

T3Rugby Lawbook

Laws of the Game for Youth and High School Non-Contact Rugby



2nd Edition, ©April 2022

For more information, please visit <http://www.iayra.org>.

Introduction

Iowa has long been a leader in the sport of rugby, producing some of the most successful players, coaches, and referees in our nation's history. Originally started in 1996 by Bill Reed, a Des Moines Roosevelt High School teacher and wrestling coach who also played rugby for the Des Moines Rugby Club, youth rugby has experienced exponential growth in Iowa since announcement of the sport's inclusion in the 2016 Olympic Games.

Much of this success has come from the Iowa Youth Rugby Association conforming to what has made Iowa sports valuable to our communities and adapting the game of rugby accordingly. The Iowa Youth Rugby Association provides multiple tracks for players to compete in the sport of rugby, with the mission of achieving sanctioned sport status by the IAHSAA and IGHSAA, and the vision of rugby opportunities for all youth in Iowa. These pathways are highlighted in our The Iowa Rugby Development Continuum.

	K-3	4-5	6-8	9-12	Adult
Non-Contact	Rookie Rugby	T ₃ Rugby			
Contact (Development)			Tackle, No-Ruck	Iowa Modified Sevens	
Contact (Experienced)		Tackle, No-Ruck	Traditional Rugby Union		

This development model is based on best practices from around the world, combined with an understanding that most of the necessary coaches and referees will not be coming from the current rugby community. This development continuum, including the Iowa Laws of the Games associated with each level of competition, is set locally by the Iowa Youth Rugby Association.

We are excited that you are bringing rugby to your community. By working together, using the competitive yet safe Laws of the Game modifications defined in this document, Iowa will become the source for our Nation's leading rugby talent.

The Rugby Board of Directors

Iowa Youth Rugby Association

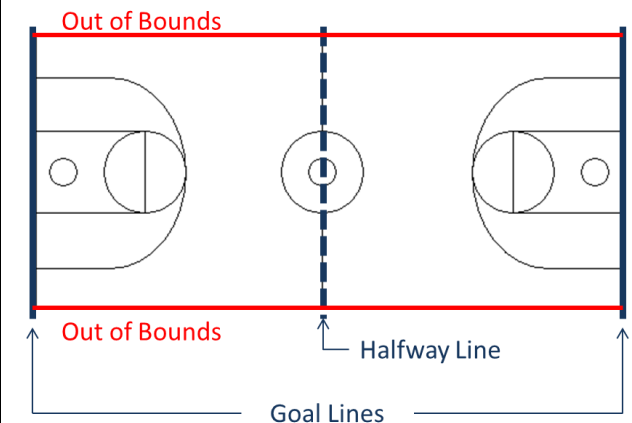
Law 1: The Field

A competitive game of T₃Rugby can be played on any flat surface that is free of unsafe obstructions. Using either lines or cones for field markings, players and coaches must be able to consistently and accurately identify:

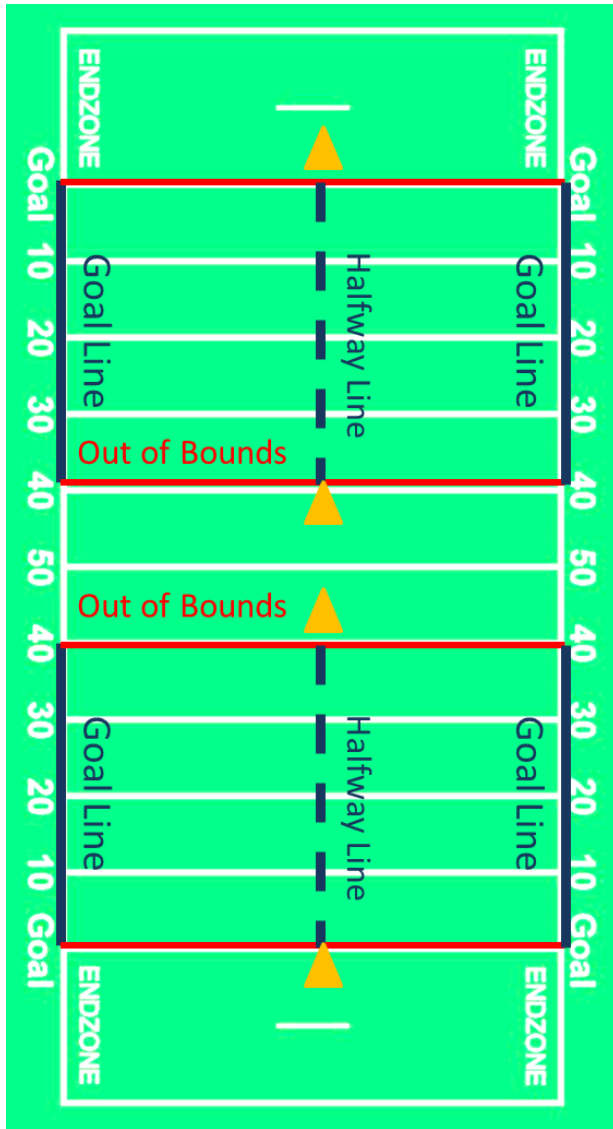
- Two goal lines,
- Two out of bounds lines, and
- One halfway line.

The halfway line does not need to be a painted line. The halfway line can be an imaginary line identified by two cones on the out of bounds lines.

When using a basketball court, a field would be set up as follows:



When using a football field, two T₃ Rugby fields can be used simultaneously when setup as follows:



Law 2: Players

A team may have up to six players on the field at one time during a competitive game of T3Rugby.

A team may substitute any number of players at any point in the game where that team is responsible for restarting play. The referee will stop the game clock during any substitutions that appear to be completed for the purpose of wasting ball in play time.

A team may not use any more than 12 different players during one single competitive game of T3Rugby.

Law 3: Scoring

The object of the game is to score more points than the opposition. This is done by legally advancing the ball past the opposition and touching the ball against the ground on or beyond the goal line.

To score, a player must:

- Be holding the ball and touch it against the ground on the goal line or in the end zone, or
- Use any part of the hand or arm to apply downward pressure on a ball that is on the goal line or in the end zone.

A team is awarded 7 points for a score.

Law 4: Advancing the Ball

Any player who is on his or her feet may play the ball in any legal manner. Any player on his or her feet may:

- Hold onto the ball and run in any direction over any distance,
- Pass the ball so long as it is not passed towards the end zone that the team is attempting to score in, and
- Kick the ball in any direction.

Law 5: Competing for Possession

A team may gain possession of the ball if:

- A player on his or her feet picks up a ball up from the ground,
- A player on his or her feet catches a ball in the air, or
- Two players create a turnover on tags.

Ball on the Ground. As soon as a player on his or her feet touches a ball that is on the ground, he or she has won possession of the ball.

- Players must NOT dive on the ground when attempting to reach a ball on the ground,
- Players must NOT dive on a ball on the ground,

- Players must NOT fight for possession of a ball on the ground once a player has touched it.

Ball in the Air. A player may catch any ball out of the air no matter who passed the ball. The player may continue playing after catching a ball even if it was passed last by the other team (e.g. intercepted pass).

Turnover on Tags. If two different players from the defensive team tag the same ball carrier while that ball carrier has maintained possession of the ball, the ball is turned over on tags.

A tag is made once a defensive player uses either of his or her hands to contact an opposing player anywhere below the line of the shoulders. A tag must NOT result in the transfer of any unnecessary force or contact.

If a ball carrier has been tagged by one defensive player, the ball carrier:

- May continue to play, but
- Cannot score.

If the ball carrier is tagged again by a different defensive player before the ball carrier has passed or released the ball:

- A Turnover on Tags occurs.

If a ball carrier that has been tagged once passes, kicks, or otherwise releases the ball prior to being tagged a second time:

- Normal play continues.

Law 6: Turnover Offenses

The Principle of Advantage will apply. If a team gains an advantage following an infringement by their opponents, the referee may allow play to continue in an effort to keep the game flowing.

Turnover offenses result in a change of possession. When a change of possession occurs, an offside line (i.e. line of scrimmage) exists at the location of the offense. If a turnover offense occurs:

- The ball must be placed on the ground where the offense occurred without delay, and
- All players on the offending team must be at least one meter away from the ball on their own side of the offside line.

Turnover offenses include:

- Passing, dropping, or unintentionally knocking the ball so that it travels towards the end zone that the player is attempting to score in
- Stepping on or beyond the out of bounds line while holding the ball, or being the last

team to touch a ball before it lands on or over the out of bounds line

Law 7: Starting and Restarting Play

Play is started or restarted when a player either:

- Holds the ball and taps it against the ground, or
- Kicks the ball.

A player may kick the ball in any manner to start play, including kicking it to himself or herself.

At the beginning of each half or after a score, play is started or restarted by a ball carrier that is anywhere behind his or her goal line. At a start or restart, all defending players must be on their own half of the field.

To restart play after a turnover offense, the ball must be either tapped or kicked at the location of the turnover.

Law 8: Penalty Offenses

The Principle of Advantage will apply. If a team gains an advantage following an infringement by their opponents, the referee may allow play to continue in an effort to keep the game flowing.

Penalty offenses include the following actions. These offenses may be committed by any player.

- Offside in Open Play. A player may not take part in play (e.g. catch or pick up a ball, tag an opposing player, prevent a player from making a pass) if he or she is in front of any player on his or her team who is in possession of the ball.
- Offside at a Restart. A player may not take part in play (e.g. catch or pick up a ball, tag an opposing player, prevent a player from making a pass) until he or she has returned to his or her own side of the offside line following a turnover or at a restart.
- Offside at a Kick. A player may not take part in play (e.g. catch or pick up a ball, tag an opposing player, prevent a player from making a pass) if he or she is in front of a teammate who has kicked the ball.
- Foul Play. A player may not strike, kick, or initiate unreasonable contact with another player. For egregious offenses, a formal caution (i.e. yellow card) or a sending off (i.e. red card) may be issued.
- Unsporting Conduct. A player may not intentionally offend, use inappropriate language, or take any other action that contravenes the sporting nature of the game. For egregious offenses, a formal caution (i.e. yellow card) or a sending off (i.e. red card) may be issued.

If a player is formally cautioned (i.e. shown a yellow card), he or she must leave the field of play

for 2 minutes of game time. A cautioned player may NOT be replaced for the 2 minutes that they are off, and must stand out of bounds at the halfway line.

If a player is sent off (i.e. shown a red card), he or she must leave the field for the remainder of the game. A sent off player may NOT be replaced.

Law 9: Officiating

The referee is responsible for facilitating the most competitive game the players are willing and able to play. The referee is responsible for:

- Facilitating a coin toss,
- Starting and stopping the game safely, and
- Keeping the official game time.

The referee is not responsible for identifying the official score. Scorekeeping is a responsibility of the league or match organizers.

Coin Toss. Before each game, the referee will provide a coin to the home team to toss and the visiting team to call. The winner of the coin toss will be offered the opportunity to (i) take the ball or (ii) choose an end to defend. To start the second half, teams will change ends and the team that did not previously start with the ball will be awarded possession.

Starting and Stopping the Game. The referee must blow his or her whistle:

- To start play at the half,
- To indicate a score,
- To stop play for any turnover offense, and
- To stop play in any situation where to continue play would be dangerous.

To assist spectators, the referee may use the following signals to indicate why he or she has stopped play. In both cases, the arm points towards the team that has been awarded the ball.

Turnover Offense



Penalty Offense



Time Keeping. The referee is the official time keeper. For competitive T3Rugby matches, each half is 6 minutes long. Half time is 1 minute long.

The referee may stop the game clock:

- Due to injuries
- During prolonged substitutions, and
- If a team is intentionally wasting time