

This document is intended to clarify and establish where needed additional rules for Rugby Idaho’s U12 (5th & 6th grade) rugby program. U12 rugby will follow the rules and laws Rugby Idaho has established for high school matches with exceptions and additions noted below. Where any conflicts between this document and the Rugby Idaho high school rules exist, this document shall take precedence.

* Teams will consist of 12 players. If both coaches agree, this may be changed with a minimum of 7 to a maximum of 15 players.
* Open substitutions are allowed where any players may be subbed in and out at any dead ball. Players do not need to check in with referees to sub
* Games will consist of two 20-minute halves with a 5-minute halftime.
* As this is developmental rugby, brief game stoppages will be allowed if coaches or referees see anything that they feel should be immediately addressed with players. The referee may stop the game at his/her discretion and coaches may request a brief stoppage from the referee.
* If a player does anything during a game that would be considered dangerous, unsportsmanlike or not within the spirit of the game, coaches should temporarily remove the player from play and make sure the player understands the transgression before returning to play. The player should be removed regardless of whether or not the transgression was recognized by the referee.
* Each team must have one coach (or other qualified individual) whom is a certified referee ready to referee on game days in case referees are not available.
* All scrums and lineouts are uncontested.
  + If a team attempts to contest an uncontested scrum or lineout, the referee should on the first offense issue a warning with a restart if the non-offending team has no advantage. Additional attempts should be penalized
  + Teams are allowed and encouraged to lift during lineouts
  + As this is coed rugby, all binds during a scrum should be on the shoulder or hip. Locks should not bind on props from between the legs
  + The forward receiving the throw in during an uncontested line out cannot run with the ball. It must be passed back to the scrumhalf (signaling the end of the lineout) who must then pass it to another player (back or forward).
* If games are played on a field with goalposts, coaches are encouraged to include conversion kicks after tries. This must be agreed on by both coaches before the game and communicated to the referee, otherwise conversion kicks will not be included. Conversion kicks will be taken in line from where the try is scored, unless the try is scored outside the goalposts in which case the kicking spot will be in line with the closest post. Penalty kicks are not allowed.
  + In games where there are no conversion kicks, the team receiving a restart kick after a try is scored must be given reasonable time to set up to receive the restart kick before it is attempted. This will be at the referee’s discretion.
* If a game is a blowout at halftime, coaches should try to make it a better contest. Ideas for the winning include:
  + Trying players at new positions
  + Give your players additional challenges like can’t run more than 10 meters without passing or must pass to multiple players before a try can be scored.