



COMPETITION RULES SUMMARY

8 PER SIDE – UNLIMITED INTERCHANGE – MUST REMAIN IN PLAYERS BOX AT ALL TIMES AND INTERCHANGE FROM PLAYERS BOX

MIXED TO HAVE A MAXIMUM OF 4 MALE PLAYERS ON THE FIELD. UNLIMITED NUMBER OF FEMALE PLAYERS TO A MAXIMUM OF 8 ON THE FIELD AT ANY ONE TIME.

CLASSED AS A LOW CONTACT SPORT – THERE WILL BE TIMES WHERE CONTACT IS MADE BUT PLAYERS SHOULD AVOID CONTACT AT ALL TIMES AS POSSIBLE. BALL RUNNERS SHOULD RUN AT GAPS, DEFENDERS SHOULD ATTACK FROM THE SIDE AND NOT BLOCK THE PATH OF THE RUNNER. PENALTIES WILL BE AWARDED WHEN THE CONTACT IS DEEMED DELIBERATE, DANGEROUS OR FORCEFUL.

20 MINUTE HALVES

ALL PLAYERS TO SIGN ON WITH THE REFEREE

ALL PLAYERS TO BE REGISTERED – NO REGISTRATION NO PLAY – LOSS OF POINTS IF CAUGHT PLAYING UNREGISTERED PLAYERS

PLAYERS MUST BE IN SAME COLOURED OR SIMILAR STYLE SHIRTS WITH NUMBERS. TEAMS WILL BE PENALISED TRIES AT THE START OF THE GAME. IT IS UP TO THE OPPOSITION TEAM TO CLAIM THESE POINTS

NO INSURANCE FOR UNREGISTERED PLAYERS – ALSO VOIDS WHOLE COMPETITION INSURANCE IF INJURED WITHOUT REGISTRATION

ALL TRIES IN MENS COMPETITIONS WORTH 1 POINT

TRIES SCORED BY FEMALES IN MIXED DIVISION WORTH 2 POINTS

BONUS POINT FOR ALL TRIES SCORED WITHIN BONUS ZONE. MUST ENTER BONUS ZONE FROM FIELD OF PLAY

ALLOWED TO KICK ON ANY TAG – KICK MUST BE BELOW THE SHOULDERS OF THE REFEREE EXCEPT FOR CHIP AND CHASE

CHIP AND CHASE MUST BE REGATHERED BY ORIGINAL KICKER AND CAN NOT BE KICKED FOR TEAM-MATE OR KICKED AHEAD

50/10 & 10/50 KICKS IN GENERAL PLAY, KICK OFFS & GOAL LINE DROP-OUTS

7 TACKLE SETS ON BALLS KICKED DEAD – TRY LINE ACTS AS DEADBALL LINE ON ALL KICKS. DEEMED DEAD WHEN TOUCHES THE GROUND. STILL LIVE UNTIL THEN.

MUST PLAY WITH A FULLBACK IN DEFENCE, 5M BEHIND THE DEFENSIVE LINE.

MAXIMUM OF THREE MALE TRIES IN MIXED GAMES FOR EVERY FEMALE TRY. PLAYER DEEMED TAGGED AND WILL NEED TO PLAY THE BALL. CHANGE OVER IF THE LAST.

TEAM KICKING OFF OR DROPPING OUT CAN NOT PLAY AT THE BALL UNTIL OPPOSITION ATTEMPTS TO PLAY AT IT OR IT REBOUNDS. RECEIVING TEAM CAN PLAY AT A KICK-OFF OR DROP OUT THAT HASN'T GONE REQUIRED DISTANCE

WHEN A TEAM IS TRAILING BY 10 POINTS, PLAY WILL BE RESTARTED WITH A TAP BY THE NON-SCORING TEAM FROM THE CENTER OF HALFWAY. THIS WILL CONTINUE UNTIL THE TRAILING TEAM EVENS THE GAME.

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