock-on or throw forward, apart from at a lineout.	In the scrum zone at the point closest to the place of infringement.	The non-offending team.
A knock-on or throw forward at a lineout; incorrect throw at a lineout; incorrect quick throw.	15 metres in from the mark of touch.	The non-offending team.
Offside in open play (scrum option).	In the scrum zone at the point closest to where the offending team last played the ball.	The non-offending team.
A penalty or free-kick (scrum option).	In the scrum zone at the point closest to where the infringement took place.	The non-offending team.
The ball is taken into in-goal by the defending team and made dead.	In the scrum zone at the point closest to where the ball was made dead.	The attacking team.
An unplayable tackle or ruck.	In the scrum zone at the point closest to where the tackle or ruck took place.	The team last moving forward. If neither team was moving forward, the attacking team.

LAW 19 | Scrum

Infringement / stoppage	Location of scrum	Who throws in
A maul that ends unsuccessfully.	In the scrum zone at the point closest to where the maul ended.	The team not in possession at the start of the maul. If the referee cannot decide which team had possession, the team moving forward before the maul stopped. If neither team was moving forward, the attacking team.
An unplayable maul after kick in open play.	In the scrum zone at the point nearest to place of maul.	The team in possession at the start of the maul.
An incorrect kick-off or restart kick (scrum option).	At the middle point of the half-way line or 22-metre line if the restart kick was a 22 drop-out.	The non-kicking team.
Failure to “use it” at scrum, ruck or maul.	In the scrum zone at the point closest to where the scrum, ruck or maul took place.	The team not in possession.
The ball or ball-carrier touches the referee and either team gains an advantage.	In the scrum zone at the point closest to the incident.	The team that last played the ball.
Stoppage due to injury.	In the scrum zone at the point where the ball was last played.	The team last in possession.
Reset scrum – no infringement.	Where the original scrum took place.	The team originally awarded the scrum.
A penalty attempt at goal not taken within the time limit.	In the scrum zone at the point closest to where the penalty was awarded.	The non-offending team.

Infringement / stoppage	Location of scrum	Who throws in
A player unable to take a free-kick after a mark within one minute.	In the scrum zone at the point closest to where the free-kick was awarded.	Team of player who was awarded the free-kick.
The referee awards a scrum for any other reason not covered in law.	In the scrum zone at the point closest to the place of stoppage.	The team that was last moving forward or, if neither team was moving forward, the attacking team.

FORMING A SCRUM

2. A scrum is formed in the scrum zone at a mark indicated by the referee.
3. The referee makes the mark to create the middle line of the scrum, which runs parallel to the goal lines.
4. Teams must be ready to form the scrum within 30 seconds of the mark being made.
Sanction: Free-kick.
5. When both teams have 15 players, eight players from each team bind together in formation as outlined in the diagram. Each team must have two props and one hooker in the front row and two locks in the second row. Three back-row players from each team complete the scrum. **Sanction:** Penalty.
6. When a team is reduced to fewer than 15 for any reason, then the number of players in each team in the scrum may be similarly reduced. Where a permitted reduction is made by one team, there is no requirement for the other team to make a similar reduction. However, a team must not have fewer than five players in the scrum.
7. The players in the scrum bind in the following way:
 - a. The props bind to the hooker.
 - b. The hooker binds with both arms. This can be either over or under the arms of the props.
 - c. The locks bind with the props immediately in front of them and with each other.
 - d. All other players in the scrum bind on a lock's body with at least one arm.

Sanction: Penalty.

LAW 19 | Scrum



Scrum

8. The two groups face each other, either side of and parallel to the middle line.
9. The two front rows stand not more than an arm's length apart with the hookers at the mark.

ENGAGEMENT

10. When both sides are square, stable and stationary, the referee calls "crouch".
 - a. The front-rows then adopt a crouched position if they have not already done so. Their heads and shoulders are no lower than their hips, a position that is maintained for the duration of the scrum.
 - b. The front-rows crouch with their heads to the left of their immediate opponents', so that no player's head is touching the neck or shoulders of an opponent.

Sanction: Free-kick.

11. When both sides are square, stable and stationary, the referee calls "bind".
 - a. Each loose-head prop binds by placing the left arm inside the right arm of the opposing tight-head prop.
 - b. Each tight-head prop binds by placing the right arm outside the left upper arm of the opposing loose-head prop.
 - c. Each prop binds by gripping the back or side of their opponent's jersey.
 - d. All players' binding is maintained for the duration of the scrum.

Sanction: Penalty.

12. When both sides are square, stable and stationary, the referee calls "set".
 - a. Only then may the teams engage, completing the formation of the scrum and creating a tunnel into which the ball will be thrown.
 - b. All players must be in position and ready to push forward.
 - c. Each front-row player must have both their feet on the ground, with their weight firmly on at least one foot.
 - d. Each hooker's feet must be in line with, or behind, the foremost foot of that team's props.

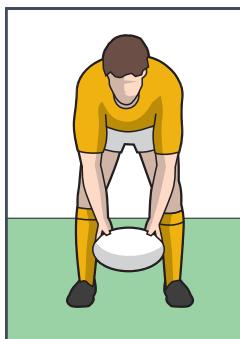
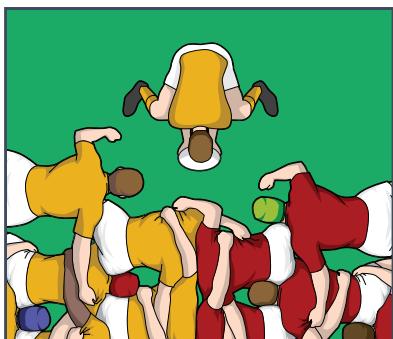
Sanction: Free-kick.

LAW 19 | Scrum

THROW

13. The scrum-half chooses which side of the scrum to throw in the ball.
14. The scrum-half holds the ball as shown in the diagram.
15. When both sides are square, stable and stationary, the scrum-half throws in the ball:
 - a. From the chosen side.
 - b. From outside the tunnel.
 - c. Without delay.
 - d. With a single forward movement.
 - e. At a quick speed.
 - f. Straight. The scrum-half may align their shoulder on the middle line of the scrum, thereby standing a shoulder-width closer to their side of the scrum.
 - g. So that it first touches the ground inside the tunnel.

Sanction: Free-kick.



Throw-in at the scrum

DURING A SCRUM

16. The scrum begins when the ball leaves the hands of the scrum-half.
17. Only when the scrum begins may the teams push. **Sanction:** Free-kick.
18. Possession may be gained by pushing the opposition backwards and off the ball.
19. Players may push provided they do so straight and parallel to the ground.
Sanction: Penalty.
20. Front-row players may gain possession by striking for the ball but only once the ball touches the ground in the tunnel. **Sanction:** Free-kick.
21. A front-row player striking for the ball may do so with either foot but not both at the same time. **Sanction:** Penalty.
22. The hooker from the team which threw in the ball must strike for the ball.
Sanction: Free-kick.
23. A front-row player must not intentionally kick the ball out of the tunnel from the direction it was thrown. **Sanction:** Free-kick.
24. Any player within the scrum may play the ball but only with their feet or lower legs and they must not lift the ball. **Sanction:** Penalty.
25. If a scrum collapses or if a player in the scrum is lifted or is forced upwards out of the scrum, the referee must blow the whistle immediately so that players stop pushing.
26. When the scrum is stationary and the ball has been available at the back of the scrum for three-five seconds, the referee calls “use it”. The team must then play the ball out of the scrum immediately. **Sanction:** Scrum.

LAW 19 | Scrum

OFFSIDE AT A SCRUM

27. Players remain onside for the duration of the scrum.
28. Prior to the start of play in the scrum, the scrum-half of the team not throwing in the ball stands:
 - a. On that team's side of the middle line next to the opposing scrum-half, or
 - b. At least five metres behind the hindmost foot of their team's last player in the scrum and remains there until the completion of the scrum.
29. Once play in the scrum begins, the scrum-half of the team in possession has at least one foot level with or behind the ball.
30. Once play in the scrum begins, the scrum-half of the team not in possession:
 - a. Takes up a position with both feet behind the ball and close to the scrum but not in the space between the flanker and the number eight or
 - b. Permanently retires to a point on the offside line either at that team's hindmost foot, or
 - c. Permanently retires at least five metres behind the hindmost foot.
31. All players not participating at the scrum remain at least five metres behind the hindmost foot of their team.
32. When the hindmost foot of a team is in in-goal or within five metres of that team's goal line, the offside line for that team's non-participants is the goal line.

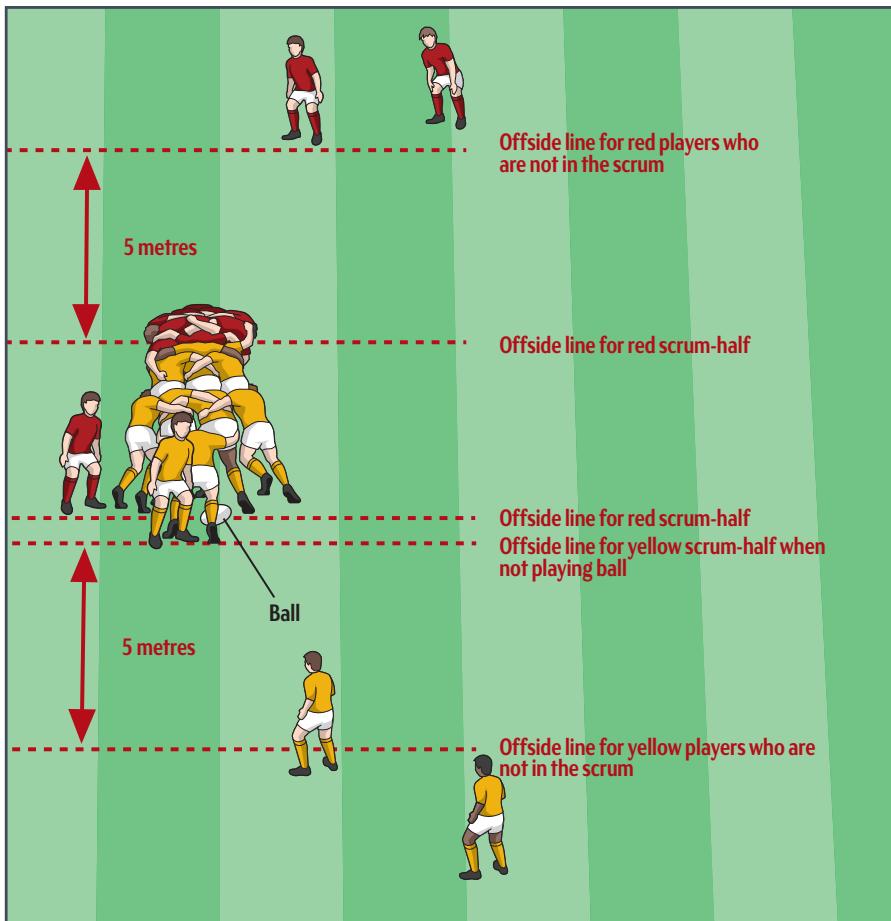
Sanction: Penalty.

33. As soon as the scrum ends, offside lines no longer apply.

RESETTING A SCRUM

34. When there is no infringement, the referee will stop play and reset the scrum if:
 - a. The scrum-half throws in the ball and it comes out at either end of the tunnel.
 - b. The scrum collapses or breaks up before it has otherwise ended.
 - c. The scrum is wheeled through more than 90 degrees, so the middle line has passed beyond a position parallel to the touchline.
 - d. Neither side wins possession.
 - e. The ball is unintentionally kicked out of the tunnel. Exception: If the ball is repeatedly kicked out, the referee must treat this as intentional. **Sanction:** Penalty.
35. When a scrum is reset, the ball is thrown in by the team that previously threw it in.

LAW 19 | Scrum



Scrum offside

LAW 19 | Scrum

ENDING A SCRUM

36. The scrum ends:

- a. When the ball comes out of the scrum in any direction except the tunnel.
- b. When the ball reaches the feet of the hindmost player and it is picked up by that player or is played by that team's scrum-half.
- c. When the number eight picks up the ball from the feet of a second-row player.
- d. When the referee blows the whistle for an infringement.
- e. When the ball in a scrum is on or over the goal line.

DANGEROUS PLAY AND RESTRICTED PRACTICES IN A SCRUM

37. Dangerous play in a scrum includes:

- a. A front-row charging against the opposition.
- b. Pulling an opponent.
- c. Intentionally lifting an opponent off their feet or forcing them upwards out of the scrum.
- d. Intentionally collapsing a scrum.
- e. Intentionally falling or kneeling.

Sanction: Penalty.

38. Other restricted practices at a scrum include:

- a. Falling on or over the ball immediately after it has emerged from the scrum.
- b. Scrum-half kicking the ball while it is in the scrum.
- c. Non-front-row player holding or pushing an opponent.

Sanction: Penalty.

- d. Bringing the ball back into the scrum once it has left.
- e. Non-front-row players playing the ball in the tunnel.
- f. Scrum-half attempting to make an opponent believe the ball is out of the scrum when it is not.

Sanction: Free-kick.

SCRUM LAW VARIATIONS

39. A union may implement the under-19 scrum law variations at defined levels of the game within its jurisdiction.

LAW 20 | Penalty and free-kick



PRINCIPLE

Penalties and free-kicks are awarded to restart play after infringements.

LOCATION OF A PENALTY OR FREE-KICK

1. The mark for a penalty or free-kick must be in the field of play and be no closer than five metres from the goal line, as per the following table:

Infringement	Location of penalty or free-kick
While the ball is in play excluding a late charge after a kick.	At the place of infringement.
While the ball is dead.	<ul style="list-style-type: none">- At the point where play would have restarted or, if that place is on the touchline or within 15 metres of it, the mark is on the 15-metre line, in line with that place.- If play would have restarted with a 22 drop-out, the mark is anywhere on the 22-metre line (non-offending team decides).
Any infringement that takes place outside the playing area while the ball is in play.	On the 15-metre line, in line with where the offence occurred or if the offence occurred in touch-in-goal or beyond the dead-ball line, on the five-metre line, in line with the place of the infringement, but no less than 15 metres from the touchline.
Any infringement in a lineout.	15 metres from the touchline on the mark of touch.
Offside at a phase of play.	At the offending team's offside line.
Any subsequent infringement by the original offending team after the first penalty or free-kick is awarded but before it is taken.	Advanced 10 metres from the original mark.

LAW 20 | Penalty and free-kick

Infringement	Location of penalty or free-kick
Late charging the kicker.	<p>The opposition chooses either at the place of the infringement, where the ball landed or where the ball was next played.</p> <ul style="list-style-type: none">- If the infringement takes place in the kicker's in-goal, the penalty is taken five metres from the goal line in line with the place of infringement but at least 15 metres from the touchline.- The non-offending team may also choose to take the penalty where the ball lands or where it is next played before landing, at least 15 metres from the touchline.- If the ball lands in touch, the optional penalty is on the 15-metre line, in line with where it went into touch.- If the ball lands, or is next played before landing, within 15 metres of the touchline, the mark is on the 15-metre line opposite where the ball landed or was played.- If the ball lands in in-goal, in touch-in-goal, or on or over the dead-ball line, the optional penalty is five metres from the goal line, in line with the place where the ball crossed the goal line and at least 15 metres from the touchline.- If the ball hits a goal post or crossbar, the optional penalty kick is awarded where the ball lands.

LAW 20 | Penalty and free-kick



Infringement	Location of penalty or free-kick
Intentionally throwing or knocking the ball into touch.	If the ball is thrown or knocked: - Into touch or touch-in-goal or over the dead-ball line from the playing area, the mark is where the infringement occurred but no closer than 15 metres from the touchline and five metres from the goal line. - Into touch or touch-in-goal from in in-goal, the mark is on the five-metre line at least 15 metres from the touchline. - Over the dead-ball line from in-goal, the mark is on the five-metre line in a line with where the infringement occurred.
Any infringement in in-goal or within five metres of a goal line.	In the field of play, five metres from the goal line, in line with the place of infringement.

2. A penalty or free-kick is taken from where it is awarded or anywhere behind it on a line through the mark and parallel to the touchlines. When a penalty or free-kick is taken at the wrong place, it must be re-taken.

OPTIONS AT A PENALTY OR FREE-KICK

3. A team awarded a penalty or free-kick may instead choose a scrum.
4. A team awarded a penalty or free-kick at a lineout may instead choose a lineout or a scrum at the same mark.

TAKING A PENALTY OR FREE-KICK

5. A penalty or free-kick must be taken without delay.
6. Any player from the non-offending team may take it, other than for a free-kick awarded for a mark.
7. The kicker must use the ball that was in play unless the referee decides it is defective.

LAW 20 | Penalty and free-kick

8. The kicker may punt, drop-kick or place-kick (other than for touch) the ball.
9. The kicker may kick the ball in any direction.
10. Other than the placer at a place-kick, the kicker's team must remain behind the ball until it has been kicked.
11. The ball must be kicked a visible distance. If the kicker is holding it, it must clearly leave the hands. If it is on the ground, it must clearly leave the mark. Once the kick has been successfully taken the kicker may play the ball again.

OPPOSING TEAM AT A PENALTY OR FREE-KICK

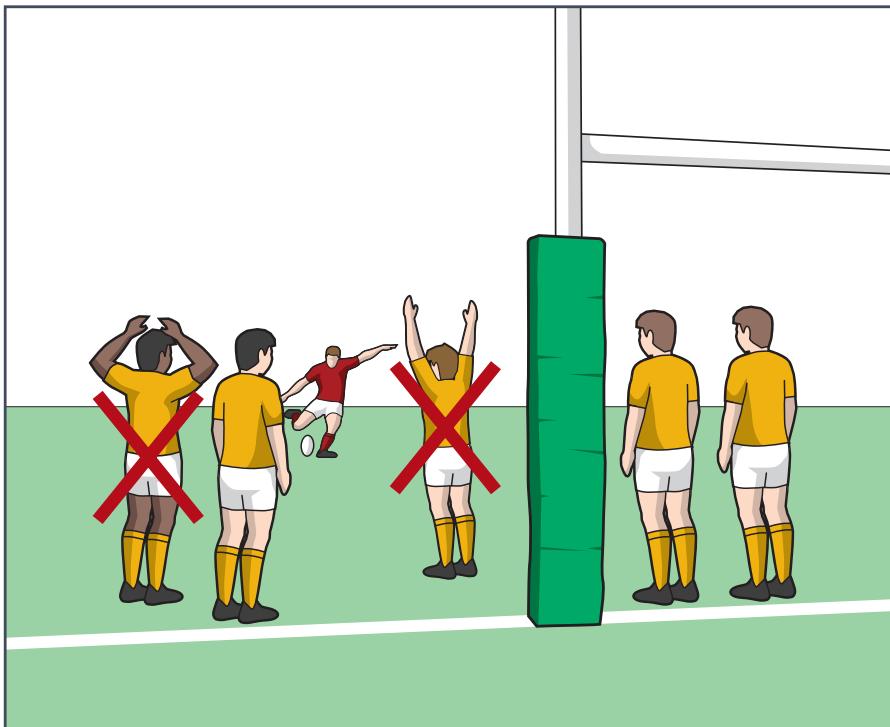
12. When a penalty or free-kick is awarded, the opposing team must immediately retreat 10 metres towards their own goal line or until they have reached their goal line if that is closer.
13. Even if the penalty or free-kick is taken quickly and the kicker's team is playing the ball, opposing players must keep retreating the necessary distance. They may not take part in the game until they have done so.
14. If it is taken so quickly that opponents have no opportunity to retreat, they will not be sanctioned for this. However, they may not take part in the game until they have retreated 10 metres from the mark or until a team-mate who was 10 metres from the mark has moved in front of them.
15. The opposing team may not do anything to delay the kick or obstruct the kicker, including intentionally taking, throwing or kicking the ball out of reach of the team awarded the penalty. **Sanction:** Second penalty or free-kick, 10 metres in front of the original mark. The second penalty or free-kick must not be taken before the referee has made the mark.

LAW 20 | Penalty and free-kick



OPPOSING TEAM AT A FREE-KICK

16. As soon as the kicker initiates movement to kick, the opposing team may charge and try to prevent the free-kick being taken by tackling the kicker or to block the kick.
17. If the opposing team charge fairly and prevent the free-kick being taken, the kick is disallowed. Play restarts with a scrum at the mark with the opposing team throwing in.

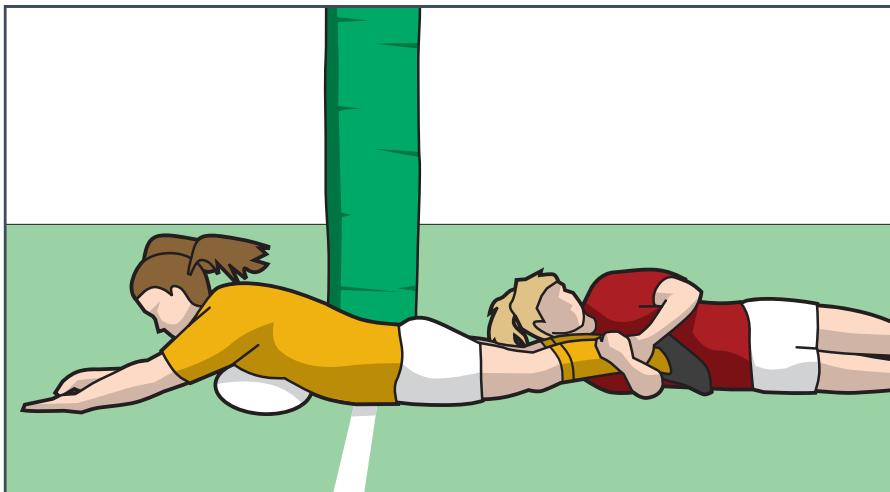


Penalty kick at goal

LAW 21 | In-goal

GROUNDING THE BALL

1. The ball can be grounded in in-goal:
 - a. By holding it and touching the ground with it; or
 - b. By pressing down on it with a hand or hands, arm or arms, or the front of the player's body from waist to neck.



Grounding the ball

2. Picking up a ball is not grounding it. A player may pick up the ball in in-goal and ground it elsewhere in in-goal.
3. An attacking player grounding the ball in in-goal scores a try.
4. When an attacking player holding the ball grounds the ball in in-goal and simultaneously makes contact with the touch-in-goal line or the dead-ball line (or anywhere beyond either), a 22-metre drop-out is awarded to the defending team.
5. When the ball-carrier grounds the ball in in-goal and simultaneously makes contact with the touch line (or the ground beyond), the ball is in touch in the field of play and a lineout is awarded to the opposition.
6. A defending player grounding the ball in in-goal results in a touch down.

7. If a tackled player has momentum that carries them into their own in-goal area, they can make a touch down.
8. A tackled player near their own goal line may reach out and ground the ball in in-goal to make a touch down, provided it is done immediately. **Sanction:** Penalty.
9. If a defending player grounds the ball against a goal post or its surrounding padding, the result is a touch down.
10. If a player is in touch or touch-in-goal, they can make a touch down or score a try by grounding the ball in in-goal provided they are not holding the ball.
11. If a tackled player is in the act of reaching out to ground the ball for a try or touch down, players may pull the ball from the player's possession but must not kick or attempt to kick the ball. **Sanction:** Penalty.

BALL KICKED DEAD THROUGH IN-GOAL

12. If a team kicks the ball through their opponents' in-goal from the field of play into touch-in-goal or on or over the dead-ball line, the defending team can choose:
 - a. To have a drop-out anywhere on or behind the 22-metre line; or
 - b. To have a scrum at the place where the ball was kicked.

Exception: An unsuccessful kick at goal or attempted dropped goal. In these cases, the defending team restarts with a 22-metre drop-out.

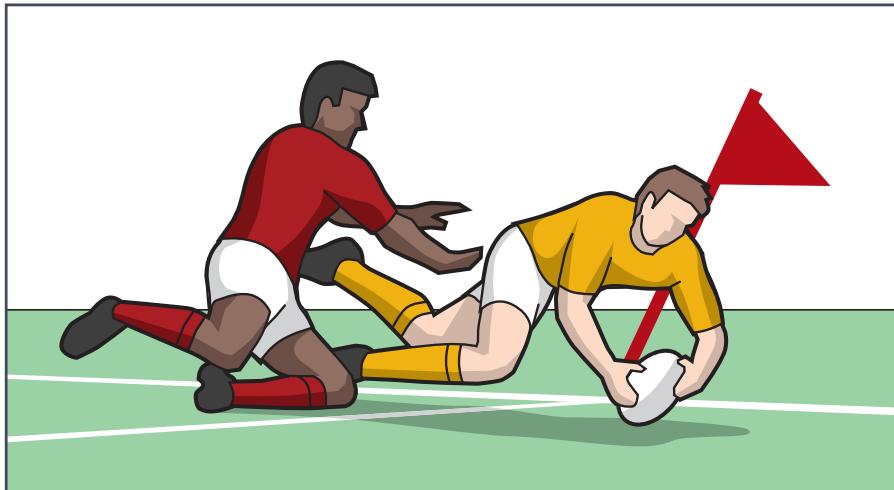
DEFENDING PLAYER IN IN-GOAL

13. If any part of a defending player is in in-goal, that player is considered to be in in-goal, provided they are not also in touch or on or over the dead-ball line.
14. If a player, who is in in-goal, catches or picks up a ball that is still in the field of play, that player has taken the ball into in-goal.
15. If a player who is on or beyond the dead-ball-line, or who is in touch-in-goal, catches or picks up a ball within in-goal, that player has made the ball dead.

LAW 21 | In-goal

CORNER FLAG POST

16. If the ball or ball-carrier touches a corner flag or corner flag post without otherwise being in touch or touch-in-goal, play continues unless the ball is grounded against the post.



Player touches corner post before ball is grounded

BALL HELD UP IN-GOAL

17. When a player carrying the ball is held up in the in-goal so that the player cannot ground or play the ball, the ball is dead. Play restarts with a five-metre scrum, in line with the place where the player was held up. The attacking team throws in.

DOUBT ABOUT GROUNDING

18. If there is doubt about which team first grounded the ball in in-goal, play is restarted with a five-metre scrum, in line with the place where the ball was grounded. The attacking team throws in.



LAW VARIATIONS UNDER-19



UNDER-19 | Law variations

The laws of the game apply to the under-19 game, subject to the following variations:

LAW 3: TEAM

Addition:

8. If a team nominates 22 players, it must have at least six players who can play in the front row so that there is replacement cover for the loose-head prop, hooker and tight-head prop.

Addition:

35. A player who has been tactically replaced may replace any injured player.

LAW 5: TIME

1. A match lasts no longer than 80 minutes (split into two halves, each of not more than 40 minutes plus time lost), unless the match organiser has authorised the playing of extra-time in a drawn match within a knock-out competition.

Replaced by:

1. A match lasts 70 minutes (split into two halves, each of not more than 35 minutes) plus time lost. No extra-time is permissible.

LAW 19: SCRUM

6. When a team is reduced to fewer than 15 for any reason, then the number of players in each team in the scrum may be similarly reduced. Where a permitted reduction is made by one team, there is no requirement for the other team to make a similar reduction. However, a team must not have fewer than five players in the scrum.

UNDER-19 | Law variations



Replaced by:

6. All players in the three front-row positions and the two lock positions must be suitably trained for these positions. If a team cannot field such suitably trained players for whatever reason, then the referee must order uncontested scrums. Uncontested scrums as a result of a sending off, temporary suspension or injury must be played with eight players per side.
- In an eight-person scrum, the formation must be 3-4-1, with the single player (normally the number eight) shoving on the two locks. The locks must pack with their heads on either side of the hooker.
 - When a team is reduced to fewer than 15 for any reason, the number of players in each team in the scrum must be similarly reduced.
 - Where a permitted reduction is made in the scrum by one team, the other team must reduce their scrum accordingly, down to a minimum of five.
 - Where there is an incomplete scrum, it must be formed as follows:
 - Seven players – three-four formation (i.e. no number eight).
 - Six players – three-two-one formation (i.e. no flankers).
 - Five players – three-two formation (i.e. no flankers or number eight).

Sanction: Free-kick.

34. When there is no infringement, the referee will stop play and reset the scrum if:
- The scrum is wheeled through more than 90 degrees, so the middle line has passed beyond a position parallel to the touchline.

Replaced by:

- The scrum is unintentionally wheeled through more than 45 degrees.
38. Other restricted practices at a scrum include:

Addition:

- Pushing the scrum more than 1.5 metres towards the opponents' goal line.
- Keeping the ball in the scrum once it is heeled and controlled at the base of the scrum.

Sanction: Free-kick.

- Intentionally wheeling the scrum.

Sanction: Penalty.



LAW VARIATIONS SEVENS



The laws of the game apply to sevens, subject to the following variations:

LAW 3: TEAM

1. Each team has no more than 15 players in the playing area during play.

Replaced by:

1. Each team has no more than seven players in the playing area during play.

2 deleted

4. For international matches, a union may nominate up to eight replacements.

Replaced by:

4. A team may nominate and use up to five replacements.

5. For other matches, the match organiser decides how many replacements may be nominated, up to a maximum of eight.

Replaced by:

5. The match organiser decides how many replacements may be nominated, up to a maximum of five.

8-13 deleted

16-20 deleted

SEVENS | Law variations

31. If the temporary replacement is temporarily suspended, the replaced player is not permitted to return to the field of play until after the period of suspension, except to comply with Law 3.19 or 3.20, and only if the player has been medically cleared to do so and does so within the required time of leaving the field of play.

Replaced by:

31. If the temporary replacement is temporarily suspended, the replaced player is not permitted to return to the field of play until after the period of suspension, and only if the player has been medically cleared to do so and does so within the required time of leaving the field of play.

33a deleted

33e deleted

34 deleted

LAW 5: TIME

1. A match lasts no longer than 80 minutes (split into two halves, each of not more than 40 minutes plus time lost), unless the match organiser has authorised the playing of extra-time in a drawn match within a knock-out competition.

Replaced by:

1. A match lasts 14 minutes (split into two halves, each of not more than seven minutes) plus time lost. When a drawn match requires extra-time, play restarts after a one-minute break with periods of no more than five minutes. After each period, the teams change ends without an interval.

A competition final match may last no longer than 20 minutes (split into two halves, each of not more than 10 minutes) plus lost time and extra-time.

2. Half-time consists of an interval not exceeding 15 minutes as decided by the match organiser. During this time, the teams and match officials may leave the playing enclosure.

Replaced by:

2. Half-time consists of an interval not exceeding two minutes.

LAW 6: MATCH OFFICIALS

3. The referee organises the toss. One of the captains tosses a coin and the other captain calls. The winner of the toss decides whether to kick off or to choose an end. If the winner of the toss decides to choose an end, the opponents must kick off and vice versa.

Addition:

- a. Before extra-time starts, the referee organises a toss in the same way as before the match.

Addition:

IN-GOAL JUDGES

Addition:

31. There are two in-goal judges for each match, one in each in-goal area.
32. The referee has the same control over in-goal judges as with assistant referees or touch judges.
33. In-goal judges signal the result of conversions or penalty kicks at goal.
34. In-goal judges signal when the ball or the ball-carrier has gone into touch-in-goal.
35. If required, the in-goal judge will assist the referee in decisions on touch downs and tries.
36. A match organiser may give authority for the in-goal judge to signal foul play in in-goal.

LAW 8: SCORING

7. When a try is scored, it gives that team the right to attempt a conversion, which may be a place-kick or drop-kick.

Replaced by:

7. When a try is scored, it gives that team the right to attempt a conversion, which must be a drop kick.

8. The kicker:

c deleted

- d. Takes the kick within 90 seconds (playing time) from the time the try was awarded, even if the ball rolls over and has to be placed again.

Sanction: Kick is disallowed.

Replaced by:

- d. Takes the kick within 30 seconds (playing time) from the time the try was awarded. **Sanction:** Kick is disallowed.

THE OPPOSING TEAM AT A CONVERSION

14. All opposing players retire to their goal line and do not overstep that line until the kicker begins the approach to kick. When the kicker does this, they may charge or jump to prevent a goal but must not be physically supported by other players in these actions.

Replaced by:

14. All opposing players immediately assemble close to their own 10-metre line.

SEVENS | Law variations

Sanction: If the opposing team at a conversion attempt infringes but the kick is successful, the goal stands. If the kick is unsuccessful, the kicker retakes the conversion and the opposing team is not allowed to charge. When another kick is allowed, the kicker may repeat all the preparations. The kicker may change the type of kick.

Replaced by:

Sanction: If the opposing team at a conversion attempt infringes but the kick is successful, the goal stands. If the kick is unsuccessful, the kicker retakes the conversion and the opposing team is not allowed to charge.

16 deleted

21. The kick must be taken within 60 seconds (playing time) from the time the team indicated their intention to do so, even if the ball rolls over and has to be placed again.

Sanction: Kick is disallowed and a scrum is awarded.

Replaced by:

21. The kick must be taken within 30 seconds (playing time) from the time the team indicated their intention to do so. **Sanction:** Kick is disallowed and a scrum is awarded.

24. The kicker places the ball directly on the ground or on sand, sawdust, or a kicking tee. The kicker may be assisted by a placer. Nothing else may be used to assist the kicker.

Sanction: Scrum.

Replaced by:

24. The kick must be a drop-kick. **Sanction:** Scrum.

Addition:

EXTRA TIME

Addition:

30. In extra-time, the team that scores points first is immediately declared the winner, without any further play.

LAW 9: FOUL PLAY

29. When a player is being cautioned and suspended for 10 minutes, the referee will show that player a yellow card. If that player later commits another yellow-card offence, the player must be sent off.

Replaced by:

29. When a player is being cautioned and suspended for two minutes, the referee will show that player a yellow card. If that player later commits another yellow-card offence, the player must be sent off.

LAW 12: KICK-OFF AND RESTART KICKS

4. After a team has scored, their opponents restart play on or behind the centre of the half-way line. **Sanction:** The non-kicking team has the option of the kick being retaken or a scrum.

Replaced by:

4. After a team has scored, the same team restarts with a drop kick on or behind the centre of the half-way line. The restart kick must be taken within 30 seconds from the time a conversion has been taken or declined, or from the time a penalty goal or dropped goal is kicked. **Sanction:** Free-kick.

SEVENS | Law variations

5. When the ball is kicked:

- Team-mates of the kicker must be behind the ball. **Sanction:** Scrum.

Replaced by:

- Team-mates of the kicker must be behind the ball. **Sanction:** Free-kick.

6. The ball must reach the 10-metre line. **Sanction:** The non-kicking team has the option of the kick being retaken or a scrum.

Replaced by:

6. The ball must reach the 10-metre line. **Sanction:** Free-kick.

8. If the ball goes directly into touch, the non-kicking team chooses one of the following:

- The kick being retaken.
- Scrum.
- Lineout.
- Quick-throw.

Replaced by:

8. The ball must not go directly into touch. **Sanction:** Free-kick.

9. If the ball is kicked into the opponents' in-goal without touching any player and an opponent grounds the ball without delay or it goes dead through in-goal, the non-kicking team has the option of having the kick retaken or a scrum.

Replaced by:

9. If the ball is kicked into the opponents' in-goal without touching any player and an opponent grounds the ball without delay or it goes into touch-in-goal or on or over the dead-ball line, the non-kicking team is awarded a free-kick.

LAW 18: TOUCH, QUICK THROW AND LINEOUT

12. Teams form the lineout without delay. **Sanction:** Free-kick.

Replaced by:

12. Teams form the lineout within 15 seconds of the assistant referee or touch judge indicating the mark of touch. **Sanction:** Free-kick.

LAW 19: SCRUM

4. Teams must be ready to form the scrum within 30 seconds of the mark being made.
Sanction: Free-kick.

Replaced by:

4. Teams must be ready to form the scrum within 15 seconds of the mark being made.
Sanction: Free-kick.

5. When both teams have 15 players, eight players from each team bind together in formation as outlined in the diagram. Each team must have two props and one hooker in the front row and two locks in the second row. Three back-row players from each team complete the scrum. **Sanction:** Penalty.

Replaced by:

5. A scrum must have three players from each team. All three must stay bound to the scrum until it ends. **Sanction:** Penalty.

6 deleted

7c deleted

7d deleted

SEVENS | Law variations

23. A front-row player must not intentionally kick the ball out of the tunnel from the direction it was thrown. **Sanction:** Free-kick.

Replaced by:

23. A front-row player must not intentionally kick the ball out of the tunnel or out of the scrum in the direction of the opponents' goal line. **Sanction:** Penalty.

36. The scrum ends:

- b. When the ball reaches the feet of the hindmost player and it is picked up by that player or is played by that team's scrum-half.

Replaced by:

- b. When the ball is played by that team's scrum-half.

LAW 20: PENALTY AND FREE-KICK

8. The kicker may punt, drop-kick or place-kick (other than for touch) the ball.

Replaced by:

8. The kicker may punt or drop-kick the ball but may not place-kick it.

LAW 21: IN-GOAL

BALL KICKED DEAD THROUGH IN-GOAL

Addition:

The restart kick must be taken within 30 seconds from the time the unsuccessful kick at goal was taken.



LAW VARIATIONS 10s



10s | Variations

The laws of the game apply to 10s, subject to the following variations:

LAW 3: TEAM

1. Each team has no more than 15 players in the playing area during play.

Replaced by:

1. Each team has no more than 10 players in the playing area during play.

2 deleted

4. For international matches, a union may nominate up to eight replacements.

Replaced by:

4. A team may nominate up to five replacements.

5. For other matches, the match organiser decides how many replacements may be nominated, up to a maximum of eight.

Replaced by:

5. Match organisers may vary the number of replacements a team may nominate and/or use.

6. Replacements are made only when the ball is dead and only with the permission of the referee.

Replaced by:

6. A team may replace any number of players during a match at any time. Players entering the field of play must do so at the half-way line after the replaced player has left the field of play. **Sanction: Penalty.**

34 deleted

LAW 5: TIME

1. A match lasts no longer than 80 minutes (split into two halves, each of not more than 40 minutes plus time lost), unless the match organiser has authorised the playing of extra-time in a drawn match within a knock-out competition.

Replaced by:

1. A match lasts 20 minutes (split into two halves, each of not more than 10 minutes) plus time lost. Match organisers may vary the duration of the match. When a drawn match requires extra-time, play restarts after a one-minute break with periods of no more than five minutes. After each period, the teams change ends without an interval.
2. Half-time consists of an interval not exceeding 15 minutes as decided by the match organiser. During this time, the teams and match officials may leave the playing enclosure.

Replaced by:

2. Half-time consists of an interval not exceeding two minutes.

LAW 6: MATCH OFFICIALS

3. The referee organises the toss. One of the captains tosses a coin and the other captain calls. The winner of the toss decides whether to kick off or to choose an end. If the winner of the toss decides to choose an end, the opponents must kick off and vice versa.

Addition:

- a. Before extra-time starts, the referee organises a toss in the same way as before the match.

10s | Variations

LAW 8: SCORING

7. When a try is scored, it gives that team the right to attempt a conversion, which may be a place-kick or drop-kick.

Replaced by:

7. When a try is scored, it gives that team the right to attempt a conversion, which must be a drop kick.

8. The kicker:

c deleted

- d. Takes the kick within 90 seconds (playing time) from the time the try was awarded, even if the ball rolls over and has to be placed again.

Sanction: Kick is disallowed.

Replaced by:

- d. Takes the kick within 30 seconds (playing time) from the time the try was awarded. **Sanction:** Kick is disallowed.

THE OPPOSING TEAM AT A CONVERSION

14. All opposing players retire to their goal line and do not overstep that line until the kicker begins the approach to kick. When the kicker does this, they may charge or jump to prevent a goal but must not be physically supported by other players in these actions.

Replaced by:

14. All opposing players immediately assemble close to their own 10-metre line.

Sanction: If the opposing team at a conversion attempt infringes but the kick is successful, the goal stands. If the kick is unsuccessful, the kicker retakes the conversion and the opposing team is not allowed to charge. When another kick is allowed, the kicker may repeat all the preparations. The kicker may change the type of kick.

Replaced by:

Sanction: If the opposing team at a conversion attempt infringes but the kick is successful, the goal stands. If the kick is unsuccessful, the kicker retakes the conversion and the opposing team is not allowed to charge.

16 deleted

21. The kick must be taken within 60 seconds (playing time) from the time the team indicated their intention to do so, even if the ball rolls over and has to be placed again.

Sanction: Kick is disallowed and a scrum is awarded.

Replaced by:

21. The kick must be taken within 30 seconds (playing time) from the time the team indicated their intention to do so. **Sanction:** Kick is disallowed and a scrum is awarded.

24. The kicker places the ball directly on the ground or on sand, sawdust, or a kicking tee. The kicker may be assisted by a placer. Nothing else may be used to assist the kicker.

Sanction: Scrum.

Replaced by:

24. The kick must be a drop-kick. **Sanction:** Scrum.

Addition:

EXTRA TIME

Addition:

30. In extra-time, the team that scores points first is immediately declared the winner, without any further play.

10s | Variations

LAW 9: FOUL PLAY

29. When a player is being cautioned and suspended for 10 minutes, the referee will show that player a yellow card. If that player later commits another yellow-card offence, the player must be sent off.

Replaced by:

29. When a player is being cautioned and suspended for two minutes, the referee will show that player a yellow card. If that player later commits another yellow-card offence, the player must be sent off.

LAW 12: KICK-OFF AND RESTART KICKS

4. After a team has scored, their opponents restart play on or behind the centre of the half-way line. **Sanction:** The non-kicking team has the option of the kick being retaken or a scrum.

Replaced by:

4. After a team has scored, the same team restarts with a drop kick on or behind the centre of the half-way line. **Sanction:** Free-kick.

5. When the ball is kicked:

- a. Team-mates of the kicker must be behind the ball. **Sanction:** Scrum.

Replaced by:

- a. Team-mates of the kicker must be behind the ball. **Sanction:** Free-kick.

6. The ball must reach the 10-metre line. **Sanction:** The non-kicking team has the option of the kick being retaken or a scrum.

Replaced by:

6. The ball must reach the 10-metre line. **Sanction:** Free-kick.

8. If the ball goes directly into touch, the non-kicking team chooses one of the following:
- The kick being retaken.
 - Scrum.
 - Lineout.
 - Quick-throw.

Replaced by:

8. The ball must not go directly into touch. **Sanction:** Free-kick.

9. If the ball is kicked into the opponents' in-goal without touching any player and an opponent grounds the ball without delay or it goes dead through in-goal, the non-kicking team has the option of having the kick retaken or a scrum.

Replaced by:

9. If the ball is kicked into the opponents' in-goal without touching any player and an opponent grounds the ball without delay or it goes into touch-in-goal or on or over the dead-ball line, the non-kicking team is awarded a free-kick.

LAW 19: SCRUM

5. When both teams have 15 players, eight players from each team bind together in formation as outlined in the diagram. Each team must have two props and one hooker in the front row and two locks in the second row. Three back-row players from each team complete the scrum. **Sanction:** Penalty.

Replaced by:

5. A scrum must have five players in two rows from each team. The front row consists of two props and a hooker and the second row consists of two locks. All five must stay bound to the scrum until it ends and may not unbind to play the ball. **Sanction:** Penalty.

6 deleted

7d deleted

10s | Variations

36. The scrum ends:

- b. When the ball reaches the feet of the hindmost player and it is picked up by that player or is played by that team's scrum-half.

Replaced by:

- b. When the ball is played by that team's scrum-half.

LAW 20: PENALTY AND FREE-KICK

8. The kicker may punt, drop-kick or place-kick (other than for touch) the ball.

Replaced by:

8. The kicker may punt or drop-kick the ball but may not place-kick it.



MATCH OFFICIAL SIGNALS



MATCH OFFICIAL SIGNALS

Primary referee signals



Scrum



Free-kick



Penalty

Shoulders parallel with touchline. Arm horizontal pointing towards team to throw in the ball.

Shoulders parallel with touchline. Arm bent square at elbow, upper arm pointing towards non-offending team.

Shoulders parallel with touchline. Arm angled up, pointing towards non-offending team.



Advantage

Arm outstretched, waist high, towards non-offending team, for a period of approximately five seconds.



Try and penalty try

Referee's back to dead-ball line. Arm raised vertically.

MATCH OFFICIAL SIGNALS



No try



22 drop-out

Arms crossed then uncrossed in front of the body.

Arm points to centre of 22-metre line.

Secondary referee signals **SCRUM**



Throw forward or forward pass

Hands gesture as if passing an imaginary ball forward.



Knock-on

Arm outstretched with open hand above head, and moves backwards and forwards.



Unplayable ball in ruck or tackle

Shoulders parallel with the touchline, arm horizontal pointing towards the team to throw in the ball, then pointing the other arm and hand towards the other team's goal line whilst moving it backwards and forwards.

MATCH OFFICIAL SIGNALS



Unplayable ball in maul

Arm out to award scrummage to side not in possession at maul commencement. Other arm out as if signalling advantage and then swing it across body with hand ending on opposite shoulder.



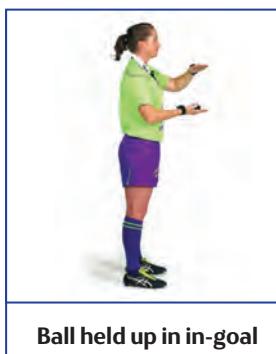
Scrum wheeled more than 90 degrees

Rotating index finger, above the head.



Throw at lineout not straight

Shoulders parallel with touchline. Hand above head indicates the path of the ball, not straight.



Ball held up in in-goal

Space between hands indicates that ball was not grounded.

MATCH OFFICIAL SIGNALS

FREE-KICK



Foot-up by front-row player

Foot raised, foot touched.



Throw at scrum not straight

Hands at knee level
imitating action of throw
not straight.



Closing gaps in lineout

Both hands at eye level,
pointing up, palms inward.
Hands meet in squeezing
action.



Early lifting and lifting in lineout

Both fists clenched in front,
at waist level, making lifting
gesture.

MATCH OFFICIAL SIGNALS

PENALTY



Not releasing ball immediately in the tackle

Both hands are close to the chest, as if holding an imaginary ball.



Tackler not releasing tackled player

Arms brought together as if grasping a player and then opening as if releasing a player.



Tackler or tackled player not rolling away

A circular movement with the finger and arm moving away from the body.



Entering tackle from wrong direction

Arm held horizontally then sweep of the arm in a semi-circle.



Intentionally falling over on a player

Curved arm makes gesture to imitate action of falling player. Signal is made in direction in which offending player fell.



Diving to the ground near the tackle

Straight arm gesture, pointing downwards to imitate diving action.

MATCH OFFICIAL SIGNALS



Joining a ruck or a maul in front of the back foot and from the side

The hand and arm held horizontally, moving sideways.



Intentionally collapsing ruck or maul

Both arms at shoulder height as if bound around opponent. Upper body lowered and twisted as if pulling down opponent who is on top.



Prop pulling down opponent

Clenched fist and arm bent. Gesture imitates pulling opponent down.



Prop pulling opponent

Clenched fist and arm straight, at shoulder height. Gesture imitates pulling opponent.



Failure to bind

One arm out-stretched as if binding. Other hand moves up and down arm to indicate the extent of a full bind.



Handling ball in ruck or scrum

Hand at ground level, making sweeping action, as if handling the ball.

MATCH OFFICIAL SIGNALS



Barging in lineout

Arm horizontal, elbow pointing out. Arm and shoulder move outwards as if barging opponent.



Leaning on player in lineout

Arm horizontal, bent at elbow, palm down. Downward gesture.



Pushing opponent in lineout

Both hands at shoulder level, with palms outward, making pushing gesture.



Offside in the lineout

Hand and arm move horizontally across chest, towards offence.



Obstruction in open play

Arms crossed in front of chest at right angles to each other, like open scissors.



Offside at scrum, ruck or maul

Shoulders parallel with touchline. Arm hanging straight down, swings in arc along offside line.

MATCH OFFICIAL SIGNALS



Offside under 10-metre law or not 10 metres at penalty and free-kicks

Both hands held open above head.



High tackle (foul play)

Hand moves horizontally in front of neck.



Stamping (foul play)

Stamping action or similar gesture to indicate the offence.



Punching (foul play)

Clenched fist punches open palm.



Dissent (disputing referee's decision)

Outstretched arm with hand opening and closing to imitate talking.

MATCH OFFICIAL SIGNALS

Other signals



Forming a scrum

Elbows bent, hands above head fingers touching.



Offside choice: penalty or scrum

One arm as for penalty. Other arm points to place where scrum may be taken instead of penalty.



Physiotherapist needed

One arm raised indicates physiotherapist is needed for injured player.



Doctor needed

Both arms raised above head indicates a doctor and/or a stretcher is needed for injured player.



Bleeding wound

Arms crossed above head indicates player has bleeding injury and may be temporarily replaced.



Timekeeper to stop and start watch

Arm held up in air and whistle blown when watch should be stopped or started.

MATCH OFFICIAL SIGNALS



Head injury assessment required

Abducted arm flexes and extends to touch head.



Time off

Arms form a T shape.



Referee consults TMO

Extended index fingers draw a rectangle to represent a television screen.

Assistant referee signals



Kick at goal successful

Raises flag to indicate that the ball has gone over the crossbar and between the posts.



Touch and team to throw

Raises flag with one arm, moves to the mark of touch and stands there, pointing with the other arm towards the team entitled to throw.



Foul play

Holds flag horizontally and points infield at right angles to the touchline.



SIDE-LINE MANAGEMENT FIFTEENS



1. SCOPE

- 1.1. Applies to all Members (including associated members) of the South African Rugby Union and their respective Referee Societies (including their associated members) serving as appointed Match Officials/Personnel administrating the Technical Zone in SA RUGBY ("SARU") competitions and tournaments (includes but not limited to World Rugby/SAN-ZAAR/PRO14/Rugby Africa hosted in South Africa).
- 1.2. In competitions/tournaments administrated by World Rugby, SANZAAR and Guinness PRO14 their Technical Zone protocol supersedes this protocol. Should a Technical Zone protocol not exist then this protocol will be applicable.

2. PURPOSE

The purpose of this protocol is to ensure consistency among all side-line personnel in the administration of the Technical Zone for fifteens in South Africa.

It is the duty of the appointed officials in the Technical Zone to service both teams and to manage all aspects of replacements in accordance with the Technical Zone protocol, thereby ensuring compliance with the Laws of the Game.

Technical Zone Officials are required to be knowledgeable with the current Laws of the Game and the Technical Zone protocol. In addition, they need to have interpersonal skills to manage the two teams during a match.

World Rugby has developed an online Technical Zone Programme that will assist in the administration and management of the Technical Zone.

¹ <http://officiating.worldrugby.org/index.php?module=2>

SIDE-LINE MANAGEMENT | Fifteens

3. MATCH OFFICIAL STRUCTURE

The following match officials' structure shall be used:

OFFICIAL STRUCTURE	OTHER REFERENCE	DESCRIPTION	MATCH OFFICIALS	SIDE-LINE PERSONNEL
Referee		Match Referee		
AR 1		Assistant Referee 1		
AR 2		Assistant Referee 2		
AR 3		Reserve Referee		
TMO		Television Match Official		
AR 4	RC 1	Replacement Controller		
AR 5	RC 2	Replacement Controller		
TZM		Technical Zone Manager		
PMR*		Player Movement Recorder		
Stats		Statistician		
Time		Time Keeper		
WC		Water Carrier		
SLM*		Side-Line Manager		

* World Rugby Internationals only, but not limited thereto

4. FIELD MARKINGS

- 4.1. Field markings to international standard as stipulated in World Rugby Laws of the Game – Law 1 (The Ground).
- 4.2. Additional Markings:
 - 4.2.1. **Assistant Referee tramline:** The distance from the touchline to the Assistant Referee tramline should be no less than two (2) metres on both sides of the field.
 - 4.2.1.1. All teams medical trained persons, independent Emergency Medical Service personnel, roving camera personnel and ball retrievers must operate from beyond the Assistant Referee tramline.
 - 4.2.1.2. Refer to **ANNEXURE "A"** for the layout of the assistant referee tramline.
 - 4.2.2. **The "22", "10" and "50" numbering:** If the numbering of the 22-metre, 10-metre and half-way line are preferred then these numbers are painted on the field of play between the touchline and 5m dash line to indicate the 22-metre, 10-metre and half-way line.

- 4.2.2.1. The 22-metre and half-way solid line split the “22” and “50” numbers respectively.
- 4.2.2.2. The 10-metre dash line split the “10” number.
- 4.2.2.3. The minimum square metre for all numbers is 1.5m².
- 4.2.3. Any additional markings in competitions/tournaments administrated by World Rugby, SANZAAR and Guinness PRO14 is subject to their approval and or requirements.

5. TECHNICAL ZONE PROTOCOL

5.1. DIMENSIONS OF THE TECHNICAL ZONE

- 5.1.1. Two Technical Zones shall be provided within the playing enclosure on the same side of the pitch, each on either side of the half-way line and outside the field of play.
 - 5.1.1.1. These Technical Zones must be marked on the ground.
 - 5.1.1.2. The line nearest to the touchline must be parallel to the touchline.
- 5.1.2. The Technical Zones commence a minimum of five (5) metres and a maximum of ten (10) metres from the half-way line.
 - 5.1.2.1. The Technical Zones must not exceed ten (10) metres in length and three (3) metres in width and must be set two (2) metres away from the touchline.
 - 5.1.2.2. **For SARU competitions/tournaments the minimum dimensions of the Technical Zones must not be less than three (3) metres in length and two (2) metres in width.**
 - 5.1.2.3. Refer to **ANNEXURE “A”** for the recommended dimensions, layout, player and personnel placements for the Technical Zone area.
- 5.1.3. Wherever practically possible the zones should be behind advertising hoardings with easy access to the field of play.
 - 5.1.3.1. All advertising hoardings commence a minimum of five (5) metres away from the touch and dead-ball lines.
- 5.1.4. No advertising is permitted within the Technical Zone, including but not limited to grass signage.

5.2. PERSONNEL PERMITTED IN THE TECHNICAL ZONE

- 5.2.1. No more than two (2) medically trained persons and two (2) water carriers per team are permitted to operate from the Technical Zones.
 - 5.2.1.1. All four of the above-mentioned persons are to be identified by wearing the appropriate branded bibs and if said bibs are not available be identifiable by not wearing the same attire as the replacement bench players or players on the field of play.
 - 5.2.1.2. These vest/bibs must be clearly marked, i.e. “WATER” on the front and

SIDE-LINE MANAGEMENT | Fifteens

back of the vest/bibs of the water carriers and “**MEDIC**” on the front and back of the vest/bibs of the medically trained personnel.

- 5.2.1.3. Non-medical personnel are not allowed to wear a “MEDIC” bib.
 - 5.2.1.3.1. Other medically trained professionals, who are not stipulated below as the ‘two (2) medically trained persons’, are not allowed to wear the “MEDIC” bib under any circumstances.
 - 5.2.1.4. No other person (or player) is permitted in the Technical Zones.
- 5.2.2. **The two (2) MEDICALLY TRAINED PERSONS:**
- 5.2.2.1. The two medically trained persons **may not** be the:
 - 5.2.2.1.1. Team head coach;
 - 5.2.2.1.2. Team biokineticist(s);
 - 5.2.2.1.3. Student medical doctor(s) or physiotherapist(s) in training;
 - 5.2.2.1.4. Other medical professionals (e.g. Chiropractors, Dentists, etc.);
 - 5.2.2.1.5. Team conditioning staff; and
 - 5.2.2.1.6. Replacement player(s).
 - 5.2.2.2. The two medically trained persons shall be two (2) of the following or a combination of:
 - 5.2.2.2.1. Team medical doctor - must be one of the medically trained persons, where available; and
 - 5.2.2.2.2. A team physiotherapist(s); or
 - 5.2.2.2.3. Another medical doctor; or
 - 5.2.2.2.4. An assistant Coach who is a qualified and HPCSA registered Medical Doctor or Physiotherapist.
 - 5.2.2.3. The two medically trained personnel listed in **5.2.2.2** must carry their “Footprint” accreditation with them at all times to allow the match officials and/or Technical Zone Manager to confirm their medical status.
 - 5.2.2.3.1. Those medically trained personnel listed in **5.2.2.2**, who do not have access to “Footprint”, must always carry a valid copy of their Health Professions Council (HPCSA) registration with them to allow the match officials and/or Technical Zone Manager to confirm their medical status
 - 5.2.2.4. Only the two medically trained personnel listed in 5.2.2.2 above who are permitted to operate from the Technical Zones as designated team ‘MEDICS’ can roam the touchlines and may be positioned alongside the playing area – one on the far side and one on the near side on the touchline.
 - 5.2.2.4.1. The two medically trained personnel may not be together on the same side of the touchline, when roaming.
 - 5.2.2.4.2. The two medically trained personnel may not roam in the demarcated area earmarked for the Assistant Referee.

- 5.2.2.5. Where practically possible the medical trained personnel must stay outside the advertising hoardings. They may keep up with play but must pay due regard to the needs and rights of players, match officials, spectators, broadcasters and commercial partners.
 - 5.2.2.6. The two medically trained personnel may enter the playing area, when it safe to do so and at their own risk, in accordance with the Laws of the Game (Law 6) at any time a player is injured .
 - 5.2.2.7. The medically trained personnel entering the playing area to attend to an injured player (s) whilst play is still going on, must:
 - 5.2.2.7.1.1. Consider where play is at the time when entering the playing area.
 - 5.2.2.7.1.2. Enter the playing area without interfering with the game.
 - 5.2.2.7.1.3. Take cognisance of their personal safety and the safety of the players.
 - 5.2.2.7.1.4. Always be aware where play is moving when attending to an injured player.
 - 5.2.2.8. The match referee shall stop play (according to law 6) when it moves closer than ten (10) metres from the player(s) being treated.
 - 5.2.2.8.1. The assistant referees shall alert the referee if the player being treated is unsighted.
 - 5.2.2.9. The medically trained personnel whilst performing their duties, including roaming, must not obstruct, interfere, intimidate nor aim comments at match officials or side-line personnel.
 - 5.2.2.10. The medically trained personnel are there for player welfare reasons only and may not perform other duties including that of the coaching staff.
- 5.2.3. The two (2) WATER CARRIERS:**
- 5.2.3.1. The water carriers that are permitted to operate from the Technical Zones may be two (2) of any of the following or a combination of:
 - 5.2.3.1.1. Team biokineticist(s);
 - 5.2.3.1.2. Team conditioning staff;
 - 5.2.3.1.3. Other medical professionals (e.g. Chiropractors, Dentists, etc.);
 - 5.2.3.1.4. Replacement player(s); and/or
 - 5.2.3.1.5. Assistant coach(es).
 - 5.2.3.2. The head coach may not be a water carrier.
 - 5.2.3.3. The water carriers are confined to the Technical Zones and may enter the playing area in accordance with the Law during water breaks, after a try has been scored or during injury stoppages.
 - 5.2.3.4. The water carriers are not permitted in the playing area during any penalty

2 <https://www.springboks.rugby/en/pages/BokSmart-Legislation>

SIDE-LINE MANAGEMENT | Fifteens

kicks to provide players with water subject to paragraph **5.2.3.5.**

- 5.2.3.5. Should a water carrier enter the field of play with the purpose of providing a kicking tee he/she is allowed to provide water to the player attempting the penalty kick.
- 5.2.3.6. Players may come to the touchline adjacent to the Technical Zone to receive water.
- 5.2.3.7. Water bottles must not be thrown onto the playing area.
- 5.2.3.8. The water carriers must not obstruct, interfere, intimidate nor aim comments at match officials or side-line personnel.
- 5.2.3.9. The water carriers are not allowed to roam the touchline.

5.2.4. THE INDEPENDENT EMERGENCY MEDICAL SERVICE (EMS) PERSONNEL:

- 5.2.4.1. The match and/or tournament independent EMS personnel must:
 - 5.2.4.1.1. Inform the match referee that they are the independent Emergency Medical Service personnel and do not function as a management member to any of the teams participating in the match and/or tournament; and
 - 5.2.4.1.2. Receive permission from the match referee that they may enter the field of play (at their own risk) to attend to the health and medical needs of an injured player(s). The independent EMS personnel shall adhere to paragraph **5.2.2.7** on entering the field of play.
- 5.2.4.2. All match and/or tournament independent EMS personnel are to be stationed strategically within the playing enclosure to maximize their ability to respond quickly and efficiently to an injury that requires on-field medical attention.
- 5.2.4.3. Where practically possible the independent EMS personnel must stay outside the advertising hoardings and must pay due regard to the needs and rights of players, match officials, spectators, broadcasters and commercial partners.

5.3. PRIMARY SCHOOLS: PERSONNEL PERMITTED IN THE TECHNICAL ZONE

- 5.3.1. For South African Primary School Rugby age groups (u10 to u12) the head coach of the team is permitted to operate from the Technical Zone and can roam the touchline with the following restrictions applied:
 - 5.3.1.1. The *head coach* as per regulation must be BokSmart certified and this must be confirmed by the match referee beforehand.
 - 5.3.1.2. The *head coach* is only permitted to provide positive and corrective educational coaching instruction to the players.
 - 5.3.1.3. The *head coach* while roaming may not impede the match in any way or

form and must endeavour at all times to act in a respectable and responsible manner.

- 5.3.2. In the instance that the *head coach*, in the sole discretion of the referee, displays unacceptable behaviour the referee may withdraw any of his/her privileges as the referee may think fit.
- 5.3.2.1. The *head coach* must be removed from the playing enclosure.
- 5.3.3. If any of the assistant coaches or team management displays unacceptable behaviour or brings the game into disrepute, the referee, in his sole discretion, may remove them from the playing enclosure.

5.4. MANAGEMENT OF THE TECHNICAL ZONE

- 5.4.1. The Technical Zone Manager or in his absence the assistant referees (replacement controllers) four and five, or designee, will manage the Technical Zones.
- 5.4.2. The match referee and/or the Technical Zone Manager must request a copy of the "Footprint" accreditation or Health Professions Council (HPCSA) registration of the two medically trained personnel, listed in **5.2.2.2** to confirm their medical qualification and status.
- 5.4.3. If there is a transgression of the Technical Zone protocol, the matter will be reported to the match referee and/or the Technical Zone Manager.
- 5.4.4. The match referee and/or the Technical Zone Manager may introduce corrective measures, if applicable, and at their sole discretion.

5.5. PERSONNEL OUTSIDE THE TECHNICAL ZONE

5.5.1. Replacement Bench Area:

- 5.5.1.1. The replacement bench and the location of the coaches must, wherever possible, be outside the playing enclosure as defined under Law 1 (The Ground).
- 5.5.1.1.1. Should the replacement bench be within the playing enclosure the person's allowed would be as follows:
- 5.5.1.1.1.1. **Twenty-Two (22) player squad:** Seven (7) Replacements and three (3) Team Management (Head coach not allowed).
- 5.5.1.1.1.2. **Twenty-Three (23) player squad:** Eight (8) Replacements and three (3) Team Management (Head coach not allowed).
- 5.5.1.1.2. The replacement bench must not exceed ten (10) metres in length and two (2) metres in width.
- 5.5.1.1.2.1. Refer to **ANNEXURE "A"** for the layout of the replacement bench area.

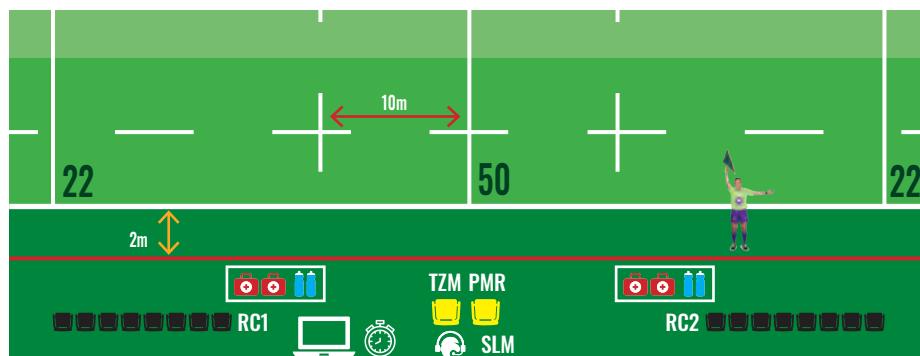
SIDE-LINE MANAGEMENT | Fifteens

- 5.5.1.2. If replacements require to warm-up and there is not an area outside the playing enclosure, they may warm-up in the opposition in-goal area but **must not** use balls or any other rugby equipment in their warm-up sessions.
 - 5.5.1.2.1. With play moving near to the in-goal all replacements warming up must move beyond the dead ball line and may not interfere, intimidate nor aim comments at match officials, side-line personnel, teammates or opponents.
 - 5.5.1.2.2. The team allocated replacement controller needs to be present to manage the replacements warming up in the opposition in-goal area.
 - 5.5.1.2.2.1. Should the replacements warm-up in a designated warm-up area outside the playing enclosure, the team allocated replacement controller need not be present during their warm-up session.
 - 5.5.1.2.3. The team biokineticist(s)/conditioning staff may be present with the warmup session at specific points during the match.
 - 5.5.1.2.3.1. They may not coach from behind the poles and neither interfere, intimidate nor aim comments at match officials, side-line personnel, teammates or opponents.
 - 5.5.1.3. Balls and hit shields may be used where there is a designated warm-up area **away** from the playing enclosure. All other equipment (exercise bikes, etc.) for the purpose of warming up must only be used in the changing room or another designated area away from the playing enclosure.
 - 5.5.1.3.1. The playing enclosure is defined as per the Definitions Section of Law 1 (The Ground).
 - 5.5.1.4. Players sent off (red card) may sit at the replacement bench area or leave the playing enclosure.
- 5.5.2. Match Official “Refs Comms” Personnel:**
- 5.5.2.1. The location of the on-field Match Official “Refs Comms” personnel should be within the playing enclosure, behind the Technical Zone Manager.
 - 5.5.2.2. The equipment for the “Refs Comms” will be set up in the Television Match Official (TMO) room or at a dedicated area which is practical to operate from.
- 5.5.3. Match Day Doctor (MDD):**
- 5.5.3.1. The location of the Match Day Doctor should be next to the Technical Zone Manager/Player Movement Recorder.
 - 5.5.3.2. The location of the Match Day Doctor video technical table should be outside the playing enclosure.

5.6. PLAYERS TEMPORARILY SUSPENDED

- 5.6.1. When a player has been temporarily suspended (yellow carded) he/she is to be situated in the designated sin-bin area and must remain there for the duration of the Temporary Suspension with exception to the two (2) minute warm up period.
- 5.6.1.1. This includes the nominated player who must come off to allow an available front-row player to come on as per Law 3.
- 5.6.2. The player may be given water and the provision of warm clothing.
- 5.6.3. If halftime occurs during the sin-bin period, the player may go to his team's changing room. However, before the second half resumes the player must return directly to the sin-bin area for the remaining time of his suspension.
- 5.6.4. A two (2) minute warm up period is permitted prior to the temporarily suspended player returning to the field of play.
- 5.6.5. The temporarily suspended (sin binned) player is not to interfere, intimidate nor aim comments at match officials, side-line personnel, teammates or opponents.

ANNEXURE "A"



- RC1** Replacement Controller
- RC2** Replacement Controller
- PMR** Player Movement Recorder
- SLM** Side-line Manager
- TZM** Technical Zone Manager

- Time Keeper**
- Match Officials "Refs Comms" Personnel**
- Medically trained persons:**
Either a team doctor or physiotherapist
- Water Carriers**
- Temporary Suspension chair**
- Replacement Bench**

REGULATION 12 SCHEDULE 1 | Extract

This is an extract of Regulation 12 Schedule 1, which is “Provisions Relating to Players’ Dress”.
For a full explanation of this regulation as it relates to Law, go to:
<https://www.world.rugby/handbook/regulations/reg-12>

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 padding which complies with the requirements as set out in the World Rugby Body Padding Performance Specification, a copy of which can be found at <https://playerwelfare.worldrugby.org/body-padding>.

(d) Headgear

A player may wear headgear which complies with the requirements as set out in the World Rugby Headgear Performance Specification, a copy of which can be found at <https://playerwelfare.worldrugby.org/headgear>.

(e) Player Monitoring Devices

A player may wear a player monitoring device which complies with the requirements as set out in the World Rugby Player Monitoring Device Performance Specification, a copy of which can be found at <https://playerwelfare.worldrugby.org/player-monitoring-devices>.

(f) Goggles

A player may wear goggles which comply with the requirements set out in the World Rugby Goggles Performance Specification, a copy of which can be found at <https://playerwelfare.worldrugby.org/players-equipment-goggles>.

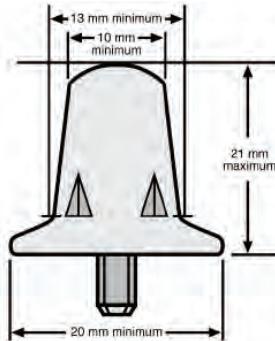
2. SPECIAL ADDITIONAL ITEMS FOR WOMEN

CHEST PADS

Besides the previous items, women may wear chest pads which comply with the requirements as set out in the World Rugby Body Padding Performance Specification, a copy of which can be found at <https://playerwelfare.worldrugby.org/body-padding>.

3. STUDS

A player may wear studs which comply with the requirements as set out in the World Rugby Stud & Outsole Performance Specification, a copy of which can be found at <https://playerwelfare.worldrugby.org/studs-and-outsoles>.



4. BANNED ITEMS OF CLOTHING

Other than the items of clothing set out at 1(a)-(f), 2 and 3 above, a player must not wear any item of which any part is thicker than 5mm when uncompressed or is denser than 60 kilograms per cubic metre unless specified within this Regulation 12/Law 4. Where this overall thickness consists of padded material covered by fabric, 5mm 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 1mm on each side of the padding.

This standard concerns manufacturers and testers of Rugby players' clothing and should be read in conjunction with the current version of the World Rugby's LAW 4 concerning players' dress and Regulation 12. Particular attention is drawn to Regulation 12, Clause 4 above.



SCRUM LAW MODIFICATIONS



SCRUM LAW MODIFICATIONS

for rugby played within South Africa



Summary of calls, bind, ball-in, push and turnovers at scrums

SCRUM CALLS	U9 and younger	U10 to U16 Including provincial school age-group rugby	U18 & U19, club U18 & U19, provincial U18 & U19, national U18 & U19	All other adult rugby U20 and above
Crouch – Ear to ear distance apart Bind – Pre-bind & come together with passive engagement, no hit Scrum – Ball in, no contest	YES	NO	NO	NO
Crouch – Ear to ear distance apart Bind – Pre-bind & come together with passive engagement, no hit Scrum – Ball in, scrum contest	NO	YES	NO	NO
Crouch – Ear to ear distance apart Bind – Pre-bind, maintain ear-to-ear distance pre-engagement Set – Active World Rugby form of engagement. Once scrum is square and stable Ball put-in	NO	NO	YES	YES
ELBOW	Both loose-head and tight-head props must bind with their elbows not lower than their shoulder line			
BALL IN	Ball must be put in on "scrum" call		Ball must be put into the scrum once scrum is square and stable	
SCRUM CONTEST	No contest	Scrum contest at put-in on "Scrum" call	Scrum contest at put-in of ball. No signal from referee	
SCRUM PUSH	NO	Max 1.5m		Full contest
TURNOVER SCRUM	NO			

SCRUM LAW MODIFICATIONS for rugby played within South Africa

U9 AND YOUNGER AGE GROUPS

Applies to Mini-rugby

- Passive engagement or fold-over, with pre-scrum binding.
- For Mini-rugby player age groups 5 years old turning 6, and 6 years old turning 7 during the year in question:
 - 3-man uncontested scrums, purely to restart play, with a maximum of 10 players allowed per side.
- For Mini-rugby player age groups 7 years old turning 8, and 8 years old turning 9, during the year in question:
 - 5-man uncontested scrums, purely to restart play, with a minimum of 12 players per side required for 5-man scrums.
OR
 - 8-man uncontested scrums, purely to restart play, with a minimum of 15 players per side required for 8-man scrums.

Scrum calls

- **Crouch** (align ear-to-ear, and get into spine-in-line and parallel position)
- **Bind** (come together and pre-bind, with passive engagement, no hit)
- **Scrum** (ball in, uncontested)
 - No hit allowed during engagement.
 - No scrum contest allowed.
 - Hooker must hook the ball.

U10 TO U16 AGE GROUPS

Includes provincial school age-group rugby

Applies to Mini-rugby and normal rugby

- Full scrum formation – first introduction to competitive scrummaging.
- Passive engagement or fold-over, with pre-scrum binding.
- Uncontested scrums as a result of sending off, temporary suspension or injury must be played with eight players per side.

Scrum calls

- **Crouch** (align ear-to-ear, and get into spine-in-line and parallel position)
- **Bind** (come together and pre-bind, with passive engagement, no hit)
- **Scrum** (ball in and contest begins)
 - No hit allowed during engagement.
 - Full scrumming contest at put-in.
 - One-and-a-half (1½) metre push allowed, thereafter no more contest.

SCRUM LAW MODIFICATIONS

for rugby played within South Africa



Post engagement

- Enforce Under 19 Variations.
- No wheeling, a team must not intentionally wheel a scrum.
 - If the wheel reaches more than 45°, the referee must stop play.
 - If the wheel is unintentional, the referee orders another scrum at the place where the scrum is stopped.
 - No turnover possession when the scrum wheels through 45°.
- Both loose-head and tight-head props must bind with their elbows not lower than their shoulder line.

Management

- Should there be a mismatch, inadequacy or unsuitability of either of the forward packs, then uncontested scrums should be called for by the referee.

U/18 & U/19, CLUB U/18 & U/19, PROVINCIAL U/18 & U/19 AND NATIONAL U/18 & U/19

Normal rugby laws with scrum law modifications

- Full scrum formation.
- Active Engagement, with pre-scrum binding and a reduced hit allowed on engagement.
- Uncontested scrums as a result of sending off, temporary suspension or injury must be played with eight players per side.

Scrum calls

- **Crouch** (align ear-to-ear, and get into spine-in-line and parallel position)
- **Bind** (Take the bind firmly on opposite front row, but do not fully come together yet, keep the ear-to-ear distance, bar up and prepare)
- **Set** (Maintain, and secure the bind and actively engage)
 - Ball to be put in once the scrum is square and stationary – no indication from the referee.
 - Full scrummaging contest at put-in.
 - One-and-a-half (1½) metre push allowed, thereafter no more contest.

Post engagement

- Enforce Under 19 Variations.
- No wheeling - a team must not intentionally wheel a scrum.
 - If the wheel reaches more than 45°, the referee must stop play.
 - If the wheel is unintentional, the referee orders another scrum at the place where the scrum is stopped.
 - No turnover possession when the scrum wheels through 45°

SCRUM LAW MODIFICATIONS for rugby played within South Africa

- Both loose-head and tight-head props must bind with their elbows not lower than their shoulder line.

Management

- Should there be a mismatch, inadequacy or unsuitability of either of the forward packs, then the current World Rugby laws prevail in correctly managing the situation.
- Failing that, uncontested scrums should be called for by the referee.

ALL OTHER ADULT RUGBY U20 AND ABOVE

Normal Rugby Laws

- Full scrum formation
- Active Engagement, with pre-scrum binding and a reduced hit allowed on engagement
- Full scrum contest within WR adult rugby laws from club rugby, national representative U20, provincial representative U21 or provincial or national representative senior teams
- Uncontested scrums as a result of sending off, temporary suspension or injury must be played with eight players per side

Engagement Sequence

- **Crouch** (align ear-to-ear, and get into spine-in-line and parallel position)
- **Bind** (Take the bind firmly on opposite front row, but do not fully come together yet, keep the ear-to-ear distance, bar up and prepare)
- **Set** (Maintain and secure the bind, actively engage)
 - Once the scrum is square and stable the scrumhalf has to put in the ball

Post engagement

- No deliberate wheeling of the scrum
- No turnover possession when the scrum wheels through 90°
- Both loose-head and tight-head props must bind with their elbows not lower than their shoulder line

Management

Should there be a mismatch, inadequacy or unsuitability of either of the forward packs, then the current World Rugby laws prevail in correctly managing the situation.



PRIMARY SCHOOL LAW VARIATIONS



PRIMARY SCHOOL | Law Variations

The laws of the Game and subsequent amendments/global trials by the World Rugby (WR) apply to all primary school rugby (age group U10 to U13) subject to the following variations:

LAW 1: THE GROUND

- 1.5.a The dash lines parallel to the touchlines are 3m from the touchlines.
- 1.5.b The dash lines parallel to the touchlines are 13m from the touchlines.

LAW 2: BALL

- 2.4 A number four (4) ball is to be used for the age group U10 to U13.

LAW 3: TEAM

- 3.5 Up to eight (8) players may be replaced during a match. This must include three (3) front row players (Loose-head prop, Hooker & Tight-head prop) who are suitable trained for these positions.

Addition:

- 3.33.f A player that was tactically replaced may replace an injured player.
- 3.33.g A player that was tactically replaced may replace a player that was temporarily suspended or sent off.

LAW 4: PLAYERS' CLOTHING

- 4.2 A player wears a jersey, shorts and underwear, and play barefoot.
- 4.3.f The use of mouth guards or dental protector by all players is permitted, but compulsory for all players in provincial teams.

LAW 5: TIME

5.1 For the age group U10 to U12 a match comprises two halves of twenty (20) minutes running time.

For U13 a match comprises two halves of twenty-five (25) minutes running time.

5.2 A maximum of five (5) minutes will be allowed for half-time.

5.5.a A maximum of five (5) minutes injury time will be allowed in a match.

LAW 9: FOUL PLAY

9.7.c *Add:* A player must not create the impression at the tackle that he is been played in the air by jumping over a player.

Sanction: Penalty Kick

Addition:

9.11.a No sling tackle is allowed, it's dangerous play. A player makes a tackle by grabbing the ball carrier clothing and executing a swinging action to bring the ball carrier to ground.

Sanction: Penalty Kick

9.29 *Add:* A player temporary suspended (yellow carded) may be temporary replaced until the suspension period has expired. The temporary suspended player must return after the suspension period has expired except if the temporary replacement now becomes permanent.

Amend: Yellow Card suspensions will be for five (5) minutes running time

9.30 *Amend:* A player sent permanently off may be replaced.

Procedure for suspending a player or sending the player off:

- The referee must call the team's coach onto the field and inform him of the reason for the sending off or temporary suspension of the player (There should be no debate as this is informative and not justification).
- A yellow or red card is shown, and the suspended player must remain with the team's coach during that period.

LAW 16: MAUL

16.14 Amend: Once the maul has moved forward more than ten (10) metres in the field of play towards the goal line the referee will shout “Play” (for safety reason). Should the ball not emerge then the maul has ended, and a scrum is awarded to the team moving forward.

LAW 18: TOUCH, QUICK THROW AND LINEOUT

18.11 All seven (7) suitably trained forward players (positions 1, 3 to 8) must form the line-out.
■ There must be no interchange between forwards and backline players.
■ Short line-outs are not allowed.
■ Only on account of injury may a team form a line-out with less than seven (7) players. The opposing team must still have seven (7) players in the line-out.

Sanction: Free Kick

18.18 Only a backline player may take up the position of receiver and may not change positions with a player in the line-out before the ball is thrown.

18.23.b The ball must be thrown straight so that it travels at least three (3) metres along the mark of touch before it first touches the ground or a player.

18.29.d A player who jumps and gains possession of the ball in the line-out and returns to the ground safely with the ball, all participating line-out players must join the formed ruck or maul until it ends, except the receivers.

■ This excludes the player throwing in the ball and his immediate opponent in the 3m area who has four options as per the law book – see law 18.27.

18.29.e Defending at a line-out. A player who jumps and gains possession of the ball in the line-out and returns to the ground safely with the ball, may not be sacked. A formed maul must follow once that player lands on the ground.

Sanction: Penalty kick

18.35 Players not participating in the lineout must remain at least five (5) metres from the mark of touch on their own team’s side or behind the goal line if this is nearer.

LAW 19: SCRUM

- 19.5** Only suitably trained forward players (positions 1 to 8) may take part in scrums. There must be no interchange between forwards and backline players.
- 19.7.d** All other players (flankers) in the scrum bind on a lock's body with at least one arm. The number eight (8) must bind between the two locks.
- 19.21** The Hooker from the team who put the ball in must strike for the ball, but only once the ball touches the ground in the tunnel. Bear in mind that it must be a CLEAR strike.
Sanction: Free kick
- 19.30.a** The offside line for the scrumhalf not in possession is the middle line of the scrum.

GENERAL

- Roaming of coaches – under technical zone protocol:
 - Age group U10 to U12 - Roaming by a coach, maximum one (1) is allowed.
 - Age group u/13 – No Roaming by a coach are allowed.
- Scrum variations for the different age groups:

SCRUM CALLS	U10 to U13 (Including provincial school age-group rugby)
Crouch – Ear to ear distance apart Bind – Pre-bind & come together with passive engagement, no hit Scrum – Ball in, no contest	YES
ELBOW	Both loose-head and tight-head props must bind with their elbows not lower than their shoulder line
BALL IN	Ball must be put in on “scrum” call
SCRUM CONTEST	Scrum contest at put-in on “Scrum” call
HOOK	Only the Hooker (no 2 + reserve 16) may hook the ball
SCRUM PUSH	Max 1.5m
TURNOVER SCRUM	No

PLAYING TIME AND REPLACEMENTS FORMAT

High And Primary Schools Rugby Matches

The following amendment is provided on abovementioned matters.

DEFINITIONS:

Playing Time: The time that has been played excluding time lost as defined in Law 5 – Time (Actual time, excluding time lost for stoppages).

Running/Actual Time: Is continuous elapsed time (includes time lost for any reasons).

HIGH SCHOOL:

Please note that Law 5.3 makes provision for match organisers to reduce the length of a match by mutual agreement.

1. The High Schools 1st team game should last no longer than 70 minutes of **PLAYING TIME**.
 - a. Sin bin = 10 minutes **PLAYING TIME**.
 - b. Halftime break = Maximum of 10 minutes running time.
2. Other age groups:
 - a. u/14 and u/15 = 25 minutes **PLAYING TIME** per half.
 - i. Sin bin = 5 minutes **PLAYING TIME**.
 - ii. Halftime break = Maximum of 5 minutes running time.
 - b. u/16 = 30 minutes **PLAYING TIME** per half.
 - i. Sin bin = 5 minutes **PLAYING TIME**.
 - ii. Halftime break = Maximum of 5 minutes running time.

PRIMARY SCHOOL:

With respect to Primary School rugby the following **RUNNING TIME** is applicable:

1. Two halves of 25 minutes **RUNNING TIME** each will be played for U13 only.
 - a. Sin bin = 5 minutes **RUNNING TIME**.
 - b. Halftime break is 5 minutes running time.
2. For the age group U9 to U12 a match comprises two halves of twenty (20) minutes **RUNNING TIME**.
 - a. Sin bin = 5 minutes **RUNNING TIME**.
 - b. Halftime break is 5 minutes running time.

REPLACEMENTS FORMAT (HIGH AND PRIMARY SCHOOL)

Pending competition/tournament format (rules) two scenarios are applicable here:

1. If schools pre agree, the number of replacements used is unlimited.
 - a. A player tactically replaced may be used again.
2. For league matches or where schools fail to agree the following applies:
 - a. A team must have 8 replacements (reserves) clearly marked on the bench.
 - i. Three (3) of the replacements must be a suitable trained tight-head, loose-head and hooker.
 - b. A team may make up to 12 rolling replacements.

NB: BokSmart rules always applies.

SCHOOLS' RUGBY | Code of Conduct

RUGBY'S FIVE KEY VALUES

INTEGRITY: Integrity is central to the fabric of the Game and is generated through honesty and fair play.

PASSION: Rugby people have a passionate enthusiasm for the Game. Rugby generates excitement, emotional attachment and a sense of belonging to the global Rugby family.

SOLIDARITY: Rugby provides a unifying spirit that leads to lifelong friendships, camaraderie, teamwork and loyalty that transcends cultural, geographic, political and religious differences.

DISCIPLINE: Discipline is an integral part of the Game, both on and off the field, and is reflected through adherence to the Laws, the Regulations and Rugby's core values.

RESPECT: Respect for teammates, opponents, match officials and those involved in the Game is paramount.

(Source: *Playing Charter*)

Code of Conduct

MATCH OFFICIALS

- Recognise the importance of fun and enjoyment when officiating young players.
- Provide feedback in a constructive and encouraging manner during games.
- Appreciate the needs of the young players before the needs of the sport.
- Understand the physical, social and psychological development of young players.
- Be a positive role model.
- Recognise that the safety of young players is paramount.
- Explain decisions - all young players are still learning.
- Always penalise foul play.
- Play advantage whenever possible in order to let the game flow.
- Be consistent and objective.
- Ensure that verbal abuse from players, coaches or spectators is not tolerated.

SCHOOLS' RUGBY | Code of Conduct



COACHES

- Recognise the importance of fun and enjoyment when coaching young players.
- Appreciate the needs of the players before the needs of the sport.
- Be a positive role model.
- Keep winning and losing in perspective - encourage young players to behave with dignity in all circumstances.
- Respect all referees and the decisions they make, and ensure that players do the same.
- Provide feedback in a constructive and encouraging manner, during both coaching sessions and games.
- Provide experiences that are matched to the players' age, ability, physical and mental development.
- Ensure all youngsters are coached in a safe environment and that there's adequate first aid to hand.
- Avoid overplaying the best players by using a system that gives everybody a satisfactory amount of playing time.
- Never allow a player to train or play when injured.
- Ensure good supervision of young players, both on and off the field.
- Develop an awareness of nutrition as part of an overall education in lifestyle management.
- Ensure your knowledge and coaching strategies are up to date and in line with rugby philosophy.
- Children play sport for their enjoyment, not yours. Encourage young people to play; do not force them.
- Acknowledge good individual and team performances of all youngsters, irrespective of which team they play for or whether they won or lost.
- Provide positive feedback, both in training and during games.
- Respect match officials' decisions.
- Never verbally abuse players, match officials or coaches, or fellow spectators. If you do want to shout, make sure it is for and not at the players.
- Always support the school/club in their efforts to eradicate loud, coarse and abusive behaviour from the game.
- Be familiar with the coaching methods and training programme to ensure your child is fully involved.
- Where appropriate, assist coaches with the supervision of young players, particularly where numbers are large and there is a need to transport youngsters to away games.
- Be involved with school/club activities and share your expertise.
- Share concerns, if you have them, with school/club officials.

SCHOOLS' RUGBY | Code of Conduct

SPECTATORS (PARENTS)

- Children play sport for their enjoyment, not yours. Encourage young people to play; do not force them.
- Acknowledge good individual and team performances of all youngsters, irrespective of which team they play for or whether they won or lost.
- Provide positive feedback, both in training and during games.
- Respect match officials' decisions.
- Never verbally abuse players, match officials or coaches, or fellow spectators. If you do want to shout, make sure it is for and not at the players.
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- Be familiar with the coaching methods and training programme to ensure your child is fully involved.
- Where appropriate, assist coaches with the supervision of young players, particularly where numbers are large and there is a need to transport youngsters to away games.
- Be involved with school/club activities and share your expertise.
- Share concerns, if you have them, with school/club officials.

THE PLAYERS

- Play because you want to, not to please coaches or parents.
- Recognise and appreciate the efforts made by coaches, parents, match officials and administrators in providing you with the opportunity to play the game.
- Skill development, fun and enjoyment are the most important parts of the game.
- Understand the value of loyalty and commitment to adults and teammates.
- Be attentive at all training/coaching sessions, and work hard for yourself and your team.
- Recognise good play by all players, regardless of what team they're on. Be a good sportsman, regardless of whether you win or lose.
- Play to the Laws of the game and accept all the referee's decisions without question.
- Never verbally or physically abuse teammates, opponents or match officials.
- Treat all players as you would like to be treated. Do not interfere with, bully or take advantage of any player.
- Your involvement in rugby should be safe and free from all types of abuse.
- If you feel you are not being treated in a manner that is acceptable, tell an adult at the school/club or outside the game.

THREE CHEERS FOR THE REF

The 3 Cheers for the Ref campaign is an initiative designed to bring back to the Game the values of sportsmanship and camaraderie.

At the end of a match, please show appreciation to the referee – for what is often a thankless task – by getting together with your teammates, opposition and coaches to shout, ‘Three cheers for the ref!’

PLEASE REMEMBER

THESE PLAYERS ARE KIDS
THIS IS ONLY A GAME
THE COACHES ARE VOLUNTEERS
THE REFEREES ARE HUMAN
TODAY'S GAMES ARE NOT
TEST MATCHES

CONCUSSION REGULATIONS

FOLLOWING A SUSPECTED CONCUSSION, THE PLAYER MUST:

- Be permanently removed from the field of play
- Be monitored by a responsible adult
- Be examined by a medical doctor as soon as possible
- Have their symptoms, brain function and balance return to normal
- Be given clearance by a medical doctor before returning to any forms of learning, exercise or rugby related activities
- Undergo the age-appropriate Graduated Return To Sport Protocol
- Again be cleared by a medical doctor to return to full practice or match play

EMERGENCY NUMBER

For any potentially serious concussion, head, neck or spine rugby injury **contact the toll-free BokSmart Spineline number, 0800 678 678**, operated by ER24.

When making these decisions on-field, please do not forget to use your BokSmart Pocket Concussion Guide.

Knowing when to take a player off protects them. Recognise and remove! Concussion is a brain injury. Let's not lose our heads on the rugby field. If in doubt, sit them out.

The BokSmart Spineline 0800 678 678 number and road transport service, operated by **ER24**, is only available to those rugby players who have sustained serious concussion, head, neck and spine injuries during either a rugby match or practice.

The BokSmart Spineline is a service purely there to assist in the road transport of such a player, when there is insufficient capacity or ability to provide this service at the event.

Only the road transport costs will be covered for those non-Medical Aid players who meet these criteria, and who have accessed this 0800 678 678 number directly.

Players with medical aid, will be billed according to standard tariffs. If the caller contacts ER24 directly, or any other emergency service provider, and whether they have medical aid or not, this free transportation service will NOT apply, and the player will be invoiced accordingly.

The Chris Burger Petro Jackson Players' Fund, South African Rugby Union, BokSmart and ER24 are NOT under any circumstances responsible for any hospital, doctor or specialist costs

CONCUSSION REGULATIONS



incurred as a result of any injury that might occur during either a rugby match or rugby practice, even while accessing the BokSmart Spineline service.

All medical bills, regardless of whether players have medical aid or not, or whether they have accessed the BokSmart Spineline or not, are for the players and/or their family's own accounts.

The BokSmart Spineline service for rugby players above is only applicable in South Africa.

EMERGENCY NUMBER
FOR ANY POTENTIALLY
SERIOUS CONCUSSION, HEAD,
NECK OR SPINE RUGBY INJURY
**CONTACT THE TOLL-FREE
BOKSMART SPINELINE NUMBER,**
0800 678 678,
OPERATED BY ER24.

CONCUSSION MANAGEMENT

PREVENTION **5Es**

- EDUCATE** your team, club or school on concussions
- ENFORCE** the laws, protocols and policies in your players
- ENHANCE** your players' protection against concussion by preparing them properly for rugby
- EQUIP** your players with the right information about what works and what does not
- EVALUATE** your concussion prevention process and policies yearly to ensure that you remain up to date with what is expected at the time

IDENTIFICATION **6Rs**

- RECOGNISE** concussions
- REMOVE** the player
- REFER** them to a medical doctor to clear them of any complications, NOT for going back to rugby
- REST** them according to their age-group requirements
- RECOVER** until sign and symptom free
- RETURN** them to play, once they have gone through the rugby specific return to sport process without any hiccups

**Concussion
is a brain
injury!**

MANAGEMENT **MEDICAL CLEARANCE STEPS**

- Medical doctor clearance of complications straight after event
- Clearance to start GRTS after age-appropriate stand-down period
- Clearance to progress to full contact after Stage 4 of GRTS

MADDOCKS' QUESTIONS

QUESTIONS YOU NEED TO ASK TO PLAYERS 13 YEARS OF AGE AND OLDER

- What venue are we at?
- What team are you playing?
- What half is it?
- Who scored last in this game?
- Who did you play last week/game?
- Did your team win the last game?

QUESTIONS YOU NEED TO ASK CHILDREN AGED 5 – 12

- Where are we now?
- Is it before or after lunch?
- What did you have last lesson/class? or Who scored last in this game?
- What is your teacher's/coach's name?

Where there is any hesitation, uncertainty or one cannot verify the information, have the player permanently removed from the game or training session, and suspect a concussion.

MONITORING: CONCUSSION REGISTER

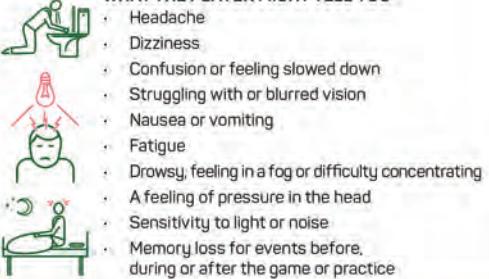
- Must be done by a responsible person at School or Club
- Step by Step monitoring of progression through the rugby-specific GRTS
- Recordal of medical steps and processes

SIGNS AND SYMPTOMS

WHAT YOU NEED TO LOOK FOR?



WHAT THE PLAYER MIGHT TELL YOU



NAME OF PLAYER	SURNAME OF PLAYER	TEAM PLAYED FOR	DIVISION	AGE	DATE OF BIRTH	COACH	DATE OF CONCUSSION/SUSPECTED CONCUSSION	DATE OF MEDICAL ASSESSMENT AND OUT COMPLICATIONS	NAME OF MEDICAL DOCTOR	COMPULSORY RECOVERY REST PERIOD USED	CLEARANCE RECEIVED TO ENTER GRADED/REGULATED RETURN TO PLAY PROCESS	DATE OF MEDICAL CLEARANCE RECEIVED	DATE OF COMPLETION OF GRP	SIGNED OFF & ACKNOWLEDGED BY COACH	DATE REFERRED TO TOTAL MATCH PLAY
Clint Readhead	Senior Adult	d	46	May 14, 1970	Dawie Snyman	August 1, 2016	August 2, 2016	Dr Jerome Mampane	1 week	Yes	August 9, 2016	August 13, 2016	Yes	August 20, 2016	

**PLEASE USE A
COMMON SENSE
APPROACH**



You don't need a handbook to identify a suspected concussion. If you suspect one, take the player off, it's really that simple.

THE GRADUATED RETURN TO SPORT (GRTS) PROTOCOL

EACH STAGE PROGRESSION AFTER THE STAND-DOWN PERIOD IS A MINIMUM OF **24 HOURS**

STAGE	REHABILITATION	OBJECTIVE	EXERCISE ALLOWED
1	Minimum age-appropriate rest period	RECOVERY	<ul style="list-style-type: none"> Complete body and brain rest for the first 24-48 hours Followed by rest and light exercise (walking, slow, stationary cycling) that does not worsen symptoms
2	Light aerobic exercise (20 minutes)	INCREASE HEART RATE	<ul style="list-style-type: none"> Light jogging swimming or stationary cycling at low to moderate intensity No resistance training Symptom free during full 24-hour period
3	Sport-specific exercise (25-30 minutes)	ADD MOVEMENT	<ul style="list-style-type: none"> Running drills No head impact activities
4	Non-contact training drills	EXERCISE, COORDINATION AND COGNITIVE LOAD	<ul style="list-style-type: none"> Progression to more complex training drills, e.g. passing drills May start progressive resistance training Player MUST be medically cleared at the end of this Stage before going to Full-contact training or Stage 5
5	Full-contact practice	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS BY COACHING STAFF	<ul style="list-style-type: none"> Normal rugby training activities If player remains sign and symptom-free for the full 24 hours, they then move on to Stage 6
6	Return to match play/sport	RECOVER	<ul style="list-style-type: none"> Player rehabilitated and can be progressively re-introduced into full match play

NOTES:

- a player may only start the GRTS process once cleared by a medical doctor and all symptoms have disappeared
- a player may only progress to the next stage if no symptoms occur during or after exercise in each stage
- a player must again be cleared by medical doctor before starting full-contact training

AGE-APPROPRIATE STAND-DOWN & GRTS – EARLIEST RETURN TO SPORT

PLAYERS 18 AND YOUNGER: 2 weeks rest post injury + 4 days GRTS (Earliest return to rugby – Day 19 post injury)

PLAYERS 19 AND OLDER: 1 week rest post injury + 4 day GRTS (Earliest return to rugby – Day 12 post injury)

PLAYER AGE GROUP	COMPULSORY REST PERIOD POST CONCUSSION	CAUTION!	GRTS	CAUTION!	NUMBER OF MISSED FULL WEEKS
18 AND YOUNGER	Minimum of 2 WEEKS off before starting the GRTS process, even longer if any signs or symptoms remain	CAUTION! Return To Sport protocol should be started only if the player is symptom free and off medication that modifies symptoms	4 Stage GRTS with progression every 24 hours if no symptoms. Total GRTS days = a minimum of 4 days	CAUTION! Contact Sport should be authorised only if the player is symptom free and off medication	Earliest Return To Sport = 2 weeks rest post injury + 4 days GRTS (Play – DAY 19 post injury)
19 AND OLDER	Minimum of 1 WEEK off before starting the GRTS process, even longer if any signs or symptoms remain				Earliest Return To Sport = 1 week rest post injury + 4 days GRTS (Play – DAY 12 post injury)

CAUTION: Any player with a second concussion within 12 months, a history of multiple concussions, players with unusual presentations or prolonged recovery should be assessed and managed by health care providers (*multidisciplinary*) with experience in sports-related concussions. It is recommended that if this expertise is unavailable then as a minimum the player should be managed using the protocol from the lower age group.

EXAMPLE: 1. 'Players 19 and older' uses the 'Players 18 and younger' protocol and 2. for 'Players 18 and younger' the minimum rest period should be doubled.

However, the medical doctor clearance is non-negotiable and must always be provided before entering the GRTS and before starting full-contact training, regardless of who is available to manage or monitor the GRTS process.



THE REFEREE SPOTLIGHT

BLUE CARD

SA RUGBY CONCUSSION REGULATIONS

<https://www.springboks.rugby/en/pages/BokSmart-Legislation>

BLUE CARD CONCUSSION PROCESS

1. Referee or Medical professional recognises a potential concussion event
2. Referee then signals Blue Card to the player
3. Visual cue to all watching -> Concussion or suspected concussion
4. Player is permanently removed from the field of play
5. Player is logged onto the Club or School's submitted Team Sheet as a Concussion
6. Referee to submit Blue Card report to the Provincial Rugby Union
7. Referee, Coach, Team management, Player, Parent or Family member logs the Blue Card onto the SA Rugby Online software www.sarugbyonline/bluecard
8. All contact persons listed when logging the Blue Card on the App will receive emailed advice on the required GRTS processes to follow with the player
9. All Blue Card concussion events recorded on the App will be stored on a national database
10. Sport Concussion SA's information: **011-3047724, 0825746918,**
Email: sportsconcussion@mweb.co.za will also be emailed to them should they wish to access Medical Doctors who are sufficiently knowledgeable in Concussion management for rugby union



LAW 3.22 (C): The referee decides (*with or without medical advice*) that it would be inadvisable for the player to continue. The referee orders that player to leave the playing area.

LAW 3.24: 'If, at any point during a match, a player is concussed or has suspected concussion, that player must be immediately and permanently removed from the playing area. This process is known as "RECOGNISE AND REMOVE".'



THE REFEREE SPOTLIGHT

TARGET:
ZERO
ILLEGAL
TACKLES
MISSED!



BE CONSISTENT
ZERO
TOLERANCE
OF DANGEROUS
PLAY

PRE-MATCH CHECKS

1. A field safety inspection
2. Assess crowd control measures
3. Check for the minimum emergency medical equipment and qualified first aid personnel
4. Request to see the hosting club or school's emergency action plan
5. Check for BokSmart certification of coaches and match officials
6. Must review Team Sheets for age-appropriate players
7. Review any age-banding clearance documentation where applicable
8. A clothing and boots inspection of the teams participating in the match



THE
HEAD & NECK
AREA IS A
STRICT
NO-GO ZONE!

GAME MANAGEMENT

1. **MANAGE SERIOUS INJURIES**
 - Clear communication between Referee and Medical staff
 - Don't use safety as a licence to cheat
2. **SCRUM CADENCE**
 - Crouch-Bind-Scrum (U16 and younger)
 - Crouch-Bind-Set (U18 and older)
3. **CONTROLLING THE SCRUM CONTEST**
 - Binds, scrum straight, elbows up, earn the turn
4. **ROLLING REPLACEMENTS**
 - 12 max using 7 bench players only
 - 4 of these substitutions must be reserved for front row players
5. **DANGEROUS TACKLES:**
 - High tackles
 - No-arm tackles
 - Tip tackles
 - Chop tackles
6. **DANGEROUS CLEANOUTS**
 - Neck rolls
 - Sharp shoulder
7. **COLLISION IN THE AIR**
 - Foul play?
 - Realistic opportunity to catch the ball AT POINT OF CONTACT?
Yes – Play on No – Yellow card/Red Card
- It is irrelevant whether or not the chaser or catcher has their eyes on the ball, and it is irrelevant whether or not it was accidental
8. **NO KICKING THE BALL OUT OF RUCKS OR PLAYERS' HANDS WHILE ATTEMPTING TO GROUND THE BALL**

ALMOST
60% OF ILLEGAL
TACKLES
WERE NOT SANCTIONED
BY THE REFEREES

67 DANGEROUS
TACKLE EVENTS
LEFT UNSANCTIONED



HEAD, NECK & SPINE

INJURY IDENTIFICATION AND MANAGEMENT

YEARLONG NECK STRENGTHENING **P**REVENTION **S**AFE & **E**FFECTIVE **C**ONTACT **T**ECHNIQUES

TRADITIONAL SIGNS AND SYMPTOMS OF A POTENTIAL SPINAL CORD INJURY:

- A visible deformity or change in shape of the player's spine
- The player may experience severe pain at the site of injury
- The player is unable to move their arms or legs
- They are unable to feel anything in their arms or legs
- Pins and needles in the arms or legs is common
- There might or might not be swelling visible in the injured area
- The player breathes using their stomach only, and not using their chest
- In males, they could also experience priapism or have an erection
- They have an abnormally low heart rate for someone who has been exerting themselves on the rugby field

**AIM
FOR**



**ZERO
SPINAL
INJURIES
BEING
MISSED**

ADDITIONAL CUES RECEIVED THAT MIGHT ASSIST IN CONFIRMING A SUSPECTED SPINAL CORD INJURY:

- Sudden inability to move
- Felt a 'buzzing' sensation
- Heard something like gunshots in the head
- Felt like a tree branch bending then breaking
- Started feeling numb from feet and finger tips
- Confused and frequently trying to get up or asking others to help them up
- Immediate loss of feeling and struggling to breathe
- Wanted to stand up, but could not understand why they couldn't
- Had no pain, but could not move
- Could not see or smell anything; sensory shutdown
- Unable to hear or talk
- Severe pain and feeling like 'on fire'; an intense burning sensation, or feeling incredibly 'hot'
- Feeling like legs were floating in the air

SIGNS AND SYMPTOMS + MECHANISM OF INJURY - GREATER POTENTIAL FOR GETTING IT RIGHT!

THE QUICKER YOU ACT, THE BETTER THE OUTCOME!

WATCH THE GAME! DON'T SIMPLY MOVE OR ROLL THE PLAYER OVER!

IS THERE A PROBLEM?

YES

Stop the game and manage
Full spinal precautions on-field
Activate your Emergency Action Plan (EAP)

NO

Carry on,
assess and clear
or remove the player

KEEP THEM ON THE FIELD, BY PUTTING IN THE HARD WORK, OFF IT!



BokSmart
WINNERS PLAY SMART

WWW.BOKSMART.COM



SAFETY IN THE PLAYING ENVIRONMENT CHECKLIST

ENVIRONMENTAL CONDITIONS	GREEN	GOLD	GOLD+	CONFIRMED (✓ / X)
Whirling Hygrometer/ WBGT [*]	✓	✓	✓	
Lightning warning system ^{**}	✓	✓	✓	
Telephone access	✓	✓	✓	
MEDICAL PERSONNEL	GREEN	GOLD	GOLD+	
Match Doctor	X	X	✓	
Venue Doctor	X	✓	✓	
Specialist services on site	X	X	✓	
Specialist services on standby	X	✓	✓	
Nursing sister	X	X	✓	
Medical liaison	X	X	✓	
ALS paramedics	X	X	✓	
ILS paramedics	X	✓	✓	
BAA	X	✓	✓	
Trained First Aider	✓	X	X	
Ambulance and staff on site	X	✓	✓	
Ambulance and staff on standby	✓	X	X	
Air staff (on standby)	X	✓	✓	

*Telephonic access to this information is sufficient

**Where indicated in certain underprivileged or disadvantaged communities, this cannot be seen as a requirement.



EQUIPMENT	GREEN	GOLD	GOLD+	CONFIRMED (✓ / X)
Spinal board and harness	✓	✓	✓	
Cervical collars and head blocks	✓	✓	✓	
BokSmart Concussion Guide	✓	✓	✓	
SCAT tool	✓**	✓	✓	
First Aid bag	✓**	✓	✓	
ALS equipment	X	✓	✓	
Golf cart	X	✓	✓	
MEDICAL ROOM	GREEN	GOLD	GOLD+	
Medical tent/station	✓	X	X	
Emergency treatment room	X	✓	✓	
ADVANCED CARE	GREEN	GOLD	GOLD+	
ALS equipped ambulance on site	X	X	✓	
ILS equipped ambulance on site	X	✓	X	
Access to emergency medical services	✓	X	X	
Trauma unit (< 1 hour)	✓	✓	✓	
Spinal unit (< 4 hours)	✓	✓	✓	
HEMS (Helicopter air ambulance) on standby	X	✓	✓	

WINNERS PLAY SMART



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RISK MANAGEMENT APPROACH TO RUGBY SAFETY



DON'T LET **NEGLIGENCE** COME BACK TO BITE YOU!

BE PROACTIVE, BE INFORMED, AND **DO WHAT IS RIGHT** BY YOUR PLAYERS.
PLAYER SAFETY ALWAYS COMES FIRST. LET'S AIM FOR **ZERO** TOGETHER.

REASONABLE STANDARD OF EXPECTATION

DUTY OF CARE

- Coaches BokSmart Certified
- Referees and Assistant Referees BokSmart Certified
- Emergency Action Plans in place for both practices and matches
- Rugby body, club or school compliance with all rugby safety related regulations
 - SA Rugby Regulations pertaining to Under-Aged Rugby: Adult Rugby
 - SA Rugby Regulations pertaining to Under-Aged Rugby: School Rugby Age-Banding
 - SA Rugby Regulations pertaining to Under-Aged Rugby: Sevens Rugby
 - SA Rugby Regulations for the BokSmart Rugby Safety Programme at all Levels of Rugby
- SA Rugby Concussion Regulations
- SA Rugby Anti-doping Regulations
- SA Rugby Minimum Medical Requirements for Rugby
- SA Rugby Field Safety standard requirements for rugby to take place

EXTERNAL CONTROLS

- Referee per-match Field Safety Inspections prior to kick off
- Referee Individual match audits before kick off
- Per-match Team Sheet review by referees prior to kick off
- Referee checks for under-aged or over-aged players and clearance documentation prior to kick off
- Independent auditing of match days by Union auditors
- Comprehensive safety audits of Clubs and Schools by Union auditors

PLAYER SAFETY



INTERNAL CONTROLS

- Age appropriate players placed in correct age groups prior to selection
- Technical table for controlling of all match day information and regulation compliance by hosting body
- Team Sheets checked and reviewed for correct player ages
- Coach and Referee BokSmart Certification checks by hosting body
- First Aider or Rugby Medic present and visible for every match played
- Emergency Spinal Immobilisation Equipment (Spinal Board, Neck Collar, Spider Harness, Head Blocks) present and visible
- Emergency Action Plan (EAP) in place and accessible
- Field Safety Inspections and adjustments made prior to matches
- Crowd control checked





BokSmart
WINNERS PLAY SMART



Rugby safety is no accident.
It's a decision. A commitment.
Together, we can build a game of Rugby
that delivers zero catastrophic injuries.
In fact, we not only 'can' do it. We **must** do it.

Find out more at
www.BokSmart.com



PROVINCIAL SOCIETIES CONTACT DETAILS

GOLDEN LIONS RUGBY REFEREES SOCIETY

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KZN RUGBY REFEREES' SOCIETY

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