



UAE QUICK RIP RUGBY 7's RULES – U8's & U12/U15 Girls

Law Overview

- 7 players on the field
- Games are played over a 30min period with a 2min half time break. This can be broken down into 4 x 7min quarters or 2 x 15min halves. Duration must be agreed by coaches prior to kick off, taking the heat into consideration when choosing the breakdown of game time.
- Players must have their t-shirts tucked in, belts on the outside
- 6 rips then change over. Referees to call out what number each rip is (e.g. "Rip 1, Rip 2")
- If the ball is knocked or passed forward a scrum is awarded to the non-offending team unless an advantage can be played
- If the ball is carried or kicked out of the field of play, the game is restarted with a lineout with the non- offending side throwing the ball in
- Players cannot fend
- Players cannot return to play unless both tags are on
- Players are allowed to dive to score
- **PLAYERS MUST PASS THE BALL WITHIN 2-3 STEPS AFTER BEING RIPPED**
- Offside line is where the rip was made OR the line of the ball
- Defenders can only move forward after the attacking player has passed the ball



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RULES FOR THE PLAYING OF QUICK RIP RUGBY SEVENS

1.0 PLAYING AREA

- 1.1 The playing area will not exceed 70 meters in length and 40 meters in width U12/U15 Girls.
- 1.2 The playing area will not exceed 35 meters in length and 25 meters in width U8's.
- 1.3 The playing area will be clearly marked.
- 1.4 The seven players on a team will be the only people entitled to be on the playing area during a game. Coaches, substitutes and spectators must not be on the playing area during a game.
- 1.5 The scoring **TryZone** marked out 15% of pitch width.

2.0 DURATION OF PLAY

- 2.1 A game is made up of 4 x 7min quarters or 2 x 15 minute halves.
- 2.2 There will be a 2 min interval between the two halves or 1 min between quarters.
- 2.3 After half time the teams will change ends.

3.0 NUMBER OF PLAYERS

- 3.1 A maximum of 15 players in a game day squad.
- 3.2 A minimum of 10 players in a game day squad
- 3.3 Games will be played with seven players on the playing area at any one time.
- 3.4 All players in game day squad must play a minimum of Half a Game



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4.0 SUBSTITUTES

- 4.1 Substitutes will be rolling with players can return to the field after some time off.
- 4.2. Substitutes are to be made in a stoppage in play and the referee must be informed.
- 4.3 An injured player can be substituted but only once the injured player has left the playing area.

5.0 REFEREES

- 5.1 The referee will carry a whistle.
- 5.2 The referee will shout, "PASS!" when a rip has been made, and "TURNOVER!" after a sixth rip.
- 5.3 The referee will blow the whistle to signal the start of the two halves or when play is to stop.
- 5.4 The referee will signal to the team who is starting with a free pass, by pointing with an outstretched arm towards that team.

6.0 THE RIPPA BELT

- 6.1 The belt is adjusted to fit the waist of the player and fastened so that two flags hang, one from each side.
- 6.2 Velcro attaches the flags so they are positioned one on each hip.
- 6.3 Care needs to be taken to ensure that for safety the tail of the belt is tucked away.
- 6.4 The belt must be worn outside the clothing, shirts tucked in and flags free so they can be ripped off.



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6.5 If a player accidentally loses a flag when they have the ball, the game will be stopped to allow the player to replace the flag.

Once the flag has been replaced the game will restart with a free pass by the player in possession. The stoppage will not count towards the rip count.

7.0 ATTACKERS

7.1 The ball carrier cannot fend defenders off using their hands, or the ball.

7.2 The ball carrier cannot guard or shield their flags in any way.

8.0 DEFENDERS (RIPPERS)

8.1 There is no contact in Quick Rip Rugby. Defenders (Rippers) ripping the flag off the belt of the ball carrier stops the ball carrier's progress.

8.2 Defenders (Rippers) cannot physically obstruct or touch the ball carrier.

9.0 STARTING PLAY

❖ U8's & U12 Girls

9.1 One team starts each half of the game from the center of the field with a free pass. (10.1)

9.2 When a try is scored, the non-scoring team starts at the center of the field with a free pass. (10.1)

❖ U15 Girls:

9.3 One team starts each half of the game from the center of the field with a drop kick that must travel 7m-10m.

9.4 When a try is scored, the scoring team starts at the center of the field with a drop kick that must travel 7m-10m.

10.0 FREE PASS



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- 10.1** To make a free pass, the player making the pass starts with the ball on the ground, moves the ball slightly forward using the side of their foot, then picks up the ball and passes the ball backwards to a member of their own team.
- 10.2** The Defenders (Rippers) must remain five meters back from the player making the free pass. They cannot start moving forward until the ball leaves the hands of the player making the free pass.
- 10.3** A free pass is also used to restart play at any time that play has halted and needs to be restarted.
- 10.4** If the ball travels out of the field of play, the game is restarted with a lineout with the non-offending side throwing the ball in.
- 10.5** Free passes cannot take place less than five meters from the try line.
- 10.6** A free pass is also awarded to the non-offending team when their opposition infringes the rules, an offside or for not returning the flag to the ripped player.

11.0 RIP

- 11.1** To complete a rip one of the two flags from the ball carrier's belt must be removed.
- 11.2** The only person who can be ripped is the ball carrier.
- 11.3** The Defender (Ripper) must stop, hold the flag above their head and shout "RIP!"
- 11.4** The ball carrier must then pass the ball immediately (within three strides). He or she does not have to stop, return to the mark or roll the ball between their legs.
- 11.5** Six rips in a row leads to a turnover in possession.
- 11.6** After the ball carrier has passed the ball the Defender (Ripper) must hand the flag back to the player who then reattaches it to their belt before they re-join play. If either of these players doesn't adhere to this, they will be



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penalized and a free pass will be awarded to the non-offending team at the place of the infringement.

- 11.7 If a player is diving for a Try and has their tag ripped in midair, the try is awarded to the attacker.
- 11.8 If a player is ripped before the try line and doesn't pass before they get over the line, they restart play five meters out from the try line with a free pass.
- 11.9 Restarting the rip count occurs when there is a turnover or when either team is penalized.

12.0 KNOCK ON

- 12.1 When a player knocks the ball towards the opponents' try line and does not regain control of the ball before it touches the ground, another player or the referee, a non-contested scrum is awarded to the non-offending team unless an advantage can be played.

13.0 OFFSIDE

- 13.1 Offside only occurs at a rip.
- 13.2 When a rip is made, all players from the Defender's (Ripper's) team must get back until they are behind where the rip was made. Failure to do so results in a free pass to the team in possession and the rip count will restart at zero.
- 13.3 If a player is offside and they intercept, prevent or slow down a pass, they will be penalized and a free pass will be awarded to the non-offending team, unless an advantage can be played.

14.0 PASSING THE BALL

- 14.1 The ball can only be passed by the ball carrier in a backwards direction.



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- 14.2 Attackers must not pass the ball forward, towards the Defenders' (Rippers') try line.
- 14.3 Attackers cannot hand the ball to another Attacker.
- 14.4 A non-contested scrum will be awarded to the opposition if an Attacker passes the ball forward or hands the ball to another Attacker.
- 14.5 If the ball is not caught to conclude a pass but is not knocked on, play can continue.

15.0 KICKING

- 15.1 There is kicking in Quick Rip 7's in general play only at U12's & U15's.
- 15.2 No kicking in general play for U8's
- 15.3 If a kick in general play crosses the dead ball line, it is a free pass at the mark from where the kick was made.
- 15.4 If you are 'Ripped' - you cannot kick the ball.
- 15.5 Normal offsides from kicking situations apply.
- 15.6 There are no conversions or shots at goal.

16.0 ADVANTAGE

- 16.1 Not stopping the game when an infringement happens is called 'advantage'.
- 16.2 Referees should play 'advantage' to the non-offending team if there is any chance that team may gain an advantage by there being no stoppage in play. i.e. if the non-offending team gains possession of the ball or retains the ball in circumstances that are more favorable than if the referee ruled a free pass.
- 16.3 The referee should call 'advantage' followed by 'advantage over' if an advantage is deemed to have occurred.
- 16.4 If no advantage occurs within a reasonable period, play restarts in the appropriate way.

17.0 GOING TO GROUND



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17.1 Subject to:

17.2 if the ball carrier intentionally goes to ground or a player dives on the ball, a free pass is awarded to the opposition.

17.2 Players can dive for a try or dive on the ball for a try.

18.0 THE SCRUM

18.1 These consist of three players from each side.

18.2 No pushing – win your own ball.

18.3 Follow the ref's calls to 'crouch - bind - set'.

18.4 Both halfbacks must stand next to the scrum and can't advance past the middle of the tunnel.

18.5 Players who are not in the scrum and who are not the team's halfback, are offside if they remain in front of their offside line or overstep the offside line which is 5 meters behind the hindmost player of each team in a scrum.

19.0 THE LINEOUT

19.1 If the ball is carried or kicked out of the field of play, the game is restarted with a lineout with the non-offending side throwing the ball in.

19.2 The lineout must consist of three forwards from each team and a scrum half.

19.3 One player throws the ball in, other players jump for the ball.

19.4 There is no lifting the jumper must not be assisted.

19.5 Lineouts are Un-Contested U8's and U12's Girls. Contested U15's Girls but no lifting.

19.6 The player catching the ball should pass it back to a scrum half or the thrower coming around. Then usual lineout law applies.

19.7 For players not taking part in the lineout, the offside line is 10 meters behind the line of touch

19.8 No Mauls in Quick Rip 7's



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20.0 FAIR PLAY

- 20.1 All players must play games in a positive spirit following the principles of good sportsmanship.
- 20.2 In instances of verbal abuse, physical abuse, poor sportsmanship, intentional offending, repeated offending or any other actions deemed unfair play, dangerous play or misconduct, a referee may send a player to be substituted from the playing area.
- 20.3 If a player is sent from the playing area by the referee, that player can be replaced by another player for 2mins.
- 20.4 There shall be no intentional physical contact between players.

21.0 SCORING

- 21.1 7-point Try Zone must be marked on the field 15% of the pitch width.
- 21.2 7-points inside the Try Zone (converted Try), 5-points outside the Try Zone (Unconverted Try).
- 21.3 The Try Zone is to determine a real outcome for scoring.
- 22.0 Ball on the Ground.
- 22.1 Play on if ball goes to ground or is kicked by attacker.

KEY POINTS

- Referees clearly call the “RIP” and the rip number.
- Players must pass within three steps of a rip.
- Ball must be passed backwards.
- A knock on or forward pass results in a non-contested scrum to the non-offending team.
- Penalties and restarts start with a free kick
- If the ball is carried or kicked out of the field a lineout will be awarded



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- to the non-offending side
- The ball must be forced on the ground for a try, just like rugby
- Play as much advantage as possible
- Free kicks to restart play must have the ball placed on the ground,
- released and tapped with the foot
- Spinning to avoid a rip is ok but continuous spinning is not allowed (1spin)

For further explanations or enquiries please send to: Apollo.Perelini@uaerugby.ae

__ENDS__



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