



Community &
Competition

12-13 & 14-15 Restricted 9-a-side Rules **14, 16 & 18's Girl's 9-a-side Rules**

The attached pilot rules to read in conjunction with the normal international rules of the game and game day policies.

- Games will be comprise of 2 x 20 minute halves with a half time period no longer than 5 minutes.
- Team's will consist of 13 players maximum on the team card with no more than 9 players on the field at any one time.
- Unlimited interchange will apply using the 4 listed substitutes. All substitutes must be made from the half way line.
- 6 x tackles.
- Each half starts with a place kick (must travel at least 10 metres).
- Scrums consist of no more than 3 forwards.
- The team who scores points will restart the game with a place kick from the half way mark.
- All conversions and penalties must be taken as place kicks.