**RUGBY FOOTBALL LEAGUE**

**RULES & COMPETITION SPECIFICATION**

**Team Information**

·               1 team per school

·               7 in squad with a minimum of 2 girls

·               5 on the pitch at any one time including at least 2 girls/boys

**Rules:**

1.   Games are 7 minutes (no half time), with a 3 minute change over.

2.   5 players are allowed on the field at any one time. Rolling substitutes can be made at any time provided the gender rule is maintained.

3.   The aim of the game is to score a try by placing the ball over the opposition’s try line.

4.   The attacking team must start with a tap from the middle of the field. Passes are made backwards.

5.   The defending team must be back 10m for the start of play and after each touchdown.

6.    After a team scores the play begins again with a tap in the middle.

7.    After the referee calls ‘Touch 1 or 2’, the player touched must stop and roll the ball back between their legs.

8.    When the referee calls ‘Touch 3’ the ball is turned over to the other side at the point where the 3rd touch occurred.

9.    After touching the player with the ball, all defending team members must retreat 5m.

10.  Turnover: after being touched 3 times the ball is handed over to the other side

11.  Turnover: when the ball is dropped on the ground.

13. Turnover: when the ball goes out or the player in possession touches the line. Restart with a pass back into play.

Points will be awarded as follows:

-        Win 3 points

-        Draw 1 point

-        Lose 0 points

In the event of a tie then groups will be decided on the following order – head to head; points for; points against; coin toss