

**2013**

Northern California Youth Rugby  
Association

Junior Youth Rugby Committee

# **NCYRA JUNIOR YOUTH PLAYING REGULATIONS 2013**

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## 1 Purpose

The purpose of this document is to define policies and rules that apply to all Northern California Junior Youth Rugby clubs in 2013.

The objective is to create a standard of organization, sportsmanship and play consistent across all clubs to facilitate the growth of the sport and further the welfare of players.

Junior Youth Rugby is rugby at three levels: U12, U10 and U8, as defined further herein.

Regulations defined in this document are drawn from past issues, the 2011 season post-season meeting, 2012 season feedback from parents and coaches, previous rules and research related to foreign union regulations governing youth rugby.

Regulations defined in this document are consistent with and may be additional to those already defined by the NCYRA Policies. All NCYRA Policies for Youth Rugby, such as CIPP requirements, coach and referee certification, registration requirements, as well as all others, must be adhered to.

A key motivation is to define policies and regulations early before the 2013 playing season to allow clubs to prepare for the upcoming season. The 2013 playing season is January to March; pre-season is defined as the previous year.

## 2 Game Laws and Playing Format

Games to be played according to laws specified by USA Rugby with following variations and emphasis:

### 2.1 U12 All Division Law

1. Player must not turn 12 before September of the pre-season.
2. Contact rugby per IRB U19 laws (<http://www.irblaws.com/EN/downloads/>) as modified hereby
3. Coed
4. The format shall be 12-a-side, however upon mutual agreement of coaches teams may play 7, 10, 12, 13 or 15 a-side
5. It is required to begin kick-off and restarts with a drop kick. If not a drop kick, receiving team chooses between a re-kick or a scrum at the center of the field with possession of the ball.
6. Uncontested scrums, 3 man for 7-a-side and 10-a-side, 5 man for 12-a-side, 6 man for 13 a-side, 8 for 15-aside
7. No forward pick-ups from the scrum, unless playing 15-a-side, in which case the Number 8 can pick up the ball from the back of the scrum. All forwards must be tightly bound into the scrum and props bound against the opposing props. Discourage early disengagement from the scrum.
8. Contested lineout throw, no lifting, ball must be thrown straight
9. Size 4 ball
10. Offside lines approximately 8 yards from lineout and 4 yards from back of scrum
11. Game times are recommended to be 15-20 minutes per half, unless in a multi-team event it is desirable to have shorter game times, which shall be a minimum of 10 minute halves. Single-game events shall be 20 minutes per half.
12. Field size: ½ or ¾ size rugby field recommended
13. Kicking is allowed, but the 22 meter line will be played at the 10 meter line for the smaller field
14. Field configuration marked with cones

15. No conversion kicks or penalty shots unless the home team can provide goal posts
16. Defensive scrum-half must remain behind scrum center line until ball comes out of the scrum – penalty. After the ball is thrown in the defending scrum-half may move to behind the last feet of the defending scrum, consistent with IRB Law 20.12(d).
17. Emphasis on safe and proper contact. Among other things, the following shall apply (infractions must be penalized). At a minimum infractions related to IRB Law 10: Foul Play must be penalized. See [http://www.irblaws.com/downloads/EN/Law\\_10\\_EN.pdf](http://www.irblaws.com/downloads/EN/Law_10_EN.pdf)
  - a. No ‘Scragg’ or “Horse Collar” tackling (pulling by shirt collar)
  - b. No jersey slinging tackles
  - c. No spearing player to ground consistent with IRB Law 10.4 (j)
  - d. No falling on or otherwise playing a player on the ground
  - e. Players must use arms to wrap in tackle in all instances, including tackling into touch
  - f. Tackle must be below armpits
  - g. “Fends” are legal but must be with an open palm and below the neck consistent with IRB Law 10.4 (a)
18. Scoring team always kicks off
19. Sin-bin 5 minutes, to be served on the sidelines so that the coach may explain the related infraction

## 2.2 U10 All Division Law

1. Player must not turn 10 before September of the pre-season.
2. Contact rugby per IRB U19 laws (<http://www.irblaws.com/EN/downloads/>) as modified hereby
3. Coed
4. Size 4 ball
5. It is required to begin kick-off and restarts with a drop kick. If not a drop kick, receiving team chooses between a re-kick or a scrum at the center of the field with possession of the ball. The format shall be 10-a-side, however upon mutual agreement of coaches teams may play 7, 10, 12, 13 a-side, but no more
6. Uncontested scrums will be 3 man for 7 and 10-a-side, 5 man for 12-a-side, 6 man for 13 a-side
7. No forward pick-ups from the scrum. All forwards must be tightly bound into the scrum and props bound against the opposing props. Discourage early disengagement from the scrum.
8. Non-contested lineout throw
9. Size 4 ball
10. Offside lines approximately 8 yards from lineout and 4 yards from back of scrum
11. Game times are recommended to be 10-15 minutes per half, unless in a multi-team event it is desirable to have shorter game times, which shall be a minimum of 7.5 minute halves. Single-game events shall be 15 minutes per half.
12. Field size: ½ size field recommended
13. Kicking is allowed, but the 22 meter line will be played at the 10 meter line for the smaller field
14. Field configurations marked with cones
15. No conversion kicks or penalty shots unless the home team can provide goal posts
16. Defensive scrum-half must remain behind scrum center line until ball comes out of the scrum – penalty. After the ball is thrown in the defending scrum-half may move to behind the last feet of the defending scrum, consistent with IRB Law 20.12(d).
17. Emphasis on safe and proper contact. Same as U12 Law 2.1.17.
18. Scoring team always kicks off

19. Sin-bin 5 minutes, to be served on the sidelines so that the coach may explain the related infraction

## 2.3 U8 Rules

1. Player must not turn 8 before September of the pre-season.
2. Touch or flag rugby in accordance with Rookie Rugby ('Rules of the Game') document located at <http://www.rookierugbyclub.com/home> modified hereby
3. Coed
4. Size 3 ball
5. 8-a-side recommended number of players
6. Rookie Rules of the Game:
  - Tag is defined as between waist and knees
    - After a tag, the ball carrier must then pass the ball immediately, within three strides at most. He or she DOES NOT have to stop, return to the point of the tag, roll the ball between his or her legs.
    - Six Tags in a row results in the ball being turned over to the opposing team.
  - Offside
    - Offside occurs when a player is tagged. An offside line extends across the field from where a tag is made. Players must retreat behind the offside line to remain onside. Failure to do so results in a penalty. Defense must retreat 5m from tag.
  - Passing
    - Rookie Rugby encourages players to pass and run with the ball. The ball can only be passed sideways or backwards through the air. There are no forward passes allowed and the ball cannot be handed to another player. A Free Pass will be awarded as a result of a forward pass.
  - Kicking is not permitted
  - Advantage
    - Allowing play to continue when a penalty happens is called advantage. The referee calls 'Advantage' while waiting to see if the non-offending team will benefit. If so, the referee announces 'Play On.' If no advantage occurs, play re-starts with a Free Pass.
  - Going to Ground
    - If the ball carrier goes to ground, or a player dives on the ball, a 'Free Pass' is awarded to the other team.
    - A player is allowed to go to knees in-goal.
  - Foul Play
    - The ball carrier may run and dodge potential taggers, but must not push off by using a hand or the ball.
    - Players must not intentionally make contact with opponents. Such contact includes, but not limited to, pushing, pulling, blocking or barging. Such incidents should be penalized and the player reminded about the non-contact nature of the game.
    - The ball cannot be pulled from the players grasp.
    - Players must not kick the ball.
  - Players must not go to ground. Free Pass  
A Free Pass is used:

- At the start or re-start of the match from the center of the half way line at the beginning of each half
- From the touch line (place where the ball went out of bounds) when the ball goes into touch
- From where the referee indicates when a penalty has taken place. The Free Pass must start with the player holding the ball in two hands, and when instructed by the referee, who will declare 'Play', pass the ball backwards through the air to a teammate. The passer and the receiver of the Free Pass should stand 2 meters (about 3 yards) apart. The player making the Free Pass MUST pass the ball and cannot run with the ball when the referee declares "Play". At a Free Pass, the opponents must be 5 meters (about 6 yards) back from the mark. The opponents cannot start moving until the ball leaves the hands of the passer.

## 2.4 General Mandatory

### 2.4.1 Pre-game

- NCYRA player rosters sheets and proof of age must be presented before each event in a reasonably organized binder. This information is consistent with the requirements of the NCYRA Competition Management System and the binders are meant to simplify and make convenient the availability of the information.
  - If no official player list or player absent from list, no play
  - Mandatory line up mid field line before match, address by coaches and referees, handshake between players, safety check (boots, jewelry, etc.), kick off. Pre-game discussion to include, among other things:
    - Purpose: to play rugby, improve skills and have fun.
    - Sportsmanship is paramount – deemphasize winning. Be a good winner and good loser. This applies to spectators, too.
    - Safety first! Discuss examples of dangerous play.
    - Emphasize some of the key laws, such as entering the gate, staying on feet, don't play on the ground.
    - Stick around for post-game gathering!
  - Mandatory that coaching representatives of each club call each other the week before the match to talk about details of the matches. Contact information will be available in the master schedule document.

### 2.4.2 Game

- Coaches not allowed on field during general game. Coaches are reminded they are responsible for side line behavior
- Spectators must stand back 5 meters from touch. It is recommended that a rope barrier is setup 5m away from the touchline.
- Recommended that coaches run touch and mark the offside lines for their players at scrums and lineout
- Under no circumstances shall coaches or spectators yell at or make derogatory remarks or gestures towards the referee or other match officials.

### **2.4.3 Post-game**

- Coaches and players are to lineup at midfield for handshakes with the opposite team. Recommended that each team perform a positive cheer for the other team.
- Conducting a player of the match ceremony after midfield handshake is recommended. Conduct player of the match at the center of the field or away from any pending matches. Invite parents to player of the match meeting. Recommend head coaches of each team to conduct player of the match for their respective team.
- Encourage the opposing players to meet and interact

## **3 Age Group Size Divisions**

### **3.1 U12 Divisions**

It is the goal of NCYRA Junior Youth Rugby to provide for both Open and Lightweight divisions for both U12 and U10, but it is recognized that many clubs cannot currently field multiple teams in each age group.

It is recommended that the NCYRA incorporate a weight entry field into the NCYRA player registration system so data can be used for developing divisions.

#### **3.1.1 Open Division**

- Where possible, clubs will provide for Open and Lightweight competition.
- There are no formal restrictions on size, however in the interest of sportsmanship all are strongly encouraged to play up if greater than 140 pounds (Middle School).
- Coaches are encouraged to speak to each other before a game to discuss size disparities and work out a solution they are comfortable with. One example might be placing restrictions on larger players using size advantage at a set-piece play.

#### **3.1.2 Lightweight Division**

- Restricted to players 100 lbs and under.

### **3.2 U10 Divisions**

#### **3.2.1 Open Division**

- Where possible, clubs will provide for Open and Lightweight competition.
- There are no formal restrictions on size, however in the interest of sportsmanship all are strongly encouraged to play up if greater than 120 lbs (U12).

#### **3.2.2 Lightweight Division**

- Restricted to players 80 lbs and under.

### **3.3 U8 Single Division**

- No size restrictions

## 4 Season Scheduling

All NCYRA Junior Youth clubs shall provide to the Junior Youth Scheduling Coordinator by last Sunday of October an estimate of their number of teams in each age group and such other information as requested by the Junior Youth Scheduling Coordinator. A draft schedule shall be prepared based on this information and distributed to all clubs by first Sunday of November. Comments may be provided to the Scheduling Coordinator, who will attempt to accommodate all reasonable requests. A definitive schedule is expected to be available by December 1.

The 2013 Junior Youth playing season will include the following weekends:

- a. Jan: (6<sup>th</sup>, 13, 20, 27)
- b. Feb: (3<sup>th</sup>, 10, 17, 24)
- c. March: (3<sup>th</sup>, 10, 17, 24)
- d. Tournament: weekend of Saturday 3/30

All weekends except Jan 6, Jan 27, Feb 17 and Mar 10 will be scheduled geographically, with the Bay Area, Central Valley and the Sacramento Valley constituting three regions. The four excluded weekends noted above shall be available for self-scheduling of cross-region matches. These scheduled matches shall be placed on the final schedule released December 1. Any new clubs formed during or after this period will be added to already scheduled events.

### 4.1 Operating Rules and Definitions

1. 2013 pre-season is defined as Nov-Dec 2012 and is necessary for practice.
2. Team '*Squad*' Size Guideline : 1½ times the number of on-field players per level, so a U12 team 'squad' will typically consist of 18 registered players, because U12's play 12 a-side, see section 2
3. There will be three regions: Bay Area, Central Valley and Sacramento Valley. It is recommended that regions contain at least 6 clubs with multiple teams.
4. Clubs must play other clubs according to the schedule
5. Player Time Requirement:
  - a. In advance of game day, competing clubs must work together to ensure all players play at least half a game
  - b. For example: for three teams at a level on game day, clubs must consider playing three period 'Triangle' games, or mixing sides to ensure that the player time requirement (above specified) is met
6. Club Home Day: A hosting club must decide which day they prefer to play for the season, default is Sunday, home team has until last Sunday of October to select their preferred day (Sat/Sun)
7. If a hosting club determines in advance of game day they cannot run games on their home field they must work with their competitor(s) to play at another location
8. It is the responsibility of the home club to make the field arrangement and communicate information to its competitors at least 3 days before the event.
9. The Junior Youth Committee shall maintain a database of contact e-mails and phone numbers for all clubs
10. Once the schedule is published December 1 it is fixed and should not change except for the addition of new clubs that emerge during the season, or clubs that disappear This policy document and all conference schedules will be posted prominently on the NCYRA web site with all necessary club contact information

## 5 Refereeing

- All referees must wear a distinct colored jersey and dress in proper referee attire, i.e. rugby shorts and socks.
- Home club must provide a NCYRA certified referee for every game and may invite opposing teams to also provide a certified referee(s)
- Coaches not certified as a referee cannot referee a game, this does not apply to U8 level games.

## 6 Coaching

- Each club must have a least one coach for each age group that is NCYRA-certified and CIPPed in attendance at all games
- Coaches for U12 and U10 are not allowed on the field during play
- Two coaches are allowed on field for U8 for first month of playing season (January)
- It is strongly recommended that coaches or their delegate run touch and mark offside lines for scrums and lineout's to teach players offside lines, create space and make for a clean and open contest

## 7 Safety

The presence of a professionally-trained medical person (doctor, nurse, trainer, EMT or other) is strongly recommended at every game.

It is recommended that all teams adopt a safety protocol, guidelines for which may be provided on the NCYRA website.

The coaches and referees are required to conduct a pre-game safety and sportsmanship talk with all players' center line prior to the first kick-off of an event.

## 8 Junior Youth Committee Positions

Current roles for the Committee are as follows

- **Chairman:** Stephen Moore. Coordinates and manages meetings, reports to NCYRA Board of Directors, coordinate communications to all clubs.
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- **Discipline and Compliance Officer:** Glenn Worden. Liaison with NCYRA Disciplinary Committee(s). Reviews and refers disciplinary actions to such Committee(s). Sits on such Committee(s)
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- **Junior Youth Scheduling Coordinator:** Stephen Moore
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- **Bay Conference Officer:** Doug Pearson. Liaison with regional clubs.
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- **Sac Conference Officer:** Glenn Worden. Liaison with regional clubs.
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- **Secretary:** Hilo Makoni: Takes minutes of meetings and otherwise works with Chairman to coordinate meetings and communication with Committee members.

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- **Tournament Director:** Belinda Van Tonder

Committee Membership:

Stephen	Moore	<a href="mailto:moore@rawbw.com">moore@rawbw.com</a>	408-371-3436	408-221-7612	Chairman / Bay
Glenn	Worden	<a href="mailto:glenntheredman@yahoo.com">glenntheredman@yahoo.com</a>	530-210-6519	530-889-2857	Sac
Michael	Walker	<a href="mailto:michael.walker@wilsonelser.com">michael.walker@wilsonelser.com</a>	415.625.9267		Bay
Doug	Pearson	<a href="mailto:dpearson@lee-associates.com">dpearson@lee-associates.com</a>	510-967-9879		Bay
David	Starnes	<a href="mailto:dstarnes14@comcast.net">dstarnes14@comcast.net</a>	916-719-9334		Sac
Hilo	Makoni	<a href="mailto:umakoni@hotmail.com">umakoni@hotmail.com</a>	650-906-2150		Bay
Belinda	Van Tonder	<a href="mailto:wesleyint@yahoo.com">wesleyint@yahoo.com</a>	925-705-8081		Bay
Rob	Tookoian	<a href="mailto:rtookoian@rxipm.com">rtookoian@rxipm.com</a>		559-476-8000	Central
Jim	Marsh	<a href="mailto:jmarsh@montara.com">jmarsh@montara.com</a>	650-839-3783		Bay

- Committee participant (non-voting membership)

Dan	Stauffer	<a href="mailto:stauffer.dan70@gmail.com">stauffer.dan70@gmail.com</a>			Bay
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## 9 Disciplinary Committee and Compliance

It is expected that NCYRA will have a Disciplinary Committee or Committees (by region) to set forth disciplinary standards and enforcement.

The Junior Youth Rugby Committee will meet regularly to discuss issues related to regulations and compliance. The Junior Youth Committee Discipline and Compliance Officer shall make general recommendations to the NCYRA Committee, as well as inform it of any Junior Youth disciplinary issues.

Reports of non-compliance with any NCYRA directives should be brought to the attention of the Junior Youth Discipline Officer. Reports must be presented in writing. Anonymous reports will not be considered.

The discipline chair will investigate non-compliance issues and present them to the NCYRA Committee.

Persistent violations with no attempt to rectify will not be tolerated and appropriate sanctions should be invoked.

## **10 Committee Meetings**

Junior Youth Committee will meet up to five times during the season, meetings targeted in late November, and early January, February and March.

At least two face to face meetings are desirable, other meetings can occur via phone conference.

The primary purpose of the meetings is to discuss issues related to scheduling, regulations and compliance.

Meetings should also be arranged by the committee in support of assistance to new clubs for set up and recruitment.

## **11 Tournaments**

- Kick Off Tournament at clubs' discretion.
- End of Season 2013 tournament to occur end of March, the weekend of March 30 location TBD.