

## Duration of Play

- A game is made up of four quarters of five minutes each. 20 minutes in total.
- There will be a one minute interval at the end of each quarter for subs
- After half time the teams will change ends
- A quarter can only end at the next stoppage in play.
- A half cannot end on a penalty. If a penalty is signaled, the team awarded the penalty shall be entitled to a free pass and the game will continue until the next stoppage in play
- A rip is not a stoppage in play

## Playing Area & Number and Players

- The playing area is half a rugby field played width ways
- Seven players on the field at any time with a minim of 2 females on.
- Squads can be up to 14 players and unlimited subs. They can only be made at the end of each quarter

## Kicks in Play & Restarts

- Start and restart the game with a drop kick from the middle of half way line.
- Kick must travel forward 10m minimum.
- Kick doesn't go 10m it is a free kick at half way to the opposition.
- Kick goes across the dead ball line from the kick off- penalty to opposition at center of halfway line.
- Kick in general play goes across dead ball line it's a free kick to the opposition at the mark from where the kick was made.
- Kick chasers must stay behind the kicker or be put on side by the kicker getting in front of the chasers.
- Once a kick has been made you cannot rip the flags of the kicker or it's a penalty to the kicker.

# North Harbour Rugby Union



## Quick Rip

**Quick Rip is a non-contact version of rugby that is developed to get more people playing rugby and enjoying the sport.**

## Attack

- **Mixed - 4 rips** to score a try. 4<sup>th</sup> rip is a hand over to the other team.
- **1 flag ripped**- the ball carried must pass the ball within 3 steps. Failure to do so will result in a free kick to the opposition,
- **2 flags ripped** by the same defender equals a free kick to the opposition.
- **Ball knocked forward**- Advantage applies until referee deems advantage to be over. Where no advantage applies, a scrum is awarded to non-offending team
- **Forward pass**- free kick to other team
- **Attacking players cannot defend or protect their flags**- Flags must be in plain view of the defenders and there must be a flag on each hip. If any player fails to comply with this rule will result in a penalty being awarded to the opposition.

## Defence

- Where a rip has taken place all defenders must be on their side of the mark at which the rip was made.
- Defenders must:
  1. Rip one or both flags,
  2. Call RIP,
  3. Hold flag/s in the air,
  4. Give the flag/s back
- To the attacking player on completion of a rip. Failure to do so will result in a penalty being awarded to the attacking team.
- Defending players must not grab any item of clothing on the attacking player. Quick rip is a non-contact form of rugby,
- Defending players must not attempt to rip the flag of an attacking player who doesn't have the ball
- Defenders are allowed to charge down a kick. Just not the kick off.

## Point Scoring

- To score a try you must place the ball down in the in goal area at the end of the field.
- 5 points per male try
- 10 points per female try

## Lineouts

- If the ball is carried or kicked out of the field of play, the is restarted with a lineout with the non-offending side throwing the ball in.
- The lineout must consist of at least three forwards from each team and a scrum half.
- You can lift the jumpers
- The player catching the ball should hopefully pass it back to the player that threw it in as they run round to pass to the backs, but usual lineout laws applies.

## Scrum

- The scrum has to consist of three players from each side.
- No pushing – win your own ball
- Both halfbacks must stand next to the scrum and can't advance past the middle of the tunnel.
- Players who are not in the scrum and who are not the team's halfback are offside if they remain in front of their offside line or overstep the offside line which is 5 meters behind the hindmost player of each team in a scrum.