



GIRLS CHAMPION SCHOOLS - COMPETITION RULES 2017/18

These rules outline the playing rules of the regional and national rounds. They are in addition to the Tournament Rules.

1. TEAM/ SQUAD SIZE

The number of players per team shall be:-

Year Group	Number of Players
(KS3) Y7, Y8, Y9	9 a side
(KS4) Y10, Y11	11 a side

- Teams will be allowed a maximum squad size of 15 players for all age groups.
- There is no limit on the number of interchanges allowed.

2. MATCH DURATION

The duration of each single match, e.g. the national final, shall be measured by the match official and shall be:-

Year Group	Match Time
(KS3) Y7, Y8, Y9	20 minutes each way
(KS4) Y10, Y11	25 minutes each way

- Single matches will have a 5 minute half time interval.

3. PITCH SIZE

The game should be played on a modified field to the following dimensions:-

Year Group	Pitch Size
(KS3) Y7, Y8, Y9	Max 80m (length) x 50m (width) Min 60m (length) x 40m (width)
(KS4) Y10, Y11	Max 100m (length) x 60m (width) Min 80m (length) x 50m (width)

- In the case of KS3 (and KS4 should the pitch be reduced), the goal posts should be padded and situated outside the field of play.

4. MATCH BALLS

The size of the ball should be:-

Year Group	Ball Size
(KS3) Y7, Y8, Y9	4
(KS4) Y10, Y11	5

5. KICK OFF

The game will commence with a place kick off from the centre line at the beginning of each half.

- All restarts, other than at the commencement of each half will be with a play-the-ball as described in Rule 6.

6. PLAY THE BALL

The ball must be played backwards with the foot. The team in possession must retire behind the acting half-back.

- One (active) marker is allowed at the play-the-ball.
- The team not in possession, except for the marker, must retreat 10 metres and may advance once the ball clears the ruck.
- The six tackle rule applies.

7. DUMMY HALF

Players can run from dummy half without forfeiting possession if tackled.

8. KICKING

Kicking in general play is allowed (no field goals or penalty goals).

- Goal kicks following a try are to be taken from in front of the posts.

9. SCORING

A try is scored in the normal way by placing or touching the ball down on or over the opponents' goal line.

- A Try is 4 points with goals 2 points.

10. SCRUMS

If the ball goes out of play in touch (not touch in goal, see rule 11) a scrum shall be formed 10 metres in from touch opposite where the ball last made contact with the field of play or a player (but no nearer than 10 metres to the goal line).

- The defending team must retreat 5 metres from the rear of the scrum. Where games are played in a **festival format only** – due to time restrictions, scrums may be replaced by a play the ball in the same position where the scrum would have been. *(This will be confirmed by the festival manager prior to kick off)*
- Scrums will be played in the national final.
- The team not responsible for making the ball go out of play will have the head and feed.
- No pushing is allowed.
- The team without the feed of the ball cannot strike for the ball.
- The scrum half must feed the ball in the correct manner, it is then struck (won) by the hooker of the feeding team, to enable the ball to leave the scrum through a legitimate route and according to the rules of the game. Both scrum halves must retire behind their last row of forwards' rear feet.

Year Group	Number of players in the scrum
(KS3) Y7, Y8, Y9	3 players
(KS4) Y10, Y11	5 players

11. TOUCH IN GOAL/ DEAD BALL LINE

If the ball goes out of play over the touch in goal or dead ball lines, the team not responsible for making the ball go out of play will restart with a play the ball in the centre of the 10 metre line.

- If a defender grounds the ball in their own in goal area, play will restart as above on the 10 metre line, to the opposition.

12. KNOCK ON/ FORWARD PASS

Infringements such as a knock on or forward pass, will result in a hand over to the non-offending team and they will resume play using a play-the-ball restart which will not count as part of the six tackle count.

- No advantage will be played.

13. PENALTY/ FOUL PLAY

Any penalty/ act of foul play will result in a tap at the point of the infringement or a 10 metre advance up the field of play to the non-offending side.

- If a 10m advance is taken, the game will recommence with a tap 10 metres infield from the nearest touchline to the offence.
- No ball stealing.