



**Royal Navy
Rugby Union**
(Founded 1906)
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See Distribution

26 April 2018

RNRU COMMUNITY RUGBY COACH – EASTERN REGION 06/18

ROYAL NAVY RUGBY UNION ANNUAL MEN'S 7's COMPETITION 2018 & LADIES ANNUAL FUN 6's TOUCH RUGBY COMPETITION 2018

1. The above Competitions will be held at Yeovil Rugby Club on Wednesday 6th June 2018, commencing at 1430. Each Establishment/Ship/Unit may enter a maximum of 2 teams: there will be no entry fee; however, you are requested to ensure that you are fully committed to playing when sending in your entry form.
2. As part of the RNRU Community & PDEV initiative, we will again be running an RNRU Women's Fun 6's Touch Rugby Competition at the same time/venue.

Entries

3. Establishments/Ships/Units are requested to confirm their **availability/non availability** to Dave Wakefield, Royal Navy Rugby Union Community Coach, Eastern Region, no later than close of play Friday 1st June 2018. Please complete and return the Entry Pro-Forma at Annex E.

To try and encourage as many teams as possible to take part, the event will start at 1430, with a team manager's brief taking place in the Sports Pavilion at 1400.

Competition Format

4. This will be decided when team entries are known, however, it is hoped to be run on a league basis with teams playing each other once in the league to decide seeding's for the knockout competition.

Player Eligibility

5. Any Serviceman/women assigned to a ship/establishment/unit are eligible to play and may be selected, provided they conform to the eligibility rules laid down in BR51, Chapter 3.

Competition Rules/Laws

6. The Competition Rules/Laws can be found at Annex A for the Men and Annex B for the Women's event.

Officials

7. The RNRURS will provide officials for all games; however, teams will be expected to supply a touch judge for all league matches.

Medical

8. All teams are required to provide their own pitch side First Aider. In the event of an injury, the RNRU Medical Form, situated in Annex D, is to be completed and returned to the RNRU Office, HMS Temeraire.

Changing Facilities

9. Changing facilities will be available for use on the day.

Refreshments

10. Light refreshments/soft drinks will be available to purchase throughout the day and team managers are to ensure they provide water bottles for their player's in-order to keep them hydrated throughout the competition. Food will be available in the Sports Pavilion on completion of the competition for players, officials and TSG only.

Prizes

11. Individual trophies will be presented to the Winners & Runners Up of both the Men's & Ladies event and all officials.

'You Play We Pay'

12. This initiative offers you and your unit the opportunity to raise substantial additional funds and promote your rugby club. Further information can be found at Annex C.

(Signed on Original)

D Wakefield
Community Rugby Coach (East)
Royal Navy Rugby Union

Annexes:

- A. Competition Rules/Laws – Men's
- B. Competition Rules/Laws – Ladies Touch Rugby
- C. RNRU – 'You Play we Pay'
- D. RNRU Injury Report Form
- E. Entry Pro-Forma

Distribution:

SO1NS
SO2RPD
WO (PT) East
WO (PT) West
WO (PT) North
Fleet Air Arm (Yeovilton)
Royal Marines (IPTRM)
All Establishments/Ships/Units
All RM Units

Information:

RNRU Exec
RNRU Referees Appointer

ROYAL NAVY RUGBY UNION MEN's 7's COMPETITION 2018

COMPETITION RULES/LAWS

The Competition will be played under the Laws of the Game of Rugby Football Union as framed by the International Rugby Board and adopted by the Rugby Football Union, with the following amendments:

Law 3: Number of Players

- a. Each squad is to consist of a maximum of 12 players.
- b. Teams must have no more than seven (7) players on the playing area.
- c. A team may nominate no more than three (3) replacements/substitutes per match.
- d. Replacements entering the field of play must do so from the half way line, after the replaced substituted player has left the field of play.

Law 5: Duration of Games

- a. Each match will be played over 2 halves of 7 minutes with a one minute turn around.
- b. Extra time will only be played in the knockout stages, in periods of five minutes, until the first points of any kind are scored.
- c. The Final will also be played over 2 halves of 7 minutes with a one minute turn around.

Law 9: Method of Scoring

- a. Conversion Kick must be a drop kick on a line through the place where the try was scored.
- b. The kicker must take the kick within 30 seconds of a try being scored. The kick is disallowed if the kicker does not take the kick in the time allowed.
- c. All of the opposing team must immediately assemble close to their own 10 metre line.
- d. In extra time, the team who score any form of points first will be deemed the winner of that match, without any further play.

Law 10: Foul Play

- a. Temporary Suspension – When a player has been temporary suspended, the player's period of suspension will be for a period on two (2) minutes for a yellow card offence or if a player receives a red card, they will take no further part in the competition.

Law 13: Kick Off and Restart Kicks

- a. After a score, the team that has scored kicks off with a 'Drop Kick', which must be taken at or behind the centre of the half way line.
- b. The kicker's team must be behind the ball when it is kicked. If they are not, a 'Free Kick' is awarded to the non-offending team at the centre of the half way line.
- c. If the ball does not reach the opponent's 10 metre line, a 'Free Kick' is awarded to the non-offending team at the centre of the half way line.
- d. The ball must land in the field of play. If it is kicked directly into touch, a 'Free Kick' is awarded to the non-offending team at the centre of the half way line.
- e. If the opposing team grounds the ball, or if they make it dead, or if the ball becomes dead by going into touch-in-goal or on or over the dead ball line a 'Free Kick' is awarded to the non-offending team at the centre of the half way line.

Law 20: Scrum

- a. A scrum must have three (3) players from each team at all times.
- b. No player in the scrum may unbind to play the ball.

Law 21: Penalty and Free Kicks

- a. Any player may take a penalty or free kick awarded for an infringement with any kind of kick: punt, drop kick, but not a place kick. The ball may be kicked with any part of the leg from below the knee to the toe, but not the heel.
- b. If a player indicates to the referee the intention to kick at goal, the kick must be taken within thirty (30) seconds of the penalty having been awarded. If the 30 seconds is exceeded, the kick will be disallowed, a scrum is ordered at the place of the mark and the opponents throw in the ball.

To decide League placing's, the following rules will apply in the event of a draw:

- a. Total points scored minus total points scored against
- b. Most tries scored
- c. Highest total of points scored
- d. Least points scored against
- e. Result between the teams concerned

Drawn Games in the Knockout phase The following rules will apply in the event of a draw:

- a. First try scored
- b. First points of any kind scored
- c. Sudden death play-off, first points of any kind.

Drawn Games in the Final The following rules will apply in the event of a draw:

- a. Sudden death play-off

League Points Points will be awarded for League games as follows:

- a. Win 5 points
- b. Score Draw 3 points
- c. No Score Draw 2 points
- d. Loss 1 point

Colour Clash In the event of a colour clash, the first named team will need to change.

Match Balls All teams are to be in possession of a match ball for all games.

ROYAL NAVY RUGBY UNION EASTERN REGION WOMEN FUN TOUCH 6's COMPETITION
2018

COMPETITION RULES

1. OBJECT

The object of the game is to score a try by placing the ball with a downward pressure on or behind the opponents' goal-line.

For the sake of safety, the ball carrier must remain on their feet at all times and they are not allowed to score a try by diving over the goal-line. If a player grounds the ball while on their knees, the try should be allowed but, afterwards, all players should be reminded that they should stay on their feet. A player may not be prevented from grounding the ball by any physical contact (including placing a hand between ball and ground).

When a try is scored, the game is restarted by a free pass from the centre of the pitch by the non-scoring team.

2. TEAMS

Each team may have a maximum of six (6) players on the field at any one time, with a maximum of 4 replacements. Squads of a maximum of ten (10) players..

3. TECHNICAL INFORMATION

The pitch will be marked out by the use of cones.

4. DURATION OF GAMES

Each match will be played over 2 halves of 7 minutes with a one minute turn around.

5. PASSING

The ball can only be passed sideways or backwards through the air, not handed to another player. If the ball is handed to another player or passed or knocked forwards (towards the opponents' goal-line) then a free pass is awarded to the non-offending side, unless advantage occurs to the non-offending side. In order to keep the game flowing, referees should play advantage wherever possible.

6. FREE PASSES

A free pass is used to start the match at the beginning of each half from the centre of the pitch, from the side of the pitch when the ball goes into touch at the point where the ball went out of play and from where the referee makes a mark when an infringement has taken place.

At a free pass, the opposition must be 7m back from the mark. For safety, the receiver must be stationary and within 2m of the passer prior to the pass, but can start moving forward before the ball leaves the hands of the passer, to receive the ball whilst moving forward. At a free pass, the player must start with the ball in both hands and, when instructed by the referee who will call "PLAY", pass the ball backwards through the air to a member of their team. For safety reasons, no player may run until the pass is made. The player taking the free pass must pass the ball when the referee calls "PLAY".

If an infringement takes place or the ball goes into touch over the goal-line or within 7 m of the goal line, then the free pass must be awarded to the non-offending side 7 m from the goal-line. This gives more space for both attacking and defending teams to play in.

7. THE TOUCH

A "TOUCH" is made by the Defending team, using 2 hands to touch their opponents below the shoulders, to the side or back of the body. Only the ball carrier can be touch tackled. The ball carrier can run and dodge potential tacklers, but cannot fend them off using their hands or the ball and the ball cannot be pulled out of the ball carrier's hands at any time.

Actions by the ball carrier:

When the ball carrier is touch tackled, the ball must be passed to a team mate within 3 seconds, this includes stopping time. The ball carrier must attempt to stop as soon as possible; within 3 strides is a reasonable guide for referees, and the ball can be passed in the act of stopping. If the pass takes longer than 3 seconds or the player takes more than 3 strides they must be penalised and a free pass awarded to the non-offending side at the place where the tackle occurred.

Players are however only allowed one step to score a try after being touch tackled.

If the ball carrier is tackled whilst standing inside the goal area they must ground the ball immediately in order to score. Referees should help this part of the game along by advising the ball carrier "Touch the ball down and I'll award the try", or similar.

If the ball carrier dives to the ground to score a try, it will be disallowed and a free pass will be awarded to the defending side 7m out from the try -line.

Actions by the tackler:

If the ball carrier stops running within 1m of the tackler, the tackler must move back towards their own goal-line, at least 5m, to allow room for the ball to be passed. If the defender fails to retire at least 5m before rejoining the game, they are to be considered "offside" and a free pass will be awarded to the non-offending side at the place of infringement.

8. OFFSIDE

Offside occurs only at the time of the tackle where the offside line is through the centre of the ball except for the tackler for whom it is 5m further back. When a tackle is made, all the other players from the defenders team must attempt to retire towards their own goal-line until they are 5m behind the ball. If a player, in an offside position, intercepts, prevents or slows down a pass from the attacking player to a teammate, a free pass will be awarded to the non-offending side. A player can, however, run from an onside position to intercept a floated pass before it reaches the intended receiver.

9. OBSTRUCTION

The ball carrier can run and dodge potential defenders but cannot fend them off using their hands or the ball.

If the ball is pulled from the ball carrier's grasp, a free pass is awarded to the ball carrier's side.

10. BALL ON THE GROUND

Players play Touch Rugby on their feet, with the ball in hand. If the ball goes to ground, players can pick it up but they must not dive to the floor to recover the ball. Penalty: free pass to non-offending side and the following rules will apply:

If the ball was lost forward, a free pass is awarded to the non-offending side unless advantage occurs to the non-offending side.

If the ball carrier falls to the ground with the ball then a free pass will be awarded to the non-offending side.

If the ball is passed other than forward and goes to ground, play will continue and either side may pick up the ball. If the passed ball rolls into touch a free pass will commence from the touchline to the non-passing side.

11. NO CONTACT

The only contact allowed between the two teams is that of a 2 handed touch by the defending team. Any other type of contact on the ball carrier, such as shirt pulling, running in front of or barging the ball carrier, forcing the ball carrier into touch, etc must be penalised with a free pass and the players concerned reminded of the rules.

12. ANY ADDITIONAL INFORMATION

Additional information, such as league points, knockout format, etc, will be explained on the day, when team entries are known.

ROYAL NAVY RUGBY UNION EASTERN REGION 7's COMPETITION 2018

RNRU 'YOU PLAY WE PAY' SCHEME

The 'You Play We Pay' initiative offers you and your unit the opportunity to raise substantial additional funds, and to promote your rugby club and the sporting energy of your unit. Therefore, to encourage your support for, and participation in, this innovative scheme will help your unit to secure up to £700.00 (amount reviewed after each season) additional non-public funds from the Royal Navy Rugby Union (RNRU).

For every rugby match played by your unit, the RNRU will contribute £50.00, which your unit may draw upon for the purchase of kit and team strips, or as a contribution towards the unit's rugby team tour. All we ask in return is that a match report (photos are also encouraged) is raised for the RNRU website following each game or tournament that your unit plays (within a 48 hour period of match/tournament). Match report instructions/template can be found at:
www.navyrugbyunion.co.uk/community-rugby/match-report-instruction

So why is the RNRU running this initiative?

As a Constitute Body to the Rugby Football Union (RFU), the RNRU and alongside their Trustees are charged with delivering against our mission statement: To be fun, relevant, successful and sustainable, inspiring players, coaches, officials, volunteers and spectators to enjoy rugby at all levels from mess deck to international, wherever the RN goes, reflecting all that is best in the Service.

So, 'You Play We Pay' is intended to encourage – and reward – active participation by al RN and RM units, home and abroad. It need not necessary be men's fifteen-a-side full contact rugby that is played. 7-a-side tournaments, 10-a-side tournaments, women's games, tag/touch leagues, each may merit a match report for the RNRU website and some cash in return.

To that end, there is a need to encourage and nurture participation in the game at unit level – our grass roots. It is here that we grow and discover the next generation of senior RN players. However, more importantly, it is the mechanism that allows us to harness all Core Values of the RFU (Teamwork, Respect, Enjoyment, Discipline, and Sportsmanship) to our everyday contribution as members of the Armed Forces.

RNRU ANNUAL MEN'S 7'S & WOMEN'S FUN TOUCH COMPETITIONS 2018

ENTRY PROFORMA – Men's 7's Event

Team..... will be entering/not entering the above Men's event.

Team Manager Details

Contact No (on the day).....

Number of teams entering (maximum of 2).....

ENTRY PROFORMA – Women's Fun Touch Rugby 6's Event

Team..... will be entering/not entering the above Women's event.

Team Manager Details

Contact No (on the day).....

Number of teams entering (maximum of 2).....

Please return to:

Dave Wakefield – email: nru-crc-e@hotmail.com