



## COBHAM RUGBY GUIDE TO U12s LAWS

This guide is intended to provide a summary of the game at U12 level where teams are expanded to thirteen with a No. 8 added to the scrum. For fuller details of the rules please refer to the IRB Laws of the Game and the latest RFU Continuum which varies the Laws of the Game for U12s games.

The 13 players are: six forwards (two props, hooker, two locks and a No. 8), two half backs (scrum half, fly half), and five backs (two centres, two wingers and a full back) and the ball is Size 4. The object of the game is to score a try (5 points) by placing the ball on the ground over your opponents' goal line and then kick a conversion (2 points) from directly in front of the posts. The U12 game is almost full rugby union, full contact, but still has only a limited amount of kicking. Key variations from the senior game include that there are:

- No penalties kicked at goal
- No drop kicks from open play
- No fly-hacking
- No hand-offs
- No pick-and-go from No. 8 in the scrum.

Mouth guards are compulsory and everyone must have legal studs, ie. aluminium rugby studs or moulded studs. "Blades" are permitted provided they have no metal on them but "Blade boots" should be avoided.

### **1. Start/Restart – Drop Kick**

A Drop-Kick at the start of each half and after scores. The kicker's team must be behind the ball when it is kicked, and the receiving team must be at least 7 metres from the ball. Key start points:

- The ball must travel 7 metres, unless the opposition catch it, before the kicking team can play it (opposition scrum on half way).
- the ball is kicked directly into touch the opposition have the choice of :
  1. Require the kick taken again.
  2. Scrum at half-way with the put in.
  3. Line out on half-way with the put in.
- If the ball is kicked and enters the in-goal area without having touched a player prior, the opposition have the choice of:
  - a) Kick-off to be taken again or
  - b) An opposition scrum at halfway with put-in.

### **2. Tackle**

A tackle above the level of the armpit is high (penalty).

No fend-off with arm or hand-off with hand (penalty).

The tackler must immediately release the tackled player and get up or move away (penalty).

The tackler must get up before playing the ball (penalty).

The tackled player must release the ball immediately (penalty).

Supporting players must approach from their own side of the ball that is the players have their back to their own try-line and stay on their feet (penalty).



### 3. Maul

A maul occurs when a player carrying the ball is held by one or more opponents and the ball-carrier is supported by bound on team mates. Key maul points are:

- Players must stay on their feet (penalty).
- Players must join from the rear (penalty).
- Moving. A maul must be moving. If it stalls more than five seconds and the ball is not visible to referee plus emerging in a reasonable time, the referee will end the maul and award a scrum to the opposition.
- Shoulders above hips - a strong position. The maul must not be collapsed or look like it will be collapsed by a player's bad body position (penalty).

### 4. Ruck

A ruck occurs when a player (or players) from each side contests a ball on the ground. So, when the ball goes to ground, unless it can be picked up and moved away without interference a ruck should be formed and the ball protected. Key ruck points are:

- No hands in the ruck and the ball should be moved using the feet only (penalty)
- Players must join the ruck from behind the back foot of the rear most player (penalty).

### 5. Scrum

The referee will set the players before they engage, and he will be looking for a safe, square and stable scrum. Locks must bind to each other using the inside arm, with the outside arm around the hips (not between the legs) of the front row (props). The No 8 must have his head between the hips of the second row bound with his arms around the hips (not between the legs) of the second row. Key scrum points are:

- The scrum still cannot be pushed more than 1.5 metres (penalty).
- The scrum cannot be deliberately wheeled through more than 45 degrees (re-set if not intentional otherwise penalty).
- Scrums must not charge each other.
- Props bodies must be parallel to the touch line. No pulling down with hands or arms. Persistent offence will lead to a penalty.
- Shoulders must be above the level of hips (penalty).
- Players in the scrum cannot unbind to pick up the ball at the rear of the scrum but must remain bound onto the scrum until the ball is carried or passed out by the scrum half (penalty).
- The scrum half can stay alongside his opponent, but cannot move beyond the middle line of the scrum until the ball is out or opposition scrum half has laid hands on the ball (penalty).

The offside line for the backs of both teams is 5 metres from the back foot of their own side of the scrum.

Uncontested scrums where one side fielding untrained or inadequate forward, or the opposition will not downgrade their push to accommodated weaker or less experienced side.

## 6. Line-Out

Line-out = Five players from each team, plus the hooker throwing in the ball and his opposite number (standing within 2 m), and the scrum half ready to receive the ball. Key line-out points are:

- No quick throw-ins.
- The line-out now extends from 2 to 10 metres from the touch line and cannot be within 5 metres of the try-line.
- If the ball is thrown more than 10 m without contact, opposition awarded throw.
- Lifting or supporting of players is not permitted until they have returned to the ground.
- The scrum half is not allowed to enter the line-out to compete for the ball.
- The offside line for both teams' backs is 7 meters from the line-out, and they must stay back until the line-out is over.

## 7. Kicking

In open play, players may only kick the ball from their hands. Kicking a loose ball on the ground ("fly-hacking") is not allowed, neither are no drop-goals. Key kicking points are:

- Players can kick the ball from their hands.
- Kicking a loose ball including kicking a ball out of a scrum is not allowed (penalty).
- A kick should bounce before it goes into touch otherwise it is considered "out on the full" (line-out taken from where the ball was kicked).
- The off-side line is 7 metres, the kicker's team mates must either be behind the kicker or behind a line 7 metres in front of the receiving opponent (or the place where the ball will land) or they are offside.

Special kicking cases include:

### a) Conversion after a try:

After each try (5 points), the scoring team has the opportunity kick a conversion (2 points). It can be taken from anywhere in front of the posts, usually from a tee, although it may be drop kicked if preferred.

### b) Penalty Kick:

No kick at goal is allowed. It is possible to kick to touch closer to the opponents' try-line. If a kick to touch from a penalty is made the kicking side retain the ball and get the throw-in at the line-out.

When a penalty is awarded, the referee will make a mark at the spot where the penalty should be taken. Opponents must retire quickly to 7 metres from this spot. They cannot interfere with or delay the kick being taken.

It is possible to take a quick tap penalty. If this happens all opponents who have not retired 7 metres cannot attempt to re-join play until one of their own side who was 7 metres back has run in front of them, or they have retired behind them. If this happens a second penalty is awarded 7 metres closer to the try line. The second penalty cannot be taken until all opponents have retired the 7 meters.

### c) Drop Out:



If the ball goes dead in-goal and the attacking team carried the ball into the in-goal area or last touched the ball before it went into the in-goal area then a drop out is awarded to the defending team on a line 15 metres from the goal line.

### KEY REFEREEING DECISIONS INCLUDE:

#### STARTS/RESTARTS AND OPEN PLAY

If the ball is kicked directly into touch the opposition have the choice of :

1. Require the kick taken again.
2. Scrum at half-way with the put in.
3. Line out on half-way with the put in.

If the ball is kicked and enters the in-goal area without having touched a player prior, the opposition have the choice of:

- a) Kick-off to be taken again or
- b) An opposition scrum at halfway with put-in.

All offside lines (at restarts etc) are 7m **(Penalty)**

Kicking from the hand only. 22m equivalent is the 15m line on the pitch.

Accidental knock forward from the leg is the same as an accidental offside. If it gave an advantage to the offender's side **(Scrum)**, otherwise play on.

Knock on or forward pass **(Scrum)**

Deliberate knock forward **(Penalty)**

No fly-hacking **(Penalty)**

Obstruction **(Penalty)**

#### TACKLE

High tackle is level with or above armpit **(Penalty)**

Hand off or Fend off **(Penalty)**

Scragging of shirts or dump tackles **(Penalty)**

Player not passing/releasing ball **(Penalty)**

#### MAUL

Must be dynamic; if static for more than 5 seconds but ball visible and moving then fine but if not emerging within reasonable time **(Scrum)**

Players joining maul from side **(Penalty)**

The ball holder safely takes the ball to the ground but it is not immediately available = Turnover **(Scrum)**

If anyone goes to ground during a maul (except as above) it will collapse, dangerous play **(Penalty)**

#### RUCK

Join a ruck from the players own side only - as senior game **(Penalty)**

Hands in the ruck **(Penalty)**

Ball not playable **(Scrum)**

#### 6 MAN SCRUM

Wheel more than 45° unintentionally **(Reset)** or if deliberate **(Penalty)**.

Push more than 1.5m **(Penalty)**.

Scrum Half cannot move from middle line of scrum until opposition ball emerged/passed **(Penalty)**

Backs: Both sides - offside line is 5 m back from hindmost foot of scrum **(Penalty)**

Player in scrum unbinds and/or picks up ball before scrum half passes/plays ball **(Penalty)**

#### LINEOUT

Must be 5 players (plus hookers) - no reduced numbers **(Penalty)**

Quick throw not permitted. No long throws: range 2m to 10m from touch line. **(Penalty)**

No supporting or binding on a jumper until returned to ground **(Penalty)**

Offside line for the backs: 7 metres back from line of touch **(Penalty)**

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