

Walking Rugby is intended to be simple version of Rugby suitable for ex-players, injured players and non-players of all ages abilities and gender who enjoy an active and physical, above all competitive passing game using a rugby ball

Those rules highlighted in **yellow** have been included to give additional clarification, the numbers in **brackets and red** are the RFU Rule number

Rule No	RFU Walking Rugby Rules
	The Game - The object of the game is to score more tries than the opposition (2).
1	The Ground - Pitch size: depends on number of players per team. a. Suggestion: allow 5 to 7 metres width per player. b. Pitch to be square or even wider than long depending on mobility and skills of players max width 40 metres and max length 30 metres (10)
2	Match Ball - Ball size 4. (12)
3	Teams - Teams of up to seven (7) players per team on the pitch at any one time. (9) a. For playing numbers of 6 or more-a-side teams to implement uncontested scrums (see Rule 15 - Scrums). (Notes) b. If extra players are available, rolling substitutions are permitted and substituted players can be re-used at any time. (9)
4	Playing Clothes - Teams should all wear a sports strip or sports bibs that identify them as one of the teams playing.
5	Time - A game shall consist of: a. Four quarters of five (5) minutes duration, (11) b. A half time interval will be up to two (2) minutes, with first and third intervals will last 60 seconds
6	Match Officials - The referee is the sole judge of fact and law. (14) a. If player numbers permit, a neutral referee is highly desirable. Otherwise, self-refereeing may be necessary. (14) b. Where these laws seem unclear or ambiguous consideration should be given to the analogous situation in the 15 a side game with due consideration to the abilities and skills of the players. (14)
7	Advantage - If a team gains an advantage following an infringement by their opponents, the referee may allow play to continue in an effort to keep the game flowing. (5)
8	Score - A try will be scored when: a. The ball is carried over the opposition try-line from in-field by a player, before the player is touch / tackled. (2)
9	Foul Play - The following are considered foul play and appropriate action taken for repeated offenders a. A deliberate knock-down by a defender. (7) b. An off-side player interferes with a penalty. (5) c. The defender must not interfere with the pass in any way after the touch tackle. (6) d. Any over-robust tackle. (4) e. A hand-off is not allowed, nor walking straight at a defender with head down; inviting contact. (4) f. Repeated negative offences could be punished with temporary or permanent exclusion: (13) i. A YELLOW card will be an exclusion for the player for a period of 2 minutes. ii. A RED card will be exclusion for the player for the remainder of the game.

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10	<p>Off Side and On Side in Open Play - A Touch, Penalty or Turnover sets an off-side line at that point parallel to the try line. All defending players must retire behind that line before taking further part in the game. (5)</p> <p>a. After a touch tackle the tackler does not retire one (1) metre before going forward. (4)</p>
10 Cont	<p>b. Any member of the defending team does not retire at least one (1) metre after touch tackle and is interfering with play. (5)</p> <p>c. At a penalty, defender does not retire three (3) metres. (6)</p> <p>d. At a scrum the defending side will be three (3) metres back from the scrum. (Note)</p>
11	<p>Knock on and Ball to Ground - The ball may be carried any distance and transferred between team-mates by passing. (3)</p> <p>a. All passes must be backwards or transverse. (3)</p> <p>b. A pass must leave the hands of the passer before it reaches the receiver. (3)</p> <p>c. The defender must not interfere with the pass in any way after the touch tackle. (4)</p> <p>d. If the ball is passed backwards to the floor by attacking team, the game will be stopped, and the game restarted by a Turnover. (7)</p> <p>e. If the ball is passed, knocked or dropped forward to the ground by attacking team, the game will be stopped, and the game restarted by the appropriate Scum or Turnover. (7)</p> <p>f. If the ball is deliberately knocked down by a defender should be penalised. (7)</p>
12	<p>Starts and Restart - At the start of each quarter and after a score:</p> <p>a. Play starts with a tap and pass at the center of the pitch. (8)</p> <p>i. After a score the re-start is by the team that did not score (8).</p> <p>ii. All defenders should be three metres back from the ball. (8)</p>
13	<p>Tackle - A defending player can stop an attack with a simultaneous two-handed touch to the ball carrier between the shoulder and the shorts including the whole of the torso (A tackle). It should be accompanied by the word "TOUCH" or "TACKLE". (4)</p> <p>a. The Tackler and defenders should immediately step back or away. (4)</p> <p>b. When tackled, the attacking player must pass the ball correctly within one pace / metre. (4)</p> <p>c. When tackled, the attacking player must pass the ball correctly without delay. (4)</p> <p>d. The defender must not prevent the ball carrier from passing after the tackle. (4)</p> <p>e. A defending player who is off-side and interfering with play should be penalised unless advantage to the non-offending (attacking) team applies. (5)</p> <p>f. Any over robust tackle is not permitted. (4)</p> <p>g. A hand-off is not allowed, nor walking straight at a defender with head down; inviting contact. (4)</p> <p>h. A defender may NOT attempt to take / snatch the ball from an attacker.</p>
14	<p>Ball in Touch - If the ball is thrown into touch or the ball carrier steps into touch - Turnover. (Notes)</p>
15	<p>Scrum - An uncontested scrum of two (2) will only be applicable when 6 or more players are in a team with. (Notes)</p> <p>The following rules apply for scrums</p> <p>a. A scrum will be a minimum of three (3) metres from any boundaries of the playing area (try and touch lines); when three (3) metres from the try-line the defending side offside line is the try-line. (Notes)</p>

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	<p>b. The scrum will be uncontested i.e. no pushing and no striking for the ball by the defending team. (Notes)</p> <p>c. The Two closest players from each team will form the front row and the next closest play will be the Scrum half. (Notes)</p> <p>d. Scrum Half - both sides shall have scrum half. The attacking side scrum half will feed the ball from the midpoint of the scrum and must be the one to make the pick up from the scrum. (Notes)</p>
15 Cont	<p>e. Offside lines - All players will remain behind the offside line until the scrum is called over. (Notes)</p> <p>i. The offside line for the attacking side will be the behind the rear feet of the scrum.</p> <p>ii. The offside line at scrum for the defending side will be three (3) metres back.</p> <p>f. Players in the Scrum are to remain bound in the scrum until the referee calls “Scrum Over”</p> <p>g. A scrum will be awarded, and feed will be to the team not responsible for any of the following: (Notes)</p> <p>i. Forward pass.</p> <p>ii. Dropped ball (gone forward) - knock on.</p> <p>iii. Ball passed back, hitting the referee.</p> <p>iv. Accidental crossing / obstruction.</p> <p>v. A ball hitting or touching a player and going forward and hitting the ground.</p>
16	<p>Penalty - When a Penalty has been awarded</p> <p>a. The penalty should be taken at the point of the offence indicated by the referee. (6)</p> <p>b. The penalty taker should tap the ball with his foot or knee and may walk or pass. (6)</p> <p>c. On-side defenders may advance once the ball has been tapped. (6)</p> <p>d. No penalty can be taken closer than three (3) metres from a try-line. (6)</p> <p>e. The penalty may be taken quickly. (6)</p> <p>f. The off-side line for the defending side is three (3) metres closer to the offender's try-line.</p> <p>g. All defenders in front of the off-side line are off-side and should retreat. (6)</p> <p>h. If off-side defenders interfere with the penalty, a further three (3) metres advances may be imposed. (6)</p> <p>i. A Penalty will be awarded for any of the following:</p> <p>i. Running at any time (in attack or defense). (1)</p> <p>ii. Illegal pass e.g. handed on. (4)</p> <p>iii. Interfering with the pass after a touch/tackle. (4)</p> <p>iv. Failing to retire one metre after a touch/tackle. (4)</p> <p>v. Hand-off by ball carrier. (4)</p> <p>vi. Crossing / obstruction - (New)</p> <p>vii. Over-robust touch/tackle. (4)</p> <p>viii. Off-side and interfering with play.(5)</p> <p>ix. Deliberate knock-on (downwards) - ball hits ground. (7)</p> <p>x. Pushing the scrum. (Notes)</p> <p>xi. Defending Scrum-Half moving pass the tunnel of the scrum before “Scrum Over” is called.</p> <p>xii. After a touch/tackle on the ball carrier, not passing within one metre /pace of point of touch. (4)</p> <p>xiii. General unsporting conduct.</p>
17	<p>Turnover - When a turnover is award:</p> <p>a. Play starts or re-start with a Tap and Pass at the point indicated by the referee. (5)</p> <p>b. An off-side line for the defending side will be three (3) metre back closer to the defenders try-line. (5)</p>

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	c. All defending players must retire behind to the offside line before taking further part in the game. (5)
	d. A turnover will be awarded for: (Notes) <ul style="list-style-type: none"> i. Ball going backwards and hitting the ground. ii. Ball or player going into touch. iii. Try. iv. A ball hitting or touching a player and going forward and hitting the ground or player. v. Ball carrier not passing without delay. (4)

NOTES:

The RFU Rules state 5 meters for turnover, penalties and scrums etc. but agreed in South West to be three (3) metres)

Tackle - The RFU rules states to the shorts, following discussion in SW change to the area between the shoulder and the shorts including the whole of the torso

Tackle - RFU rules state should step back or away no distance state look for 1 metre

Onside: - All players are in open play and onside until a tackle or an offence has occurred, a player can intercept a pass or tackle a player from any position in open play.

Ball to Ground: - it was agreed in the SW, that when playing walking Rugby across all ages and genders if the ball went to ground a dangerous situation could occur and the game would be stopped immediately.

Obstruction - New Rule - The ball carrier must not cross behind one of their own players preventing the defenders tackling the ball carrier

Notes for Salisbury Festival 2019

Rule 8 Scoring a try - the ball carriers whole body, legs, arms, head and both feet must cross the line while in possession of the ball. Diving for the line is not allowed and will be penalised (no try).

Rule 9 The ball carrier must stop when touch tackled - walking **through** the touch and making body contact is not permitted ball carriers are responsible for their own momentum.

Rule 13 A pass after a touch tackle can not be taken closer than one metre to a try line.

Rule 17 d (i) a tap and pass can not be taken closer than one metre to a try line.