



Rugby Rules

An Exciting Alternative to all Full Contact Sports

It's been designed to be Safe, Dynamic, Exciting, Fast and Fun

Rugby Rules Fundamentals

Rugby Rules is a sport that is controlled by Rugby Rules Ltd, a company based in Australia and New Zealand.

Rugby Rules has been designed to provide fans, players, coaches, referees, and administrators with a simple alternative to the array of complicated and unwieldy sports currently on offer.

Rugby Rules has its roots in Rugby Union, Rugby League, Soccer, AFL with a small consideration to American Football.

The evolution of Rugby in the last 25 years has made it almost unrecognizable with an unhealthy obsession with defence and teams playing for penalties. The public have become bored with the predictability of the game and this is having an adverse effect on fans behaviour. The yearly changes in law interpretations, often to accommodate the latest whims of a few vocal coaches, have made Rugby quite dangerous and overly complicated.

Rugby Rules has been designed to appeal to a wide cross-section of society and is fully inclusive, as befits the changing times. It is a game for all age groups, sexes, body types and emphasizes safety, accuracy, speed, endurance, and fun.

Rugby Rules aims to reinforce and enhance the 2 fundamental principles of the game:

1. That the game is a contest for possession. The reward for which is securing the ball.
2. That the game is to be played by players who are on their feet and onside.

These are underpinned by supporting principles that flow from laws that create space to carry, run, pass, kick, maul and ruck for the ball.

They are:

- a) Go Forward
- b) Support
- c) Continuity
- d) Pressure (with or without the ball).

Furthermore, Rugby Rules preserves the integrity of key rugby ingredients such as the scrum, lineout, ruck, maul and support of ball carriers. The result of this approach will be to create more time and space to run, encourage more tactical options and ultimately increase 'ball in play' time.

Rugby Rules has been designed to be safe, yet encourage legal contact, that minimises the potential for injury to players. The philosophy behind this approach can be found within the rules of Rugby Rules.

Rugby Rules is to be played by 2 teams of 14 players, who are on their feet and onside. Players are encouraged to catch, pass, kick and run with the ball with the objective of scoring points. The team with the most points at the end of the game will be declared the winner.

Because of the speed and athleticism required to play Rugby Rules, the game will be played in 3 x 20-minute periods. A 10-minute break will occur at the conclusion of the first and second periods.

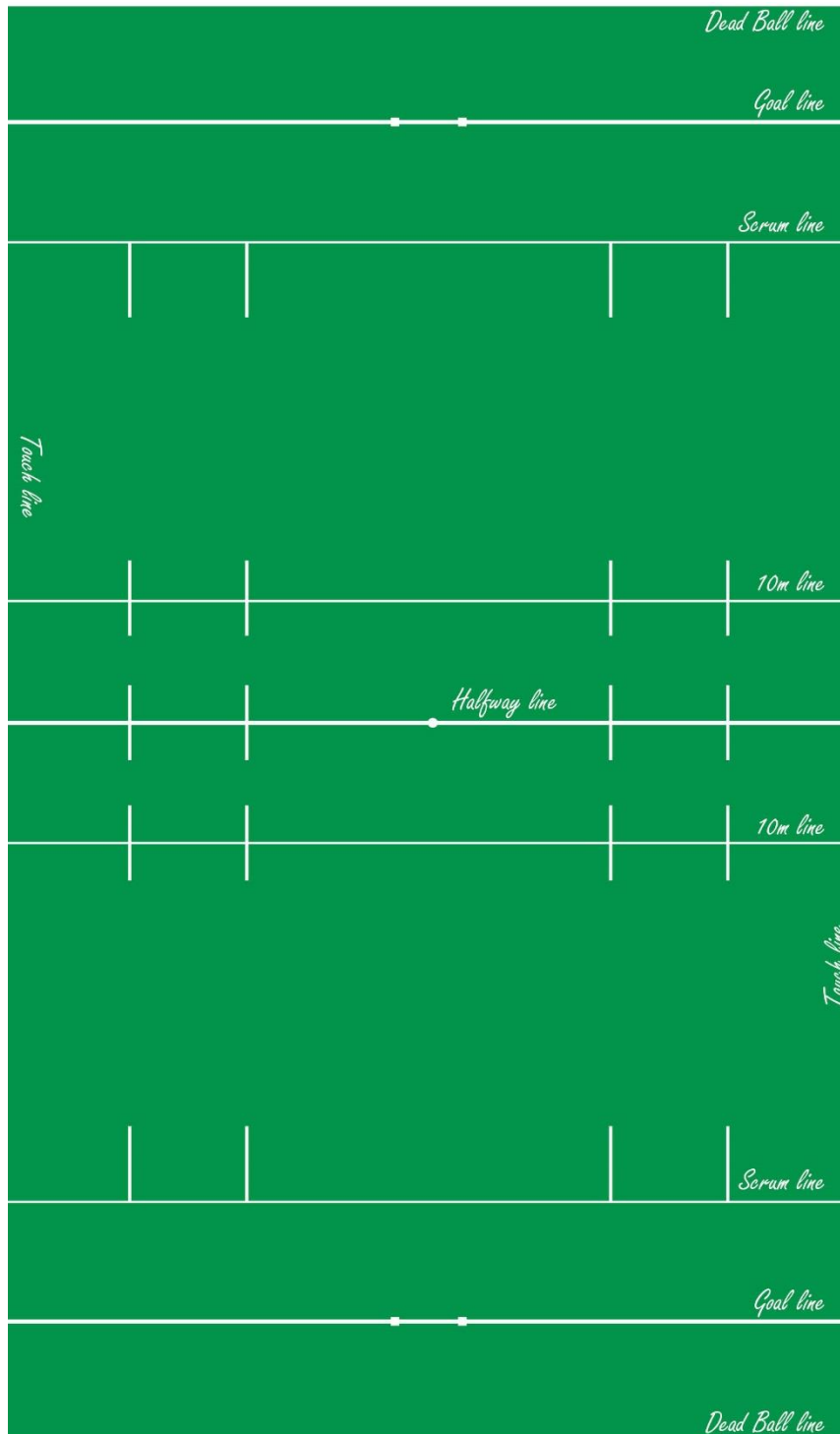
At each stoppage in play, whether it be for an infringement, penalty, line out or goal line drop out, the game clock will be stopped and restarted when the referee blows their whistle to resume play or the ball is thrown into a lineout or put into a scrum.

Rugby Rules has 6 Regulations and 10 Rules, which are simple and easy to understand and apply.

The Rules of Rugby Rules are self-evident and consequently will not require reams of interpretations which often leads to a lack of consistency among referees and poor execution by players. Fans will be the big winners from a sport that encourages every participant to have fun and enjoy the experience by remaining an active part of it.

Regulation 1: The Ground

The Ground



The ground will measure no more than 120 metres long, which includes 10 metre end zones at each end and 70 metres wide.

Regulation 2: The Teams

Each Team will consist of 14 players. There will be 6 forwards, and 8 backs.

The players will be numbered according to their position.

#1 Right Full Back

#2 Left Full Back

#3 Wing Back

#4 Wing Back

#5 Centre Back

#6 Centre Back

#7 Rover

#8 Half Back

#9 Loose Head prop

#10 Hooker

#11 Tight Head Prop

#12 Second Row

#13 Second Row

#14 Lock

Each team will be required to have 6 replacements, consisting of 3 forwards and 3 backs. 2 of the forwards will be capable of playing in the front row of the scrum.

The 6 replacements may be made at any time and for any reason. However, once a player has been replaced, they cannot take any further part in the game, unless a front row forward is injured and all other suitable replacements have been used, in which case a replaced front rower may, who was not replaced for injury, replace the injured front rower.

If there are no trained front rowers available, non-contested scrums will take place.

Rugby Rules is committed to providing a safe game for all those involved, and it is therefore the responsibility of administrators, coaches, selectors, and players to ensure that the safety and well-being of players is paramount.

The purpose of the 6/8 split is to provide more time and space for the attacking side. With only 2 players (No 7 and No 8) able to handle ball won from lineouts and scrums, more attacking options will ensue.

Limiting replacements to 6 means that more players will need to be fit enough to play more minutes. It also means that the playing squad is set at 20, which helps reduce costs.

In terms of support staff, there will be a limit of 7. This also helps reduce costs.

- 1. Team Manager*
- 2. Head Coach & Selector*
- 3. Backs Coach & Selector*
- 4. Forwards Coach & Selector*
- 5. Physiotherapist*
- 6. Doctor*
- 7. Runner*

Other than for injury, when the Physiotherapist and Doctor may enter the field of play, the only other person able to enter the field of play is the runner who will rehydrate the players during a stoppage. He must not coach the team whilst on the field.

Regulation 3: Players Kit

All items of players clothing and footwear will be approved by the Board of Rugby Rules, as determined from time to time. Such decisions will be made with all player's safety is taken into consideration.

The full list appears below and may not be varied unless an item of clothing or footwear is deemed unsafe by the referee, on the day, whose decision is final.

Forwards will not be permitted to wear skintight jerseys as these are counterproductive to establishing a firm and safe grip which is vital in scrums, rucks, and mauls. Forward's jerseys must be made from material approved by the Rugby Rules Board.

The purpose of this regulation is to ensure the safety of all players taking part in the game. This is especially so in respect of the jersey regulation for forwards. The specific jersey requirement for forwards is to enhance the stability of scrums by ensuring firm and stable grips are obtained.

Regulation 4: Time

The game will be played in 3 x 20-minute periods, a 10-minute break will occur at the conclusion of the first and second periods.

At each stoppage in play, whether it be for an injury, infringement, penalty, line out or goal line drop out, the game clock will be stopped and restarted when the referee blows their whistle to resume play or the ball is thrown into a lineout or put into a scrum.

Should the scores be tied at the end of the 60 minutes a goal shootout will take place, to determine the winner.

In the event of a shootout, both teams shall select five players, 3 backs and 2 forwards who were active participants at the end of the match, to take a shot at goal and alternate the order in doing so (ABAB).

Prior to the shootout, the captains of the two teams will meet with the referee. First to toss a coin to determine at which end of the pitch the shootout will take place. (The visiting team captain will call the coin toss). Once the end has been determined another coin toss will determine which team will take the first attempt. (The home team captain will call the toss)

The team with the most goals scored after the first five takes wins the shootout. However, if one side has scored more successful goals than the other could possibly reach with all its remaining kicks, the shootout ends, regardless of the number of kicks remaining.

If, after five-goal attempts by each side the score remains tied, goal attempts continue through one back-and-forth round at a time –and the first team to have an advantage after a round between both teams, wins.

The team that scores the most successful kicks by the end of the shoot-out will be declared the winner of the match.

The simple purpose of this regulation is to ensure that the teams keep the ball in play for the full 60 minutes. This places an emphasis on fitness and durability as well as discouraging the practice of aimlessly kicking the ball into touch.

Regulation 5: Match Officials

Match officials are not Coaches and should refrain from giving advice and instructions during the game. There will be 1 referee who will be the sole judge of fact and time. There will be 2 line judges who will be responsible for determining where, when and how the ball or a player carrying the ball has crossed the sideline. Line judges will also report on offside and foul play. They may advise the referee in respect of the severity of foul play but will not advise the referee as to appropriate action. Rugby Rules will not utilize video referees.

As the sole judge of fact and time the referee is encouraged to apply Rule 1 (Advantage), at every opportunity. The only constraints are those which are included in Rule 1.

As the sole judge of fact and time, the referee's authority to make decisions cannot and must not be undermined by third parties. The referee's authority extends to any time after the match has been completed. Any attempt to undermine the referee's authority at any time during or after a match will be dealt with by the Rugby Rules Game Commissioner. No member of the match review or referees review groups are allowed to discuss referees' decisions or performance with the media, team or club.

The purpose of this regulation is to revert to a time when the referee could referee without all undue influences by TMO, Assistant Referees etc. Rugby Rules aspires to be an authentic game, not an antiseptic game, where coaches, players and referees may make the odd mistake. We want to reintroduce the human element, with all its frailties, into the game.

Line judges will only concern themselves with touch, offside and foul play and will not discuss sanctions with the referee.

Regulation 6: Scoring

Points will be scored in the following ways:

1. A Touchdown will be worth 6 points
2. A conversion following a TD will be worth 1 point
3. A drop goal will be worth 1 point
4. All infringements resulting in a penalty kick at goal will be worth 2 points for a successful attempt. The ball must be kicked between the uprights and over the cross bar.

The purpose of this regulation is to address the balance between the value of a goal and a penalty and drop goal. We want the emphasis to be on scoring touch downs.

Rule 1: Advantage

Rugby Rules is a game which is designed to have the ball in play for as much of the 60 minutes as possible. It is no coincidence that Advantage is the first rule aimed at achieving continuity and contests for possession. Rugby Rules is designed to achieve a balance between attack and defence.

1. Advantage is deemed to have accrued after an infringement has occurred and when the team in possession of the ball has advanced a minimum of 10 metres or 3 phases of play, whichever occurs first. If the team in receipt of advantage kicks the ball, then they will be deemed to have used their advantage irrespective of the distance or direction the ball had been kicked.
2. Should a player deliberately throw or knock the ball on to obtain a penalty kick in lieu of advantage, a free kick at the place of infringement will be awarded instead of a penalty. Repeated infringements will result in a penalty to the opposition. (*Penalty changed to free kick*)

The purpose of this rule is to give the referee license to use advantage in his absolute discretion, except for how long it can be played. It is the most important rule and is therefore aptly positioned as Rule #1

Rule 2: Scrums

Scrums can only take place within the scrum zone in the field of play.

Scrums will be awarded to the non-offending team after minor infringements such as knock-ons, accidental forward passes and accidental offsides.

Rugby Rules aims to remove contentious decisions around the scrum by introducing rules which are unambiguous.

A scrum is awarded as a means of restarting play with a minimum of delay and observing the following key requirements”

1. Scrums will consist of all 6 forwards, the halfback, and the rover.
2. The configuration of the scrum is 3 front row, 2 second row, 1 back row, 1 half back and 1 rover.
3. The referee will indicate the mark in the field of play where the SCRUM will be set. This mark will be no closer to the side-line than 20 metres or 10 metres from the goal line.
4. Both sets of forwards must be ready to begin the engagement sequence within 20 seconds of the referee giving them the mark. *(Free kick to non-offending team or team with most players ready to form the scrum)*
5. When the referee deems all forwards (6 from each team) are in a crouched position, steady and square (parallel to the touch line), the scrum will enter the engagement phase. *(Free Kick)*
6. Prior to engagement both sides must remain steady and not moving or rocking back and forth. Both front rows must be 1 arm’s length from the shoulders of the opposite front row and remain at that distance until engagement. *(Free Kick)*
7. Once the referee is satisfied that the scrum is safe to engage, they will issue a clear and concise instruction for the scrum to ‘PACK’.
8. This is not a signal to inflict a huge hit on the engagement but for both front rows to settle into a strong position (with backs parallel to the ground, bent legs, arms straight and bound to opposition props back. Heads must be in a parallel position (slightly upward looking – not downward looking) as a continuation of a straight back. Hips and shoulders must also be parallel to the ground. This sequence will produce the safest, most stable, and the strongest position for both teams. *(Penalty)*
9. The scrum half will put the ball into the scrum from the loose head side. The ball will be put in down the centre line formed by the shoulders of both packs so that when the ball leaves the hands the teams may commence pushing in a straight line and the hookers will attempt to strike for the ball. *(Penalty)*
10. The ball cannot be kicked from the scrum half’s hands, handled by any forward or kicked back into the scrum. *(Penalty)*
11. Deliberate wheeling of the scrum is not allowed. The natural tendency of scrums however, to wheel clockwise, will be considered by the referees. The maximum movement allowed is 45 degrees. *(Penalty)*
12. The ball must emerge from the scrum within 10 seconds of being put in by the scrum half. The scrum ends when the scrum half or rover picks up the ball. The half back

and rover are the only players allowed to handle the ball from the scrum. The referee will call "use it" once to indicate the ball must be picked up immediately.

(Free Kick)

13. The opposing scrumhalf, rover, and all other players not in the scrum must remain behind the last feet of the no 14 in their own scrum until the scrum is over. *(Free Kick)*
14. Scrums can be restarted or reset once only and must take place within 20 seconds of the referee indicating the mark. After a second unsuccessful attempt to scrummage, the referee will award a free kick to the team not responsible for the infringement. *(Free Kick) (or a Penalty if the referee so determines)*

The purpose of the scrum rule is primarily safety for all those taking part. The emphasis on stability and a single reset will ensure that scrums become both, a pushing and hooking contest. Scrums are a way of re starting play in a timely manner and deliberate wheeling of the scrum is a penalizable offence.

By introducing the rule of a half back and rover as the only players able to play the ball that emerges from the scrum, and the opposition players remaining behind the last feet of No 14, more time and space will be generated for the attacking team.

Bigger attacking blindsides for the team winning the ball are created by all scrums taking place no closer than 20 metres from the side-line, and no closer than 10 metres from the goal line.

To ensure an even hooking contest, the ball will be put in straight by the half back.

Rule 3: Line Outs

A lineout can only take place in the field of play and within the line out zone.

A line out is awarded as a means of re-starting play after the ball has been kicked, carried, passed or knocked on and contacts the ground over or on the touchline, the team not responsible for putting the ball into touch will throw the ball in.

If a player standing in the field of play catches or knocks the ball backwards towards their own goal line and before the ball touches the ground over the sideline or sideline, play will continue.

If the ball has been knocked on or accidentally thrown forward or passed into touch, a line out will be awarded.

1. Lineouts will consist of 6 forwards, one of whom will be required to throw the ball in. The non-throwing team will have a forward positioned 10 metres from the line of touch between the sideline and 10 metre lineout line.
2. The remaining 5 forwards from each team will form up 1 metre apart and 2 metres between their own team members. *(Free Kick)*
3. Lineouts will take place between the 10 metre lines and 20 metre lines which are parallel to the touch lines and not closer than 10 metres from the goal line. *(Free Kick)*
4. Lineouts will be formed up along a line at 90 degree to the touchlines. (line of touch) *(Free Kick)*
5. Lineouts will be formed within 20 seconds of the Line Judge indicating the place where the ball crossed the side line. *(Free Kick)*
6. The ball will be thrown into the line out by the team not responsible for putting the ball into touch. A team kicking the ball into touch from a penalty will concede the lineout to the opposition.
7. The ball must be thrown along the line of touch, in one continuous motion and without undue delay, thus affording a fair contest for the ball. The ball must not be touched by any player before the ball has reached the 10-metre line. *(Free Kick)*
8. The lineouts are designed to reward athleticism and timing between the player throwing in the ball and the intended receiver. Lifting or supporting any player in the lineout is not permitted. Players may not change their position in the lineout once it has formed. Players may not close the 2 metre gap between their own players until the ball has been touched by a player from either team. *(Penalty)*
9. Players are not permitted to lever, hold, shove, charge or block an opponent. *(Penalty)*
10. All other players, other than the Scrumhalf or the Rover must remain 10 metres from the line of touch of the lineout until the lineout is over. *(Penalty)*
11. The line out is deemed to be over when a player carrying the ball or a maul formed in the lineout has moved off the line of touch towards either goal line, or the ball has been thrown past the 20 metre line without having been touched by a player.
12. If a knock on or accidental forward pass or accidental offside occurs at the lineout, the non-offending team will receive a free kick on the 20-metre line along the line of touch. *(Free Kick)*

13. If the ball is not thrown in correctly the non-offending team will receive a free kick on the 20-metre line along the line of touch. *(Free Kick)*
14. A quick line out (taken with the ball that was kicked into touch), may be taken anywhere along the side line provided it is done so at a place which is no closer to the opposition goal line. The ball may be thrown in any direction towards the players own goal line provided there are no opposition players formed up for the lineout. Opposition players must not prevent a player from taking a quick line out. *(Penalty)*
15. A fast lineout may occur after 2 players from both teams have formed up for the lineout and before the balance of the players have arrived. The ball must be thrown along the line of touch and in accordance with the other line out rules. *(Free Kick)*

The purpose of the line out rule is to ensure an even contest for possession which requires athleticism and timing between the player throwing in the ball and the receiver.

Touch is defined as including the touchline and the ground over the touchline.

All 6 forwards must take part in the lineout, with 1 of them throwing the ball in. Lifting and supporting a lineout jumper is not allowed. If a forward is not able to take part in the lineout, other than from a stoppage for injury, a back may make up the numbers, provided they do so within 20 seconds of the mark being indicated by the line judge.

By introducing the rule that a half back and rover are the only players able to receive the ball directly from a lineout and the opposition players other than the half back and rover must remain 10 metres from the line of touch until the lineout ends, more time and space will be generated for the attacking team.

Bigger attacking blindsides open up more attacking possibilities for the team that wins the ball.

Lineouts will not be reset for minor infringements. A free kick will be awarded to the non-offending team.

Similar to scrums, lineouts will take place no closer than 10 metres to the goal line and between the 10 metre and 20 metre lines which run parallel to the sideline.

If a team kicks the ball into touch from a penalty the non-kicking team will throw in the ball.

Rule 4: Tackle

A tackle can take place anywhere in the playing zone when either:

1. A player carrying the ball is tackled by an opposition player using their arms to affect a legal tackle. A tackle may not be made higher than the armpits. The player is deemed to be tackled when in possession of the ball they are brought to ground or if a knee touches the ground. They must pass or place the ball immediately. If the ball is placed or released on the ground, ruck laws shall apply, and the players involved in the tackle must take no further part until they have regained to their feet. once the tackle becomes a ruck. *(Penalty)*
2. A player carrying the ball is tackled or held in a standing position. Once the player is tackled or held in a standing position then the maul rules apply. Should a player bound to the maul, place the ball on the ground, then the ruck laws shall apply at once.
3. If a defending player in possession of the ball is tackled or a maul forms in the end zone the referee will immediately stop play and give the defending team a line drop out.

The purpose of this rule is to keep the players on their feet and introduce a genuine ruck for the ball. Players not involved in the tackle and who go off their feet will be liable to penalty.

Rule 5: Ruck

A ruck can only take place in the field of play and it occurs when 3 or more players from either team are bound and step-over-the-ball and on their feet. Most rucks occur or ensue immediately after a tackle; or when a maul is converted into a ruck.

1. The ball may only be won by playing the ball backwards (with their feet) towards the team's own goal line. No player from either side is permitted to fall on the ball or move or play the ball with their hands. *(Penalty)*
2. No player may be off their feet around a ruck or interfere with a player who is trying to remove themselves from the ruck. *(Penalty)*
3. A player is offside at the ruck if they join the ruck in front of the ball or they detach from the ruck and stand in front of the ball or the last feet of his own team, without attempting to retire. *(Penalty)*
4. Any player, who in the opinion of the referee, deliberately brings a foot into contact with a player's head or body in a ruck will be shown a red card *(Penalty and Red Card)*
5. Any player, who in the opinion of the referee, accidentally brings a foot into contact with a player's head or body in a ruck will be shown a yellow card *(Penalty and Yellow Card)*

As in the tackle rule the purpose of this rule is to keep players on their feet. A genuine contest for the ball will result in players being able to ruck the ball with their heel in a backward motion. Players may not ruck other players who may be on the ground. Those players on the ground are subject to penalty.

The requirement to have 3 or more players from both sides involved in the ruck is designed to ensure that players are committed to the ruck and do not clutter the backlines, which results in limited time and space for attack.

Rule 6: Maul

A maul can only take place in the field of play and occurs when 3 or more players from either team are bound around the player carrying the ball and all players are on their feet.

1. Players in the maul cannot go off their feet, however the ball may be placed on the ground which then turns the maul into a ruck, and then the ruck rules apply. (*Free Kick*)
2. A maul ends when a player carrying the ball leaves the maul, it stops moving towards the goal line or it accidentally collapses.
3. If a maul is deliberately collapsed a penalty will be awarded to the non-offending team. (*Penalty*)
4. If a maul accidentally collapses a free kick will be awarded to the team that was moving towards their opposition goal line (*Free Kick*)
5. A player is offside at the maul if they join the maul in front of the ball or detach from the maul and stands in front of the ball without trying to retire. A player may be penalised for 'obstruction' if they remain in front of the ball carrier and the opposition players in an active maul. The practice of truck and trailer in rugby has no place in Rugby Rules (*Penalty*)
6. Both teams must commit a minimum of 3 players to the maul. (*Free Kick*)

The purpose of the maul rule is similar to that of the ruck rule. The requirement to commit a minimum of 3 players to a maul is to ensure that players are bound in to the maul and do not clutter the backline.

Rule 7: Kicking, Passing and Knock-ons

One of the objects of Rugby Rules is to encourage positive, tactical, and judicious kicking of the ball. A kick is defined as propelling the ball forward off the foot of a player.

A pass is defined as a player passing or handing-off the ball to a player of his own team who is onside.

A knock-on is defined as a player losing possession of the ball and it touches the ground or another player before the original player can catch it.

Kicking

There are various forms of kicking:

1. Punt, where the ball is dropped from a player's hand and it is kicked before it touches the ground.
2. Drop Kick, where the ball is dropped from a player's hand to the ground and is kicked simultaneously with the ball's first bounce from the ground.
3. Place Kick. Where the ball is kicked after being placed on the ground or a kicking tee for a penalty attempt.
4. A free kick is awarded for minor infringements and the ball must be propelled towards the opposition goal line, using the foot. The ball may be placed on the ground or dropped from the hands prior to being kicked. A goal cannot be scored directly from a free kick. The ball cannot be kicked into touch on the full from a free kick.

Kicking in General:

1. All kick offs and restarts are drop kicks including goal line dropouts. All restart kicks must reach the 10-metre line or scrum line in respect of a goal line drop out. *(Free Kick)*
2. The ball may not be kicked on the full into touch, from the field of play. A free kick will be awarded to the non-offending team from where the ball was kicked, but in any case, no closer than the 10-metre scrum line or 20 metre line out line. *(Free Kick)*
3. The ball may be kicked directly into touch from within the end zones.
4. Penalty shootout kicks may be taken by place kicks or drop kicks.
5. A player who catches a kick on the full in general play may not be tackled with both feet off the ground. *(Penalty plus Red or Yellow Card)*
6. If they catch the ball and are tackled or go to ground, ruck rules apply.
7. If they catch the ball and stay standing, then the standing tackle and maul rules apply.
8. However, if a player from the attacking team kicks the ball over the dead ball line or endzone sideline, the defending team will be awarded a free kick from where the ball was first kicked. *(Free Kick)*
9. When a quick tap kick is taken from a penalty the defending team must retire or attempt to retire 10 metres from the mark made by the referee. All defending players must remain onside and 10 metres from the player taking the penalty kick

until they has carried the ball 10 metres in any direction, kicked it a second time or passed it. *(Penalty 10 metres towards opposition goal line, in line with the original penalty)*

10. When a free kick is awarded the defending team must retire or attempt to retire 10 metres from the mark made by the referee. All defending players must remain onside and 10 metres from the player taking the free kick until he has carried the ball 10 metres in any direction, kicked it a second time or passed it. *(Free Kick 10 metres towards opposition goal line, in line with the original free kick)*

Passing

1. A player passes or hands-off the ball to a player of his own team who is onside.
2. A pass or hand-off can occur anywhere in the playing zone.
3. A player may not deliberately pass or hand-off the ball forward.
4. A pass must be made by a player with their hand or hands pointing in the direction of their own dead ball line and the ball is passed or handed in the direction of their own dead ball line.

Knock-on

1. A knock-on can only occur when a player loses possession of the ball and it touches the ground or another player before the original player can catch it.
2. A knock-on can occur anywhere in the playing zone.
3. It is not a knock-on if the ball is deliberately charged down, from a kick, by an opposition player.

The purpose of the kicking rule is to encourage positive kicking. As kicking the ball into touch on the full from the field of play is not allowed, other than from a penalty kick, coaches and players will need to devise kicking strategies and train for accuracy, which will improve their attacking options.

Rule 8: Offside and Obstruction

Rugby Rules aims to ensure that there is *a fair contest for possession and that there is continuity of play*, and a next to equal contest between defence and attack, Players in an offside position who interfere in the flow of the game negatively affect those aims. A player is offside if that player is in front of a team member who is carrying the ball or who last played it.

1. Players may be offside in general play, scrums, lineouts, kicks, rucks, mauls, and tackles and are liable to penalty.
2. Players who deliberately obstruct opposition players in all phases of play are liable to penalty.

The purpose of this rule is to ensure that players who are offside do not interfere in the flow of the game.

Rule 9: The End Zone

1. To score a touchdown, the ball must be grounded in the end zone or on the goal line. If the ball is grounded on, or a player in possession touches the end zone side lines or dead ball line, then the touch down will not be awarded.
2. A touch down must be made with hands or arms up to the elbows. Touch downs cannot be awarded by grounding the ball with the torso or any other part of the body.
3. A touch down may be made at the junction of the goal post pads and the playing surface
4. A touch down may be made by a player encountering the corner posts and flags prior to any part of the body touching the ground designated out of bounds.
5. A player may reach out and score a touchdown if, after being tackled short of the goal line, their next movement is to immediately place the ball over the line.
6. If a player knocks on in the act of trying to score a touchdown, the defending team will be required to restart the game with a goal line drop out.
7. Defending players may kick, pass or throw the ball over the dead ball line or end zone sidelines. The result is a line drop out by the defending team.
8. If an attacking player in possession of the ball is unable to ground the ball in the end zone the referee will award the defending team a line drop out.
9. If the ball is made dead in the end zone or crosses the dead ball line or end zone side lines, no matter how or which team put the ball into the endzone, a goal line drop out will be taken within 30 seconds of the ball being made dead. (*Free Kick*)
10. In the case of a line drop out, the defending team may take the kick anywhere along the goal line once all their players have retired behind the goal line. The attacking team must retire to the 10 metre line and not advance until the ball has been kicked.

The purpose of this rule is to take away any ambiguity as to how a touch down occurs.

All actions of making the ball dead in the end zone will result in a goal line drop out.

The goal line drop out may be taken anywhere along the goal line provided all team members are on side.

Rule 10: Penalties, Free Kicks and Goal Attempts

1. All infringements resulting in a penalty kick at goal will be worth 2 points for a successful attempt. The ball must be kicked between the uprights and over the cross bar.
2. A kick for goal following a touch down must be taken in line with the mark of the touch down as indicated by the referee. The kick for goal may be by place kick or drop kick.
3. The ball may be kicked into touch on the full of a penalty. The resulting lineout will be taken by the opposing team.
4. Penalty kicks at goal may be taken by drop kicks or place kicks and must be kicked within 45 seconds of the referee indicating the spot where the penalty is to be taken.
5. All infringements resulting in a free kick will be taken within 15 seconds from the mark indicated by the referee. The ball must be propelled towards the opposition goal line, from the foot of a player. The ball cannot be kicked into touch from a free kick. (*Free Kick*)

The purpose of this rule is to provide clarity as to the value of a successful penalty goal attempt and the time allowed to take a penalty kick.