

Rugby 10-aside Tackle

Ngā Puna Wai

1. Competition Structure & Officials

- **Advancement: A Grade** teams proceed to a playoff round in **Term 3** based on **Term 2** results.
- **Referees:** Each team must provide a referee. They officiate **half the game each** unless mutually agreed otherwise.
- **Coach Certification:** All coaches/referees must have completed the **NZ Rugby Small Blacks** course applicable to this level.
- **Post-Match:** Coaches/Managers must sign the score card immediately to confirm the score.
- **One-Sided Games:** If a team leads by **55 points**, the game is stopped and the score is recorded as the official result. Play may continue for fun if coaches agree to swap players to even the contest.

2. Match Format & Timing

- **Duration:** 2 x 25-minute halves with a 3-minute halftime.
- **Timing:** Kept by the referee with **no stoppage time**.
- **Field & Ball:** Played on ½ field using a **Size 4 ball**.

3. Team Composition & Substitutions

- **Numbers:** 10 players on the field (**5 forwards and 5 backs**).
- **Substitutions: Rolling substitutions are not permitted.** * Subs can only be made at **halftime** or during the **quarter-way substitution breaks** signaled by the referee.
 - These breaks are max 1 minute and are **not** for coaching; coaches must not provide tactical advice during this time.
- **Fair Play:** Every player must play at least **half a game**.

4. Scoring & Restarts

- **Try:** 5 points.
- **Conversion:** 2 points. (Taken from in front of the posts; can be a punt or a drop-kick).
- **Kick-Off:** Drop-kick by the **non-scoring** team.
- **Penalties:** Restart with a **Tap & Pass**. There are no penalty kicks at goal.

5. Gameplay & Safety

- **Tackling:** Normal rugby rules apply. Tackles must be **below the armpit level**. Safety and correct technique are paramount.
- **Fending:** No fending to the head, face, or neck regions.
- **Scrum:** 5 players involved. **Non-contested** (no pushing or wheeling). The team throwing the ball in wins the ball.
- **Lineouts:** No lifting permitted in lineouts.
- **Kicking:** Kicking in general play is allowed, though running and passing are encouraged.
- **Coaching:** A coach may be on the field to assist **or** referee, but not both at once.

