

Rugby NorCal Junior Youth - Referee Cheat Sheet

| | U8 | U10 | U12 |
|---------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Age | 7 or younger 9/1/2024 | 9 or younger on 9/1/2024 | 11 or younger on 9/1/2024 |
| Ball | 3 | 4 | 4 |
| Field Size (min) | 25x40 meters | 30x50 meters | 40x60 meters |
| Match Duration | 15 min halves | 15 min halves | 20 min halves |
| # of Players | 8 | 10 | 12 |
| Weight-Level Matches | None | Light-Weight: <= 80 lbs (2 stars) Open-Weight: <= 139 lbs (1 star) | Light-Weight: <= 108 lbs (2 stars) Open-Weight: <= 169 lbs (1 star) |
| Weighed In @ Match Venue | No | X-Player: >= 140 lbs (must wear red socks) Yes | X-Player: >= 170 lbs (must wear red socks) Yes |
| Contact Type | NON-CONTACT Flag , restart with a tap kick from place of tag | Tackle | Tackle |
| Tackles | None | Below Sternum, no jersey slings | Below Sternum, no jersey slings |
| Lineout Variations | None | None , free pass 5 meters from touch, level with where the ball/ball carrier went into touch. 8 meters offside. All players freeze until first pass is made. | Contested , no lifting, 8 meters offside |
| Scrum Variations | None | Uncontested , 3-man, no forward pickup, 4 meter offside, scrumhalf behind center of scrum | Uncontested , 5-man, no forward pickup, 4 meter offside, scrumhalf behind center of scrum |
| Restarts | Free Pass | kick-off, scoring team kicks off | kick-off, scoring team kicks off |
| Kicking | No | Yes, 10s are the 22s | Yes, 10s are the 22s |
| Conversions | No | Yes, if there are posts and the coaches agree | Yes, if there are posts and the coaches agree |
| Sin Bin | No, player should be substituted for foul play | 5 min | 5 min |

All U10/U12 players must be weighed in prior to match start and stamped (two/one stars) or wearing red-socks (X-Player).

Referee must check for stamps and red sock players before kick-off

X-Players must wear red-socks and cannot be used to dominate play, i.e. may only play on an Open side for their age group, may be spread evenly across teams, cannot lead rushes from free-kicks (includes tap kick and pass), may not charge through a lineout JUNIOR YOUTH

Guidelines for Refereeing Junior Rugby

- Referees must be qualified with Rugby NorCal, USAR (USA Rugby), or NCRRS (Northern California Rugby Referee Society)
- If there is no referee available at any given fixture a person who has attended a coaching course may referee the game
- Referees should wear a distinct colored jersey and dress as a referee: i.e. rugby shorts and socks • Referees need to attain a full understanding of the rules for the Age-Weight level they are refereeing • Referee performs pre-match stamp and red socks check, players must be stamped correct for the match being played, those not stamped must wear red socks
- Appoint a person to be a touch judge, preferably not the team coach, the touch judge should mark offside lines for scrums and lineouts to teach players offside lines and create space for a clean and open contest • Blow the whistle with authority, use hand signals then give verbal explanations
- In set play, **take time** to make sure both backs and forwards are correctly in position (scrums 4 meters and lineouts 8 meters).
- Ensure scrums are set safely using a proper cadence call
- Record scores and work with coaches at half time if scores blow-out occurs by a 30-point differential • Apply the advantage law as often as possible
- Apply penalties for penalty offences and try to keep scrums to a minimum
- All tackles must be below the armpit. Penalize immediately any tackle above this line.
- The referee ensures: (1) the tackler immediately releases the ball carrier, (2) the ball carrier plays the ball, and (3) all arriving players come through the gate on their feet.
- Explain decisions clearly, players will look to you for guidance, instructing offending players as to what they have done wrong
- Referees have the right to stop play if they think a player's safety is at risk, and then discuss the situation with the coaches of both teams
- Stop play immediately for over aggressive play, dangerous play, fighting or back chat
- Stop play for injuries to players
- Where appropriate use the sin bin in preference to sending off. Players can be forced to substitute for disciplinary measures

Referee Code of Conduct

- Referee to ensure that the "spirit of the game" for children is not lost by "over refereeing" the game, brow-beating or scolding players
- Ensure that your behavior is consistent with the principles of good sportsmanship both on and off the field • Compliment both teams on their good play, whenever such praise is deserved
- Be consistent, objective and courteous
- Condemn the "deliberate foul" as being unsportsmanlike, thus retaining respect for fair play • Be a good communicator
- Have empathy with the players
- Be unobtrusive, but exercise firmness
- Be calm when player/spectator passions are high

Referee Harassment

Stop play for verbal or physical harassment from coaches, parents or spectators. Referees have the ability to speak to coaches to evict unwanted persons from grounds under their control. Ensure you report all incidents to Rugby NorCal Referee Committee Chair and Rugby NorCal Junior Youth Committee Chair. This is a Zero Tolerance Policy against referee abuse, and disciplinary action will be taken!