

# JUNIOR GIRLS RIPPA & ULTRA RIP RULE BOOK 2024 SEASON



**COUNTIES MANUKAU  
RUGBY FOOTBALL  
UNION**

-  **COURAGE**
-  **CONNECTED**
-  **HARDWORK**

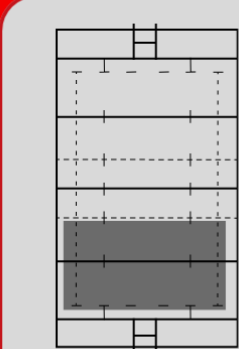
**BUILDING BETTER FEMALE EXPERIENCES**

# CMRFU GIRLS RIPPA RUGBY



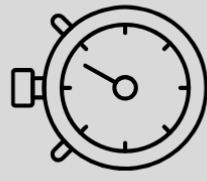
 <p><b>FIELD SIZE</b>          Y0-3: <u>1/4 field = 40m x 27.7m max</u>          Y4-6: <u>50m x 40m max</u></p>	 <p><b>GAME LENGTH</b>          2 x 20 minute halves.          2 minute half time break.</p>	 <p><b>SUBS</b>          All players must play a minimum of half a game. Rolling substitutions are not permitted. Substitutions may be made at half time or quarter time.</p>	 <p><b>BALL SIZE</b>          Size 2.5 or 3 balls</p>	 <p><b>NUMBERS PER TEAM</b>          7-a-side. If a team doesn't have enough to start, it should then be played with equal numbers</p>
 <p><b>DEFENCE</b>          No contact in Rippa. Defender cannot physically touch the ball carrier. Ripping the flag off the belt stops the ball carriers progress.</p>	 <p><b>ATTACK</b>          Cannot fend defenders off using hands or the ball. Cannot guard or shield their flags in any way</p>	<p><b>RIPPA BELT</b>          Belt must be worn outside clothing, shirts tucked in and flags free so they can be ripped off.</p> 	<p><b>CONVERSION</b>          No conversions.</p>  <p><b>SCRUM</b>          No Scrums</p> 	<p><b>KICKING</b>          No kicking in general play</p>  <p><b>LINEOUT</b>          No Lineouts</p> 
<p><b>five</b>  <b>six</b>  <b>seven</b>  <b>eight</b>  <b>nine</b>  <b>ten</b></p> <p><b>YEAR 0/1/2/3/4/5/6</b></p>		<p><b>TRY</b>          If score blow outs are occurring, both coaches <b>MUST</b> meet and come to an agreement as to how they can generate a more even contest. Try = 5pts</p> 	<p><b>TACKLE (RIP)</b>          When 'rip' is made, player passes the ball. Six rips in a row leads to turnover in possession</p> 	<p><b>PENALTY</b>          Free Pass = Tap and pass</p> 

# CMRFU GIRLS ULTRA RIP RUGBY



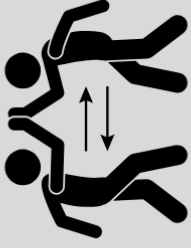
### FIELD SIZE

70m x 40m max



### GAME LENGTH

2 x 20 minute halves.  
2 minute half time break.



### SUBS

All players must play a minimum of half a game. Rolling substitutions are not permitted. Substitutions may be made at half time or quarter time.



### BALL SIZE

Size 4 or 5 balls



### NUMBERS PER TEAM

7-a-side. If a team doesn't have enough to start, it should then be played with equal numbers

### LINEOUT

Lineouts are contestable. However, lifting not allowed. Lineout will consist of 1 x thrower and minimum of 2 jumpers/players.



### CONVERSION

No conversions.



### SCRUM

No Scrums



### KICKING

Permitted for general play. Kick chasers must be put on side.



### RIPPA BELT

Belt must be worn outside clothing, shirts tucked in and flags free so they can be ripped off.



### KICK OFF

One team starts each half of the game with a drop kick. Punt is acceptable. When a try is scored, the non-scoring team will receive the kick off.



### ATTACK

Cannot fend defenders off using hands or the ball. Cannot guard or shield their flags in any way



### DEFENCE

No contact in Rippa. Defender cannot physically touch the ball carrier. Ripping the flag off the belt stops the ball carriers progress.



### TACKLE (RIP)

When 'rip' is made, player passes the ball. 2 flags ripped by one defender-free pass to opposition. Six rips in a row leads to turnover in possession



### PENALTY

Free Pass = Tap and go

eleven  
twelve  
thirteen  
fourteen

YEAR 7/8/9/10



	<b>RIPPA</b>	<b>Ultra Rip</b>
Playing Area	<ul style="list-style-type: none"> <li>• Please refer to the size specifications as stated in the Junior Club Rugby Grading Structure 2024-2026</li> <li>• Playing area will be clearly marked.</li> <li>• The seven players will be the only people entitled to be on the playing area during a game.</li> </ul>	<ul style="list-style-type: none"> <li>• 70 metres in length , 40 metres wide</li> <li>• The halfway (0) line, and trylines should be marked with flags. 10m, 22m and dead ball lines may be marked with the use of cones.</li> <li>• The seven players will be the only people entitled to be on the playing area during a game.</li> </ul>
Duration of Play	<ul style="list-style-type: none"> <li>• After half time the teams will change ends.</li> <li>• A half can only end at the next stoppage in play after 20 minutes.</li> <li>• A half cannot end on a penalty. If a penalty is signalled the team awarded the penalty shall be entitled to a free pass and the game will continue until the next stoppage in play.</li> <li>• A rip is not a stoppage in play.</li> </ul>	<ul style="list-style-type: none"> <li>• After half time the teams will change ends.</li> <li>• A half can only end at the next stoppage in play after 20 minutes.</li> <li>• A half cannot end on a penalty. If a penalty is signalled the team awarded the penalty shall be entitled to a free pass and the game will continue until the next stoppage in play.</li> <li>• A rip is not a stoppage in play.</li> </ul>
Number of Players	<ul style="list-style-type: none"> <li>• There will be no more than 10 players in each team.</li> <li>• Games will be played with seven players on the playing area at any one time.</li> <li>• Except in the case of injury or a sending off, every player must play at least one half of each game.</li> </ul>	<ul style="list-style-type: none"> <li>• There will be no more than 12 players in each team.</li> <li>• Games will be played with seven players on the playing area at any one time.</li> <li>• Except in the case of injury or a sending off, every player must play at least one half of each game.</li> </ul>
Substitutes	<ul style="list-style-type: none"> <li>• Substitutes can only be made at half time except in the case of an injury.</li> <li>• An injured player can be substituted but only once the injured player has left the playing area. Any substitution of an injured player must be approved by the referee, and an injured player who has been substituted cannot rejoin the game.</li> </ul>	<ul style="list-style-type: none"> <li>• Substitutes can only be made at half time except in the case of an injury.</li> <li>• An injured player can be substituted but only once the injured player has left the playing area. Any substitution of an injured player must be approved by the referee, and an injured player who has been substituted cannot rejoin the game.</li> </ul>

# CMRFU GIRLS RIPPA/ULTRA RIP RULES



	<ul style="list-style-type: none"> <li>• Players who are substituted at half time may rejoin the game when replacing an injure player.</li> </ul>	<ul style="list-style-type: none"> <li>• Players who are substituted at half time may rejoin the game when replacing an injure player.</li> </ul>
Referees	<ul style="list-style-type: none"> <li>• The referee for each match will be appointed by their respective teams.</li> <li>• The referee from each team will officiate half a game each.</li> <li>• The referee will carry a whistle.</li> <li>• The referee will shout, “PASS!” when a rip has been made, and “TURNOVER!” after a sixth rip.</li> <li>• The referee will blow the whistle to signal the start of the two halves or when play is to stop.</li> <li>• The referee will signal to the team who is starting with a free pass, by pointing with an outstretched arm towards the team.</li> </ul>	<ul style="list-style-type: none"> <li>• The referee for each match will be appointed by their respective teams.</li> <li>• A referee from each team will officiate half a game each.</li> <li>• The referee will carry a whistle.</li> <li>• The referee will shout, “PASS!” when a rip has been made, and “TURNOVER!” after a sixth rip.</li> <li>• The referee will shout, “TURNOVER!” after a Ultra rip (2 flags ripped) by one defender.</li> <li>• The referee will blow the whistle to signal the start of the two halves or when play is to stop.</li> <li>• The referee will signal to the team who is starting with a free pass, by pointing with an outstretched arm towards the team.</li> </ul>
Rippa Belt	<ul style="list-style-type: none"> <li>• The belt is adjusted to fit the waist of the player and fastened so that two flags hang, one from each side.</li> <li>• Each team is distinguished by the color of the flags they wear.</li> <li>• The belt must be worn outside the clothing, tucked in and flags free they can be ripped off.</li> <li>• If a player accidentally loses a flag when they have the ball, the game will be stopped to allow the player to replace the flag. Once the flag has been replaced the game will restart with a free pass by the player in possession. The stoppage will not count towards the rip count.</li> </ul>	<ul style="list-style-type: none"> <li>• The belt is adjusted to fit the waist of the player and fastened so that two flags hang, one from each side.</li> <li>• Each team is distinguished by the color of the flags they wear.</li> <li>• The belt must be worn outside the clothing, tucked in and flags free they can be ripped off.</li> <li>• If a player accidentally loses a flag when they have the ball, the game will be stopped to allow the player to replace the flag. Once the flag has been replaced the game will restart with a free pass by the player in possession. The stoppage will not count towards the rip count.</li> </ul>



<p>Starting play</p>	<ul style="list-style-type: none"> <li>• One team starts each half of the game from the centre of the field with a free pass.</li> <li>• When a try is scored, the non- scoring team starts at the centre of the field with a free pass.</li> </ul>	<ul style="list-style-type: none"> <li>• One team starts each half of the game with a drop kick from the centre or behind the centre line of the field.</li> <li>• Kick must travel in a forward direction, 10m minimum.</li> <li>• If kick does not go 10m, a free kick to opposition at centre of halfway line.</li> <li>• When a try is scored, the scoring team starts at the centre of the field with a drop kick from the centre or behind the centre line of the field.</li> <li>• When the ball is out in general play, a restart consists of a lineout being formed from the point where the ball went out.</li> </ul>
<p>Lineouts</p>	<ul style="list-style-type: none"> <li>• There is no lineout in Rippa</li> </ul>	<ul style="list-style-type: none"> <li>• Lineout formed from the point where the ball went out.</li> <li>• The throw-in is awarded to the non-offending team.</li> <li>• A lineout must consist of: <i>Attack- 1x thrower and minimum of 2 jumpers/players.</i> <i>Defence- 1 person inside 5m of the opposition thrower, but no closer than 2m(as per full version rugby). Numbers must match attacking team.</i></li> <li>• A quick throw can only occur when the lineout is not formed. Note: A lineout is formed when there is one member from each team at the mark where the ball went out.</li> <li>• Lineouts are contestable and no lifting is permitted.</li> <li>• No Rip can be made at the lineout. Once the ball has been passed off the lineout and received by the first receiver, allows the defence to advance.</li> <li>• Throw in must be straight down the middle.</li> </ul>



		<ul style="list-style-type: none"> <li>Receiver (half back) is optional.</li> <li>Backline players must be 5m behind the advantage line. Players cannot advance until first receiver from lineout has received the ball.</li> </ul>
Free Pass	<ul style="list-style-type: none"> <li>To make a free pass, the player making the pass starts with the ball on the ground, moves the ball slightly forward using the side of their foot, then picks up the ball and pass the ball backwards to a member of their own team.</li> <li>The Defenders must remain five metres back from the player making the free pass. They cannot start moving forward until the ball leaves the hands of the player making the free pass.</li> <li>A free pass is also used to restart play at any time that play has halted and needs to be restarted.</li> <li>If the ball travels out of the field of play, the game is restarted with a free pass to the opponents of the side that was last to touch it immediately prior to the ball travelling out of play.</li> <li>Free passes cannot take place less than five metres from the try line.</li> <li>A free pass is also awarded to the non-offending team when infringes the rules, such as a forward pass, an offside or for not returning the flag to the ripped player.</li> </ul>	<ul style="list-style-type: none"> <li>To make a free pass, the player making the pass starts with the ball on the ground, moves the ball slightly forward using the side of their foot, then picks up the ball and may advance.</li> <li>The Defenders must remain five metres back from the player making the free pass. They cannot start moving forward until the ball leaves the hands of the player making the free pass.</li> <li>A free pass is also used to restart play at any time that play has halted and needs to be restarted.</li> <li>Free passes cannot take place less than five metres from the try line.</li> <li>A free pass is also awarded to the non-offending team when infringes the rules, such as a forward pass, an offside or for not returning the flag to the ripped player.</li> </ul>
RIP	<ul style="list-style-type: none"> <li>To complete a rip one of the two flags from the ball carrier's belt must be removed.</li> <li>The only person who can be ripped is the ball carrier.</li> </ul>	<ul style="list-style-type: none"> <li>To complete a rip one of the two flags from the ball carrier's belt must be removed.</li> <li>The only person who can be ripped is the ball carrier.</li> </ul>



	<ul style="list-style-type: none"> <li>• The Defender must stop, hold the flag above their head and shout “RIP!”</li> <li>• The ball carrier must then pass the ball immediately (within three strides). She does not have to stop, return to the mark, or roll the ball between their legs.</li> <li>• Six rips in a row leads to a turnover in possession.</li> <li>• After the ball carrier has passed the ball, the Defender must hand the flag back to the players who then reattaches it to their belt before they rejoin play. If either of these players doesn’t adhere to this, they will be penalised, and a free pass will be awarded to the non-offending team the place of the infringement.</li> <li>• If a player is ripped before the try line and doesn’t pass before they get over the line, they restart play five metres out from the try line with a free pass.</li> <li>• Restarting the rip count occurs when there is a turnover or when either team is penalised.</li> </ul>	<ul style="list-style-type: none"> <li>• The Defender must stop, hold the flag above their head and shout “RIP!”</li> <li>• The ball carrier must then pass the ball immediately (within three strides). She does not have to stop, return to the mark, or roll the ball between their legs.</li> <li>• Six rips in a row leads to a turnover in possession.</li> <li>• Ultra Rip (2 flags ripped) by one defender leads to a turnover in possession.</li> <li>• After the ball carrier has passed the ball, the Defender must hand the flag back to the players who then reattaches it to their belt before they rejoin play. If either of these players doesn’t adhere to this, they will be penalised, and a free pass will be awarded to the non-offending team the place of the infringement.</li> <li>• If a player is ripped before the try line and doesn’t pass before they get over the line, they restart play five metres out from the try line with a free pass. Restarting the rip count occurs when there is a turnover or when either team is penalised.</li> </ul>
Knock on	<ul style="list-style-type: none"> <li>• When a player knocks the ball forward and does not regain control of the ball before it touches the ground, another player or referee, a free pass is awarded to the non-offending team unless an advantage occurs.</li> </ul>	<ul style="list-style-type: none"> <li>• When a player knocks the ball forward and does not regain control of the ball before it touches the ground, another player or referee, a free pass is awarded to the non-offending team unless an advantage occurs. (see Free Pass under Ultra Rip)</li> </ul>
Offside	<ul style="list-style-type: none"> <li>• Offside only occurs at a rip.</li> <li>• When a rip is made, all players from the Defender’s team must get back until they are behind where the rip was made. Failure to do so</li> </ul>	<ul style="list-style-type: none"> <li>• Offside only occurs at a rip.</li> <li>• When a rip is made, all players from the Defender’s team must get back until they are behind where the rip was made. Failure to do so results</li> </ul>



# CMRFU GIRLS RIPPA/ULTRA RIP RULES



	<p>results in a free pass to the team in possession and the rip count will restart at zero.</p> <ul style="list-style-type: none"> <li>• If a player is offside and they intercept, prevent or slow down a pass, they will be penalised and a free pass will be awarded to the non-offending team, unless an advantage can be played.</li> </ul>	<p>in a free pass to the team in possession and the rip count will restart at zero.</p> <ul style="list-style-type: none"> <li>• If a player is offside and they intercept, prevent or slow down a pass, they will be penalised and a free pass will be awarded to the non-offending team, unless an advantage can be played. (see Free Pass under Ultra Rip)</li> </ul>
Passing the ball	<ul style="list-style-type: none"> <li>• The ball can only be passed by the ball carrier in a backwards direction.</li> <li>• Attacker cannot hand the ball to another attacker.</li> <li>• A free pass will be awarded to the opposition if an Attacker passed the ball forward or hands the ball to another attacker.</li> <li>• If the ball is not caught to conclude a pass but is not knocked on, play can continue.</li> </ul>	<ul style="list-style-type: none"> <li>• The ball can only be passed by the ball carrier in a backwards direction.</li> <li>• Attacker cannot hand the ball to another attacker.</li> <li>• A free pass will be awarded to the opposition if an Attacker passed the ball forward or hands the ball to another attacker. If the ball is not caught to conclude a pass but is not knocked on, play can continue.</li> </ul>
Kicking	<ul style="list-style-type: none"> <li>• There is no kicking of any kind in Rippa</li> </ul>	<ul style="list-style-type: none"> <li>• Drop kick is encouraged on or behind the centre line of the field for the start and restarts after a try.</li> <li>• A kick goes across the dead ball line from kick off will lead to a free pass to opposition at centre of halfway line.</li> <li>• A kick in general play goes across the dead ball line will lead to free pass to opposition at the mark from where the kick was made.</li> <li>• Once a kick has been made, defending players must not rip the flag of the kicker.</li> <li>• Kick chasers must be put “on side” by kicker or maintain a distance of 5m from the receiving player.</li> </ul>
Advantage	<ul style="list-style-type: none"> <li>• Not stopping the game when an infringement happens is called ‘advantage’.</li> <li>• Referees should play ‘advantage’ to the non-</li> </ul>	<ul style="list-style-type: none"> <li>• Not stopping the game when an infringement happens is called ‘advantage’.</li> <li>• Referees should play ‘advantage’ to the non-</li> </ul>



	<p>offending team if there is any chance that team may gain an advantage by there being no stoppage in play. i.e if the non-offending team gains possession of the ball or retains the ball in circumstances that are more favourable than if the referee ruled a free pass.</p> <ul style="list-style-type: none"> <li>• The referee should call 'advantage' followed by 'advantage over' if an advantage is deemed to have occurred.</li> <li>• If no advantage occurs within a reasonable period, play starts with a free pass.</li> </ul>	<p>offending team if there is any chance that team may gain an advantage by there being no stoppage in play. i.e if the non-offending team gains possession of the ball or retains the ball in circumstances that are more favourable than if the referee ruled a free pass.</p> <ul style="list-style-type: none"> <li>• The referee should call 'advantage' followed by 'advantage over' if an advantage is deemed to have occurred. (see Free Pass under Ultra Rip)</li> <li>• If no advantage occurs within a reasonable period, play starts with a free pass. (see Free Pass under Ultra Rip)</li> </ul>
Going to ground	<ul style="list-style-type: none"> <li>• If ball carrier intentionally goes to ground or a player dives on the ball, a free pass is awarded to the opposition.</li> <li>• Player can dive for a try or dive on the ball for a try.</li> </ul>	<ul style="list-style-type: none"> <li>• If ball carrier intentionally goes to ground or a player dives on the ball, a free pass is awarded to the opposition.</li> <li>• Player can dive for a try or dive on the ball for a try. (see Free Pass under Ultra Rip)</li> </ul>
Fair Play	<ul style="list-style-type: none"> <li>• All players must play games in a positive spirit following the principles of good sportsmanship.</li> <li>• In instances of verbal abuse, physical abuse, poor sportsmanship, intentional offending, repeated offending or any other actions deemed unfair play, dangerous play or misconduct, a referee may send a player from the playing area.</li> <li>• If a player is sent from the playing area by the referee, they must remain off for the remainder of the game. However, that player can be replaced by another player who has not been sent off.</li> </ul>	<ul style="list-style-type: none"> <li>• All players must play games in a positive spirit following the principles of good sportsmanship.</li> <li>• In instances of verbal abuse, physical abuse, poor sportsmanship, intentional offending, repeated offending or any other actions deemed unfair play, dangerous play or misconduct, a referee may send a player from the playing area.</li> <li>• If a player is sent from the playing area by the referee, they must remain off for the remainder of the game. However, that player can be replaced by another player who has not been sent off.</li> <li>• There shall be no intentional physical contact between players.</li> </ul>

# CMRFU GIRLS RIPPA/ULTRA RIP RULES

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