



England  
Rugby

50M

MAX ZONE  
7 POINTS

CAN BE PLAYED ANYWHERE



MAXIMUM OF 7-A-SIDE



UNLIMITED INTERCHANGES  
FROM 5 REPLACEMENTS

MAX ZONE  
7 POINTS

70M



TRIES **INSIDE** THE **MAX ZONE** 7 POINTS  
TRIES **OUTSIDE** THE **MAX ZONE** 5 POINTS

**TACKLES** MUST BE **BELOW** THE **ARMPIT** AND  
**ARMS** MUST BE **WRAPPED SIMULTANEOUSLY**  
OR **PRIOR** TO **SHOULDER CONTACT**



MAXIMUM OF  
**3V3** AT **MAULS**

MAXIMUM OF  
**2V2** AT **RUCKS**



**RESTARTS** **PENALTIES** AND **FREE-KICKS**  
MUST ALL CONSIST OF A **TAP-AND-PLAY**



**KICKS** MUST BE **DIRECTED**  
INTO THE **GROUND**

**HAND-OFFS** MUST BE  
**BELOW THE ARMPIT**



**SCRUMS** ARE **PASSIVE** (NO PUSHING)  
AND CONSIST OF **ANY 3 PLAYERS**,  
**BOTH TEAMS** MAY **HOOK THE BALL**



**LINEOUTS** CONSIST OF **ANY 3 PLAYERS**  
THROW IN, 2 TO JUMP, **NO LIFTING** IS ALLOWED