



RUGBY CANADA

2023 LAW VARIATIONS FOR COMMUNITY RUGBY: U7 & U8 RUGBY

IMPORTANT NOTICE

THIS DOCUMENT DESCRIBES VARIATIONS TO THE GAME. IF THERE IS A DOUBT ABOUT THE LAW, APPLY WORLD RUGBY LAWS OF THE GAME AND U19 VARIATIONS WHERE APPLICABLE.

INTEGRITY ~ RESPECT ~ SOLIDARITY ~ PASSION ~ DISCIPLINE



**PLAY
SMART**
PUTTING PLAYERS FIRST

RUGBY.CA



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Cover photo: [ADD CREDIT LATER]





LAW VARIATIONS VISION & MISSION STATEMENT

VISION

To foster an inclusive, welcoming environment so that players of every shape, size, gender, age, ability, and skill level are able to participate in developmentally appropriate, controlled, competitive and enjoyable games. Use the game as the best teacher for teamwork, co-operation and respect between participants, coaches, players, officials, parents, and fans.

MISSION

Use a player-centred and development driven model to continually assess, adapt and improve appropriate law variations for all ages across Canada. We seek to ensure integrity, passion, solidarity, discipline and respect are central tenants for all considerations, decisions and variations made.





LAW VARIATIONS VISION & MISSION STATEMENT

HALF A GAME PROJECT

	EXPLANATION	LAW CONSIDERATIONS / NOTES
Half-game guarantee	Each player guaranteed to play Half-a-Game every match day.	Half-game minutes may be accumulated all at once or through rolling substitutions.
Start 1 game guarantee	Every player must start 1 game per festival/competition day.	Focus on development opportunities for all players in a variety of positions.
Triangular/Quad Fixtures	<p>Play multiple shorter games in a festival style using full or modified squad sizes and modified match lengths.</p> <p>Endeavour to schedule 3 matches / team per festival. Ensure there is appropriate rest time between matches.</p>	<p>Recommendation to schedule multiple matches when possible, to promote player participation & experience.</p> <p>Recommended for U16 and below.</p> <p>This structure allows for match results to be recorded and may be used in both recreational and competitive settings.</p>

TACKLE HEIGHT GUIDANCE

N/A

MOUTHGUARD GUIDANCE

Mouth guards are typically worn in contact sports to protect the mouth from injury. The purpose of a mouth guard is to distribute the impact of a contact situation evenly throughout the mouth, potentially reducing the chances of injury. Previous studies have indicated that the wearing of mouth guards reduces the incidence of hard and soft oral injuries, jaw fractures and neck injuries (Ranalli, 2000; Knapik et al, 2007; Newsome et al, 2001). A study in New Zealand rugby union has reported a 47% reduction in dental injury claims following the introduction of compulsory wearing of mouth guards (Quarrie et al, 2005).





GAME CARD

Size of Playing Area 4 v 4 (20m x 15m) 6 v 6 (25m x 20m) Excluding In-Goal	Safety Zone between Playing Areas 5m	Ball Size Size 3 	Numbers Per Team Recommended 4 Maximum 6	Substitutions Rolling Subs
Time per Half – Single Game 7-10 min 	Maximum Time Per Half - Festival 7 min 	Maximum playing time for players per day / event 60 min 	Match Official Game Manager 	Coaches on field (not including Game Manager) Yes
Goal Kicking (Conversion / Penalties) No 	Yellow Card Time Out (2min) Player sits out for a short period to get coaches feedback on foul play (Learning opportunity). Player to be replaced for equal numbers 	Red Card No 	Offside 3m from Tap and pass restart 1m from where the ball carrier stops after the flag pull – not where the flag is pulled (Max 3 steps)	Knock-On Play on Where Possible
Restart Tap & Pass at Halfway Point	Tackle One Flag is Pulled	Ruck N/A	Maul N/A	Lineout Tap & Pass from the mark where the ball exited play
Scrum No / Tap & Pass Instead 	Kicking in Open Play No 	Fending/ Hand-Off No	Squeeze Ball No	Penalties Tap & Pass





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1. THE GROUND

- 1.1** The playing enclosure must be safe to play on.
- 1.2** The surface may be grass, sand, clay, snow, or artificial grass. Match organisers may decide to use other surfaces provided they are suitable.
- 1.3** Matches are played on a field no more than 25m long from goal line to goal line and 20m wide from touch line to touch line.
- 1.4** A solid line should indicate each touch line, goal line and the halfway line. If no lines are possible, required markings can be indicated by soft cones.
- 1.5** If either team has an objection to the ground, the coach must tell the Game Manager before the match starts, who will attempt to resolve the issue in conjunction with the organizers.

2. THE BALL

- 2.1** The ball must conform to World Rugby Laws of the Game Law 2. It will normally be a size 3.

3. TEAM

- 3.1** There is no distinction made for participants of any gender.
- 3.2** Each team must have no more than six players on the playing area.
- 3.3** Teams must have the same number of players, down to a minimum of four.
- 3.4** At any time before or during a match a team coach may make an objection to the Game Manager about the number of players in the opponent's team. As soon as the Game Manager knows that a team has too many players, the Game Manager must order the coach of that team to reduce the number appropriately. The score at the time of the objection remains unaltered.
Sanction: Tap and pass with flags reset.
- 3.5** A team may nominate an unlimited number of substitutes.



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- 3.6** A team may replace any number of players during a game at any time. The replacement must enter the playing area at the half-way line. A player leaving the playing area may do so from any place. A replacement enters the field of play only when the replaced player has left the field of play.
- 3.7** A player sent off for foul play may be replaced.
- 3.8** If the Game Manager decides – with or without the advice of a doctor or other medically qualified person – that a player is too injured to continue playing, the Game Manager should order that player to leave the playing area. The Game Manager may also order an injured player to leave the field in order to be medically examined.
- 3.9** A player who has an open or bleeding wound must leave the playing area. The player may return only when the bleeding has stopped or controlled and covered.

4. PLAYERS CLOTHING

- 4.1** A player wears a jersey or t-shirt, shorts, flag belt with two flags attached. The belts must be worn around the waist and on the outside of the clothing. Shirts should be tucked in at all times. The flags must be properly positioned on either side of the hips and teams may be distinguished by the colour of the flags and or shirts they wear.
- 4.2** A player must not wear:
- (a) Any item that is contaminated by blood.
 - (b) Any item that is sharp or abrasive, including jewellery, and any items prohibited under the World Rugby Laws of the Game Law 4.
 - (c) A cap with a rigid peak.
 - (d) Any item that is normally permitted by the World Rugby Laws of the Game Law 4 but in the Game Manager's opinion is liable to cause injury to a player.
- 4.3** The Game Manager has power to decide at any time, before or during the game, that part of a player's clothing is dangerous or illegal and must order the player to remove it.



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5. TIME

- 5.1** A game lasts no longer than 20 minutes actual time. A game is divided into two halves each of not more than 10 minutes actual time. Match organisers may reduce the duration of the game where appropriate
- 5.2** There is an interval at half-time of not more than five minutes, after which teams change ends.
- 5.3** The Game Manager keeps the time.
- 5.4** The Game Manager has the power to end the match at any time if they believe it would be dangerous to continue.
- 5.5** If time expires and the ball is not dead the Game Manager allows play to continue until the ball next becomes dead.
- 5.6** Players must not exceed 60 minutes of play in a day.

6. MATCH OFFICIAL

- 6.1** Every match is under the control of a Game Manager. Additional persons, as authorised by the match organisers may include the assistant Game Managers and reserve Game Manager.
- 6.2** All players are under the control of the Game Manager and/or match organiser from the time they arrive on location to the time they leave.
- 6.3** In the event of misconduct by a player, the Game Manager shall, at their discretion, caution, or instruct the coach to replace the player. If the misconduct occurs off the field of play the Game Manager will report the matter to the match organisers.
- 6.4** The Game Manager organises the coin toss or other appropriate method to determine which team starts and in which direction. The team that wins the toss, decides whether to start or to choose an end. If the winner of the toss decides to choose an end, the opponents must start and vice versa.
- 6.5** The Game Manager may consult with assistant Game Managers in regard to matters relating to their duties.
- 6.6** If a player is injured, and continuation of play would be dangerous, the Game Manager must blow the whistle immediately.



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- 6.7** If the Game Manager stops play because a player is injured but there has been no infringement, and the ball has not been made dead, play restarts with a tap and pass to the team last in possession of the ball, with the same number of flags.
- a) If the ball or ball-carrier makes contact with the Game Manager and neither team gains an advantage, play continues. If either team gains an advantage the Game Manager awards a tap and pass to the team that last played the ball, with the same number of flags.

7. ADVANTAGE

The advantage law takes precedence over most others. Its purpose is to promote continuity. It is particularly useful at community and age-grade levels where there are more infringements and, therefore, more opportunities for advantage to be played. When infringements occur, players are encouraged to play until the whistle sounds.

- 7.1** When the opposing team gains an advantage immediately after an infringement, the Game Manager does not stop play for the infringement.
- 7.2** When Game Managers are playing advantage, they call “advantage”. When Game Managers determine that an advantage has been gained by the non-offending side, they call “advantage over” and play continues without interruption.
- 7.3** If no advantage is gained by the non-offending team or that team infringes, the ball is returned to the point of the original offence and the non-offending team will restart with a tap and pass.

8. SCORING

- 8.1** When an attacking player is first to ground the ball in the opponents’ in-goal, a try is scored.
- Value: 1 point.**
- 8.2** If a player would probably have scored a try but for foul play by an opponent, a penalty try is awarded.
- Value: 1 point.**



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9. FOUL PLAY

9.1 Foul play can take place anywhere within the playing enclosure.

9.2 Foul play includes:

- Obstruction or interfering with another player off the ball.
- Unfair play or acts contrary to good sportsmanship.
- Repeated infringements.
- Dangerous play.
- Tackling a player early, late or when they don't have the ball.
- Throwing away a flag.
- Calling "flag!" or raising a hand without having effected a tackle successfully.
- Deliberate contact with an opponent, including tripping.
- Disputing a Game Manager's decision.
- Verbal abuse of any player or official.

9.3 Defenders must make a genuine effort to remove a flag and not illegally impede the progress of an attacker.

9.4 Attackers must not use their arms or hands to prevent a defender from legally removing a flag.
Sanction: Tap and pass with flags reset.

9.5 Yellow and red cards:

- The length of a yellow card is to be 2 minutes
- There are no red cards, coaches are encouraged to remove a player who is disrupting the game on a consistent or dangerous way.
- A player is always to be replaced should a player be removed from the field of play.

Sanction: Tap and pass with flags reset.



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10. OFFSIDE AND ONSIDE IN OPEN PLAY

10.1 A player is offside in open play if that player is in front of a team-mate who is carrying the ball or who last played it. An offside player must not interfere with play. This includes:

- Playing the ball.
- Attempting to flag the ball-carrier.
- Preventing the opposition from playing as they wish.

Sanction: Tap and pass with flags reset

The offside player is put onside when an opponent:

- (a) Who gathers the ball, runs three metres with the ball.
- (b) Who gathers and passes the ball.
- (c) Intentionally touches the ball but does not catch it.

10.2 A defending player is offside if they are within 3m from a tap and pass restart or within 1m from where the ball carrier stops after a flag pull - not where the flag is pulled.

Sanction: Tap and pass with flags reset

11. KNOCK-ON OR THROW FORWARD

11.1 A knock-on occurs when the ball-carrier loses possession or makes contact with the ball with a hand or arm, and the ball goes forward towards the opposing team's dead-ball line and touches the ground or another player before the ball-carrier can catch the ball.

Sanction: Tap and pass with flags reset

11.2 A throw forward occurs when a player throws or passes the ball forward towards the opposing team's dead-ball line.

Sanction: Tap and pass with flags reset.



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12. STARTS AND RESTARTS

- 12.1** Each half begins and play restarts after a score with a tap and pass in the middle of the half-way line. The team that conceded the score restarts.
- 12.2** The opposing team must be at least three metres from the half-way line when play starts or restarts.
Sanction: Tap and pass with flags reset.
- 12.3** The ball may not be kicked at any time.
Sanction: Tap and pass with flags reset.

13. BALL ON THE GROUND IN OPEN PLAY

- 13.1** When the ball goes to ground legally, play continues.
- 13.2** Players should attempt to pick the ball up and must not intentionally dive on the ball.
Sanction: Tap and pass with flags reset.
- 13.3** If the ball-carrier or a player attempting to gather a loose ball accidentally goes to ground, play continues provided they get to their feet immediately. If they do not get to their feet immediately, it is deemed to be a tackle.

14. TACKLE

- 14.1** A tackle occurs when the ball-carrier has at least one flag removed by an opponent, or if a flag falls off.
- 14.2** A player may affect a tackle only if they have both their own flags in place.



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14.3 Following a tackle:

- The tackler raises the flag in the air, calls “flag!” and hands it to the tackled player.
- The tackled player passes immediately.
- A tackled player may take a maximum of 3 steps once tackled (allowance for momentum)
- All defensive players must retreat onside, one metre from the tackle place and must not interfere with play until they get there.

Sanction: Tap and pass with flags reset.

14.4 If the attacking team fails to score before the sixth tackle has been made, they lose possession and their opponents are awarded a tap and pass from the point where the sixth tackle occurred.

14.5 Where a tackle and a pass occur simultaneously or the Game Manager is unsure, play continues.

14.6 There is no set number of tackles before a turnover, play on until the attacking team scores or the ball is turned over.

15. RUCK

N/A

16. MAUL

N/A

17. MARK

N/A

18. TOUCH

18.1 The ball is in touch when it or the ball-carrier makes contact with the touchline or anything beyond it.

18.2 The place where the ball-carrier or the ball reaches the touchline is the mark of touch.

18.3 When the ball goes into touch, play restarts with a Tap and pass five metres in from the touchline on the mark of touch, to the team that did not put the ball into touch.



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18.4 When the ball goes into touch in-goal, play restarts with a Tap and pass five metres out from the goal line and five metres in from the touchline, to the team that did not put the ball into touch.

18.5 A player must not deliberately throw or knock the ball off the playing area.

Sanction: Tap and pass with flags reset.

19. SCRUM

N/A

20. PENALTY

N/A

21. IN-GOAL

21.1 If the ball-carrier is tackled in in-goal without a try being scored, the ball carrier may touch the ball down immediately.

21.2 Should a tackle occur within 3m of the try line and momentum takes the ball-carrier into the in-goal, a try may be scored.

DEFINITIONS

Game Manager

The 'game manager' adjudicates the actions of the players in line with the Laws, with an emphasis on promoting the players' safety and enjoyment in a spirit of respect and in a way that is conducive to learning.

Tap and Pass

The method of starting or restarting play. A player places the ball on the ground, taps it with their foot so that it moves a visible distance and immediately passes it to a team-mate. The opposition may advance once the ball has been passed.

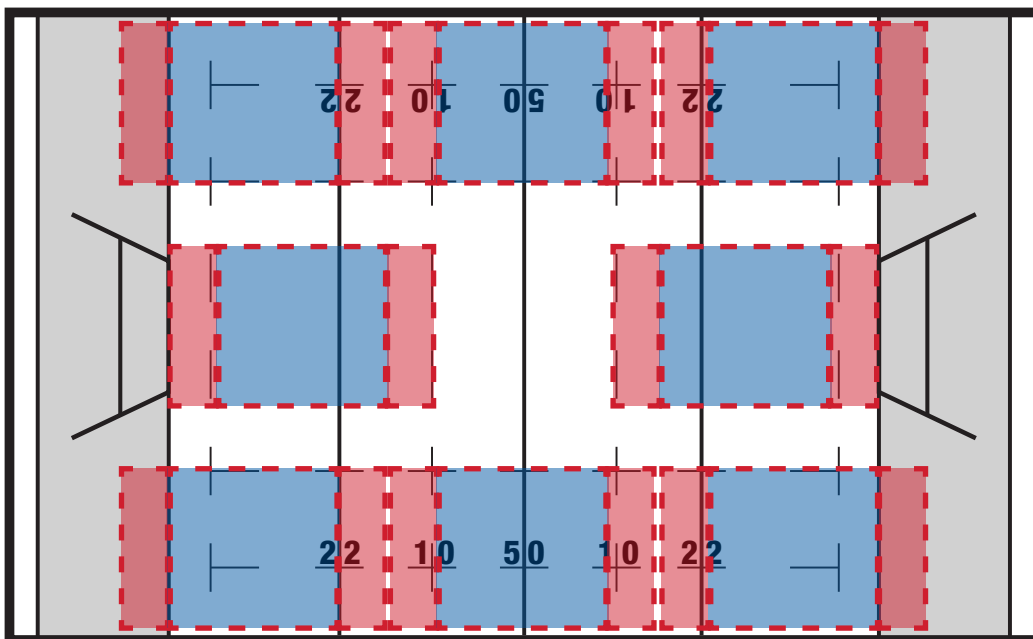


SUGGESTED FIELD SET UP

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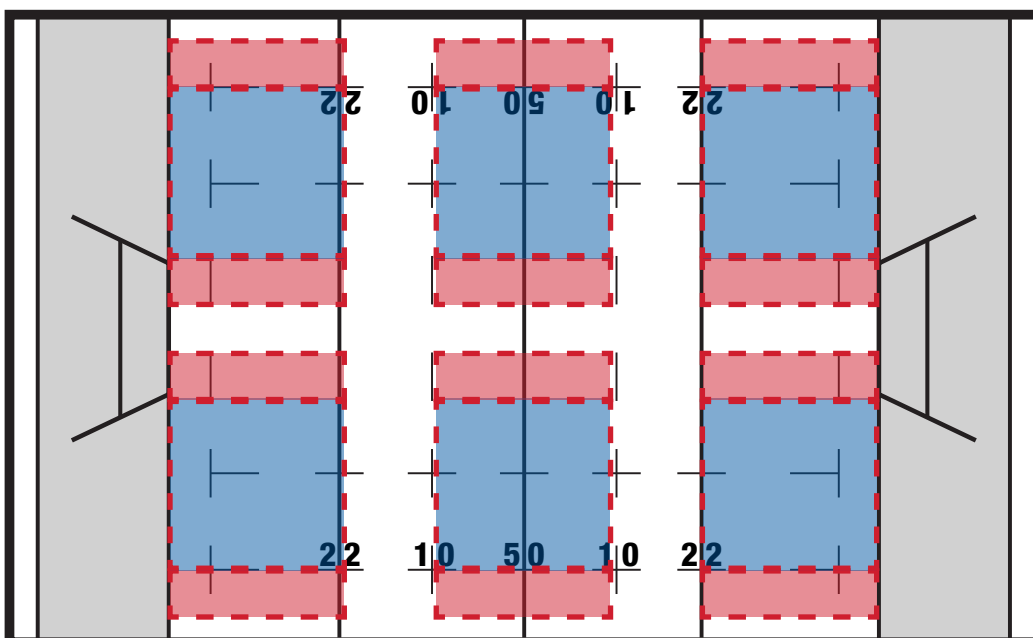
4v4

20m long x 15m wide



6v6

25m long x 20m wide





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