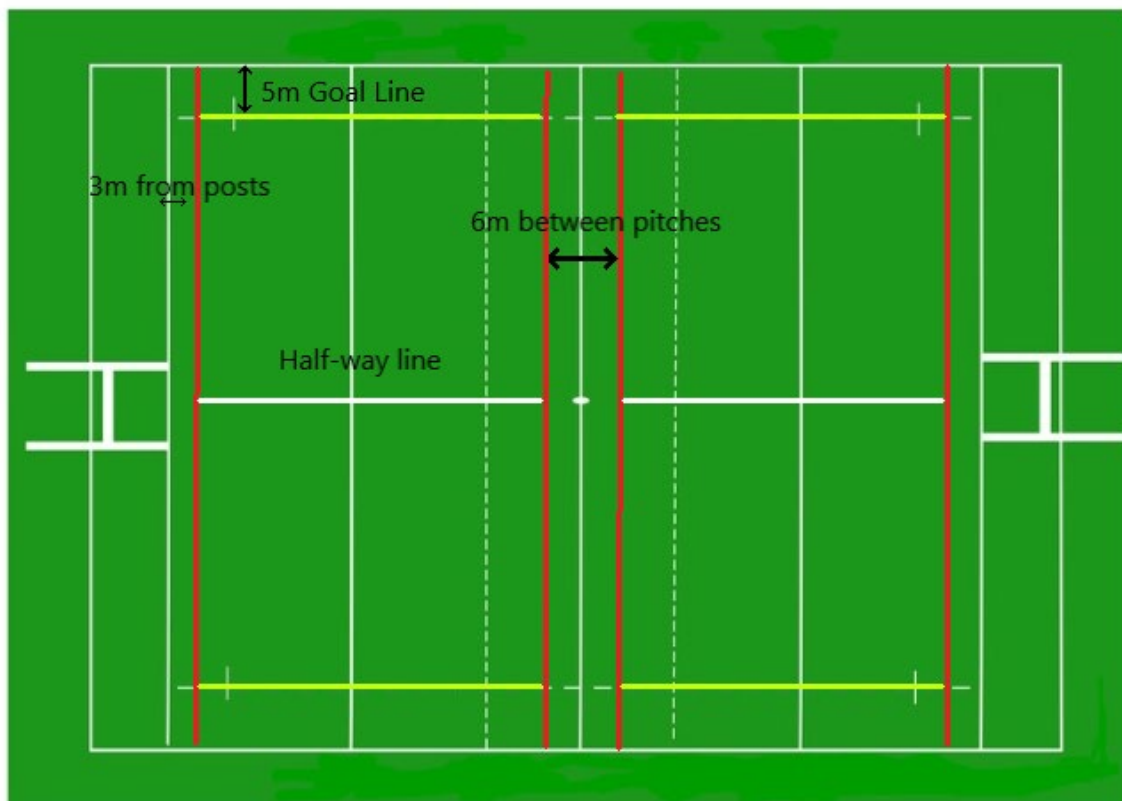


C-Grade Try Rugby Rules

Try Rugby game format is flexible. Try rugby was designed as a seven a side variation but it can be further modified according to the Union's requirement.



Try Rugby pitch markings can be created with cones or painted lines.

<u>Law area</u>	<u>Law variations</u>
<u>Pitch size</u>	<ol style="list-style-type: none">1.) The dimensions of the playing area are half pitch of a standard rugby pitch as shown in the ground diagram.2.) Where two games are played side-by-side, (e.g. cross pitch on a full-size pitch) a minimum space of 6m must be created between the two pitches.3.) The touchline nearest the goal posts must be at least 3m away from the posts.
<u>Scoring</u>	<ol style="list-style-type: none">1.) A try results in a 5-point score.2.) A good conversion results 2 extra points after a try.
<u>Team</u>	<ol style="list-style-type: none">1.) Each team has no more than seven players in the playing area

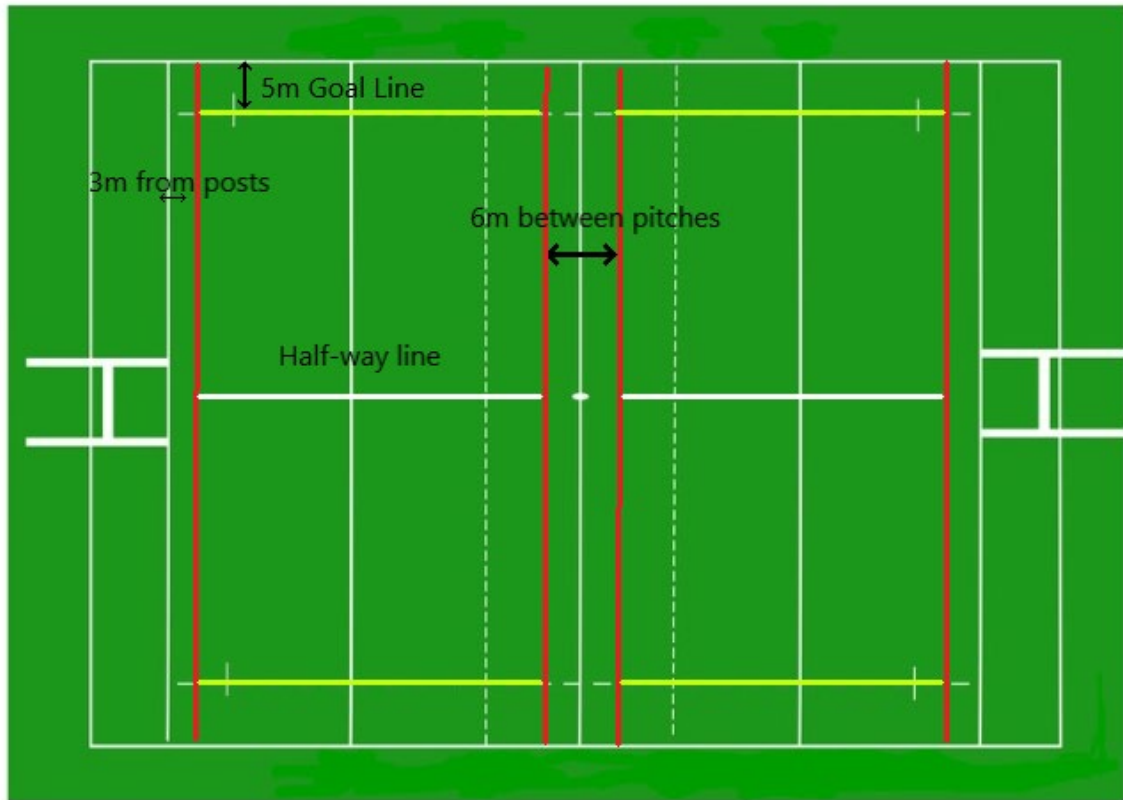
	<p>during play.</p> <p>2.) A team may nominate up to five replacements for each game.</p> <p>3.) No limitations on substitutions and only be made when the ball is dead and with permission of the referee. Replacement can only be made at their designated area after the replaced player has left the field of play.</p>
<u>Player's Clothing</u>	<p>1.) Spectacles are not allowed except contact-lenses, unless approved by organizer.</p> <p>2.) All players must wear a mouth guard.</p> <p>3.) The tournament organizer and the referees reserve the right to disallow any of players to play the game who fail to fulfill the requirement.</p>
<u>Tackle</u>	<p>1.) Defending player must places two hands on the body part in between shoulders and waist area on the ball carrier, and call "Tackle" at same time. These will be treated as a successful tackle on one play.</p> <p>2.) Excess force and pull or contact above shoulders or below waist area during the contact are not allowed. Sanction: Penalty.</p> <p>3.) Ball carrier has to pass the ball within two seconds after being tackled. Sanction: Scrum to the defending team.</p> <p>4.) Ball carrier has to <i>reduce speed obviously or stop</i> after being tackled and cannot attempt speeding up. Sanction: Scrum to the defending team.</p> <p>5.) Defenses offside line occur at the frontmost body part of the ball carrier latest position. This line may change while the ball carrier is reducing his speed after being tackled. Sanction: Penalty.</p> <p>6.) The offside line remains until the ball leaves the hand of the tackled player.</p>
<u>Attack and defense near/inside try zone</u>	<p>1.) Plays continue if ball carrier is tackled (depends on the first tackle point occurred) outside the try zone and runs into the try zone (given the ball carrier is obviously reducing his speed), this player cannot score and has to pass the ball within 2 seconds. Sanction: Scrum to the defending team.</p> <p>2.) Defending 5m scrum awarded if the ball carrier is tackled during a try movement from outside the try zone (such as dive try</p>

	<p>attempt from outside the try zone).</p> <p>3.) Defending 5m scrum awarded if any tackle made inside the team's own try zone.</p>
<u>Attack</u>	<p>1.) Any kind of hand-off and run direct crash on any player is not allowed. Sanction: Penalty.</p> <p>2.) Any attacking player(s) in front of the ball carrier is(are) offside, they cannot block any defender and cause obstruction. Sanction: Penalty. Offside player(s) has(have) to retire to an onside position when available. Game will play-on if the offside player(s) is(are) not obstructing the game.</p>
<u>Scrum</u>	<p>1.) A scrum is formed by any three players from each team.</p> <p>2.) Players who formed the scrum have to bind until the ball leaves the scrum: Hooker bind on two props while the prop bind on hooker and opponent prop. Sanction: Free kick.</p> <p>3.) Neither team is allowed to push from the mark, and the scrum is not contested. Sanction: Free kick.</p>
<u>Line-out</u>	<p>1.) A lineout is formed by at least three players from each team including the player who throws the line-out. Defending team can choose to match the number or fewer but cannot excess. Sanction: Free kick.</p> <p>2.) Participating players stand within 5m to 15m from the throwing point. Non-throwing team must have a player remains at 2x2m from the throwing point. Sanction: Free kick.</p> <p>3.) No lifting allowed. Teams have to remain a clear gap in between during the lineout . Sanction: Free kick.</p> <p>4.) Non-participating players of both teams should remain 10m behind the lineout until the lineout end. Sanction: Penalty.</p> <p>5.) Lineout ends either the ball is caught by a participating player or go over 15m.</p> <p>6.) The ball has to be thrown in straight line and reach 5m before it hits the ground or is played. Sanction: Option of lineout or scrum. If the ball again is not thrown straight again, a scrum is awarded to the team that originally threw in the ball.</p>
<u>Kicking,</u>	<p>1.) All form of kicking is not allowed during an open play. Sanction: Penalty.</p> <p>2.) Play on if the ball hits the feet accidentally (given no kicking</p>

	<p>action).</p> <p>3.) Accidentally kicking the ball during open play is not allowed. Sanction: Scrum to the non-offending team.</p>
<p><u>Starts and Restarts</u></p>	<p>1.) Kick off with a drop kick and the ball has to reach 10m. Kicking team has to be behind the kicker. Sanction: Free kick at midpoint.</p> <p>2.) The team who scores a try will restart the game at the middle of the pitch, with a drop kick within 30 seconds after the conversion. Sanction: Free kick at midpoint.</p> <p>3.) Penalty quick tap is allowed at the mark where referee notice. Defense team cannot interfere the play intentionally until they reach 10metre away from penalty mark or already reach their own try line. Sanction: Penalty but cannot quickly tap again. Play on if the attacker runs into an offside defense player who has no intention and action to interfere the play.</p>
<p><u>Conversion</u></p>	<p>1.) Conversion kick will be awarded to the team who scores a try.</p> <p>2.) It will be kicked under the post, where the post is set up at middle of the pitch (given playing at cross pitch)</p> <p>3.) The kick must be performed with a drop kick.</p>
<p><u>The rest of Sevens rules under World Rugby apply unless it is listed in this form. HKCR reserve the final right of explanation.</u></p>	

中學學界男子丙組 Try Rugby 規則

Try Rugby 的比賽形式由七人制欖球轉化而成，內容很彈性，並根據總會的要求進一步修改。



Try Rugby 使用色碟或畫線來標記球場。

規則範圍	規則變化
球場尺寸	<ol style="list-style-type: none">1.) 比賽場地的尺寸是半個標準欖球場，如上圖所示。2.) 如果兩場比賽並排進行，兩個比賽場地之間必須預留至少 6 米的空間。3.) 與球門柱最近的邊線必須與球門柱保持至少 3 米距離。
得分	<ol style="list-style-type: none">1.) 達陣得 5 分。2.) 達陣後如射入附加罰球可得額外 2 分。
球隊組成	<ol style="list-style-type: none">1.) 比賽期間，每隊在比賽區域內的球員不超過七名。2.) 每隊每場比賽最多可提名五名後備球員。3.) 換人次數沒有限制，並且只能在死球時且得到球證許可的情況下進行。換人程序只能在指定區域進行，後備球員需在被替換的球員離開比賽場地後方能入替。

<p>球員裝備</p>	<p>1.) 除隱形眼鏡外，不允許佩戴眼鏡，除非事先得到大會許可。</p> <p>2.) 所有球員必須佩戴牙膠。</p> <p>3.) 賽事主辦方和球證有權禁止不符合要求的球員參賽。</p>
<p>攔截</p>	<p>1.) 防守隊員必須將雙手放在持球者肩膀和腰部之間的身體部位，同時喊“Tackle”。這會被視為一次成功攔截。</p> <p>2.) 接觸過程中不能用力過大、拉扯或接觸肩部以上、腰部以下區域。</p> <p>判罰：罰球。</p> <p>3.) 持球者必須在被攔截後兩秒內傳球。</p> <p>判罰：防守方 鬥牛。</p> <p>4.) 持球者被攔截後必須作出明顯減速或停下，不能嘗試加速。</p> <p>判罰：防守方 鬥牛。</p> <p>5.) 防守越位線位於持球者最後位置的最前之身體部位。越位線亦可能會隨著持球者被攔截後減速時改變。</p> <p>判罰：罰球。</p> <p>6.) 越位線一直保留到球離開被攔截球員的手為止。</p>
<p>達陣區內/接近達陣區的進攻與防守</p>	<p>1.) 如果持球者在得分區外被攔截（取決於攔截時的最初接觸點）並跑入得分區（如持球者已明顯降低了速度），則比賽繼續，該球員不能得分並且必須 2 秒內傳球。</p> <p>判罰：防守方鬥牛。</p> <p>任何情況下之防守越位線最後點為達陣線。</p> <p>2.) 如持球者在達陣區外嘗試達陣的動作中(如嘗試飛入達陣區時)被攔截。</p> <p>判罰：防守方 5 米鬥牛。</p> <p>3.) 防守方在自己達陣區內的攔截。</p> <p>判罰：防守方 5 米鬥牛。</p>
<p>進攻</p>	<p>1.) 不可對防守球員進行任何形式的推撞或直接衝撞。</p> <p>判罰：罰球。</p> <p>2.) 持球者前方的所有進攻球員均為越位，他們不能阻擋防守球員並造成阻礙。</p> <p>判罰：罰球。</p> <p>越位球員必須盡可能退到沒有越位之位置。在越位球員沒有影響比賽的情況下，比賽將繼續。</p>
<p>鬥牛</p>	<p>1.) 鬥牛由雙方任何三位球員組成。</p> <p>2.) 雙方球員需保持抓實直至球離開鬥牛：勾球員需抓實兩位己方支柱球員，而支柱需抓實對方支柱和己方勾球員。</p> <p>判罰：任意球。</p>

	<p>3.) 任何球隊都不可向前推，而且所有鬥牛都是不能競爭的。 判罰：任意球。</p>
<u>界外球</u>	<p>1.) 界外球由每隊<u>至少</u>三名球員組成，包括擲球員。防守方可以選擇匹配人數或更少，但不能超過。 判罰：任意球。</p> <p>2.) 參與競爭界外球的球員需處於距離邊界起 5 米至 15 米內。非投擲隊必須有一名球員與投擲點保持 2x2 米的距離。 判罰：任意球。</p> <p>3.) 競爭界外球不可用任何方式舉起球員。在競爭中，兩隊之間必須保持適當距離。 判罰：任意球。</p> <p>4.) 兩隊非競爭界外球之球員均應保持在爭球員後方 10 米直至界外球結束。 判罰：罰球。</p> <p>5.) 當球被競爭球員接住或超出 15 米時，界外球結束。</p> <p>6.) 球必須沿直線擲出，並在落地或接球前達到 5 米。 判罰：可選擇換隊界外球或鬥牛。如果球再次沒有被直線擲出，則由最初擲球的球隊獲得鬥牛。</p>
<u>踢球</u>	<p>1.) 比賽期間不允許任何形式的蓄意踢球。 判罰：罰球。</p> <p>2.) 如果球意外擊中腳（沒有踢球動作），則繼續比賽。</p> <p>3.) 不接受在比賽中意外踢球。 判罰：非犯規方 鬥牛。</p>
<u>開球及重新開球</u>	<p>1.) 以落踢開球，球必須到達 10 米。開球隊球員必須在踢球者身後。 判罰：中場任意球。</p> <p>2.) 達陣球隊將在球場中間重新開始比賽，並在附加罰球後 30 秒內踢開球。 判罰：中場任意球。</p> <p>3.) 允許在球證知悉情況下於標記處快速開始罰球。防守球員在到達距離罰球線 10 米後或已經到達己方達陣線前，不能故意干擾比賽。 判罰：罰球，但不能再次快開。 如果進攻方遇到無動作干擾比賽的越位防守球員，則繼續比賽。</p>
<u>附加罰球</u>	<p>1.) 達陣得分的球隊將有一次附加罰球的機會。</p> <p>2.) 踢球點為球柱下，球柱設置在球場旁邊。</p>

	3.) 踢球必須以落踢進行。
犯規	1.) 任何被黃牌警告的球員必須離開比賽場地 2 分鐘，並且在此期間不能被替換。
<p>除非在此表格中列出，其他規則均按照世界欖球聯盟的七人欖球規例執行。如有任何爭議，以英文版本為準。中國香港欖球總會擁有最終解釋權。</p>	