



IFC Rugby Rules

Normal rules of rugby apply in addition to Ten a Side Variations and/or including the following:

1. Teams consist of 10 on the field and may register as many players as they wish.
 - a. Teams may compete with a minimum of 9 players, with 5 players being used at scrum time. 8 players or less will result in the forfeit of the game due to Health and Safety reasons.
2. All players must be registered through SportsTG prior to playing. All players must have also completed the NZR Player Registration Form and if not, play at their own risk and will not be covered in the incident of a serious injury.
3. Games are two 10-minute halves with a two minute break at halftime.
4. After the end of pool play if there are even points positions will be decision by points differentiation (total points scored minus total points scored against).
5. Rolling substitutions can be made from the halfway line at any time.
6. No women may play in the men's competition due to safety reasons and fairness in competition. As the IFC rugby tournament is affiliated with Auckland Rugby Union, we are obligated to follow their health and safety guidelines.
7. Injury time is at the Referee's discretion.
8. In the event of a draw in semi's or finals, teams will play 5 minutes each way of extra time, golden point. If the game is still drawn then the winner shall be the team that scored the most tries. If both teams scored the same number of tries, the winner shall be the team that scored the first try. If no tries were scored in the game then the winner shall be the team that scored the first points.
9. Disciplinary:
 - a. One yellow card – two minutes off the field (the player may not be replaced in this time).
 - b. Two yellow cards – two minutes off the field (or sent off if both cards received within the same game) and a warning that the third yellow may result in judicial hearings.
 - c. Any player ordered from the field of play by a referee (i.e. two yellow cards or a red card) receives an automatic 1-match suspension.
 - d. ARU Disciplinary hearings are held on Tuesday nights at 5.30pm unless advised by the Union Judicial Convenor to the contrary. The venue will be advised from time to time.

- Competition points: Win = 3 points, Draw = 1 point, Loss = 0 points.
- In the event of a forfeit, the score will be recorded 20 - 0
- No watches or other jewellery are allowed to be worn during play.
- No person may take part in any match if they reveal any evidence of bleeding. If any person within the field of play shows any evidence of bleeding or exposure of an open wound that is likely to bleed or otherwise discharge body fluid they must leave the field of play without delay.



**SPORT AND
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