

RULES OF THE GAME

1. The game upholds the values of the World Rugby Playing Charter - Integrity, Passion, Solidarity, Discipline and Respect.
2. This is a game for anyone, without restriction, where respect for each other and goodwill by participants are integral elements of the game.
3. The attacking team's objective is to score a try by touching the ball down on or over the opponent's try line.
4. There are two versions - a Flag version and a Touch version - both played with common elements (*apart from the Flag resources*).
5. The attacking team have seven phases to score. On the 7th Flag/Touch, the opposition will be given the ball.
6. The defending team need to try and stop the attacking team from scoring by making a touch-tackle on the ball carrier at the shoulder or below; or by ripping flags from a belt worn by the ball carrier.
7. Rules of play, player numbers and pitch size can be flexed to meet the needs of the participants.

GENERAL GAME PLAY

- Teams are made up of up to seven players and can be mixed genders and ages - this should be agreed beforehand. Both teams should have the same numbers during a match. If space allows, or is restricted, numbers can be flexed accordingly.
- There can be up to 5 replacements per team, used on an unlimited rolling substitutions basis.
- A match is made up of two periods of up to 10 minutes (running time) - this should be agreed beforehand.
- The objective is to touch the ball down on or over the opponent's try line.
- This is called a Try and is worth one point. There are no other ways to score.
- The attacking team have seven phases to score in T1 Rugby - a phase is a passage of play between a tag or touch.
(*For clarity, the other team will be given the ball on the 7th touch/flag-pull if a try has not been scored.*)
- The defending team aim to stop the attacking team from scoring by either making a series of one-handed touches on a ball carrier - no higher than the shoulder or below - or by removing a series of flags attached to a player's waist.

KICKING

- The game should start with a drop kick at the middle point of the pitch.
Note: *There is no sanction if the ball is kicked in a different way (punt/grubber/place).*
- The kick off/restart must be received by the non-kicking team at any point in their own half. The kicking side must allow the receiving team to catch/retrieve the ball. They cannot compete for, or field their own kick off.
- The receiving player should attempt to gather the ball without going to ground.
- After a try, the scoring team restarts play with a drop kick from half way (*no sanction if the ball is kicked in a different way*).
- If a restart kick goes off the side or end of the pitch without being collected by the opposition, the non-kickers will have a choice of a re-kick, or a scrum restart on half way with their put in.
- Kicks from hand may occur at any time in the game.
- Due care must be taken when opponents are competing for a ball that has been kicked in open play, there should be no contact in the chase, or when collecting the loose ball, or contesting possession in the air. If there looks like there may be a competition for a ball, the referee will call out which team should field the ball.
- Other than restarts, if the ball is kicked off the side of the pitch, play restarts with a lineout where the ball goes off the field. The other team shall throw the ball in.
- Apart from a kick off or restart kick, if the ball is kicked over the end of the pitch from any kick, play restarts with a Tap and Pass to the other team, 15m out from the try line.

BREAKDOWN AREA

- At the point of a flag-pull/touch, a 'breakdown' must be created made up of five players.
- **Attack:** the ball carrier and a teammate; and
- **Defence:** the flag-puller/toucher, plus two other defenders who must put their outside hand on the shoulder of the flag-puller/toucher forming a triangle.
- Breakdown players must make contact with their teammates only, within 5 seconds.
- The ball carrier turns to their own side and presents the ball to their teammate (*"the ripper"*) who can then pass, or kick the ball, but cannot score a try.
- The "ripper" can take up to three steps away from the breakdown before passing but cannot go further.
- The "ripper" cannot be touched/tagged by the defenders before they pass the ball.
- Remaining players must move to an offside line along the back foot line on their side of the breakdown.
- If the attacking team choose to play the ball away before the defence have had the chance to set their three players, there will be no sanction against the defenders.
- If the defenders don't make an attempt to move towards the breakdown to set their defensive triangle, a penalty can be awarded and the series of seven plays restarts.

SCRUMS

Awarded for a knock-on, forward pass or some other necessary stoppage.

- Play is restarted with a 3v3 passive scrum made up of the nearest three players to the stoppage.
- The putting-in side must retain possession - there is no engagement, no pushing, no strike by the other team and no active contest for the ball.
- The three players from each team must line up closely next to each other, and face their opposition. The 'props' should then loosely touch, but not grip, their opponent's shoulders.
- Each team has a 'scrum-half'. The defending scrum-half stays directly behind their 3 players in the scrum. The other scrum-half throws the ball into the scrum.
- The scrum-half puts/rolls the ball in and the middle player must hook/play the ball with their feet back between their legs.
- The scrum ends when the scrum-half plays the ball away from the scrum - they can pass, or kick the ball.
- The scrum half can take up to three steps away from the scrum before passing or kicking but cannot go further.
- The scrum-half cannot be tagged or touched in this play by a scrum participant (*play on - no penalty*).

LINEOUTS

When the ball leaves the side of playing area, the side that did not take, kick or play the ball out restarts with an uncontested lineout.

- 3v3 who create a lineout formation with the front player about 5m from the side.
- There must be a defending 'scrum-half' who lines up behind their own 3 players.
- Other players should be 5m back from the line of touch.
- There is no lifting, supporting or contest of any type.
- The ball should be thrown down the middle of the line by any form of pass from the touchline. It should be straight, but there is no sanction if it is not.
- The catcher of the ball must pass the ball to one of their teammates who are 5m back or to the throwing-in player who may move into a 'scrum-half' position after throwing it in.
- The lineout is over when the ball leaves the hands of the lineout catcher and a series of seven touches/tags begins.
- The catcher cannot be tagged or touched while they are in possession of the ball.

PENALTIES

Awarded for any offence that breaches the laws (*high tackle, aggressive contact, foul or dangerous play, poor sportsmanship, failure to add numbers to breakdown, holding an opponent in at breakdown/scrum/lineout*). When awarded, play restarts with a 'tap and pass' restart.

- The ball must move a visible distance and not just be tapped against the foot.
- The non-offending team has a complete set of seven plays after the restart.

TOUCH

- A penalty can be awarded for a high touch, or for an overly aggressive touch.

FLAG

- A penalty can be awarded if a Flag is not returned promptly to the player it has been taken from.
- A penalty can be awarded if a player is handled/grabbed rather than the Flag.
- A penalty can be awarded if Flags are not worn correctly (one on either side of the waist, or if hidden by a playing shirt/bib/vest).
- A penalty can be awarded if a ball carrier uses the ball to shield their own Flags, or prevent the defender from accessing the Flags.

END OF 7TH PHASE (TOUCH OR FLAG)

- If a try has not been scored in the seven phases, then play is restarted at the point of the 7th flag/touch with the opposition receiving the ball and restarting with a tap and pass to a teammate.
- The other team need to move back 5m before play restarts.
- If the side decides to play the ball away before the defence have had the chance to move back 5m, there will be no sanction against the defenders. Providing the defenders were retiring when the ball is played quickly, the ball carrier may be flag-pulled/touched.

FLEXIBLE RULES (GAME ON)

- The following elements can be adapted or flexed with agreement of both sides.
- Size of the pitch can be adjusted as required.
- Player numbers, specified mix of age/gender.
- 6v6 up to 10v10.
- Kicking in open play can be removed by agreement.
- Match length can be reduced or extended by agreement (*generally in line with player numbers*).
- Contestable areas: Breakdown & Lineout.
- **Lineout** - Contest is allowed but with no supporting lift. Ball is to be thrown above shoulder height down the middle of the lineout. 2 players jump (*must land on same spot*) and contest for the ball.
- **Breakdown Area** - The defence force the turnover if the 3rd defender is in place before the ball is passed away by the attacking side.