

## **League Rules and Information**

**May 21<sup>st</sup> – June 25<sup>th</sup>**

### **Attire**

- **All players must wear white polo/t-shirts for matches**
- **One Team will wear coloured bibs. Bibs will be provided to one Team in each game decided by the toss of a coin**
- **Teams can choose to wear their blue touch tops should they wish as long as all players are wearing the same colour.**
- **Teams can chose to wear a different colour polo/T-Shirt as long as all players are wearing the same colour**
- **Trainers or moulded studs are required. No metal or plastic studs are permitted**
- **No jewellery or watches may be worn during matches.**

### **Match Structure**

- **Matches will be 2 x 10 minute halves with 2 minutes half time. Teams will change ends at half time**
- **Games will be played on standard pitches slightly smaller than half a normal Rugby pitch.**
- **Teams must be ready and present themselves to the organisers 5 minutes before their games scheduled start time**
- **If a Team fails to show by their scheduled start time they will be given 5 minutes and then shall forfeit the game.**
- **Each game will be run by a referee, there will be a separate time and score keeper. Touch judges will be requested either from supporters, other teams or other referees.**

### **Squad Sizes and Structure**

- **Teams can be organised by players themselves, if you wish to organise your own team you need to give the officials names of players included, and a team name asap. All other players will be organised into teams by the officials by the start of the league fixtures. Teams will be advertised on the Medway website.**
- **Each team needs to think of and inform the officials of a team name. This name needs to be concise and clean as it will be published weekly in the local press. No offensive or rude names will be accepted.**
- **Teams must decide whether they want to play in the competitive or social league. Players can play in both leagues where the fixtures allow. In this case you will need to be placed into two teams. Obviously able players or players that are clearly not able to compete at competitive level may be advised to play only in one league or the other as appropriate.**
- **Teams must be at least 7 players. (i.e. 6 on field and one sub) and a maximum of 10 (ie 6 on field and 4 off)**
- **If a Team is short of players in any given week they can borrow a player from another team (from within their own league) for that week only.**
- **In mixed leagues there must be at least 1 female on the pitch at all times.**
- **Teams are responsible for warming up before matches, there will be no formal group warm up during league evenings.**
- **Each Team must decide upon and put forward a Captain, who is responsible for ensuring their squad is organised and arrives on time for fixtures. They are also responsible for all on field actions.**
- **Each Team must provide one referee to be able to referee games whilst his or her Team is not playing. Teams also need to be prepared to provide touch judges if required.**
- **Each Team must provide at least one "supervisor" to help organise any activities for children present whilst their Team is not playing**

- Each team must provide a "time and score keeper" to aid referees when their team is not playing
- Teams are responsible for their actions, both on and off the field. Referee and Officials decisions are final and only the captain of each team may speak with the referee during the game. Should players argue or question officials then penalties will be awarded immediately, the ball will be turned over and players may be sin binned.

#### League scoring system

The team who scores the most touchdowns during the 20 minute game is declared the winner. Should the scores be level at the end of play a draw will be declared. There will be no extra time

Win = 3 points  
 Draw = 2 points  
 Lose = 1 point

Should teams be level on points then position in the league table will be decided by number of tries scored.

Should teams still be level then the difference between tries scored and conceded will be used to allocate positions.

Should teams still be level then results between the two teams will be used to allocate positions.

#### Fair play points

Referees will also allocate 1 league point per game to the team that they feel has shown the most fair play and played within the spirit of the game.

Therefore there is a maximum of 4 points available per match for the winning team.

#### Match etiquette

Our leagues (both social and competitive) are to be played within the spirit of Rugby and as such a friendly and fun atmosphere is expected at all times.

Referees decisions are final – regardless of situation or outcome

There will be no swearing during matches. Excessive language will result in a turn over of the ball or a penalty.

Players who infringe consistently, act in a dangerous manner or behave in a un sporting way will be subject to a 2 minute "sin bin". Players previously sin binned who are subsequently sin binned again will be sent off for the remainder of the game and will be banned for the next weeks fixtures.

Players will encourage their team mates at all time, criticism of mistakes will be viewed as unsporting behaviour and players will be penalised or punished accordingly.

Other than the "touch" there will be no physical contact whatsoever. Any shoulder barging, grabbing or pulling will be penalised and the player may be sin binned should the referee deem it a suitably aggressive offence.

#### Other important things

- As new players join throughout the season they will be placed in with a pre existing team. These players are going to receive a basic introduction from one of the coaches however it is the teams responsibility to make the new player welcome and involved in the games as quickly as possible
- If a player is clearly above or below the level of the league that they are playing in it is the responsibility of the officials to point this out and suggest they move to a more appropriate league or team. This is not to be seen as an insult but to ensure a level and fair playing field for all and to ensure everyone gets the maximum benefit and enjoyment out of their time.

