



The game is for players over the age of 30 years for females and 35 years for males. The game is totally non-competitive. Scores are not kept; there are no results and no competitions. All the rules are designed to remove potentially dangerous elements of the game to allow players of ALL age groups to participate together.

All players are reminded that the safety of teammates and opponents is paramount and therefore any over-aggressive or inappropriate rough play is forbidden. The emphasis is on safe and enjoyable play with all players who come onto the field being able to leave the field together. All players, team officials and referees commit to participate according to the letter and the spirit of the Laws.

Note: all rules are as per 'international rules' unless an agreement between both teams and the referee has been approved prior to playing (possibly due to reduced playing numbers).

1. Full field 2. 11 a-side (flexible depending on available players) 3. Unlimited interchanges
4. Interchanges may occur at any time 5. If team numbers are low on either side, we may be asked to 'loan' players to the opposition

Coloured shorts are not determined by age. You can wear them regardless of age a) Club shorts (full contact) b) Red shorts (hold) c) Gold shorts (touch)

No other coloured shorts can be worn for Red or Gold players and shorts MUST be supplied by the player/team.

Making the Tackle Club Colour short players tend to tackle each other normally. RED short players must attempt to physically stop the ball-carrier by a grip tackle between the waist and the shoulder. The ball-carrier should respond immediately to the Held call from the referee. If in the opinion of the referee the RED short player has made sufficient contact, he will call Held. Players should not attempt to drive through the tackle. GOLD short players must make a Touch tackle only. Once touched, the ball-carrier must return to the point of the touch to play-the-ball.

Being Tackled RED short players should be tackled by a grip tackle between the waist and the shoulder to stop progress. Under normal circumstances, RED short players should not be taken to the ground. If this occurs deliberately, the tackler will be penalised. RED short players should not attempt to drive through the tackle. GOLD short players should only be Touch tackled and this should be done with great caution. Once touched, the tackler should call the Touch and hold the mark; the ball-carrier must return to the point of the touch to play-the-ball. All tackles are to be made safely and in order to stop progress, not to attack the ball-carrier. In all cases, the player must respond immediately to the Held call. There is no lifting or throws allowed. The ball shall not be stolen from the ball-carrier at all.

A maximum of two GOLD short players is allowed on the field per team at any one time and they must be spaced apart in the defensive line.

There can be no “drag down” tackles from behind of any kind

MODE OF PLAY

Running with the Ball Players may run as hard as they wish, but are not allowed to try and run over the top of other players. If in the opinion of the referee a player has deliberately run directly at an opponent in an overly-aggressive manner, the player will be penalised and may be removed from the game. Players are not allowed to fend or hand-off

Sixth Tackle There are no turnovers. Sixth tackle results in a scrum to the defending side.

Kicking You can only kick on the last tackle. For ALL kicks, the receiving team must receive the ball. The receiver must not be challenged and must be allowed to run at least five (5) metres. 40:20 rule does not apply. If the receiving team makes no attempt to claim the ball and kicking team players are onside, the referee may call “play on” and the kicking team may re-gather the ball. The referee will only call “play on” when they are certain there is no risk of player collision.

CONVERSIONS There are no kicks at goal.

TIMEKEEPING Duration of Games The game is 20 minutes each way with a 5 minute half time break. Each team will have a minimum of two games per event..

KICK-OFF AND DROP-OUT From kick-offs and goal line dropouts, if the ball bounces out untouched by the receiving team, the scrum or tap goes to the receiving team.

TOUCH AND TOUCH-IN-GOAL As per International Laws

KNOCK-ON AND FORWARD PASS As per International Laws

TACKLE AND PLAY-THE-BALL Tackling All tackles should be modified to remove any element of “drive” or lifting. No tackles can be made above the arm-pits. Maximum of two players allowed in any tackle; any more will be punished with the award of a penalty

Play-the-Ball Markers must remain passive and must not move until the first receiver has received the ball or the dummy-half has started to run. All other defenders must retire five (5) metres minimum at the play-the-ball. The dummy-half may run with the ball or pass and be tackled or touched in possession.

The dummy-half may not run and score.

SCRUM As per ‘International Rules’ unless playing team numbers are reduced. Then it becomes 3 forwards only. All scrums are uncontested with the team feeding the ball

re-gaining possession. The defending halfback must not follow the attacking halfback around the base of the scrum. The loose forward cannot break off the base of the scrum with the ball; the halfback must receive the ball from the scrum

Advantage There is no advantage. All knock-ons and forward passes will result in scrums.

PENALTY KICK All penalties are a tap kick on the mark at the point of the infringement. All defenders must retreat five (5) metres.

OFFSIDE As per International Laws

MISCONDUCT Sin Bin The referee may choose to send a player to the Sin Bin for five (5) minutes for foul play. The player should stand in his in-goal area behind the posts. A player in the Sin Bin may be replaced by a substitute.

Sending Off If sent off, the player is excluded for the rest of the match. Sent-off players may be replaced by a substitute.

REFEREE AND TOUCH JUDGES The match officials should referee according to the Laws of Masters Rugby League and also with reference to the Principles of the Game as outlined above.

REFEREE'S SIGNALS As per International Laws

At all times, player safety is paramount in any decision making.