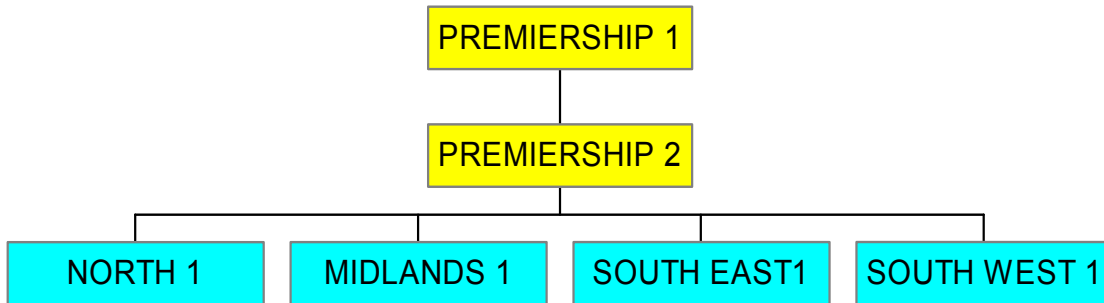


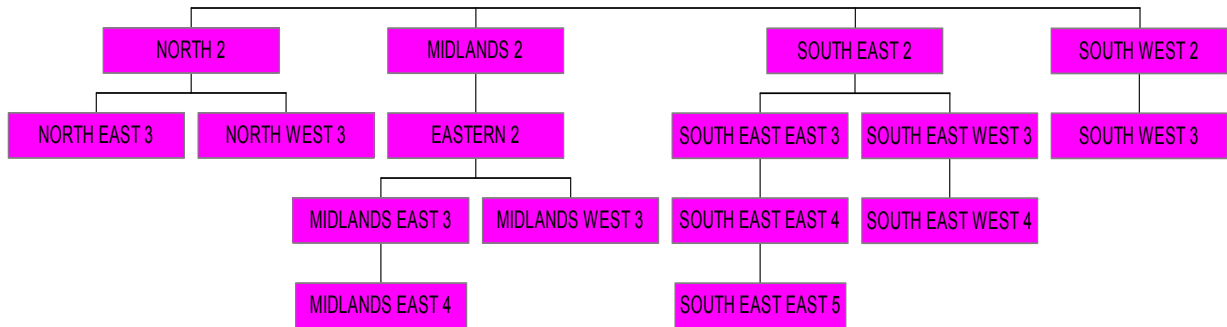
RFUW LAWS VARIATIONS



For matches taking place in the leagues above (i.e. Premiership One, Premiership Two and National Challenge One), the Laws of the Game shall apply. In addition:

- Each match day squad shall consist of a maximum of 20 players
- Matches may be cancelled or rearranged in the event of un-forecast, freak weather conditions or if 5 or more players are away on England senior International duty.

National Challenge Leagues Two and Below



Matches played in the leagues above will adhere to RFUW Senior Variations. Please note:

- All matches will be 35 minutes each way.
- *Scrum*: No wheeling; no more than 1.5 m push in scrum.
- *Numbers*: Will be according to variations set for each league i.e. National Challenge 2 - 15 a side; Challenge 3 and below - 15, 12, 10 a side.

Challenge League Three and Below (Specific Rules)

All matches can be played with reduced numbers and teams either match 15, 12 or 10 a side.

Maximum of 3 substitutes

Roll on roll off substitutes

U18's Playing Laws

- U18's will play to U19 Variations of the Laws of the game.
(http://www.irb.com/laws_regs/laws/laws_under19.cfm)
- U18's will also play to the RFUW Senior Variations with regard to **numbers of players**. They will follow the guidelines relating to Challenge League 3 and below i.e. 15, 12 or 10 a side to ensure that games are played.
- U18's may play senior rugby but they are NOT PERMITTED to play in the front 5

U16's RUGBY

All games will be played according to IRB/RFU U19 laws but include the following RFUW Junior Variations:

SUMMARY OF RFUW JUNIOR VARIATIONS

- 1. 12 A SIDE**
- 2. TIME - 30 MINUTES EACH WAY, OR 4 X 15 MINUTE QUARTERS.**
- 3. 4 SUBSTITUTES, SUBSTITUTIONS ARE ROLL ON ROLL OFF**
- 4. UNCONTESTED SCRUMS**
- 5. NO LIFTING OR SUPPORTING IN LINEOUT**
- 6. NO HAND-OFF/FEND-OFF**
- 7. NO SQUEEZE BALL**
- 8. NO FLY HACKING (kicking a loose ball on the ground).**

DETAILS OF RFUW JUNIOR VARIATIONS

Ball Size

A size 4 ball must be used.

NUMBERS

Teams will be made up of twelve players, five of whom will be forwards, with the remaining seven forming the back line.

MATCH DURATION

Fixture: A maximum of 30 minutes each way = 1 match = 60 minutes duration.

Or 4 x 15 minute quarters = 1 match = 60 minutes duration.

Triangular Tournament: 15 minutes each way for 2 matches = 60 minutes

Festival/tournament: 7 minutes each way with a maximum of 5 matches = 70 minutes

No extra time is permitted in any match, except that added for injury time

THE SCRUM

The scrum-half not throwing the ball into the scrum may remain directly alongside her opponent. She must not move beyond the middle line of the scrum until the ball has emerged from the scrum or an opponent has placed her hands on the ball.

No wheeling.

LINE-OUT

The line-out will extend from 5 to 10 metres from the touchline. Should the ball be thrown beyond 10 metres, the opposition will be awarded the throw. Should the opposition then throw beyond 10 metres a scrum will be awarded to the side originally throwing in.

Lifting/supporting is prohibited at this level (i.e. a player may not bind to a jumper until she has returned to the ground).

SQUEEZE BALL

No player involved shall use the technique known or referred to as 'Squeezeball'.

Penalty: Penalty kick.

HAND/FEND OFF

a) A player must not hand-off or fend-off an opponent in any way. A hand-off or fend-off is defined as 'any movement of the hand, arm or ball to ward off a would-be tackler'.

Penalty: A penalty kick to the opposition.

KICKING

All the Laws of the Game pertaining to kicking in open play will apply, with the following

exceptions:

- Players may only kick the ball out of their hands
- Kicking a loose ball when it is on the ground (often called fly hacking) is not permitted.

Penalty: A penalty kick to the non-offending team.