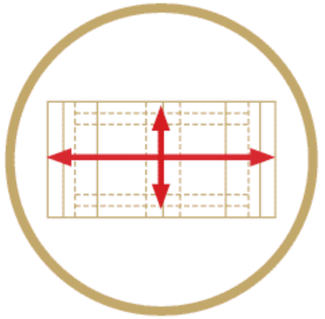
PATHWAY TO PARTICIPATION

Modified Laws – 7 & 10 a side rugby



PITCH SIZE

- Full pitch option for both 7 and 10 a side rugby
- Reduced pitch option for 7s and 10s between 22 metre lines (22 metre line will act as the try line) - if both teams agree
- Reduced cross-field pitch option for 7s and 10s

LINE-OUTS

- In 7s, a line-out will consist of a thrower and a maximum of three players in the line-out or five for 10 a side. A scrum half (receiver) is optional
- Lineout>maul. No player can join the maul who are is not already in the line-out – players must stay back 10m until the line-out finishes and cannot join the maul (sanction: penalty kick)

NO SCRUM

- When there is an offence where a scrum is usually awarded, a 'tap and pass' is the mandatory action to restart. Teams must be given time to retire 10 metres

MAULS

- Only one movement in any direction – referees will shout "use it" when the maul stops.

RUCKS

- When referee calls "Ruck", no other player can join the ruck.
- When the ball is playable, referees will immediately shout "use it" and the attacking team will have five seconds to move the ball away from the contact area.

PENALTIES

- A player may tap and run if a penalty kick is awarded.

Registration and pre-training and match protocols remain,

e.g WRU Game Locker symptom check, home hygiene and kit preparation