



# X-LEAGUE REFEREES NOTES



## STARTS AND RESTARTS

The game starts and restart after tries with a tap on half way.

After an attacking team loses possession in their opponents in-goal (kicked dead or handling infringement ) game restarts with a 5m centre-field tap. If the defending team makes the ball dead in goal, it is a drop out from the centre of the tryline - the receiving team will get the ball back, either by a clean catch, a

hand touch on the ball (and then dropped) or if the ball goes over the sideline, direct or otherwise. Zero tackle play-the-ball.

If in the unlikely event of the drop out travelling the full length of the field and going dead in goal, the non kicking team will have to drop out from their goal line. All other restarts, including penalties, are a 'zero-tackle play-the-ball' to the non-offending team.

## GENERAL PLAY

Defenders must stay onside until the ball has been picked up by the dummy half and the dh has shaped to pass or took a step. if the ball is played with no dh present, defenders have to wait, but the attacking team must not deliberately delay.

It's semi-contact remember – so no excessive contact, barging, dragging, or tackling to the ground. No fending to the neck or face.

Players might be tempted to lift the ball overhead to avoid it being tackled, that is a penalty (zero tackle turnover) but it has to be 'All of the ball, over all of the (players own) head'.

Tries are scored by a conventional touch down, or by getting two feet in the in-goal area before the ball is touched by a defender. attackers catching a kick in goal

is also a try.

All handling errors result in a fresh set of six to the non offending team. If the ball is deliberately played at by a defender after it has left the hands of an attacker, and goes to the ground, the defender is at fault.

If the tackle on the ball results in lost possession by the attacker, that is a loose carry, and a zero tackle turnover. but it must be the initial tackle impact, and not an extra play at the ball, that is interference at the play the ball, and a zero tackle should be awarded.

If a player touches, and wraps the ball in the same movement, they are entitled to delay the play the ball for a few seconds, but if the wrap is after the touch is made, that is interference.

## KICKING

There are no restrictions on who, how, height. onside, etc - normal RL rules apply . However to prevent easy repeat sets by blasting a ball at a novice player, the rule is that a kick is defused by a defender touching the ball with their hand. this results in zero tackle turnover.

If, however, the defender kicks the ball, their team becomes the kicking team, and the above rules apply to the other team. i.e any hand touch results in a new set of 6.



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## WOMENS AND MIXED GAMES

All players have the option to play full rules or Alternative rules (see Rule 17.2).

Alternative rules are, that when in possession, they have to be touched by 2 different defenders to complete a tackle - the first defender should not hold or excessively

obstruct him/her. To make a tackle he/she just has to make any touch on the ball carrier. Deciding on which players these rules pertain to is a matter for the captains of each team prior to the start of the game and should not be changed during.

## SPIRIT OF THE GAME

If a defender says they made a tackle on the ball, believe them - even if you did not see it and the ball carrier says they missed.

There are no quick restarts, check with the defending

team if they are ready before allowing the game to restart.

It is important to note that the goal of the game is that all participants enjoy themselves and HAVE FUN!!

## STANDARDISATION OF RULES FOR X-LEAGUE

The following interpretations have been added to support the rulebook of X-League based on feedback from the Regional Championships.

**Setting the mark** - the marker sets the mark only when a front-on tackle is made. 'Front-on' can be defined as when the defender's back foot is closer to their try line than the attacker's front foot. Therefore, when a tackle is made from the side, or behind, the defender does not set the mark. The ball carrier must play the ball within 2 steps of the tackle, if they take 3 steps they must take a step back, to set the mark.

**Loose carry** - any dropped ball from contact is a loose carry, being touched first does not excuse a player from an incorrect play-the-ball. However, a 'second attempt' by a defender, that dislodges the ball, is deemed to be interference at the play the ball.

**Charging** - taking an excessive number of paces towards a defender with clearly no intention to change

course or pass.

**Barging** - using a leg drive or elbow/forearm/shoulder to bump an opponent out of the way. Not to be confused with protecting the ball and/or controlling the ball to facilitate a quicker or higher quality play-the-ball.

**Pulling** - using arms and hands to manipulate the opponent's movement. Not to be confused with using arms and hands to get closer to the ball to make contact with the ball in order to complete the tackle.

**Pushing** - Using arms and hands to deliberately alter the momentum of an opponent. Either with fend or attempted tackle. The only legal 'push' is a fend, by a ball carrier, in an attempt to change direction.

**There are no tap penalties in X-League** - All restarts after an infringement are with a Zero Tackle play the ball, either a set-restart for the team in possession, or a Turn-over zero tackle play the ball for the other team.