



WHAT IS GRIDIRON RUGBY?



Gridiron rugby is a version of rugby league that is suitable to play on American football fields.

The basic tenants for high school or recreational play:

1. 11-on-11, players play offense and defense. Teams can field 15-18 players.
2. Two 25 minute halves. Clock only stopped after scores, injuries, penalties that require players being warned, booked, or sent off, or unneeded delays in play. Referee keeps official time on field.
3. Unlimited interchanges (substitutions) in the first half, 5 maximum in the second half, and unlimited before any overtime.
4. Field is 100 X 53 yards, with 10 yard end zones (same as American football).
5. Don't get tackled or knock ball out of bounds or team loses possession.
6. Unless teams place traditional rugby field goalposts on the goal line, the football goalposts will be used.
7. Players have 6 tackles (or downs) to score or turn the ball over. Teams normally kick the ball forward on the last tackle (but can sooner) to gain an advantage.
8. After each tackle, only 2 players on defense can be around tackled player. Rest must go back 5 yards before being allowed to tackle again or be called offside.
9. Tackling player must immediately release tackled player after referee calls end of play or be penalized for holding.
10. No forward passes or "knock-ons." (Knock-ons mean fumbling ball forward.)
11. Scrums will have 5 players on each side.
12. **4 points** for a **try** (ball must physically be grounded in the end zone).
13. **2 points** for a **conversion** (kick must be at least 10 yards from goal post perpendicular to where try was score), or a **goal kick** (if team on offense wants to attempt one after a penalty).
14. **1 point** for a **drop goal** (done during live play).
15. Scoring team gets ball back on kickoff.
16. 50-20 rule in effect. If a player kicks the ball from behind the 50 yard line, lands in-bound first, then rolls out between the opponent's 20 yard line and their endzone line, the team wins the ball back with a new set of tackles.
17. Other rugby league laws will generally apply.

For more information, visit www.gridironrugby.org