

Quick Guide to the 2007/08 Continuum Rules of Play

	Under 7 & 8	Under 9	Under 10	Under 11 & 12
Tackle	A 'tag' tackle is made by removing of one of the velcro tags from the ball carriers belt, holding it above the head and shouting "Tag". Ball carrier must stop as soon as possible (within 3 strides) or pass through the air within 3 secs. At Under 8 the side with the ball can only be tagged 6 times before scoring a try. At the 7th tag the referee stops the game and awards a free pass to the other side from where the 7th tag took place. Referee to call "TAG PASS THREE" etc...up to "TAG PASS SIX and LAST"	Any player with the ball & on feet (except in a maul) can be tackled. Tackler & tackled player must move away immediately. Other players who then play the ball must have entered the tackle area from their own goal side (not even alongside). Any tackle level with or above armpit is high. (Penalty). No tripping.	Any player with the ball & on feet (except in a maul) can be tackled. Tackler & tackled player must move away immediately. Other players who then play the ball must have entered the tackle area from their own goal side (not even alongside). Any tackle level with or above armpit is high (Penalty). No tripping.	Any player with the ball & on feet (except in a maul) can be tackled. Tackler & tackled player must move away immediately. Other players who then play the ball must have entered the tackle area from their own goal side (not even alongside). Any tackle level with or above armpit is high (Penalty). No tripping.
Restarts	Opposing team 7m back. Referee to indicate when play can restart. NO QUICK RESTARTS and not within 7m of goal-line. Ball held in 2 hands off the ground and passed through the air to team member no more than 2m away. If an infringement takes place or the ball goes into touch over the goal-line or within 7 meters of the goal line, then the free pass must be awarded to the non-offending side 7 meters from the goal-line. This gives more space for both attacking and defending teams to play in.	Opposing team 7m back. Referee to indicate when play can restart. NO QUICK RESTARTS and not within 7m of goal-line. Ball held in 2 hands off the ground and passed through the air to team member no more than 2m away.	Opposing team 7m back. Referee to indicate when play can restart. NO QUICK RESTARTS. Ball held in 2 hands off the ground and passed through the air to team member no more than 2m away.	At penalty/free kick opponents 7m back. QUICK PENALTIES/ FREE KICKS ALLOWED, while opposition retiring. All starts/ restarts from centre by drop kick. Kicker's team behind ball, opponents 7m back. If kicked into touch/dead, choice of kick again or scrum back with opposition put in.
Line-out	None. If ball carried or ball carrier goes into touch the other side restarts with a free pass taken 2 meters in from touch with opposition retiring 7m.	UNCONTESTED line-out of two players from each side 2-7m from touch. Team throwing in must be allowed to catch the ball. No challenge until line-out ends (ball or a player carrying it leaves the line-out or ruck/maul formed). No lifting or supporting. Offside line 7m back until line-out ends.	CONTESTED line-out of two players from each side 2-7m from touch line. No quick throw-ins, no lifting or supporting and no throw-ins beyond 7m. Offside line 7m back until line-out has ends.	Contested line-out of four players from each side 2-10m from touch line. QUICK THROW INS ALLOWED but no lifting or supporting & no throw-ins beyond 10m. Offside line 7m back until line-out has ends.
Scrum	None	3 players a side & UNCONTESTED. Offside line of team not putting ball in is 7m back. Opposing scrum directly behind scrum until ball emerges. The team putting the ball in must win the ball	3 players a side & CONTESTED. Offside line of team not putting ball in is 7m back Opposing scrum half directly behind scrum until ball emerges. If scrum pushed more than 1.5m, free kick to retreating side. If wheeled more than 45 degrees scrum reset. Unless deliberate wheel same side puts in. At least 5m from the try line and 5 m from the touch line.	U11 5 players, U12 6 players a side & contested. 2nd row must bind each other with inside arm and outside arm around hips of front row. Opposing scrum half may not go beyond tunnel until ball emerges. Offside line is back foot of scrum. If scrum pushed more than 1.5m, free kick to retreating side. If wheeled more than 45 degrees scrum reset. Unless deliberate wheel same side puts in. At least 5m from the try line and 5 m from the touch line.
Offside Line	In general play, not in front of the ball carrier unless clearly making an effort to return on-side. Defending team 1M back after a tag. At the free pass the opposition must be 7m back.	In general play, not in front of the ball carrier unless clearly making an effort to return on-side. At the free pass the opposition must be 7m back. Also see 'Scrum'.	In general play, not in front of the ball carrier unless clearly making an effort to return on-side. At the free pass the opposition must be 7m back. . Also see 'Serum'.	In general play, not in front of the ball carrier unless clearly making an effort to return on-side. Also see 'Scrum'.
Kicking	Illegal	Illegal	Illegal	Controlled kicking only, from hand. No fly hacking. Conversions at goal after try has been scored
Hand Off	Illegal. Defined as 'any movement of the hand, arm or ball to ward off a would be tackler'. Contact does not have to be made. Also ball carrier may not charge into players.	Illegal. Defined as 'any movement of the hand, arm or ball to ward off a would be tackler'. Contact does not have to be made.	Illegal. Defined as 'any movement of the hand, arm or ball to ward off a would be tackler'. Contact does not have to be made.	Illegal. Defined as 'any movement of the hand, arm or ball to ward off a would be tackler'. Contact does not have to be made.
General	Players recommended to carry ball in 2 hands. ALL PASSES THROUGH THE AIR. No pushing or barging e.g. into touch.. Game will be shortened if a 30+ points difference. A penalty try will be awarded if a try would probably have been scored but for foul play by the defending team.	Players recommended to carry ball in 2 hands. Swinging player by shirt Penalised as dangerous. Game will be shortened if a 30+ points difference. A penalty try will be awarded if a try would probably have been scored but for foul play by the defending team.	Players recommended to carry ball in 2 hands. Swinging player by shirt Penalised as dangerous. Game will be shortened if a 30+ points difference. A penalty try will be awarded if a try would probably have been scored but for foul play by the defending team.	Players recommended to carry ball in 2 hands. Swinging player by shirt Penalised as dangerous. Game will be shortened if a 30+ points difference. A penalty try will be awarded if a try would probably have been scored but for foul play by the defending team.

NB: This is a very brief summary of the RFU Continuum, the full Continuum Rules should be applied at all times. Where the Continuum makes no modifications, the IRB Laws of the Game should be followed.