

<p>Spirit of the Game</p>	<ul style="list-style-type: none"> • The international motto “Fun, Friendship and Fraternity” is the central theme of every game of Veterans Rugby. • The aim of Veterans Rugby variations is to provide a less competitive version of the game in which player enjoyment is maximised and the possibility of injury is minimised. • Prior to a match the team captains and referee will agree on the manner in which the game is to be played and the nature of the Laws to be applied. If they cannot agree on any “local variations”, then the game will be played in accordance to these variations. • Prior to kick off, the match Referee will identify and draw players’ attention to those players wearing coloured shorts/vests. Players will be briefly reminded of the different Laws that apply to those wearing coloured shorts/vests.
<p>Number of players</p>	<ul style="list-style-type: none"> • Rolling substitutions are allowed and these are unlimited in number. A substitution may occur at any time during the game. • A player given a Yellow card or Red card may be replaced by another player
<p>Time</p>	<ul style="list-style-type: none"> • Matches are played in three 20 minute periods with a 3 minute rest break between each period of play.
<p>Scrum setup</p>	<ul style="list-style-type: none"> • 8 players from each team must form the scrum. • Both scrum-halves must stand on the same side of the scrum. • All other players not taking part in the scrum must be back at least 5 metres.
<p>Scrum play</p>	<ul style="list-style-type: none"> • Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players’ heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between ‘bind’ and ‘set’. • There is no pushing in the scrum, and the team throwing in the ball must win it.
<p>Scrum offside</p>	<ul style="list-style-type: none"> • The scrum is not over until the ball is completely out of the scrum (eg. even if the scrum-half has hands on the ball, it is not out). • The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum, on the feeding side, until it is over. • After gathering the ball, the scrum-half must pass it to a team-mate.

Lineout	<ul style="list-style-type: none"> • No quick throw-ins allowed. • 8 players from each team stand as catchers 1 metre from the opposition players in a single line 5 metres away from the touch line. • A receiver (scrum-half) 2 metres back from the line-out is optional. • Players not taking part in the line-out must be back at least 10 metres. • There is no lifting or supporting allowed (FK).
Kicking	<ul style="list-style-type: none"> • If a kick-off or drop-out is unsuccessful in any way (eg. wrong kick, not 10m etc), another chance is provided. If the second kick is also unsuccessful, then a scrum is awarded at the centre of the half-way line or 22m-line with the throw-in to the non-infringing team. • After a try, the scoring team kicks off to the non-scoring team. • In general play, a player may kick the ball, but only when inside their team's 22 metre area (scrum to opposition). • "Quick taps" are not allowed when a Penalty or Free Kick has been awarded. Players from the offending side must quickly retire 10 metres from the mark before play can recommence.
Coloured Shorts	<ul style="list-style-type: none"> • All players must strictly observe the restrictions on the tackling of players wearing coloured shorts/vests: <ul style="list-style-type: none"> <i>Club Shorts</i> <ul style="list-style-type: none"> • Normal tackle Laws apply. <i>White Shorts</i> <ul style="list-style-type: none"> • Player may be tackled, but not in an aggressive manner. • May attempt to tackle players wearing Club or White shorts. <i>Red Shorts/Vests</i> <ul style="list-style-type: none"> • Player may be "Claimed and Held", but not tackled. • Must NOT attempt to tackle any other player. • Female participants are to be considered as Red short players (unless wearing Gold/Purple shorts as appropriate). <i>Gold/Purple Shorts/Vests</i> <ul style="list-style-type: none"> • Player must not be touched or tackled. Must NOT attempt to tackle any other player. • May run with the ball for up to 15 metres, in total, in any direction. If that player is not in a position to score a try, the ball must then be passed to a team mate wearing club shorts only (scrum to opposition). <i>Running at Coloured Short Players</i> <ul style="list-style-type: none"> • There is to be NO running at pace into a player wearing coloured shorts. You must succumb to a "Claim and Held" tackle from a coloured short player or side step them. If you find a coloured short player on the wing position, you cannot run around the outside of the player (towards the side line). You must step inside them or deliver a pass.

“Claimed and Held”

- A ball carrier wearing red shorts cannot be taken to the ground in a conventional tackle. However, an opponent wearing either club shorts or red shorts may “Claim and Hold” them by wrapping his arms around the ball carrier’s body (see Option 1).
- Although the ball carrier has not been taken to the ground, they are now considered to have been tackled. The opponent who has “Claimed and Held” the ball carrier must now release and move away from that player to allow them to pass or release the ball.
- As an alternative to “Claiming and Holding” an opponent wearing red shorts, or to avoid touching an opponent wearing gold/purple shorts, a defender may decide to stand in front of that player to prevent further forward progress. This allows the ball carrier time and space in which to pass the ball (see Option 2).



Option 1



Option 2

Ruck and Maul

- To minimise the chance of injury, over-vigorous “cleaning out”, rucking, counter-rucking and reckless driving into tackles, rucks and mauls are not permitted (PK).

Optional Variations

- With the agreement of both team captains and the referee prior to the kick off, any or all of the below variations may be played:
 - Modified field sizes
 - Sharing of players when team size is uneven
 - Evening up teams when one is too strong
 - Limiting all players to 20m running before having to pass
 - Gimmicks like “short lineouts” and “long scrums”, which it is suggested not be overdone.