

## 2022 NORTH HARBOUR JUNIOR CLUB RUGBY RULES

Welcome to North Harbour Junior Rugby for the 2022 season.

For many of you this is one in a number of years of involvement, for others it is the first of hopefully many.

Whether you are a player, coach, manager, parent, teacher, committee member or keen supporter you are all a part of the North Harbour Rugby community of which Junior Rugby is the foundation.

Community rugby is about family, fun and friendship and is only made possible by the hard work and dedication of many volunteers like you. Thank you for your commitment to our national game and enjoy the season.

## NORTH HARBOUR JUNIOR RUGBY PHILOSOPHY

### “Everyone Enjoying Rugby”

In 2004 the New Zealand Rugby Union (NZRU) Community Rugby Plan declared its #1 priority to be “*establishing rugby as the first choice game for all New Zealand kids*”. To achieve this, the NZRU implemented the Small Blacks Development Model across New Zealand – a set of rules and guidelines on how rugby should be played for different ages to assist with the progressive development of the skills and knowledge required for all involved to enjoy the game.

Reflecting this is the North Harbour Junior Rugby Philosophy:

*“The purpose of North Harbour Junior Rugby is to give all players the opportunity to participate against others of a similar age and size and to assist in the progressive development of the necessary physical, social, emotional and mental skills as a foundation for enjoyment and continued participation in the game”.*

In 2021 North Harbour had 4,136 Junior Club players spread across 329 teams from 11 clubs and in excess of 1,803 Primary School players in 319 teams from 61 schools.

It is our goal to continue to provide the best possible framework for sustainable, long-term participation and development for all those involved in Junior Rugby.

## JUNIOR RUGBY COMMITTEE

The North Harbour Rugby Union (NHRU) administers Junior Club Rugby in the North Harbour region through the following activities:

- The administration of Saturday morning draws.
- The administration of junior club rugby festival and development programmes.
- The co-ordination of the registration process.
- Providing Player and Coaching development services.
- Providing Referee education advisory services.
- Administration of disciplinary matters
- Providing Junior Club administrative advisory services.
- Representing North Harbour junior rugby matters to NZRU and the Northern Region Unions.
- The funding of activities related to the overall administration of junior club rugby such as trophies, certificates, advertisement of overall promotion of junior club rugby and registrations.

Assisting the NHRU with the running of Junior Club Rugby is the Junior Rugby Committee (JRC). The JRC acts as an advisory body to the NHRU Council of Clubs (COC) on all matters relating to Junior Rugby (Under 13).

The JRC is comprised of:

- Five club representatives from the eleven junior clubs affiliated to the NHRU and a NHRU staff member.
- The Chairperson will represent junior rugby at the NHRU Council of Clubs meetings.

The JRC advises and assists the NHRU in:

- Developing a positive spirit for the sport across the differing entry level participants, which shall encompass players, coaches, referees, administrators, parents, and supporters.
- Providing a progressive development of skills throughout the grades under the NZRU Community Rugby rules and guidelines.
- Building an environment of enjoyment of participation and skill development.
- Providing a team or grade structure under which the maximum number of players possible can enjoy the sport and gain skills appropriate to their age, weight, and ability.

- Showing true regard for the opinions and concerns of all stakeholders in junior club rugby to ensure the sport is held in high regard particularly in delivery of the game.

To achieve the above responsibilities the JRC will deliver to the COC the following requirements through monthly meetings and administrative processes:

- To ensure that structured and organised rugby is promoted and made available to all junior players within the NHRU region.
- To ensure there is climate of development and fun to improve participation and retention of junior club players in the game and to engender a life-long love of the game.
- The approval and monitoring of dispensations, cleared and Harbour Red Socks players in Junior Rugby.
- To ensure that all complaints and disciplinary matters within Junior Rugby are dealt with in accordance with NHRU Disciplinary procedures.
- To ensure that players are in their correct grades and that the clubs are adhering to the Weights and Ages chart.
- A review of each season's activities including recommendations regarding the enhancement of Junior Rugby in the following year.
- Maintain channels of communication and build strong relationships with clubs and associated bodies for the distribution of information and satisfactory administration of junior club rugby.
- Assist the Union in the registration of all participants in junior club rugby.
- Organisation and management of junior club rugby festival and development programmes.

## GUIDELINES FOR ALL GRADES

NHRU Junior Rugby is played in accordance with World Rugby & NZRU "Laws of the Game" incorporating the Small Blacks Development Model guidelines.

Regular Saturday Junior Club Rugby is run in a non-competition format, meaning that while individuals, teams and clubs may record tries, conversions, wins, losses and points tables, the Union does not collect and collate scores, keep tables or team placing.

Players and coaches should strive to win; however, it is the responsibility of coaches, referees, parents and supporters to assist all players in developing the fundamental skills required to play the game safely, with enjoyment and in accordance with the Laws of the Game.

### Season Dates

- Commence **Saturday 7 May** and finish on **Saturday 27 August**.
- No play on the **middle and last** Saturday of the July School Holidays and Queens Birthday Weekends.

### Registration

- All players must be registered each year.
- All new players must provide a copy of their birth certificate to the club at the time of registration. Clubs must maintain a copy of the certificate for their records and ensure that all new players have complied with this requirement before allowing players onto the field of play.

### Team Composition

- Players must be placed in their grade as per their eligibility on the Junior Grades Chart set for the season.
- Selection of teams based on merit or ability within grades is not permitted. Where Clubs have more than one team in a grade, Club Committees are to ensure teams are balanced and players new to rugby should be evenly distributed.
- Teams must start play with an equal number of players on the field.
- The number in a team squad including team and reserves should be minimised to allow maximum participation.

### Game Time

- Under NZRU Laws for Small Blacks Development Model, all players must play half a game which may consist of two quarters, to ensure development and understanding of the game is maximised and participation in a game is fairly distributed around the team squad. Substitutions may be made at quarter-time, half-time or three-quarter-time.

### Score Blowouts

- In accordance with the Small Blacks Development Model guidelines, in the event that scores become one sided (defined by a halftime score differential of 35+ points), **both coaches must meet at half time and come to agreement as to how the issue can be addressed** to create a more even contest. (E.g., change dominant player positions, change dominant team tactics, rotate players, swap players between teams).

### Trainings

- As young players are often involved in several sports and at times multiple rugby teams, North Harbour Rugby Union recommends a maximum of 2 trainings of 1-hour duration per week across all rugby teams.

### Safety

Rugby Union is a sport which involves physical contact and any sport involving physical contact has inherent dangers. It is important that players can enjoy the game and play in the spirit with which the game is intended.

- All players must wear mouthguards.
- Should a player be injured, play must be stopped immediately, and the player attended to.
- Players on the field who are injured in any way that results in bleeding must be immediately removed. A substitute can be played while they are being attended to – blood nose, etc. Jerseys should be changed, and the injury attended to and cleaned properly.
- Open cuts or wounds must have a protective cover over them while the player is on the field.
- Players who receive slight head injuries must be checked properly – if in doubt remove the player from the field.
- Should a player suffer concussion, he/she must be attended to properly and is not allowed to play for the following three weeks.
- Coaches and parents must not put the player's health at risk in any game.
- It is advisable for players of all grades to warm up before the start of a game.

## 2022 Age and Weight Chart

Select the year that the player was born and then scan across the grid to find the weight limits for the grades that they can play in.			RIPPA		Tackle						Boys and Girls Rippa/Rip Rugby					
	Year Born	Age at Jan 1st	J8	J7	J6	J5	J4	J3	J2	J1	U9	U11	U13	U15	U18	
	2004	17														Open
	2005	16														Open
	2006	15														Open
	2007	14													Open	
	2008	13													Open	
	2009	12							43kg	Open			Open			
	2010	11						38kg	48kg	Open			Open			
	2011	10					33kg	43kg	Open			Open				
2012	9				28kg	38kg	Open				Open					
2013	8			25kg	33kg	Open				Open						
2014	7		22kg	28kg	Open					Open						
2015	6		25kg	Open												
2016	5	Open														
Red Socks			N/A	N/A	Over 40kg	Over 45 kg	Over 50kg	Over 55kg	Over 60kg	Over 70kg	N/A	N/A	N/A	N/A	N/A	

Notes:

1. Players turning 5 years old by 30 July 2022 (Year Born – 2017) may play in J8.
2. Girls/Boys may play Rippa rugby in mixed grades J7 and J8, then play tackle rugby in J6 to J1 or may choose to continue to play Rippa/Rip rugby in the Girls/Boys only Rippa/Rip Rugby grades – U18/U15/U13/U11/U9.

The Junior Grades Chart is designed to be as inclusive as possible, without putting player safety at risk by allowing large size disparities.

Weight standards are based on historical data and growth charts for each age and provides for a 3kg increase during the season and 5kg increase each year.

Each grade is designed for players of a median age/weight and includes older/lighter players and younger/heavier players in an effort to balance size, skill and maturity.

Grade eligibility is determined firstly by a player's age and then their weight. E.g., a 9-year-old can play J5, J4 or J3 depending on their weight.

**The JRC will conduct a weight check of all junior players on the opening day of junior rugby to ensure all players are in the correct grade in accordance with the Weight and Age chart. This is known as Grade Day. The JRC will conduct follow-up weight checks of any players not present on Grade Day on training nights. Players found to be non-compliant with the Weight and Age chart will be moved to the correct grade.**

## DISPENSATIONS

The purpose of dispensations is to allow players, who will be adversely affected by playing in the correct grade for their weight/age to be re-graded to play in a lower grade. These will be granted only in very special circumstances.

Parents/guardians must apply to their club committee, whom, if deemed worthwhile will forward onto the JRC for consideration.

All dispensations must be received with team entries, prior to the start of the season after which decisions will be made. Players that need to be viewed will be viewed in the first 3 weeks of rugby in the grade they are eligible for.

Each dispensation will be determined on an individual basis. The JRC will take into consideration one of the following factors which the player must meet:

- Safety/Risk of injury
- Medical reasons
- Exceptional circumstances

### **Please note:**

1. Players who are sufficiently skilled and considered capable of playing in their grade will not be dispensated.
2. All clubs will be notified of all dispensated players and the team and grade they play in.
3. Players that apply for dispensation must stay in the grade they are eligible for until a decision is made to dispense into a lower grade.
4. Players that have their dispensation declined and have no team to play for at the club of choice will have the option of playing at another club in the correct grade.

**Official dispensation forms can be found at:** [www.harbourrugby.co.nz](http://www.harbourrugby.co.nz) under Junior Club – Forms and Documents – Junior Policies and Protocols.

## HARBOUR RED SOCKS

In all grades, players in the youngest age bracket can be open weight. Open weight players who exceed the 'Harbour Red Socks' weights for any grade during the season are to be known and registered as a 'Harbour Red Socks Player' and are subject to the following guidelines to ensure the safety and development of all players.

- All Harbour Red Socks must be registered as such with their club and all Harbour Red Socks must be sent in to the NHRU.
- There will be a list of Harbour Red Socks distributed to all coaches by the start of the season.
- Harbour Red Socks must always wear RED socks when on the field of play.
- Coaches must **discuss and identify the Harbour Red Socks in each other's team** with each other **and the referee** prior to the start of the game.
- Harbour Red Socks should be spread evenly throughout teams if clubs have more than one team in a grade.
- Harbour Red Socks are limited to three on the field of play at any one time in 15-a-side grades and two on the field of play at any one time in 10-a-side grades.
- Harbour Red Socks cannot be used to dominate play or team tactics:
  - Lead rushes from free kicks,
  - Lead rushes from penalties,
  - Run off the back of scrums. (This includes a tap kick and then pass to the Harbour Red Sock player).
- In the spirit of sportsmanship, any team that has Harbour Red Socks can share those players with opposition teams to allow a more even contest and to ensure maximum player participation.

**IT IS ABSOLUTELY ESSENTIAL FOR ALL COACHES TO FULLY EXPLAIN THE PRINCIPLES CONCERNING HARBOUR RED SOCKS TO ALL PLAYERS AND THEIR PARENTS.**

Official “Harbour Red Socks” forms can be found at [www.harbourrugby.co.nz](http://www.harbourrugby.co.nz) under Junior Club – Forms and Documents – Policies and Protocols.

## CLEARED PLAYERS

From time-to-time players at secondary school cannot be catered for in Secondary School Rugby e.g., home schooled, in alternative education or there is no team for their age/weight. In this situation players can apply to be “cleared” to play Junior Club Rugby. All options to play rugby at secondary school must be explored prior to making application including playing in a composite school team i.e., a joint team formed by two or more schools.

Any player cleared to play Junior Rugby **will be eligible to play J1 or the JRC may decide to clear a player to J2 at their discretion.** Players must fit one of the following criteria to apply for a “clearance”.

1. Currently a year 9 student
2. There is no 7<sup>th</sup>, 6<sup>th</sup>, 5<sup>th</sup>, or Girls grade team at the school they attend
3. They are home schooled

If they meet any of the criteria above, they will also need to meet the following age/weight chart.

	<b>Weight</b>
2008	44kg
2009	Open

Clubs must apply to the Junior Rugby Committee, with supporting documentation/evidence that the player concerned is not catered for, for consideration for clearance. The player’s secondary school must agree and support the application.

Official clearance forms can be found at [www.harbourrugby.co.nz](http://www.harbourrugby.co.nz) under Youth – Forms & Documents – Dispensations.





## SMALL BLACKS DEVELOPMENT MODEL

### THE WAY TO PLAY

Rugby is a dynamic and exciting sport that is a whole lot of fun, and helps develop friendships that can last a lifetime. Small Blacks Rugby has been designed to help players develop their rugby skills as their physical ability develops, making the game as simple and safe as possible for all Kiwi kids, regardless of their age, shape or size. The Small Blacks Development Model has been developed to ensure that there is a consistency of play, coaching and player welfare at all levels throughout the country, and is a great way of getting kids involved in a team sport.

### DIFFERENT AGES, DIFFERENT STAGES

This poster clearly explains the Small Blacks Development model for coaches, parents and Small Blacks players. It contains easy to follow guidelines on how the game is to be played at each age. The Model has been designed to ensure that all kids who graduate from the Small Blacks programme have the best possible skill set to take them through their rugby career.

Rip Rugby is a non-contact option for U8 - U13.

### FIELD SIZE

U6/U7 YEAR 1 & 2	U6: 1/4 field = 40m x 27.5m maximum. Use small post at ends if available.
U8 YEAR 3	Goal to 10m (across the field). Portable goalposts recommended. Full size posts on sideline need bolsters.
U9/U10/U11 YEAR 4, 5 & 6	15s must be full field.
U12/U13 YEAR 7 & 8	Goal to 10m (across the field).
Rip Rugby	Goal to 10m (across the field).



### BALL SIZE

U6/U7 YEAR 1 & 2	Size 2.5 or 3 balls.
U8 YEAR 3	Size 3
U9/U10/U11 YEAR 4, 5 & 6	Size 4
U12/U13 YEAR 7 & 8	Size 4
Rip Rugby	Appropriate to grade above

### CONVERSION

U6/U7 YEAR 1 & 2	No conversions.
U8 YEAR 3	Conversion taken from in front of posts either drop goal or punt. Points don't count.
U9/U10/U11 YEAR 4, 5 & 6	Conversions not to be taken further out than the 15m line.
U12/U13 YEAR 7 & 8	No conversions
Rip Rugby	No conversions

### KICK-OFF

U6/U7 YEAR 1 & 2	Free pass.
U8 YEAR 3	Tap and pass. Kick-offs to be rotated through all players.
U9/U10/U11 YEAR 4, 5 & 6	Punt or drop kick by scoring side. Kick offs to be rotated through all players.
U12/U13 YEAR 7 & 8	Normal
Rip Rugby	Appropriate to grade above.

### TACKLE

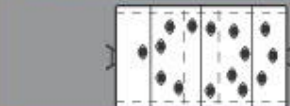
U6/U7 YEAR 1 & 2	(RIP) When 'rip' is made, player passes the ball. Rip flags should be 33cm x 5cm.
U8 YEAR 3	A "Tackle Clinic" must be carried out by all UB coaches before the season kicks off. "Lummy Tackles". No fending.
U9/U10/U11 YEAR 4, 5 & 6	Tackle must be below the sternum. No fending to the head, face or neck regions.
U12/U13 YEAR 7 & 8	(RIP) When a rip is made, player passes the ball.
Rip Rugby	(RIP) When a rip is made, player passes the ball.

### GAME LENGTH

U6/U7 YEAR 1 & 2	4 x 10 minutes maximum.
U8 YEAR 3	2 x 25 minutes maximum.
U9/U10/U11 YEAR 4, 5 & 6	2 x 30 minutes maximum.
U12/U13 YEAR 7 & 8	As above
Rip Rugby	As above

### NUMBERS PER TEAM

U6/U7 YEAR 1 & 2	7-a-side. Numbers are maximum. If a team doesn't have enough players to start a game, it should then be played with equal numbers.
U8 YEAR 3	10-a-side. Numbers are maximum. If a team doesn't have enough players to start a game, it should then be played with equal numbers.
U9/U10/U11 YEAR 4, 5 & 6	15-a-side. Numbers are maximum. If a team doesn't have enough players to start a game, it should then be played with equal numbers.
U12/U13 YEAR 7 & 8	7-a-side or played with equal numbers
Rip Rugby	7-a-side or played with equal numbers



### LINEOUT

U6/U7 YEAR 1 & 2	No lineouts.
U8 YEAR 3	Always 5 in lineout. Lineouts not to be contested until U11 grade. There is to be no lineout lifting at any level.
U9/U10/U11 YEAR 4, 5 & 6	Always 8 in lineout. Lineouts can be contested. There is no lineout lifting at any level.
U12/U13 YEAR 7 & 8	Always 3 in lineout. Lineouts follow above contested laws to appropriate age.
Rip Rugby	Always 3 in lineout. Lineouts follow above contested laws to appropriate age.



### SUBS

U6/U7 YEAR 1 & 2	All players must play a minimum of half a game (this is to include at least two full quarters). Rolling substitutions are not permitted. Substitutions may be made at half time or approximately half way through each half when the referee will allow and signal a Substitution Break. This applies to representative games.
U8 YEAR 3	As above
U9/U10/U11 YEAR 4, 5 & 6	As above
U12/U13 YEAR 7 & 8	As above
Rip Rugby	As above

### TRY

U6/U7 YEAR 1 & 2	If score blow-outs are occurring (ie 35+ at halftime), both coaches MUST meet and come to an agreement as to how they can generate a more even contest. Try = 5 pts.
U8 YEAR 3	As above
U9/U10/U11 YEAR 4, 5 & 6	As above
U12/U13 YEAR 7 & 8	As above
Rip Rugby	As above

### REFEREE

U6/U7 YEAR 1 & 2	Beginning coach.
U8 YEAR 3	If no Learning Rugby referee, no tackling.
U9/U10/U11 YEAR 4, 5 & 6	If no Playing Rugby referee, no tackling.
U12/U13 YEAR 7 & 8	Nominated Rip Rugby referee
Rip Rugby	Nominated Rip Rugby referee

### SCRUMS

U6/U7 YEAR 1 & 2	No scrums.
U8 YEAR 3	Always 5 in scrum. No contest and no pushing.
U9/U10/U11 YEAR 4, 5 & 6	Always 8 in scrum. Contest and pushing. The push is limited to half a metre maximum. Safety is paramount. A "Scrum Factory" must be carried out by all U12 coaches.
U12/U13 YEAR 7 & 8	Always 3 in scrum. No contest and no pushing.
Rip Rugby	Always 3 in scrum. No contest and no pushing.



APPLAUD



BY COMMITTING TO APPLAUD; ALL PARENTS, CARE-GIVERS AND SUPPORTERS IN NEW ZEALAND ARE CREATING A GREAT PLACE FOR RUGBY.

FIND OUT MORE BY GOING TO [SMALLBLACKS.COM](http://SMALLBLACKS.COM)



## QUICKGUIDE TO J7 & J8 RIPPA RUGBY

Rippa Rugby is the non-contact version of rugby. It is designed to introduce new players to the game without fear of contact so they can learn the fundamental rugby skills of catching, passing, running, and scoring tries.

These rules have been clearly defined to enable new players, coaches, referees, and parents to gain a better understanding of the game.

The object of the game is to score a try by grounding the ball behind or on the opponents' try line. To prevent a try being scored the defenders must 'rip' the flag from the belt of the ball carrier. This forces the ball carrier to pass the ball. Six rips against the attacking team in one set of possession results in the ball being turned over to the defending team.

**Field** ¼ fields. Each game is played between the try line and the 10m line (40 metres). Playing towards the half way and try line. The nearest post and side line will be the side lines.

**Time** 20 minutes each way with a 2-minute break at half time. (Maximums)

**Ball** Size 2 ½ or 3

### Players

- Teams comprise seven players.
- For normal Saturday games it is expected that all players should play as much as possible, therefore team numbers can be manipulated at the agreement of both coaches.

### Substitutes

- All players must play half a game which may consist of one half or two quarters i.e. Substitutions may be made at quarter-time, half-time or three-quarter-time. No rolling substitutions are permitted.

### Coaches

- Coaches are allowed on the field of play to teach players general and positional play.

### Tackle (Rip)

- To complete a 'rip' one of the two flags from the ball carriers' belt must be removed.
- Only the ball carrier can be ripped.
- The ripper stops, holds the flag above their head and shouts "RIP!"
- The ball carrier must then pass the ball within three steps. He or she does not have to stop, return to the mark, or tap the ball before passing.
- After the ball carrier has passed the ball the ripper must hand the flag back to the player who then reattaches it to their belt before they rejoin play.
- Six rips in a row leads to a turnover in possession.
- The belt must be worn outside the clothing and flags positioned one on each hip.
- If a player is 'ripped' when crossing the try line, they restart play five metres out from the try line.

### Offside

- Offside only occurs at the rip.
- When a rip is made, all players from the ripper's team must get back until they are in front of where ball is being passed from (facing the opposition).
- If a player is offside and they intercept, prevent, or slow down a pass, a free pass will be awarded to the non-offending team.

### A free pass is used to

- Start play.
- Restart after a try is scored (non scoring team).
- Restart after turnover or a penalty offence.
- To make a free pass, the referee calls "Play" and the player passes the ball backwards to a member of their own team. The opposition team must remain five metres back from the free pass.

### Penalty Offences

- Kicking
- Contact of any kind (pushing, tackling, fending)
- Hiding or shielding Rippa tags
- Offside
- Diving on the ball on the ground
- Not handing back Rippa tags
- Continuing to run after rip (more than 3 steps)

### Turnover of Possession

- Knock On
- Forward Pass
- Ball or ball carrier outside the field of play



## Refereeing a Game

- Shout, "RIP and the number of rip (1, 2, 3, 4, 5, 6) and PASS!" when a rip has been made.
- Where possible 'advantage' should be played to the non-offending team if there is any chance that they may get the ball. The referee should call 'advantage' followed by 'play on'. If no advantage occurs play restarts with a free pass.
- Stand behind the defending team.
- For more on refereeing tips check out the referees' section.

## Local Modules

To assist players and parents starting out in rugby, all J7 and J8 rugby is played in "local modules" where a single club or group of closely situated clubs will play at one venue or rotate between two or three venues each week.

- North = Mahurangi & Silverdale
- West = Massey, Kumeu & Helensville
- Central = Glenfield, Northcote, Takapuna & Marist
- Central = East Coast Bays
- South = North Shore

## QUICKGUIDE TO J6 (NZRU U8)

- Field:** ¼ fields. Each game is played between the try line and the 10m line (40 metres). Playing towards the half way and try line. The nearest post and side line will be the side lines.
- Time:** 25-minute halves, 5 minutes half time
- Ball:** Size 3
- Players:** 7 per side (3 forwards/4 backs)
- Weight:** Refer Junior Grades Chart
- Subs:** All players must play half a game which may consist of one half or two quarters i.e. Substitutions may be made at quarter-time, half-time or three-quarter-time. No rolling substitutions are permitted.
- Tackle:** All tackles must be below the sternum.
- Scrum & Lineouts:** Scrums and lineouts are deferred until J5. Free pass to restart play
- Kick-Offs:** Tap & Pass to be rotated through all players. Opposition 5m back.
- Penalties:** Tap and pass. Opposition 5m back.
- Referees:** Associate referee, if not - no game.
- Conversions:** No conversions
- Fending:** No fending in J6
- Harbour**
- Red Socks:** Must wear red socks and cannot lead rushes from free kicks, penalties or from the back of scrums (this includes a tap kick and then pass to a Harbour Red Sock player).

## QUICKGUIDE TO J4 & J5 (NZRU U9/U10)

- Field:** 40 metres - goal line to the 10m line (the sidelines become the try lines)
- Time:** 25-minute halves, 5 minutes half time
- Ball:** Size 3
- Players:** 10 per side (5 forwards/5 backs)
- Weight:** Refer Junior Grades Chart
- Subs:** All players must play half a game which may consist of one half or two quarters i.e. Substitutions may be made at quarter-time, half-time or three-quarter-time. No rolling substitutions are permitted.
- Tackle:** All tackles must be below the sternum.
- Scrum:** 5 players, no contesting or pushing. Opposition backlines back 5m, halfback must start and stay at the tunnel of scrum until the ball has been cleared from the lock's feet. Locks cannot pick and go.
- Lineouts:** Uncontested. 2.5m in from touch. 5 players - No contesting or lifting, lines from 1m apart, backlines back 5m, no player to cross the line of touch (LOT) until ball in halfbacks' hands. No short lineouts.
- Kick-Offs:** Drop kick by scoring side to be rotated through all players. Opposition 5m back
- Penalties:** Tap and pass. Opposition 5m back
- Referees:** Associate referee, if not - no game.
- Conversions:** No conversions
- Fending:** Players may fend to the body but not to the face, head, or neck region.
- Harbour**
- Red Socks:** Must wear red socks and cannot lead rushes from free kicks, penalties or from the back of scrums (this includes a tap kick and then pass to a Harbour Red Socks player).

## QUICKGUIDE TO J3 (NZRU U11)

**Field:** Half-field. 50m wide – goal line to half-way line (sidelines are try-lines)  
**Time:** 25-minute halves, 5 minutes half time  
**Ball:** Size 3  
**Players:** 10 per side (5 forwards/5 backs)  
**Weight:** Refer Junior Grades Chart  
**Subs:** All players must play half a game which may consist of one half or two quarters i.e. Substitutions may be made at quarter-time, half-time or three-quarter-time. No rolling substitutions are permitted.  
**Tackle:** All tackles must be below the sternum.  
**Scrum:** 5 players, no contesting or pushing. Opposition backlines back 5m, halfback must start and stay at the tunnel of scrum until the ball has been cleared from the lock's feet. Locks cannot pick and go.  
**Lineouts:** Can be contested, lines 1m apart - No lifting. Backlines back 10m. No short lineouts.  
**Kick-Offs:** Drop kick by scoring side to be rotated through all players. Opposition 5m back  
**Penalties:** Tap and pass. Opposition 5m back  
**Referees:** Associate referee, if not - no game.  
**Conversions:** No conversions  
**Fending:** Players may fend to the body but not to the face, head, or neck region.  
**Harbour**  
**Red Socks:** Must wear red socks and cannot lead rushes from free kicks, penalties or from the back of scrums (this includes a tap kick and then pass to a Harbour Red Socks player).

## QUICKGUIDE TO J1 & J2 (NZRU U12/U13)

**Field:** Full Field  
**Time:** 30-minute halves, 5 minutes half time.  
**Ball:** Size 4  
**Players:** 15 per side, with numbered jerseys  
**Weight:** Refer Junior Grades Chart  
**Subs:** All players must play half a game which may consist of one half or two quarters i.e. Substitutions may be made at quarter-time, half-time or three-quarter-time. No rolling substitutions are permitted.  
**Tackle:** All tackles must be below the sternum.  
**Scrum:** Can be contested up to ½ metre push and 45° turn. Opposition backlines 5m back from hindmost foot of scrum, halfback must start at the tunnel of scrum and cannot move forward of the tunnel. Once ball has entered the scrum, the halfback can move back to the No.8's feet and stand anywhere along the offside line (No.8's feet).  
**Lineouts:** Contesting is allowed, lines 1m apart - No lifting. Backlines back 10m. No short lineouts.  
**Kick-Offs:** Drop kick. Opposition 10m back  
**Penalties:** Normal. Opposition 10m back  
**Referees:** Associate referee, if not - no game  
**Conversions:** No wider than the 15m line.  
**Fending:** Players may fend to the body but not to the face, head, or neck region.  
**Harbour**  
**Red Socks:** Must wear red socks and cannot lead rushes from free kicks, penalties or from the back of scrums (this includes a tap kick and then pass to a Harbour Red Socks player).

## QUICKGUIDE – GIRLS & BOYS U9 RIPPA GRADE

**Field:** ¼ fields. Each game is played between the try line and the 10m line (40 metres). Playing towards the half way and try line. The nearest post and side line will be the side lines.  
**Kick-off:** Tap and pass  
**Time:** 25-minute halves and 5 minute half-time  
**Ball:** Size 3  
**Players:** Teams comprise of 7 players. Recommend 10 players per team.  
**Subs:** All players must play half a game which may consist of one half or two quarters i.e. Substitutions may be made at quarter-time, half-time or three-quarter-time. No rolling substitutions are permitted.  
**Referees:** Associate referee, if not - no game

**Tackle (Rip):** Tackles are RIPS

- To complete a 'rip' one of the two flags from the ball carriers' belt must be removed.
- Only the ball carrier can be ripped.
- The ripper stops, holds the flag above their head and shouts "RIP!"
- The ball carrier must then pass the ball within three steps. Player does not have to stop, return to the mark, or tap the ball before passing.
- After the ball carrier has passed the ball the ripper must hand the flag back to the player who then re-attaches it to their belt before they re-join play.
- Six rips in a row leads to a turnover in possession.

- The belt must be worn outside the clothing and flags positioned one on each hip.
- If a player is 'ripped' when crossing the try line, they restart play 5 metres out from the try line.

#### Offside:

- Offside only occurs at the rip.
- When a rip is made, all players from the ripper's team must get back until they are in front of where ball is being passed from (facing the opposition).
- If a player is offside and they intercept, prevent, or slow down a pass, a free pass will be awarded to the non-offending team

#### A free pass is used to:

- Start play.
- Re-start after a try is scored (by the non-scoring team).
- Re-start after turnover or a penalty offence.
- To make a free pass, the referee calls "Play" and the player passes the ball backwards to a member of their own team. The opposition team must remain 5 metres back from the free pass.

#### Penalty Offences:

- Kicking
- Contact of any kind (pushing, tackling, fending)
- Hiding or shielding Rippa tags
- Offside
- Diving on the ball on the ground
- Not handing back Rippa tags
- Continuing to run after rip (more than 3 steps)

#### Turnover of Possession:

- Six rips
- Knock On
- Forward Pass
- Ball or ball carrier outside the field of play

## QUICKGUIDE – GIRLS U18/U15/U13/U11 & BOYS U18/U15/U13/U11 RIP RUGBY GRADES

<b>Field:</b>	Half-field. 50m wide – goal line to half-way line (sidelines are try-lines)
<b>Kick-off:</b>	Punt kick
<b>Time:</b>	25-minute halves and 5 minute half-time
<b>Ball:</b>	<b><u>Size 5 for U18&amp;U15/Size 4 for U13/Size 3 for U11</u></b>
<b>Players:</b>	Teams comprise of 7 players on the field. Recommend 10 players per team.
<b>Subs:</b>	<u>All players must play half a game which may consist of one half or two quarters i.e. Substitutions may be made at quarter-time, half-time or three-quarter-time. No rolling substitutions are permitted.</u>
<b>Referees:</b>	Associate referee, if not - no game

#### Tackle (Rip): Tackles are RIPS

- To complete a 'rip' one of the two flags from the ball carriers' belt must be removed.
- Only the ball carrier can be ripped.
- The ripper stops, holds the flag above their head and shouts "RIP!"
- The ball carrier must then pass the ball within three steps. Player does not have to stop, return to the mark, or tap the ball before passing.
- After the ball carrier has passed the ball the ripper must hand the flag back to the player who then re-attaches it to their belt before they re-join play.
- **Four** rips in a row leads to a turnover in possession.
- The belt must be worn outside the clothing and flags positioned one on each hip.
- If a player is 'ripped' when crossing the try line, they restart play 5 metres out from the try line.

#### Offside:

- Offside only occurs at the rip.
- When a rip is made, all players from the ripper's team must get back until they are in front of where ball is being passed from (facing the opposition).
- If a player is offside and they intercept, prevent, or slow down a pass, a free pass will be awarded to the non-offending team

#### A free pass is used to:

- Re-start after turnover or a penalty offence.
- To make a free pass, the referee calls "Play" and the player passes the ball backwards to a member of their own team. The opposition team must remain 5 metres back from the free pass.

### Penalty Offences:

- Contact of any kind (pushing, tackling, fending)
- Hiding or shielding Rippa tags
- Offside
- Not handing back Rippa tags
- Continuing to run after rip (more than 3 steps)

### Turnover of Possession:

- **Four** rips
- Knock On – Restart with a scrum
- Forward Pass – Restart with a scrum
- Ball or ball carrier outside the field of play – Restart with a lineout

### Scrum:

- 3 players and a halfback
- No contesting or pushing
- Opposition back lines and those not involved in the scrum must be back 5m
- Halfback must start and stay at the tunnel of the scrum until the ball has been cleared
- Players in scrum cannot pick up the ball
- Attacking team win's own ball

### Lineouts:

- **3 players in the lineout – the player throwing the ball in then runs around to receive the ball and distributes to the backs**
- Lineout must be 2.5m in from touch
- **Lineouts are contested**
- **No lifting in the lineout for U11/U13 and lifting is permitted for Girls & Boys Y15**
- Those players not involved in the lineout must be 5m back
- 1m gap in between lines
- No player can cross the line of touch (LOT) until the ball is in the halfback's hands

### Kicking:

- A punt kick is used to start the game and restart once a try has been scored (kick must travel 5m)
- The team that scored the try must kick off
- If you are ripped, you cannot kick the ball
- If a kick in general play crosses the dead ball line it is a free pass at the mark of where the kick was made
- Normal offsidings from kicking situations apply
- Kick chasers must stay behind the kicker or be put on side by the kicker
- There is no conversions or shots at goal

## ASSOCIATE REFEREES

### Becoming a Referee

Refereeing is fun and rewarding. Clubs are encouraged to identify a minimum of one person to be trained as their Associate Referee for each of their teams. The North Harbour Rugby Union provides full training, specific to each grade, for all of those interested in becoming a qualified Associate Referee. An Associate Referee course remains in date for 3 years however those individuals refereeing tackle rugby (J1-J6) must attend a RugbySmart Course in each of the second and third years. RugbySmart is an NZRU injury prevention course for rugby for senior/secondary school coaches and referees.

For more information check [www.harbourrugby.co.nz](http://www.harbourrugby.co.nz) for venues, dates and times of courses.

### Appointment of Referees

Where possible, the North Harbour Referees Association will appoint an official referee for games (J1 – J3), however the home club must be able to provide a current qualified Associate Referee. Where the home club cannot provide one, a qualified Associate Referee from the visiting team can be used.

Games cannot progress without a qualified Associate Referee.

### Guidelines for Refereeing Junior Rugby

- Referees must be a qualified Associate Referee. (If there is no referee available on any given fixture a person who attended the **2022** Small Black course may referee the game).
- Referees need to attain a full understanding of the rules for the grade they are refereeing.
- Appoint a person to be a touch judge, preferably not the team coach.
- Blow the whistle with authority, use hand signals then give verbal explanations.
- In set play, take time to make sure both backs and forwards are correctly in position (scrums 5m and Lineouts 10m).
- Ensure scrums are set in accordance with scrum safety procedures.
- Apply the advantage law as often as possible.
- Apply penalties for penalty offences and try to keep scrums to a minimum.

- All tackles must be below the sternum. Penalise immediately any tackle above this line.
- Explain decisions clearly, players will look to you for guidance, instructing offending players as to what they have done wrong.
- Referees have the right to stop play if they think a player's safety is at risk, and then discuss the situation with the coaches of both teams.
- Stop play immediately for over aggressive play, dangerous play, fighting or back chat.
- Stop play for injuries to players.
- Where appropriate use the sin bin in preference to sending off. Players can be forced to substitute for disciplinary measures.

### Referee Code of Conduct

- Referee to ensure that the "spirit of the game" for children is not lost by "over refereeing" the game.
- Ensure that your behaviour is consistent with the principles of good sportsmanship both on and off the field.
- Compliment both teams on their good play, whenever such praise is deserved.
- Be consistent, objective, and courteous.
- Condemn the "deliberate foul" as being unsportsmanlike, thus retaining respect for fair play.
- Be a good communicator.
- Have empathy with the players.
- Be unobtrusive, but exercise firmness.
- Be calm when player/spectator passions are high.

### Referee Harassment

Stop play for verbal or physical harassment from coaches, parents, or spectators. Referees have the ability to evict unwanted persons from grounds under their control. Ensure you report all incidents to offending Junior Club Committees and the JRC.

Official documentation can be found on [www.harbourrugby.co.nz](http://www.harbourrugby.co.nz) and where necessary complaints will result in an appearance with the North Harbour Rugby Union Judicial Committee.

## COACHING

### Becoming a Coach

Coaching is fun and rewarding and without coaches the players would not get the opportunity to enjoy the game.

The North Harbour Rugby Union provides full training, specific to each grade, for all of those interested in becoming a qualified Junior Coach. It is compulsory for all Small Blacks coaches to have a NZRU Small Blacks accreditation applicable to the grade level they will be coaching every year. In **2022** all coaches must attend one of the 90 minute practical skill-based sessions. Coaches who have attended and completed the requirements of the Small Blacks modules will be awarded NZRU Small Black accreditation.

There are three Small Blacks grade levels:

- Beginning Rugby J8 & J7 Rippa
- Learning Rugby J3, J4, J5 & J6 and, Girls & Boys Rippa U9
- Playing Rugby J1/J2/Y15 and, Girls Rip Rugby Y15/U11/U13 & Boys Rip Rugby Y15/U11/U13

For more information check [www.harbourrugby.co.nz](http://www.harbourrugby.co.nz) for venues, dates, and times of courses.

### Guidelines for Coaches on the field of play

- Coaches of J8 and J7 (all season) and J6 (until the last Saturday in June), are allowed on the field of play with their teams.
- You are only on the field to teach your players general and positional play.
- Stand well clear of all players so you do not interrupt the flow of play.
- Do not show any aggression towards your own and the opposing players and coach.
- Do not intimidate opposition players – leave it to their coach to control them.
- You must have a clear and full understanding of the rules.
- Do not tell the referee how to do their job.
- Should the referee take offence at your coaching attitude he/she has the right to warn you. Failing that, they can ask you to leave the field of play. A replacement is permitted.
- Children at this age need your guidance. Done properly you will get good results and a lot of enjoyment out of this rugby.

### Coaches Code of Conduct

- Make a personal commitment to keep yourself informed on sound coaching principles through North Harbour Rugby Coaching Courses.
- Ensure all equipment and facilities meet safety standards and that you use drills and training methods that are both safe and effective for your players needs.
- Teach your team to play within the rules of the game.
- Positively reinforce the actions of players.

- Lead by example.
- Create an enjoyable environment in which to play the game.
- Develop team respect for referees.
- Give all players the opportunity to participate in the game.
- Insist on fair play and discipline.
- Be reasonable on the demand on player's time, energy, and enthusiasm.
- Encourage sportsmanship.
- See also Sport NZ's coaches' code of ethics ([www.sportnz.org.nz](http://www.sportnz.org.nz)).

**Verbal or physical harassment of any kind towards match officials will result in the stoppage of play and/or person(s) evicted from grounds. Official complaints will result in an appearance with the North Harbour Rugby Union Judicial Committee.**

## FAIRPLAY CODES OF CONDUCT

### Adapted from NZRU Small Blacks Rugby Handbook

Verbal or physical harassment of any kind towards match officials will result in the stoppage of play and/or person(s) evicted from grounds. Official complaints will result in an appearance with the North Harbour Rugby Union Judicial Committee.

#### Players

- Play for enjoyment.
- Play hard but fair.
- Play by the laws of the game.
- Be committed to your team, attend all practices, and matches.
- Work equally hard for yourself and your team.
- Be a good sport. Applaud all good play whether by your team or by your opponent.
- Remember the goals of the game are to have fun and improve your skills.

#### Spectator/Parents

- Your role is to set an example for children.
- Respect that people are involved in sport for fun and enjoyment.
- Never harass players, coaches, and officials. Anyone deemed to be abusive will be asked by officials to leave the ground immediately.
- Applaud the performances of both teams.
- Be positive with the referees and acknowledge their efforts.
- Let the children play their game not your game.
- Praise actual efforts not results.
- Do not criticise or put down players, coaches, or referees.

#### Administrators

- Ensure that equal opportunities for participation in rugby are made available to all willing participants.
- Equipment and facilities must meet safety standards and be appropriate to the level of the children.
- Ensure that parents, coaches, sponsors, and participants understand their responsibilities for involvement in rugby.
- Ensure that proper supervision is provided by North Harbour Rugby certified coaches and officials capable of promoting technical skills, fairplay and participation.
- Promote the ideal that the game is played for its own sake. Rules and schedules should take into account the age and level of the participants.
- Participation in the game must take precedence over the event becoming a spectacle for entertainment.
- Liaise with North Harbour Rugby Development Staff to provide clinics to improve the standard of coaching and officiating. It is your responsibility to emphasise the importance of these clinics to your coaches, players, and other officials.

## CLUB OF THE YEAR AWARD

North Harbour Junior Rugby annually awards a Club of the Year Cup for Administration of junior club rugby. The trophy is awarded on club performance for accurate and timely submission of administration, players registered into correct grades, players registered in a timely manner, player development on and off the field, sideline behaviour of team officials and supporters, coach and associate referee course attendance and growth in player numbers.

## 2022 JUNIOR CLUB RUGBY KEY DATES

Can be found in the following link. <https://www.harbourrugby.co.nz/juniors>

## SIDELINE BEHAVIOUR INCIDENTS PROCEDURE

Should any off-field sideline behaviour incident occur at a junior rugby match, the procedure is as follows:

- The team management person (Coach or Manager) concerned about the incident should talk to the opposition team management and advise them of their concerns about the behaviour.
- Should this behaviour continue or escalate, the team management should report the incident verbally to his junior club official (Junior Club Captain or Junior Chairman) within 24 hours of the completion of the match.
- The junior club official of the reporting team's club considers the verbal report and decides if he/she should contact the opposition junior club official to discuss the incident.
- After discussion with the opposition junior club official and if it cannot be dealt with satisfactorily between the two clubs, the reporting junior club official then asks his team management person to complete a North Harbour Junior Rugby Match Incident Report Form and forwards this to Junior Rugby Committee Chairman who attempts to resolve the matter.
- If the incident cannot be resolved by the Junior Rugby Committee Chairman, it is passed to the Operations Manager, North Harbour Rugby Union who will take the necessary action.

**Junior Rugby Match Incident Report forms can be found at - [www.harbourrugby.co.nz](http://www.harbourrugby.co.nz) under Junior Club – Forms and Documents – Match Incident Reports.**