



CENTRAL NORTH RUGBY UNION

Women's 10s Competition match day rules Approved 12/4/2023

Format

Unless otherwise mutually agreed, ALL Women's Competition games will be 10-a-side played under 15-a-side Laws.

Games must not be played where a Club has no more than 6 players.

ARU laws take precedent. For uniformity and where possible Central North rules should apply across all formats including Women's rugby.

Wherever possible all Clubs should endeavour to play 10s, but a degree of flexibility should apply providing existing Rules are not compromised.

Match Duration

- A total of 40 minutes of play each day (for 10's) to ensure adequate game time. Matches to be played as one continuous match with 4 quarters of 10 minutes.
- World Rugby Laws state that a 10s match is 20 minutes (10-minute halves) but allows for a time variation to be made – "Match organisers may vary the duration of the match".
- If "Game On" Principles require a reduction in numbers to play 7's, two matches will be played of 2 x 7 minutes halves (see Match Day Schedule below for timings).

Competition Points

- Competition points will be awarded based on the result of the entire 40-minute match.
 - If "Game On" Principles require 2 x 7s matches to be played, competition points will be awarded based on the aggregate score of the two matches.

Law Variations

- Unlimited rolling substitutions
- Scrums (10s variations):
 - A scrum must have five players in two rows from each team. The front row consists of two props and a hooker, and the second row consists of two locks. All five must stay bound to the scrum until it ends and may not unbind to play the ball (penalty).
 - The scrum ends when the ball is played by that team's scrumhalf.
 - U/19 scrum law variations
 - Where there is no infringement, the referee will stop play and reset the scrum if the scrum is unintentionally wheeled through more than 45 degrees.
 - Other restricted practises at a scrum include:
 - pushing the scrum more than 1.5 metres towards the opponents' goal line (free kick)



- keeping the ball in the scrum once it is heeled and controlled at the base of the scrum (free kick)
- intentionally wheeling the scrum (penalty).

Ensuring contested scrums take place is a priority for the competition for the improvement of skills for players wishing to pursue the 15s representative pathways and for raising the standard of the competition. At no time compromising player safety.

“Game On” Principles

- As Senior Women’s matches transition to 10 a side, “Game On” principals will be in place for regular season matches only to allow matches to be held when player shortages arise, rather than forfeits occurring. Rules will be enacted to ensure the match format is set based on available player numbers and minimises teams’ ability to choose their preferred format:
 - 11 or less players (allowing 4 substitute players) – match played as 7s.
 - 12-18 players (minimum 2 substitute players) – match played as 10s.
- “Game On” Principles also include the ability to share players between teams without a forfeit by the team short of players being necessary. Therefore, if the two teams have a combined total of 24 players available, then the match should be played as 10s (12 players each).
- Team coaches must communicate with their opposing coach or club by 8pm on the preceding Thursday night if they foresee a player shortage and that there is a possibility of a fixture needing to revert to 7s (as per the Central North Zone Forfeit Procedure).
- **10’s is to be considered the standard format for all matches and the finals series will be played as 10’s only.**



Match Day Schedule

GRADE	Timeslot	Timeslot Duration	Timings	Activity
COLTS / 3RDS / OTHER	11:45 - 12:55	1 hr 10 min	11:45	First Half
			12:15	Half Time
			12:20	Second Half
			12:50	Full Time
WOMENS GAME - FOUR QUARTERS	12:55 - 1:50	55 min	12:55	First Quarter
			1:05	Half Time - 2 min
			1:07	Second Quarter
			1:17	HALF TIME - 5 min
			1:22	Third Quarter
			1:32	Half Time - 3 min
			1:35	Fourth Quarter
			1:45	Full Time
RESERVE GRADE	1:50 - 3:10	1 hr 20 min	1:50	First Half
			2:25	Half Time
			2:30	Second Half
			3:05	Full Time
FIRST GRADE	3:15 - 4:40	1 hr 25 min	3:15	First Half
			3:55	Half Time
			4:00	Second Half
			4:40	Full Time

WOMENS - IF GAME ON RULES CAUSE A CHANGE TO 7's				
WOMENS GAME - FOUR QUARTERS	12:55 - 1:50	55 min	12:55	First Half
			1:02	Half Time - 1 min
			1:03	Second Half
			1:10	BREAK - 20 min
			1:30	Third Half
			1:37	Half Time - 1 min
			1:38	Fourth Half
			1:45	Full Time



APPENDIX

To be read in conjunction with the Women's 10s Competition match day rules.

CNRU 2023 WOMEN'S COMPETITION GAME GUIDELINES

Guiding Principles.

Approved 12/4/2023

The principles and goals of these Guiding Principles are to:

- encourage competitive games each weekend.
- foster and grow Women's rugby within the Central North Zone.
- promote good sportsmanship and enjoyment.
- minimise forfeits; and
- always manage player welfare.

The terms "offending team" and "non-offending team" are used below in order to neutrally and accurately describe certain situations which may arise in games and are not intended to be critical or derogatory of any club or team.

A standard competition game will be 10 players per team with rolling substitutions, however, subject to the conditions set out below, a Club may play a competition game with less than 10 players but no fewer than 7 players.

- If a club ("the offending team") has 7 or more players, but less than 10 players, available to start a game, the offending team may:
 - Elect to start the game with the number of players available and play for the full 5 points on offer, upon the following conditions:
 1. If at any stage and for any reason (which may include injury, temporary suspension or send off) during the agreed time of the game, the offending team is reduced for any reason to less than 7 players, the referee will call full time and the non-offending team will be awarded a forfeit and will be awarded the full 5 competition points for the game.
 2. If at any stage during the agreed time of the game, or prior to the game commencing, a team cannot field a suitably trained front row, Guideline 4 as set out below will apply.
 3. If at any stage during the agreed time of the game a team is reduced to less than 10 players but still has at least 7 players, the game will continue.

OR

- Elect to request the non-offending team to take either of the steps as set out below, but upon the condition that the non-offending team shall not be obliged to take either of these steps:
 - Reduce the number of players on the field at any one time to the same number as the number of players for the offending team, subject to the following:
 1. the non-offending team may retain any remaining players on the bench to be used as rolling substitutions (see Guideline 6 below).



2. the non-offending team will automatically receive 2 competition points, with the remaining 3 points to be competed for; and
3. the offending team must play all available players.

OR

- Lend the offending team enough players to enable 10 players to participate for each team in the game, subject to the following:
 1. the non-offending team will automatically receive 2 competition points, with the remaining 3 points to be competed for; **and**
 2. the non-offending team club may retain any remaining players on the bench to be used as rolling substitutions (**see Guideline 6 below**).
- The respective coach and manager of the offending team and of the non-offending team may by agreement determine a shortened playing time and must inform the referee of the agreed playing time prior to commencement of the game.
- The referee shall have absolute discretion to include additional stoppages during the game in order to manage fatigue or any other issues which may arise due to a team fielding less than 10 players.

More than 10 Players

- If in the event that both Clubs have a high number of players available; provided both Clubs are incomplete agreeance, both Clubs can elect to play with more than 10 players per team on the field. **Note:** Clubs considering playing more than 10 a side will require players TO REGISTER TO PLAY 15 A-SIDE WITH THE ADDITIONAL INSURANCE COST to play 12 a-side.
- The number of players on the field at any one time must be agreed upon and maintained for the period of the entire game. I.e. – If both Clubs agree, the game can go ahead with 10 v 10 for the entire course of the game. In this example you expect that both clubs have a match day squad (more than 12 players) that will cover any injuries thus ensuring the game is played as 10 v 10 for the total 40 minutes.

Front Row / Scrum

- In the event of a team not having suitably qualified players for the front row, either at any time during the game or prior to commencement of the game, the game will proceed with uncontested scrums.
- Teams shall each have equal numbers in the scrum, regardless of whether that scrum is contested or not. The number of players of the non-offending team in the scrum shall be the same number of players as are in the scrum of the offending team, but subject to the following requirements:
 1. a minimum of 5 players from each team shall be required in any scrum.
 2. a minimum of 5 players will be required from each team in a scrum when the offending team consists of 8 or 9 players; and
 3. a minimum of 3 players will be required from each team in a scrum when the offending team consists of 7 players.

Yellow Cards

Note that the yellow cards shall be 5 minutes in the Sin Bin for 10s format and 2 minutes in 7s format.