



Athy Rugby Camp-Out



Blitz Rules

The primary objective of the Athy Rugby Camp-Out centers on the inclusion and enjoyment of every single playing participant regardless of playing ability or size. Every action and attitude of each official, coach, referee, supporter, parent and player is expected to support this objective first and foremost.

“The ethos of Mini and Leprechaun Rugby is to foster and develop young players (boys & girls) of all ability in the game of rugby in a safe, non-competitive, enjoyable environment through activities which ensure progressive skill development for all participants in line with the IRFU LTPD (Long Term Player Development) pathway, Child Welfare Policy and Traditions of Rugby Union”

Rules of play are the IRFU Mini Rugby Regulations, as available at:-

<http://www.irishrugby.ie/downloads/IRFUAgeGradeVariations201718.pdf>

All Nominated Referees should be familiar with these rules, which are summarized below:-

(Mini Rugby) – 2017/18 Season

Age on 1 st January	Under 9 & Under 10 <i>Mini Rugby 2</i>	Under 11 <i>Mini Rugby 3</i>	Under 12 <i>Mini Rugby 4</i>
Ball size	3	4	4
Maximum time per half – Single match	15 minutes	20 minutes	20 minutes
Maximum time per half – Festivals/Events	7 minutes	7 minutes	7 minutes
Max time a squad/ team is allowed play per day/event	70 minutes	70 minutes	70 minutes
Minimum time allowed for half time	1 minute	1 minute	1 minute
Max no of players per team	8	10	12
No of forwards	Not applicable	5	6
No of backs	Not applicable	5	6
Safety zone betw. pitches	6 metres	6 metres	6 metres
Tackle height	Below the waist. Above the waist to be penalised including tackling the ball. Dangerous tackles (e.g. High/Swinging/Dump) penalised immediately & player warned	Below the waist. Above the waist to be penalised including tackling the ball. Dangerous tackles (e.g. High/Swinging/Dump) penalised immediately & player warned	Below the shoulder. Dangerous tackles (e.g. High/Swinging/Dump tackle) penalised immediately and the player warned
Hand off	Not allowed. Players should be encouraged to carry the ball in in two hands.	Below shoulder. Players should be encouraged to carry the ball in in two hands.	Below shoulder. Players should be encouraged to carry the ball in in two hands.
Rucks & mauls no players	3	5	6
Rucks & mauls time allowed	5 seconds 'Use it or lose it' rule applies. Starts from the moment ruck/maul is formed. (illegal to collapse a maul) Referee/Coach to count down "5, 4, 3, 2, and 1" from moment ruck/maul is formed.	5 seconds 'Use it or lose it' rule applies. Starts from the moment ruck/maul is formed. (illegal to collapse a maul) Referee/Coach to count down "5, 4, 3, 2, and 1" from moment ruck/maul is formed.	5 seconds 'Use it or lose it' rule applies. Starts from the moment ruck/maul is formed. (illegal to collapse a maul) Referee/Coach to count down "5, 4, 3, 2, and 1" from moment ruck/maul is formed.
Kicking in play	Not allowed.	Defence zone only.	Defence zone only.
Start match	Pass-Off: Must be off the ground and after the referee's whistle.	Drop kick on halfway.	Drop kick on halfway.
Method of scoring	Try	Try	Try
Line-out	3 players incl. thrower. No lifting allowed.	5 players incl. thrower. All 'forwards' must be involved in lineout. No lifting allowed.	6 players incl. thrower. All 'forwards' must be involved in lineout. No lifting allowed.
Scrum	3 players. No contest. Players must stay bound until scrum is over.	5 Players – 3 front row, 2 second row. 1 step allowed Strike allowed. Players must stay bound until scrum is over.	6 Players – 3 front row, 2 second row, 1 back row & 1 step allowed Strike allowed. Players must stay bound until scrum is over.
Pitch size	Minimum 60m x 40m	Minimum 70m x 40m	Minimum 70m x 40m

In the case of teams being mismatched in terms of ability, it is the coaches, referees, and coordinators **collective responsibility** to ensure action is taken to ensure that the contest is evened up.

It is in no-one's interest in teams being defeated by 9 unanswered tries!

Once a team goes 4 tries ahead, the coaches, and referees need to intervene to ensure the remainder of the match is more evenly balanced.

Supporters and parents are expected to maintain the same standards of conduct and sportsmanship as the players and coaches. Where required, a coach may be asked to ensure his team's supporters conduct themselves with the decorum befitting the occasion and in keeping with the ethos of IRFU minis rugby.

Please remember that this is a festival of Rugby, not a competition. There are no qualification games, no knock-outs, no quarter finals, no semi-finals and no finals. In fact, we won't even record the results of the games. It's all about kids enjoying a great day out, not the result. Please try to ensure that all players, coaches and parents approach the festival in that spirit. Enjoy the Rugby and have a great day.

Pitch Perimeter / Encroachment

We will be marking out a 5Metre Exclusion line parallel to the sidelines of the pitches and only 2 Coaches + Subs are allowed in the area between these lines and the sidelines.

We will have Blitz Co-Ordinators / marshals on duty who may stop matches if others are encroaching but we would ask you the Coaches to encourage your supporters to maintain this distance in the interests of the safety and enjoyment of all.

Match Duration & Scheduling

As outlined in the Blitz Match Schedule, each Team will play four matches of 7½ minutes per half with a 2 minute Half-Time Break. There will be a 10 minute interval between matches.

Each Half will start and end on the sounding of a hooter which signals the last play. It is essential that all Teams, Coaches and Referees are ready to start at the allocated time and that Matches end at the appropriate time.

Refereeing

Each Club will have to provide a Referee for 2 of each Team's 4 Games and the Team who are providing a Referee for a particular Game will have a "R" beside their name in the Draw Sheet.

Referees should pay attention to the Blitz Rules and Referees Cheat Sheet attached below.

UNDER-10 (Stage 2) IRFU RULES & REFEREES CHEAT SHEET

- No Coaches on pitch
- Ball Size 3
- 8 players per team
 - 3 forwards
 - 5 backs
- Start/Restart with tap and “*pass off the ground*” through the mark – opposition retire 10m
- Tackles
 - Nothing above **waist height**
 - No swinging Tackles
- No hand-offs
- 5 Second “*Use It Or Lose It*” for rucks and mauls – Ref shouts “5,4,3,2,1”
- Scrums - 3 Players
 - Focus on binds and heads in right place
 - Not contested – no push
 - Attacking Scrum Half must pass from scrum
 - Defending Scrum Half must stay on own side of scrum
 - Both back lines retreat 5 metres from scrum (10m gap) until Scrum Half has the ball
 - Always 10m from touch line and 5m from goal line.
- Line Outs - 3 Players (inc thrower)
 - Not contested – No lifting
 - Ensure gaps between lines
 - Feeding side must be allowed win the ball
 - Attacking Scrum Half must pass – no breaks
 - Both back lines retreat 5 metres from line out (10m gap) until Scrum Half has the ball
- No kicking from any part of pitch
- Penalties
 - No quick taps
 - Defending team must be at least 5 metres from mark – 10m gap
 - Must first be tapped with the foot before being “*passed off the ground*”
- All players to have properly fitted gum-shields (*Note:- These will be available for purchase in the Shop on the day*)

UNDER-11 (Stage 3) RULES & REFEREES CHEAT SHEET

- No coaches on pitch
- Ball Size 4
- 10 players per team
 - 5 forwards
 - 5 backs
- Start/Restart with drop kick from half way – opposition retire 10m. The team that concedes a try will restart the game with a drop kick.
- Tackles
 - Nothing above **waist height**
 - No swinging Tackles

- Hand-offs below shoulders. Not to face or neck.

- 5 Second “*Use It Or Lose It*” for rucks and mauls – Ref shouts “5,4,3,2,1”

- Scrums - 5 Players
 - Focus on binds and heads in right place
 - 1 step push allowed, referee to control.
 - Attacking Scrum Half can break (i.e. does not have to pass)
 - Defending Scrum Half must stay on own side of scrum
 - Both back lines retreat 5 metres from scrum (10m gap) until Scrum Half has the ball
 - Always 10m from touch line and 5m from goal line.

- Line Outs - 5 Players (inc thrower)
 - Contested – No lifting
 - Ensure gaps between lines
 - Attacking Scrum Half can break (i.e., does not have to pass)
 - Both back lines retreat 5 metres from line out (10m gap) until Scrum Half has the ball

- Kicking only from kicking zone
 - Players in front of kicker must be brought back on-side before joining play

- Penalties
 - No quick taps
 - Defending team must be at least 10 metres from mark – 10m gap
 - Must first be tapped with the foot before being “*passed off the ground*”

- All players to have properly fitting gum-shields (*Note:- These will be available for purchase in the Shop on the day*)

UNDER-12 (Stage 4) RULES & REFEREES CHEAT SHEET

- No coaches on pitch
- Ball Size 4
- 12 players per team
 - 6 forwards
 - 6 backs
- Start/Restart with drop kick from half way – opposition retire 10m. The team that concedes a try will restart the game with a drop kick.
- Tackles
 - Nothing above **shoulder height**
 - No swinging Tackles

- Hand-offs below shoulders. Not to face or neck.

- 5 Second “*Use It Or Lose It*” for rucks and mauls – Ref shouts “5,4,3,2,1”

- Scrums - 6 Players
 - Focus on binds and heads in right place
 - 1 step push allowed, referee to control.
 - Attacking Scrum Half can break (i.e. does not have to pass)
 - Defending Scrum Half must stay on own side of scrum
 - Both back lines retreat 5 metres from scrum (10m gap) until Scrum Half has the ball
 - Always 10m from touch line and 5m from goal line.

- Line Outs - 6 Players (inc thrower)
 - Contested – No lifting
 - Ensure gaps between lines
 - Attacking Scrum Half can break (i.e., does not have to pass)
 - Both back lines retreat 5 metres from line out (10m gap) until Scrum Half has the ball

- Kicking only from kicking zone
 - Players in front of kicker must be brought back on-side before joining play

- Penalties
 - No quick taps
 - Defending team must be at least 10 metres from mark – 10m gap
 - Must first be tapped with the foot before being “*passed off the ground*”

- All players to have properly fitting gum-shields (*Note:- These will be available for purchase in the Shop on the day*)

Code of Conduct for Players – Adopted from the IRFU Child Welfare Policy Document

1. Play for enjoyment and become part of the rugby family.
2. Respect the “Game of Rugby” and play within the Laws of the Game.
3. Accept the referee’s decision and let your captain or coach ask any relevant questions.
4. Play with control. Do not lose your temper.
5. Always do your best and be committed to the game, your team and your club.
6. Be a “good sport”. Applaud all good play whether by your team or the opposition.
7. Respect your opponent. Treat all players as you would like to be treated. Do not “bully” or take advantage of any player.
8. Rugby is a team sport and make sure you co-operate with your coach; team mates and members of your club.
9. Remember that the goals of the game are to have fun, improve your skills and feel good.
10. At the end of the match thank your opponents and the referee for the match.
11. Always remember that you owe a duty of care to your opponents. Tackle hard but fairly, do not intend to hurt your opponent.
12. Winning and losing is part of sport: Win with humility – lose with dignity.
13. As a team sport it is important to understand that all members are important to the team!
14. Remember you are representing your team, club, family and the Game of Rugby.

Code of Conduct for Coaches - Adopted from the IRFU Child Welfare Policy Document

1. Remember that as a coach of an “age-grade team” you are acting “in loco parentis” and that you have a duty of care to all your players.
2. Lead by example - young people needs a coach they can respect as a Role Model.
3. Be generous with your praise and never ridicule or shout at players for making mistakes or losing a match.
4. Be reasonable in your demands on the players’ time, energy and enthusiasm.
5. Encourage respect for all participants – team mates and opponents, as well as match officials.
6. Always follow professional medical advice in determining when an injured player is ready to play again.

Code of Conduct for Spectators - Adopted from the IRFU Child Welfare Policy Document

1. Remember that although young people play organised rugby they are not “miniature internationals”.
2. Be on your best behaviour and lead by example. Do not use profane language or harass referees, players or coaches.
3. Applaud good play by the visiting team as well as your own.
4. Show respect for your team’s opponents. Without them there would not be a match.
5. Condemn the use of violence in all forms at every opportunity.
6. Verbal abuse of players or referees cannot be accepted in any shape or form.
7. Players or referees are not fair targets for ignorant behaviour.
8. Encourage young players to play by the Laws of the Game.
9. Spectators can contribute to the enjoyment of the event and all involved.
10. Be proud of your club and the Game of Rugby.

Code of Conduct for Referees - Adopted from the IRFU Child Welfare Policy Document

1. Respect the rights, dignity and worth of every child and treat everyone equally, regardless of gender, disability, ethnic origin, religion, etc.
2. Mini Rugby Referees to attend and complete mini rugby coaching course.
3. Act as a role model and promote the positive aspects of rugby and maintain the highest standards of personal conduct.
4. Avoid being alone with underage persons.
5. Never deal with injuries unless qualified to do so.
6. Encourage coaches/parents to act responsibly and to be responsible for the behaviour and performance of players.
7. Ensure that safety is paramount in all games.
8. Be punctual, prepared and well presented.
9. Ensure players and officials comply with the Laws of the Game.
10. Never criticise individual players and or coaches or parents.
11. Adhere to all rules and procedures as agreed by the Branch Referees Association