Rules

**1. Team Composition**

* Each team consists of 15+

**2. Match Scheduling**

* Matches must be played during the designated weekly period.
* Both teams are responsible for arranging match times.
* If scheduling conflicts occur, contact league administrators for assistance.

**3. Match Format** Each match consists of 2-40 minute halves

1. Scoring:

**[Try:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Try&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIzQEQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**

[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Try&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIzQEQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)

Worth 5 points, scored by grounding the ball in the opponent's in-goal area.

**[Conversion:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Conversion&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI4gQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**

[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Conversion&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI4gQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)

After a try, a kick through the goal posts (if successful) is worth 2 points.

**[Penalty Kick:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Penalty+Kick&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI8gQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**

[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Penalty+Kick&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI8gQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)

Awarded for certain fouls, worth 3 points if kicked through the goal posts.

**[Drop Goal:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Drop+Goal&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIgAUQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**

[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Drop+Goal&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIgAUQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)

A kick through the goal posts during open play (worth 3 points).

2. Passing and Kicking:

* **Passing:** Only backward or sideways passes are allowed.
* **Kicking:** Players can kick the ball forward to advance it, but teammates must be behind the kicker to avoid being offside.

3. Tackling:

* **Legal Tackle:** A tackle is when a player is brought to the ground by an opponent. It must be below the shoulders.
* **Illegal Tackle:** High tackles, above the shoulders, are penalized.

4. Other Key Elements:

**[Rucks:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Rucks&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIhQIQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**

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A ruck is formed when a player is tackled and the ball is on the ground. Players must bind together and try to push the opposing team off the ball.

**[Mauls:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Mauls&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI-wQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**

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A maul occurs when the ball carrier is held up by one or more opponents, and teammates bind on to the ball carrier.

**[Scrums:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Scrums&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIkAIQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**

[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Scrums&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIkAIQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)

Scrums are used to restart play after certain infringements. Eight players from each team bind together and compete for the ball.

**[Offside:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Offside&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI_gQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**

[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Offside&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI_gQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)

Players must be behind the ball when it's passed or kicked by their teammate or they will be penalized.

**4. Equipment & Venue**

* Matches are played on standard baseball fields.
* Players are responsible for their own equipment.
* The home team provides the field; and balls.

**5. Scoring & Results**

* Match results must be submitted within 24 hours of completion to customerservice@younameitsportz.com
* For scoring disputes, email customer service.

**6. Conduct & Fair Play**

* All players are expected to display good sportsmanship.
* Unsportsmanlike conduct may result in penalties or disqualification.

**7. Defaults & Forfeits**

* A team may default if unable to play within the scheduled window.
* Defaults must be communicated to league officials at least 24 hours in advance.

**8. Disputes & Appeals**

* Any disputes should be directed at the league administrators.
* Decisions made by league officials are final.