



**Revised 03/03/09**

## **SUMMARY**

- Format 6-on-6. 4 men and 2 women on the field
- Two 20-minute halves with 3-5 minute half times. Running time for both halves. When time expires play continues until the next dead ball.
- 1 point for a try
- Non-contact (NO BLOCKING), co-ed **NEW**: 2-hand touch rugby
- 6 touches per possession
- Teams provide 1 assistant referee for the game that precedes/follows your game (in some cases may have to provide 2). That referee must also know the rules. Teams failing to provide referees or those who provide referees who do not know the rules will incur penalties
- Game time is forfeit time
- All games are RAIN or SHINE (unless dangerous conditions)
- Any unsportsmanlike behavior will result in that player/team being suspended/removed from participating in all ZogSports leagues for one year

## **CHECK IN**

Every captain and volunteer referee must check-in with the ZogSports Field Manager/Referee at the field at least 15 minutes before your scheduled game. The ZogSports staffers running the location will assist with waivers, field location, etc.

## **FORFEITS – REQUIRED PLAYERS**

Please don't forfeit. Your teammates and opponents count on you to have a full team and competitive game.

At check-in, inform ZS Field Manager/Referee if you **a)** know that your team will be short players for your game or **b)** expect to field a full team, but are currently short players. ZS staff and head referee will work to make sure that a game is played (official or scrimmage) on every field.

- Must have at least 4 players from the team roster including 1 woman to start a game (including picked up players)
- Game time is forfeit time. There is no grace period
- No one may play without signing the waiver

## **FORFEIT PENALTIES AND NOTIFICATION**

### **Penalties**

First Offense: Loss of game and warning issued

Second Offense: Loss of game and removal from the playoffs

Third Offense: Removal from the rest of the schedule

### **Notification**

If you know in advance that your team is going to forfeit a game, you **MUST contact us by 3pm on Friday** at [info@zogsports.org](mailto:info@zogsports.org). It is not considered notification unless you receive a reply. If your decision is not made until after 3pm, you should still try to reach ZogSports, and we will make efforts to contact the other team. If we can reach them in time to keep them from showing up, no extra penalty. If you do not do this, your team will be eliminated from the rest of the schedule.

There is no additional penalty if you show up short-handed (and need to add other ZogSports players to field a full team) and have to forfeit the game; since you did make an effort to get a team to play you will receive 1-point in the standings for a loss.

Once ZogSports is notified you are forfeiting, it is official (you cannot change your mind), and the other team will be notified.



## REFEREEING

ZogSports will provide a head referee for each field. Each team is responsible to provide 1 volunteer referee (occasionally 2) for the game that precedes/follows your game. The Volunteer Referee schedule is included on your season schedule. This rule has been used successfully in numerous leagues across the country and is a great way to break the ice and meet people from other teams, promoting the social aspect of the league. Since the referees are so important to having good and fun games, **THIS RULE WILL BE STRICTLY ENFORCED.**

If you are providing a referee for the game after yours, please choose the referee before your game and inform the ZogSports Head Ref on your field. This will greatly improve efficiency in between games and means more playing time for everyone.

ZogSports Head Referee	Volunteer Referees
1. Positioning – Mark 2. Primary responsibilities: <ul style="list-style-type: none"> <li>• Call and track touches</li> <li>• Keep game clock</li> <li>• Call penalties</li> <li>• Spotting the ball</li> <li>• Keeping score</li> <li>• Rule clarification</li> </ul>	1. Positioning – Opposite sidelines 5-15 yards downfield of mark or on the scoreline 2. Primary responsibilities: <ul style="list-style-type: none"> <li>• Make sideline calls</li> <li>• Call touches downfield</li> <li>• Call tries</li> <li>• Assist Head Referee with penalty calls</li> </ul>

**Questions for the referee** – only the team captain is allowed to ask the head referee for rule clarification. If it is a judgment call, the referees can confer with each other and the team captains for discussion, but players and/or captains are not allowed to question judgment calls.

## NO REFEREEING PENALTIES

Teams failing to provide a referee will incur the following penalties:

- First Time: Team will start next game down 3-0
- Second Time: Team automatically gets a loss added to their record
- Third Time: Team is removed from playoffs
- Playoffs: Team will start their game down 5-0

**If Referee Late\* For Prior Game (e.g., Team has 1:00PM game and was supposed to ref 12:00PM game, but ref shows up late): Team starts next game down 1-0. If ref arrives after 1<sup>st</sup> half complete, team starts next game down 2-0.**

**\*Late is defined as more than 10 minutes after game time**

## TEAM SIZE

- Each team shall field no more than 6 players
  - No more than 4 men at any one time. A team may use up to 6 women if they choose, but maximum 4 men
- Teams may play with 4 or 5 players as long as they do not play with more than 4 men or less than 1 woman
- Each team shall field no less than 4 players (minimum of 3 men, 1 woman)
  - Loss will be awarded for having less than 4 players (1-point in the standings)
- Teams must start at game time if the minimum numbers of players are present
- Rosters are not limited in size, but no additional players will be added to the roster after the 2<sup>nd</sup> week. Waivers must be completed and signed online at [www.zogsports.org](http://www.zogsports.org). **PLAYERS WILL NOT BE ALLOWED TO PARTICIPATE IN ANY GAME WITHOUT SIGNING WAIVER.**



## PICKING UP PLAYERS

You should be able to field a team with only roster players. There are penalties for picking up non-roster, ZogSports players. They include the following:

- 1 point per player - team is never allowed to pick up more than two players. Teams can never pick-up non-ZogSports players
  - Teams picking up players can never have an equal number of players as their opponent on the field (e.g. if Team A has 6 players and Team B has 4 players, Team B will only be allowed to pick up 1 player and must play 1 person down)
  - Should roster players show up, team may play as normal with 6 players
- If a roster player arrives at the field after the game has started, the non-roster player must be replaced by the roster player. The non-roster player may not re-enter the game and any penalty points awarded will stand
- DURING THE PLAYOFFS, ONLY PLAYERS ON YOUR ROSTER ARE ALLOWED TO PLAY.
- A forfeit will be given to any team who picks up players and does not inform the referee. Protests in regards to non-roster players must be made before leaving the field

## UNIFORMS/FOOTWEAR

### Shirts

- Team Shirts provided by ZogSports
  - If players don't have team shirts with them, ZogSports suggests wearing similar colors to rest of team

### Footwear

- **PLAYERS WILL NOT BE ALLOWED TO PARTICIPATE IN ANY GAME IF THEY ARE:**
  - Barefoot
  - Wearing sandals/flip-flops

## START OF THE GAME

- Team with the greatest percentage of team color ZogSports starts with the ball.
- If teams have an equal number of ZogSports shirts, referee will have two captains shoot rock/paper/scissors or odds/evens or flip a coin
- The attacking team must start with a tap from the middle of the field.
- The tap is taken by placing the ball on the ground at the mark, releasing both hands from the ball tapping the ball with either foot a distance of not more than one (1) yard and retrieving the ball clearly.
- Any player of the attacking team may take the tap.
- Any inside player of the attacking team may retrieve the ball once the tap has been taken without delay
- The person who picks up the tap/rollball takes the role of "dummy half" and can cross the scoreline but cannot score before passing the ball.
- If the dummy half is touched while in possession of the ball before making the first pass it is a turnover.
- The defending team must be back 10 yards for the start of play, and five (5) yards after each touch and try.

## CLOCK/TIME

- Two 20-minute halves with 3-5 minute half time
- Running time for both halves. When time expires play continues until the next dead ball.

## TIMEOUTS

Each team receives one time-out per game. Time-outs last up to one minute.



## GAME PLAY

- The ball may be passed, knocked or handed between onside players (no forward passes) of the attacking team who may in turn run or otherwise move with the ball in an attempt to gain territorial advantage and score.
- Defending players prevent the attacking team from gaining a territorial advantage by touching the ball carrier lightly with one hand.
- Either defending or attacking players may initiate touches upon which, play stops and is restarted with a Rollball (see below), unless other rules apply.

## SCORING

- A try is awarded when a player (without being touched and other than the "half" before his/her first pass) places the ball on the ground on or over the team's attacking scoreline within the boundaries of the Try Zone.
- A try is worth one (1) point.
- The team at the end of play who has scored the most tries is the winner. In the event that neither teams score or both teams score the same amount of tries, it is a tie in the regular season.
- If in attempting to score a try a player either makes contact with the corner marker or crosses the extended sideline, no try is awarded and the match is continued with the defending team taking possession with a rollball five (5) yards from the sideline and five (5) yards from the scoreline.
- If an attacking player places the ball on the ground and releases it short of the scoreline, while attempting to score a try, a touch is counted and the player is required to Rollball to restart play at the position of contact with the ground. However a try results if an untouched player (other than the half before making a pass) slides the ball along the ground to or beyond the scoreline. If a player does not release the ball from his/her hands, no touch is counted and the match continues.
- In attempting to score a try a player must have possession of and control of the ball prior to placing it on, or over the scoreline.
- If a player in possession of the ball is touched after crossing the scoreline, but before placing the ball down the touch counts and play is restarted with a rollball five (5) yards from the touch. If it is the sixth (6<sup>th</sup>) touch the opposing team goes on offense from the mark.
- If a player is in the act of diving to score, a two hand touch on the player will NOT count and the try WILL count.

## ROLLBALL - act of bringing the ball into play following a touch or a change of possession.

- After being touched with two hands, the player touched must place the ball on the ground at the spot of the touch and roll the ball BACK between their legs.
- The player performing the rollball cannot retrieve the ball.
- Any onside player of the attacking team may retrieve the ball
- The person who picks up the tap/rollball takes the role of "half" for that play and can cross the scoreline but cannot score before passing the ball at least once.
- If the half is touched while in possession of the ball before making the first pass it is a turnover.
- The half is not to delay picking up or gathering the ball. Delay will result in a penalty.
- The player who performs the rollball is not permitted to obstruct or otherwise prevent the defending team from gaining possession or affecting a touch on the half.

A player is to perform a rollball under the following circumstances.

- When a touch has been effected
- When possession changes due to the sixth (6<sup>th</sup>) touch
- When possession changes due to the ball going to the ground
- When possession changes due to an infringement by an attacking player at a rollball or tap
- When possession changes due to a player in possession crossing the sideline or
- When so directed by the referee



## DEFENSE

- All players of the defending team are required to retire a distance of not less than ten (10) yards from the mark for the tap or to their own goal line. Defending players may move forward of their positions once the ball has been tapped with the foot.
- All players of the defending team are to retire a distance of not less than five (5) yards from the mark for the rollball. Players of the defending team are not permitted to move forward of their five (5) yard positions until the half has made contact with the ball.
- Any defending player involved in an executed two hand touch must immediately retire to a position along a line five (5) meters or to their defending goal line.
- Defending players who are offside at the rollball are liable to penalty and must remain out of play until a touch has been affected or until they have reached an onside position.
- In an attempt to encourage a free-flowing match, referees should warn offside players (or teams) (eg. If warned offside player moves to make a touch, the referee may call "play on" rather than stop play and penalize the offender). However if the referee hasn't warned the player (or team) s/he cannot call "play on" and must allow the touch or penalize the offending player.

## OBSTRUCTION/BLOCKING

Definition: *Obstruction/Blocking is considered the movement, whether deliberate or unintentional, that impedes a defensive player's pursuit of the ball carrier, unless movement is to avoid personal injury (as interpreted by the referee). This also includes the deliberate or unintentional movement of limbs by a stationary player (i.e., shoving or clothes-lining your friends on the other team).*

**No active "obstruction" on the field is allowed in ZogSports touch rugby.** (Penalty: 10 yards from spot of the ball.) The player must not initiate contact. All players must try to avoid contact with any player on the field except to make a touch. **THIS IS A CO-ED SOCIAL LEAGUE – PLEASE KEEP CONTACT TO A MINIMUM.**

## CHANGE OF POSSESSION

- Following the sixth (6<sup>th</sup>) two hand touch or a try or the loss of possession players of the team losing possession are to hand or pass the ball to the nearest opposition player, or place the ball on the ground at the mark without delay.
- Attacking players who request the ball are to be given the ball. Players are not to delay the changeover procedure.

## SIDELINE

- The ball is dead when it or a player in possession touches or crosses the sideline and a change of possession occurs with a rollball five (5) yards from the sideline.
- If a player in possession is touched prior to crossing the sideline, the touch counts and play continues with a rollball five (5) yards from the sideline at the mark where the touch occurred.

## BALL TO GROUND

- If the ball is dropped to the ground a change of possession results.
- The mark for the change of possession is the spot of the drop or the spot from where the ball was passed, whichever is the greatest advantage to the team gaining possession.
- If the ball contacts the ground while still under the control of a player (eg. Falling over) a change of possession DOES NOT result and play is to continue.

## MISHANDLED BALL

- If a player mishandles the ball and providing the ball does not go to the ground, play is to continue.



- Should a touch be affected on a player in possession while the ball may not be physically in the hands (eg. While juggling or trying to maintain control), the touch is to count.

## INTERCEPTIONS

- Interceptions by onside defending players are allowed.
- Following an intercept play continues until the first touch is affected, a try is scored, or a stoppage occurs as a result of other actions.
- Providing the same player retrieves the ball prior to it going to the ground, any knock forward resultant from an interception is allowed.
- Players may intercept behind the defending goal line. If a player in possession is touched or affects a touch while on or behind their defending goal line the touch counts and play is restarted with a rollball fives (5) yards forward of the goal line from where the player is touched.

## SECOND HALF

- For the recommencement of play following the half-time break teams will change directions and the team who started the game on defense will start the second half as the attacking team with a tap from midfield.

## KICKING

- The ball cannot be kicked or played with the foot except when taking a tap/rollball. A kick at any other time will result in a penalty.

## FORWARD PASS

- A player in possession is not to pass, flick, knock, throw or otherwise propel the ball in a forward direction.
- A player who in attempting to control the ball, juggles or knocks the ball forward is not to be penalized, provided the player regains the ball.
- A penalty is to result from a forward pass even if the receiver was in an onside position prior to the pass.
- A penalty is to result from a forward pass even if the ball goes to the ground or if it is after the 6<sup>th</sup> touch.

## PASSING INTO OPPOSITION

- A player who passes the ball at or towards a defending player and thereby causes the ball to go to the ground shall lose possession.
- If the defending player attempts to catch the ball or play the ball and the ball goes to the ground the attacking team retains possession. Play is restarted at the mark where the ball goes to the ground or at the position of greatest advantage to the non-offending team. The touch count is restarted.

## PENALTIES

- Penalties are to be awarded for any infringement by any player in accordance with the rules contained herein.
- The mark for a penalty is normally at the location of the infringement unless otherwise detailed in specific rules. For infringements which occur on the boundaries, within five (5) meters of the defending scoreline or outside the field of play, the location of a tap from a penalty is to be five (5) meters infield (or on the five meter line) from where the infringement occurred.

### **Attacking Team players must be onside at the tap.**

- If players are offside there will be a change of possession at the mark.

### **Defending Team players must be onside at the tap.**

- If players are offside there will be a 10 yard penalty for the attacking team.



**Penalty Try.**

- A penalty try will be awarded if any action by a player deemed by the referee to be contrary to the rules or spirit of the game prevented the attacking team from scoring a try. The referee is to be sure that a try would have occurred had it not been for the illegal action of the player concerned.

**Intentional Kicking of the ball.**

- Intentional kicking results in a change of possession where the ball made contact with the foot, except when taking the tap or a rollball.

**Touch and pass.**

- When a player is touched and intentionally passes the ball. Referee's judgment on whether this was a delay of the game or accidental. Delay of game results in a five (5) yard penalty from the spot of the touch.

**Voluntary rollball or no touch.**

- When the player is not touched and rolls the ball between his/her legs it ruled as a delay of game. Delay of game results in a five (5) yard penalty from the spot of the rollball.

**Obstructing a touch from the defense.**

- Minor obstruction is a ten (10) yard penalty from the obstruction.
- Major obstruction may be penalized by player being forced to sit out with/out replacement player.

**Minor offenses.**

- Excessive arguing with the referee/overly physical play will result in the player being forced to sit out for three minutes without replacement.

**Major offenses.**

- Multiple minor offenses or other unsportsmanlike play according to the referees judgment will result in the offending player being sent from the field without replacement for the remainder of the match.

**SUBSTITUTION**

- Players may substitute at any time in accordance with the interchange procedure.
- There is no limit to the number of times a player may interchange.
- All interchanges must occur at or within the substitution area
- Only after the substituted player has crossed the boundaries and entered the substitution box may the new player enter the field of play.
- All substitutions must be made from the area and without delay.
- Players leaving or entering the field shall not hinder or obstruct play and must enter play from an onside position.
- Following a try, players may interchange at will without having to wait for the substituted player to enter the substitution box.

**INADVERTENT WHISTLE**

- If a referee inadvertently sounds his/her whistle during a play, the play is immediately dead.

**STANDINGS**

- WIN – 3 points
- DRAW – 2 points
- LOSE – 1 point
- FORFEIT – 0 points



## **TIE BREAKERS FOR PLAYOFFS/SEEDINGS**

1. Head-to-head competition (among all tied teams)
2. Record against other teams in or tied for playoffs (eg., 0-1 is same as 0-2, but 1-3 is better than 0-1)
3. Number of wins
4. Record against next best common opponent
5. If team forfeited or did not send of referee, loses tie breaker if others don't resolve seeding
6. If none of the above tie breakers resolve seeding, ZogSports will execute a coin toss

## **DROPOFF (PLAYOFFS)**

- When the match is tied at the end of regulation in the playoffs, there will be a one minute break for the dropoff period begins.
- Each team must reduce the amount of players on the field by one (1). Co-ed rules apply, so teams must have at least 1 woman on the field.
- Substitutions are permitted.
- The dropoff commences with a tap from the center of the halfway line, by the team who started the game with the ball.
- Before a winner can be determined both teams must have a possession. If a team scores before their opponent has had a possession, the try counts and the match commences as per normal after a try is awarded. Once possession is lost the winner is determined.
- At the conclusion of 2-minutes if there is no winner, each team must drop off another player. This continues until teams are reduced to 3 players.
- If a team was short handed going into the drop-off, dropping off players will end once the short-handed team is reduced to 3 players. (eg. If at the end of regulation, Team A has the full 6 players and Team B only has 5 players, team reductions will end in the drop off when Team A has 4 players and Team B has 3 players.

## **ZogSports is a charity-focused, co-ed social sports league**

While we appreciate the level of competitiveness in our league, we do not tolerate any unsportsmanlike behavior. This includes anyone who:

- Antagonizes players on other teams or their own teammates
- Exhibits excessive uncontrollable play
- Inappropriately "mouths off" to the referee(s)
- Verbally or physically threatens a member of our staff
- **Any player ejected from a game will be suspended for a minimum of one game**
- ZogSports reserves the right to remove any player from a game(s), season and/or future season
- ZogSports reserves the right to remove a full team from the schedule and/or future seasons if we feel they are unable to participate in a manner in keeping with ZogSports' mission to provide a fun, charity-focused, co-ed league

## **HAPPY HOURS**

- Go to ZogSports designated bar
- Have fun