

# 2026 Spring Season Law Variations



	2-4 Flag Coed	5th/6th Coed Tackle	7th/8th Boys Tackle	7th/8th Girls Tackle	Boys HS Tackle	Girls HS Tackle
# of players on Pitch	7s (flexable)	10s (flexable)	15s (flexable)	7s (flexable)	15s	15s
Pitch Size	1/2 Pitch (70m x 40m)	1/2 Pitch (70m x 50m max <sup>2</sup> )	Full Pitch	1/2 Pitch (70m x 50m max <sup>2</sup> )	Full	Full
Game Time	Four 7-minute quarters	Four 8-minute quarters <sup>8</sup>	Two 20-minute halves	Four 7-minute quarters	30-minute halves	30-minute halves
Quarter and/or half time breaks	3-minute breaks between periods	2-minutes between quarters, 5- minutes at half	5- minutes at half	3-minutes between periods	Min 5-minutes/Max 10-Minutes	Min 5-minutes/Max 10-Minutes
Quarter Restarts	Same team in possession from last position and call on pitch when called	Same team in possession from last position and call on pitch when called	Same team in possession from last position and call on pitch when called	Same team in possession from last position and call on pitch when called		
Knock Ons, Forward Passes	Tap, and Pass	Uncontested, offense only hooks.	Scrum	Scrum	Scrum	Scrum
Scrum		The offside line will be the feed line/channel of the scrum	The offside line will be the feed line/channel of the scrum	The offside line will be the feed line/channel of the scrum	The offside line will be the feed line/channel of the scrum	The offside line will be the feed line/channel of the scrum
Out of Bounds/Lineout	Tap, and <b>Pass</b> (no quick tap)	Contested, no lifting, think basketball	Contested with lifting	Contested with lifting	Contested with lifting	Contested with lifting
Penalties	Tap, and <b>Pass</b> (no quick tap) <sup>6</sup>	Kicking allowed (no quick tap) <sup>6</sup>	Kicking allowed	Kicking allowed	Kicking Allowed	Kicking Allowed
After Score, the scoring team	Kicks Off	Kicks Off - Drop Kick (can have 2nd chance) <sup>7</sup>	Receives	Kicks Off	Receives	Receives
Fends	No	Not to face	Not to face	Not to face	Not to face	Not to face
Conversion Kicks	No	Yes, use a T or drop kick	Yes	Yes (Drop Kick)	Yes	Yes
Open Play Kicks	No	Yes	Yes	Yes	Yes	Yes
Ball Size	4	4	5	5	5	5
Roster Size	Min. 5	Min. 8 / suggested max 24	Min. 11 / suggested max 36	Min. 9 / suggested max 16	Min 15 / suggested max 36+	Min 15/ suggested max 36+
Subs	Unlimted On/Off	Open	Open	Open	Unlimited, but sub may not return <sup>9</sup> , Max 3 per change, no shift changes	Unlimited, but sub may not return <sup>9</sup> , Max 3 per change, no shift changes
Mouth Guard	<b>Strongly recommended</b> , Not Required	Required	Required	Required	Required	Required
Yellow Card Length	NA	2-minutes <sup>3</sup>	5-minutes	2-minutes <sup>3</sup>	7-Minutes <sup>4</sup>	7-Minutes <sup>4</sup>
Coach/Referee Meeting	20-minutes before match					
Other	Rucks Inside 5m, get reset at 5m for safety <sup>10</sup> . Flag has their own GMG	When Ball is won, Referee Calls Ball Won, No Push, and also no players can join the ruck at that time. <sup>11</sup>				
Max Play Time Per Day	60 Min	70	80	80	90	90
Max Matches Per Day <sup>1</sup>	2	2	2	2	2	2

Flexible: plays by the defined rules, but teams will share players, reduce team sides, etc to try and accomidate the children being able to play

<sup>1</sup> - Based on RI scheduling of match regular season match lengths as posted here.

<sup>2</sup> Pitch can be modified to be more narrow when spilling a full pitch into two - so there is space away from the posts (5 meters)

<sup>3</sup> - Set by Commissioners as this is first year of tackle for most players. Allows coaches time for corrective action

<sup>4</sup> - 7-minute Yellow for 60-Minute Match, 5-Minute Yellow for 45-Minute match

<sup>5</sup> - Replacement mus be an eligible player who has not played in the match yet. Red Carded Player cannot return

<sup>6</sup> - make sure you the defense is prompted to get back

<sup>7</sup> - If drop kicks go through end goal because of the half pitch, back up the kicker so the reciving team has the chance to play the ball

<sup>8</sup> - if one match, quarters can become 10 to 12 minutes if coaches agree and day's schedule allows.

<sup>9</sup> - a player may only return to the match if no other players remain and its for an injury or front row, or in accordance with U19 law 3.35

<sup>10</sup> - Flag Ruck: and ruck inside the 5m needs to be reset to 5m to create space for safety and reduced collisions.

<sup>11</sup> - Coed 5/6 Ruck: When the ball has been won the Referee to call "Ball Won, No Push" and all active rucking to stop and no one else to join ruck at that time. This is for player safety

Please use the "Use It" prompts with the youth teams when needed

High School Spring Regular Season Matches are 60-mimutes, and 1 match per day

Tackle Matches/Players are required to have a 60-minute rest period between matches