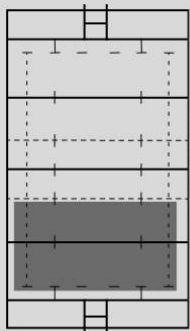
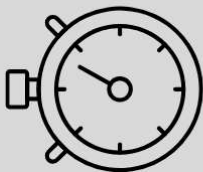


CMRFU GIRLS ULTRA RIP RUGBY



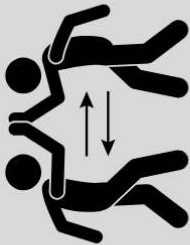
FIELD SIZE

70m x 40m max



GAME LENGTH

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



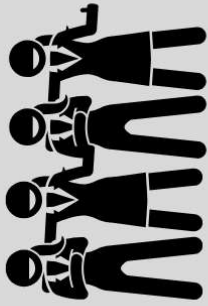
SUBS

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

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.



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.



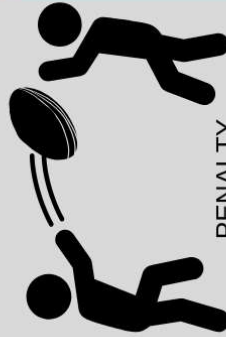
TRY

If score blow outs are occurring, both coaches MUST meet and come to an agreement as to how they can generate a more even contest. Try = 5pts



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