

LAWS & VARIATIONS

Rugby Tens incorporates specific variations designed to enhance key aspects of the game. It is important to us that every player from a 15s or 7s environment can find a meaningful role in the Tens format and continue to develop their skill set. These decisions allow for a stronger coaching focus and for a wider range of strategies to be implemented, incl. the strengthening of set piece play and the kicking game.

Tournaments organised and managed by Rugby Tens will follow the World Rugby Laws of the Game as published, amended, and clarified from time to time by World Rugby.

Rugby Tens Variations:

1. Team composition & Changes
 - a. Each Youth Boys and Girls Teams are comprised of:
 - i. A maximum squad size of 15 players
 - ii. 10 starting players.
 - iii. 5 replacement players.
 - iv. All teams must have at least 6 players who are trained to play in the front row positions.
 - b. A player removed for an Injury **is not allowed to take any further part in the Match from which they were withdrawn** and must be cleared by the Team or Tournament Medical Team before taking any further part in the Tournament.
 - c. Where a player needs to be replaced for “blood”, which means that a player has an open wound or bleeding that cannot be controlled through an on-field intervention and has to leave the field, this **will not** be classified as a player interchange. A team wishing to make a “blood substitution” will ask the TZM / 4th official for a “Blood Replacement Card” which they complete in the same manner as other replacement cards. Such a change



will not count as one of the 10 interchanges. Should this player then return to the field of play, the team will complete a Blood Reversal card. This will not count towards the 10 interchanges.

- d. **Yellow card suspensions** will last two (2) minutes.

2. Extra Time

- a. During pool games, there is no additional time.
- b. During the knockout stages of the competition, if the score is tied at the end of a game, the result will be decided by a **Kicking Competition** as detailed below
- c. At the final whistle of “normal time”, there will be a two minute break. Neither the teams nor the Match Officials may leave the Playing Enclosure during this break. The coaching/management/medical staff of each Team shall be permitted onto the Field of Play
- d. A coin toss between representatives of the two teams will be made and the winner will decide which team starts first. During Mix-Play matches, the team that won the original toss will decide ie no additional toss.
- e. Each team will nominate to the Tournament Director, 5 kickers who will alternate (team a, team b) so that all 10 kickers have kicked or a team is mathematically unable to win or draw with their kick attempts. In Mix-Play games, 3 kickers will be male / adult and 2 kickers will be female / junior. They will also alternate within their team’s kicking order.
- f. All kicks will be drop kicks, taken from **behind the 22m line**.
- g. If the scores are tied after all 5 kickers from each team have kicked, the competition will move to sudden death following the same order and sequences as above.
- h. Kickers used during the best out of five kick out may not be used for the sudden death kick out, ie. new kickers to be used.
- i. **Only players named in the 15 player** roster may be used in the kicking competition. Should all 15 be used and the scores still level, the order will start again as previously notified.



3. 50:22.

- a. Although the 50:22 rule is excluded from the 10 a side variation with the Laws of the Game, Rugby Tens has approved for all Tournaments that the 50:22 law will apply in order to encourage open play and creative kicking.

4. Scrum Half stays at the tunnel

- a. Once play in the scrum begins, the scrum half of the team not in possession takes up a position near the scrum and no further than the centre line of the tunnel. This is to create opportunity and space for players to get the ball away cleanly from the base of the scrum.

5. Goal Line Drop Out.

- a. To encourage a more complex playing model, Rugby Tens has introduced the GLDO to its Tournaments

6. Tackle Height

- a. Rugby Tens is a Global Organisation which operates through several regional jurisdictions in terms of Rugby Law and Regulations. Rugby Tens operates across Age Grade, Amateur, Semi-Professional and Professional spheres, each of which has different Regulations with regard to the Tackle Height.
- b. Whilst Rugby Tens Tournaments will feature very highly experienced professional players, they will be playing alongside and against players without the same level of training, strength and experience and as such Rugby Tens has adopted a "Safety First" approach to the tackle height using the least experienced level as our baseline.
- c. Age Grade Tackle Height will always be determined by the Union in whose jurisdiction we are operating, unless it differs from the details below.

4. Scrum Option

- a. Prior to January 2025, Rugby Tens adopted an option at Free Kicks (such as the restart kick not travelling 10m) that the non-offending side could still choose a scrum instead of the Free Kick.



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- b. This option is NOT available when a free kick has been awarded for scrum offence. In this instance, the standard free kick must be taken. Whilst Rugby Tens is a game for all players and the rationale behind us retaining the scrum option to develop players and encourage greater tactical play, we recognise that the “scrum for a penalty” is not positive rugby and this is why we do not allow the scrum option in this instance.
- c. This Rugby Tens Variation still applies until notified otherwise.