



<b>Spirit of the Game</b>	<ul style="list-style-type: none"><li>• The international motto “Fun, Friendship and Fraternity” is the central theme of every game of Veterans Rugby.</li><li>• 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.</li></ul>
<b>Number of Players</b>	<ul style="list-style-type: none"><li>• Rolling substitutions are allowed and these are unlimited in number. A substitution may occur at any time during the game.</li><li>• A player given a Yellow card or Red card may be replaced by another player</li></ul>
<b>Time</b>	Matches are played in three 20 minute periods with a 3 minute rest break between each period of play.
<b>Scrum Setup</b>	<ul style="list-style-type: none"><li>• 8 players from each team must form the scrum.</li><li>• Both scrum-halves must stand on the same side of the scrum.</li><li>• All other players not taking part in the scrum must be back at least 5 metres.</li></ul>
<b>Scrum Play</b>	<ul style="list-style-type: none"><li>• 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’.</li><li>• There is no pushing in the scrum, and the team throwing in the ball must win it.</li></ul>
<b>Scrum Offside</b>	<ul style="list-style-type: none"><li>• 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).</li><li>• 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.</li><li>• After gathering the ball, the scrum-half must pass it to a team-mate.</li></ul>
<b>Lineouts</b>	<ul style="list-style-type: none"><li>• No quick throw-ins allowed.</li><li>• 7 players from each team stand as catchers 1 metre from the opposition players in a single line 5 metres away from the touch line.</li><li>• A receiver (scrum-half) 2 metres back from the line-out is optional.</li><li>• Players not taking part in the line-out must be back at least 10 metres.</li><li>• There is no lifting or supporting allowed (FK).</li></ul>



<b>Kicking</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• After a try, the scoring team kicks off to the non-scoring team.</li> <li>• In general play, a player may kick the ball, but only when inside their team's 22 metre area (scrum to opposition).</li> <li>• "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.</li> </ul>
<b>Ruck and Maul</b>	<ul style="list-style-type: none"> <li>• 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).</li> </ul>
<b>Dispensation</b>	Dispensations are available and will be looked at on an individual basis.