

Ligue Nationale Féminines LNF-B : Reglement of 12- and 10-aside rugby

NUMBER OF PLAYERS	12-aside Rugby
SUBSTITUTIONS	<p>Minimum number of players to respect : 12 players on the match sheet</p> <p>Maximum number : 19 players on the match sheet, including one player authorised to play front row, which means :</p> <ul style="list-style-type: none"> • 12 players in the starting • 7 substitutions <p>A team can substitute or replace any number of players at any moment of the game. The player(s) which enter(s) into the game need(s) to do this from the sideline, after the player(s) which exit(s) has left the pitch.</p>
PITCH SIZE	Normal size pitch
PLAYING TIME FOR ½ DAY	80 minutes maximum
PLAYING TIME TOURNAMENT FORMAT	2X 30 minutes maximum in 1 game
UNFAIR PLAYING BEHAVIOUR	Send-off for 5 minutes up to complete exclusion from the tournament, depending on the severity of the mistake.
TACKLING	The tackle must be done with both arms. The spear tackle is strictly forbidden.

RESTART OF THE GAME	WHERE ?	HOW ?
KICK-OFF		
KICK-OFF after try		
RETURN KICK (22m)		
KNOCK-ON or unplayable ball	<p>At the place of the mistake, minimum 5 metres from any outside line</p> <p>The scrum is never replayed Exception : Free kick. Exceptional case, no mistake, a free kick to the advantage of the team which had introduced the ball</p>	<p>6 players maximum :</p> <ul style="list-style-type: none"> - 3 in the front row - 2 in the second row - 1 in the 3rd row, between the two 2nd rowers <p>The scrums are being contested, but can not be turned, pushed for a maximum of 1.5 metres. The referee will decide, by consulting the 2 coaches, whether it may be needed to play uncontested scrums. He/she is the only responsible to take the decision for the sake of the players' safety. A game where uncontested scrums are played does not automatically cause a technical forfait for the team which caused the uncontested scrums.</p> <p>The last player of the scrum (3rd row, middle) can pick up the ball from her feet, but only if the scrum is being played in the complete form of 3-2-1. If, for any reason, a team is reduced in numbers to less than 12 players, the number of players in a scrum from each team must always be 5 and the format of the scrum will be 3-2. Attention : There can never be less than 5 players in a scrum in this format.</p> <p>If during a game, because of an injury or a send-off, a team finds itself unable to field 3 players authorised to play front row, the referee must call for uncontested scrums as specified in the Laws of the Game. In the case of a temporary exclusion or blood injury of a front row players, the uncontested scrums are only played until said player will enter the field again.</p>
PENALTY		
FREE KICK		
BALL IN TOUCH or INDIRECT BALL IN TOUCHS		
INDIRECT LINE-OUT		
CONVERSION KICK		
OUTSIDE OF THESE ADAPTATIONS, FOLLOW THE LAWS OF XV'S RUGBY		

NUMBER OF PLAYERS	IO-aside Rugby
SUBSTITUTIONS	<p>Minimum number of players to respect : IO players on the match sheet</p> <p>Maximum number : 15 players on the match sheet, including one player authorised to play front row, which means :</p> <ul style="list-style-type: none"> • IO players in the starting lineup • 5 substitutions <p>A team can substitute or replace any number of players at any moment of the game. The player(s) which enter(s) into the game need(s) to do this from the sideline, after the player(s) which exit(s) has left the pitch.</p>
PITCH SIZE	Normal Size Pitch
PLAYING TIME FOR ½ DAY	80 minutes maximum
PLAYING TIME TOURNAMENT FORMAT	2X 15 minutes maximum
UNFAIR PLAYING BEHAVIOUR	Send-off for 5 minutes up to complete exclusion from the tournament, depending on the severity of the mistake.
TACKLING	The tackle must be done with both arms. The spear tackle is strictly forbidden.

RESTART OF THE GAME	WHERE ?	HOW ?
KICK-OFF	In the middle, or behind the half-way line	Dropkick If the ball does not pass the IOm-line of the opposition or goes directly into touch, a free kick will be given to the opposition team in the middle of the field
KICK-OFF after try	In the middle, or behind the half-way line	After scoring points, the team which has scored will kick-off the ball with a dropkick to the other team from the middle. If the ball does not pass the IOm-line of the opposition or goes directly into touch, a free kick will be given to the opposition team in the middle of the field.
RETURN KICK	On or behind the 22m-line	En coup de pied tombé Si le ballon ne franchit pas la ligne des 22m ou sort directement en touche, un coup de pied franc sera accordé à l'équipe adverse au centre du terrain
KNOCK-ON or unplayable ball	<p>At the place of the mistake, minimum 5 metres from any outside line</p> <p>The scrum is never replayed Exception : Free kick. Exceptional case, no mistake, a free kick to the advantage of the team which had introduced the ball</p>	<p>65players maximum :</p> <ul style="list-style-type: none"> - 3 in the front row - 2 in the second row <p>The scrums are being contested, but can not be turned, pushed for a maximum of 1.5 metres. The referee will decide, by consulting the 2 coaches whether it may be needed to play uncontested scrums. He/she is the only responsible to take the decision for the sake of the players' safety. A game where uncontested scrums are played does not automatically cause a technical forfait for the team which caused the uncontested scrums.</p> <p>No player playing in the scrum can pick up the ball. If, for any reason, a team is reduced in numbers to less than 10 players, the number of players in a scrum from each team must always be 5 and the format of the scrum will be 3-2. Attention : There can never be less than 5 players in a scrum in this format.</p> <p>If during a game, because of an injury or a send-off, a team finds itself unable to field 3 players authorised to play front row, the referee must call for uncontested scrums as specified in the Laws of the Game. In the case of a temporary exclusion or blood injury of a front row players, the uncontested scrums are only played until said player will enter the field again.</p>
PENALTY		
FREE KICK		
BALL IN TOUCH or INDIRECT BALL IN TOUCHS	Same as in XV's rugby	
INDIRECT LINE-OUT		
CONVERSION KICK	The conversion kick must be a dropkick	

OUTSIDE OF THESE ADAPTATIONS, FOLLOW THE LAWS OF XV'S RUGBY