

## ABOUT THE COMPETITION

### Competition Format

- The duration of matches will be 7 minutes one way due to the total length of playing time a player can play in one day.
- Points awarded are: 5 for a win, 3 for a draw, 1 for a loss.

**Players: 7-a-side****Squad Max: 10****Minimum of 3 girls on pitch****THE COMPETITION WILL BE ON GRASS – BOOTS WITH STUDS ARE ESSENTIAL**

## SPORT SPECIFIC RULES

- 1) The maximum amount of playing time for an individual in a festival is 50 minutes. Organisers should ensure the individual game times and player rotation reflect this. Any use of additional players (substitutes/replacements) should be encouraged with all involved children playing at least half of a game.
- 2) Ball carriers can run and dodge potential taggers but cannot fend off, guard or shield their tags.
- 3) Players are permitted to spin away from a defender, but are NOT permitted to continuously spin. Diving to avoid being tagged is not permitted.
- 4) The game will commence with a Play the Ball, centre field.
- 5) **Play the Ball:**
  - The ball carrier must return to the spot where the tag occurred.
  - Facing the direction they are playing, the player places the ball on the ground and rolls the ball back with their foot to a team mate.
  - The team mate who gathers the ball from this position (called the Dummy Half) must pass the ball from the Play-the-Ball and should not run forwards. They are able to take steps laterally to assist with passing. You cannot score from a Dummy Half.
  - N.B - Any player can be the Dummy Half and the Player at the Dummy Half could change at every Play-the-Ball.
- 6) Defence must maintain a distance of 5 metres until the Dummy Half passes the ball and must retreat 5 metres after each tag. The Dummy Half should not deliberately delay the pass and repeatedly delaying the pass intentionally may be penalised for unsportsmanlike conduct.
- 7) If a defender does not retreat 5 metres, they will be deemed to be offside. If a tag is made from an offside position, the attacker should play the ball as normal, but the tag will not add to the tag count. Repeated or deliberate offside offences will be penalised as unsporting behaviour & the tag count reset to zero.
- 8) The team in possession has the ball for a total of six tags regardless of errors. If a player makes any error (forward pass, knock on, steps off the pitch), it counts as a tag and that player should Play-the-Ball at the point the error occurred. Their team will continue with possession for the remainder of their six plays.
- 9) If a try has not been scored after 6 tags, possession turns over to the defending team at the point of the last tag.
- 10) Any acts of unsporting behaviour will result in a handover to the non-offending team at the place where the incident occurred and play restarted with a Play-the-Ball.
- 11) **Tagging:**
  - Only the player in possession of the ball can be tagged.
  - A Tag is simply the removal by a defender of one or two of the ribbons from the ball carrier.
  - When a defender has removed the tag, they place the tag on the floor where the tag was made and retreat onside with the other defenders. Players must not throw the tag away but place the tag on the floor (if it is too windy to leave tags on the floor, the defender should wait for the attacker to return to the spot and hand over the tag).
  - The ball carrier returns to where the defender placed the tag and restarts the game by 'Playing-the-Ball' backwards and in the correct manner. The tagged player can Play-the-Ball before replacing the tag but can take no further part in the game without replacing their tag/s.
- 12) **Scoring a Try:**
  - A try is scored in the normal way by placing or touching the ball down on or over your opponents' try line.
  - If tagged in the act of scoring the try will stand.
  - After a try has been scored the non-scoring team will restart with a Play-the-Ball, centre field on the half way line. All other starts and restarts will also be played with a Play-the-Ball whatever the situation.
- 13) There will be no kicking allowed.