



Seapoint Mini Rugby Festival 2026

U10s Referees Cheat Sheet

- No coaches on pitch
- 12 players per team
 - 3 forwards / 5 backs / 4 Subs
- Start/Restart with tap and pass
- Tackles
 - Nothing above waist height
 - No swinging Tackles
- No hand-offs
- Scrums - (Girls U10s No Scrums – tap pass to restart)
 - Players must stay bound until scrum is over
 - Uncontested – no push
 - Team Awarded Scrum
 - Scrum half must pass from scrum
 - Other Team
 - Scrum half must stay behind forwards
 - Rest of back line must retreat 5 metres from scrum
 - Back line cannot move until opposing scrum half passes the ball
- Lineouts - (Girls U10s No Lineouts – tap pass to restart)
 - Not contested
 - Ensure gaps between lines
 - Feeding side must be allowed win the ball
 - Team Awarded Line Out
 - Scrum half must pass – no breaks
 - Other Team
 - Back line must retreat 5 metres from line out
 - Back line cannot move until opposing scrum half passes the ball
- Rucks & Mauls
 - No more than 3 per team allowed.
 - 5 second '**Use it or Lose**' it rule applies. Illegal to collapse a maul. Ref will count down from 5 from moment Ruck / Maul is formed
- No kicking from any part of pitch
- Penalties
 - No quick taps
 - Defending team must be at least 10 metres from mark



Seapoint Mini Rugby Festival 2026 U11s Referees Cheat Sheet

- No coaches on pitch
- 14 players per team
 - 5 forwards / 5 backs / 4 subs
- Start/Restart with drop kick
- Tackles
 - Nothing above waist height
 - No swinging Tackles
- No hand-offs
- Scrums -
 - Players must stay bound until scrum is over
 - Uncontested – No Push
 - Team Awarded Scrum
 - Feeding scrum half may break (i.e., does not have to pass)
 - Other Team
 - Scrum half must stay behind their own 2nd Rows No follow around allowed
 - Rest of back line must retreat 5 metres from scrum
- Line Outs
 - Contested
 - Ensure gaps between lines
 - Team Awarded Line Out
 - Scrum half can break (i.e., does not have to pass)
 - Other Team
 - Back line must retreat 5 metres from line out
- Rucks & Mauls
 - No more than 3 per team allowed.
 - 5 second '**Use it or Lose**' it rule applies. Illegal to collapse a maul. Ref will count down from 5 from moment Ruck / Maul is formed
- Kicking only from 10 metre kicking zone
- Penalties
 - Defending team must be at least 10 metres from mark



Seapoint Mini Rugby Festival 2026 U12s Referees Cheat Sheet

- No coaches on pitch
- 16 players per team
 - 6 forwards / 6 backs / 4 subs
- Start/Restart with drop kick
- Tackles
 - Nothing above waist height
 - No swinging Tackles
- Hand-offs permitted below shoulders
- Scrums
 - Players must stay bound until scrum is over
 - Uncontested – No Push
 - Team Awarded Scrum
 - Feeding scrum half may break (i.e., does not have to pass)
 - Other Team
 - Scrum half must stay behind their own 2nd Rows No follow around allowed
 - Rest of back line must retreat 5 metres from scrum
- Line Outs
 - Contested
 - Ensure gaps between lines
 - Team Awarded Line Out
 - Scrum half can break (i.e., does not have to pass)
 - Other Team
 - Back line must retreat 5 metres from line out
- Rucks & Mauls
 - No more than 4 per team allowed.
 - 5 second **'Use it or Lose'** it rule applies. Illegal to collapse a maul. Ref to count down from 5 from moment Ruck / Maul is formed
- Kicking only from last 5 metre kicking zone
- Penalties
 - Defending team must be at least 10 metres from mark