



**Australian Capital
Territory Junior
Rugby Union (Incorporated)**

RULES of COMPETITION 2023

Girls Rugby

As adopted at the 2 March, 2021 Special General Meeting and to be approved by Rugby Australia's Laws Advisory Group as a Local Law Variation.

1. Caveat

- 1) The Rules of Competition for Junior Girls' Rugby are to be read in conjunction with the:
 - a) ACTJRU Rules of Competition, as adopted
 - b) Rugby Australia (Rugby AU) U19 Laws, including variations, and
 - c) Rugby AU Kids Pathways (U6-U12), where applicable

2. Competition Setup

- 2) The ACTJRU Girls Rugby competition for 2021 is a 10 a side competition.
 - a) There is an expectation the competition will move to a 15 a side competition in coming years, subject to consultation with clubs/schools. These changes will be reflected via update to these Rules of Competition.
 - b) Agreement may be reached between Coaches and confirmed with Referees to play with increased numbers up to 15 a side where numbers allow. This is not the case for the Finals series.
- 3) A Finals series, competition ladders and premierships are allowed
 - a) Games played in the Finals series will be played as 10 a side.
- 4) The ACTJRU Girls Rugby competition rules align with the ACTJRU Rules of Competition, except where a variation or exception is provided in these Rules of Competition.
 - b) Contested scrums and lineouts will be introduced in all age groups across the 2021 competition from Round 1.
 - c) Coaching teams must ensure forwards training is provided to players in all age groups, in particular scrummage and lineout lifting techniques.

3. Game Day Logistics

- 5) Game Times
 - a) Under 14s Girls: 9:30am +/- 1hr, 20 minute halves, 5 minute half time
 - b) Under 16s Girls: 10:30am +/- 1hr, 25 minute halves, 5 minute half time
 - c) Under 18s Girls: 11:30am +/- 1hr, 30 minute halves, 5 minute half time
 - d) No time off for injury or other stoppages
- 6) Ball size
 - a) A size 5 ball will be used for all age groups
- 7) Modified field where the sidelines are to be moved in 5 metres on each side (cones to be used).

4. Number of Players

- 8) Number of players and squad size
 - a) 10 players on the field per side
 - b) The recommended maximum squad size is 17 players

- 9) Player substitutions
 - a) Unlimited rolling substitutions are allowed but can only be made when the ball is dead.
- 10) Player matching rule
 - a) In the spirit of the game, teams are expected to match numbers on the field during play throughout the season.
 - b) In the Finals series, a team may field less than 10 players, but numbers will not be matched.
 - c) Player matching must be maintained throughout the match other than where a player has been permanently or temporarily dismissed from the field.

5. Scoring

- 11) Points are awarded to teams in the following way:
 - a) A TRY, 5 points
 - b) A CONVERSION, 2 points
 - c) A PENALTY TRY, 7 points
 - d) DROP GOAL, 3 points
 - e) PENALTY GOAL, 3 points

6. Foul Play

- 12) No squeeze ball is allowed in the Under 14s Girls competition (Penalty Kick).
- 13) No leg lifting is allowed in lineouts in the Under 14s and 16s Girls competitions (Penalty Kick).
- 14) A RED CARD = sent off and cannot return. The player cannot be replaced.
- 15) A YELLOW CARD = 5 minutes in the sin-bin for Under 14s and Under 16s Girls, and 10 minutes in the sin-bin for Under 18s Girls. If the time period has not expired when half-time or full-time is called, the temporary suspension ends.

7. Kick-off and Restarts

- 16) Kick-offs and restarts are made by the scoring team and are dropkicks.
- 17) No second chances for incorrect kick-offs and drop-outs.

8. Lineouts

- 18) Lineout set up
 - a) No quick throw-ins allowed in the Under 14s and Under 16s Girls competitions.
 - b) There must be 4 players from each team to stand as catchers in the lineout, 1 metre from the opposition in a single line.

- c) All other players not taking part in the lineout must be back at least 10 metres under ACTJRU Rules of Competition.
- 19) Lineout play for the Under 14s and Under 16s Girls competition
- a) 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.
 - b) There is to be no lifting on the legs.
 - c) No second chance if the throw is incorrect (i.e. not straight).
- 20) Lineout play for the Under 18s Girls competition
- a) Players in the lineout who are going to lift or support a team-mate jumping for the ball may grip below the shorts and on the legs.
 - b) No second chance if the throw is incorrect (i.e. not straight).
- 21) Lineout offside
- a) The lineout does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver.
 - b) Opposition backline players must stay onside and lineout player must stay in the lineout until the lineout is over.
 - c) If players are offside, the Referee awards a Penalty Kick.

9. Scrum

- 22) Scrum set up
- a) 5 players from each team form the scrum
 - b) Both scrum-halves must stand on the same side of the scrum.
 - c) When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear.
 - d) No crotch binding in scrums in the Under 14s Girls and Under 16s Girls competitions.
 - e) All other players not taking part in the scrum must be back at least 5 metres.
 - f) If the setup is not right, the referee awards a Free Kick.
- 23) Contested scrums
- a) Scrum engagement sequence is CROUCH – BIND – SET. There must be a clear non-verbal pause between "BIND" and "SET".
 - b) A team must not push the scrum more than 1 metre (Free Kick)
 - c) During the game, if the Referee calls the scrums uncontested, the non-offending team can elect to take an uncontested scrum or a Free Kick.
- 24) Uncontested scrums
- a) The team feeding the scrum must win it.
 - b) Scrum engagement sequence is CROUCH – BIND – SET. There must be a clear non-verbal pause between "BIND" and "SET".
 - c) A team must not push the scrum. If the scrum moves off the 'mark', the Referee awards

another scrum with the same team feeding, so the players can get it right.

- d) If the wrong team wins the scrum, the Referee awards another scrum with the same team feeding, so the players can get it right.
- e) There are no penalties in uncontested scrums.

25) Scrum offside

- a) The scrum is not over until the ball is completely out of the scrum (e.g. even if the scrum-half has hands on the ball it is not out).
- b) The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding until it is over.
- c) Opposition players must stay onside or stay bound until the scrum is over.
- d) If players are offside, the Referee awards a Penalty Kick.