



SA U8 T1 RUGBY



START OF THE GAME

SUMMARY OF THE GAME

- › The game is played by 7 players per side – three forwards and four backs.
- › A rip of the tag represents a tackle.
- › A team must score within seven rips.
- › That means that they retain possession for six rips.
- › The game is played “horizontally” between the 10m line and the goal line of a normal field, with the sideline acting as goal lines or 40m wide.

The game starts with a kickoff that must travel five metres. It can be any type of kick. If the ball does not reach the five metre line, the kick is retaken.

If the ball is kicked directly over the line of touch or is kicked dead, the game restarts with a scrum to the opposition on the halfway line.

TIME: A GAME CONSISTS OF TWO HALVES OF 10 MINUTES EACH.

GENERAL FORMAT

- › The game starts with a kickoff. A team must score within seven rips. They will turn the ball over after the seventh rip.
- › A player who's tag is ripped must stop and return to where the tag is lying.
- › Tag must not be thrown “away” but left where tag/rip was made. If so, the defender will be penalized for foul play.
- › When a player's tag is ripped off, he/she **must return to the ripped tag** and the player that ripped the tag plus one defender must join the player at the “breakdown”.
- › The ball can either be presented to the “scrumhalf” or placed on the ground.



TURN AND PRESENT THE BALL

ONCE THIS HAPPENS THE DEFENDERS MUST:

1. The person that ripped the tag and the carrier must “join the breakdown” (meaning put a hand on the shoulder/back of the ball carrier) and one more other player from the defensive team must join the breakdown
2. The rest of the team retreat behind the offside line which is three metres behind the feet of the defenders in the breakdown.
3. If they don’t retreat, a penalty is given to the attacking team and they RESTART their number of tag options.

THE ATTACKING TEAM:

- › The attacker that was tagged may, turn to place the ball or allow the “ripper / halfback / scrumhalf” to take the ball from him or her.
- › The scrumhalf cannot run more than three meters before passing the ball.
- › The scrumhalf may NOT score a try.

KICKING IN GENERAL GAME IS NOT ALLOWED



FACE FORWARD AND ROLL THE BALL THROUGH HIS OR HER LEGS

(More skilled teams will probably prefer this option but the “ruck” still takes place where the tag was ripped)

- › This option still requires that the person that ripped the tag plus one other defender must join the breakdown.
- › The “scrumhalf” can play quickly.
- › Offside lines apply and the offside line is three meters behind the defender in the breakdown.

ERRORS

- › If the attacking team knocks the ball backwards, play continues.
- › If the attacking team loses the ball forward, a scrum is ordered and the opposing team puts the ball into the scrum.
- › If they step out of the playing field a line out is formed, opposing team throws the ball into the lineout.

PENALTIES FOR ILLEGAL/FOUL PLAY

- › Tap and pass penalty with the defense five meters back.

SCRUM FORMATION

- › A scrum is formed by the three forwards bent over touching the opposition team
- › Scrums are uncontested.
- › Both teams must be back three meters away from the scrum.

LINEOUT FORMATION

- › A lineout is formed by three players in the lineout, and the ball is thrown in and collected/received by the scrumhalf.
- › The defending team’s scrumhalf must be two meters away from line of touch in a “hooker” position. This means defense has three players in the lineout and no receiver.
- › There is no requirement that the throw must be straight.
- › Lineouts are uncontested.
- › Players must be three meters away from line of touch when ball is thrown into the lineout.