



50M

MAX ZONE
7 POINTS

CAN BE PLAYED ANYWHERE



MAXIMUM OF 7-A-SIDE



UNLIMITED INTERCHANGES
FROM 5 REPLACEMENTS

MAX ZONE
7 POINTS

70M



TRIES **INSIDE** THE **MAX ZONE** 7 POINTS
TRIES **OUTSIDE** THE **MAX ZONE** 5 POINTS

TACKLES MUST BE **BELOW** THE **ARMPIT** AND
ARMS MUST BE **WRAPPED SIMULTANEOUSLY**
OR **PRIOR** TO **SHOULDER CONTACT**



MAXIMUM OF
3V3 AT **MAULS**

MAXIMUM OF
2V2 AT **RUCKS**



RESTARTS **PENALTIES** AND **FREE-KICKS**
MUST ALL CONSIST OF A **TAP-AND-PLAY**



KICKS MUST BE **DIRECTED**
INTO THE **GROUND**

HAND-OFFS MUST BE
BELOW THE ARMPIT



SCRUMS ARE **PASSIVE** (NO PUSHING)
AND CONSIST OF **ANY 3 PLAYERS**,
BOTH TEAMS MAY **HOOK THE BALL**



LINEOUTS CONSIST OF **ANY 3 PLAYERS**
THROW IN, 2 TO JUMP, **NO LIFTING** IS ALLOWED