

## Number of Players

### MENS COMPETITION

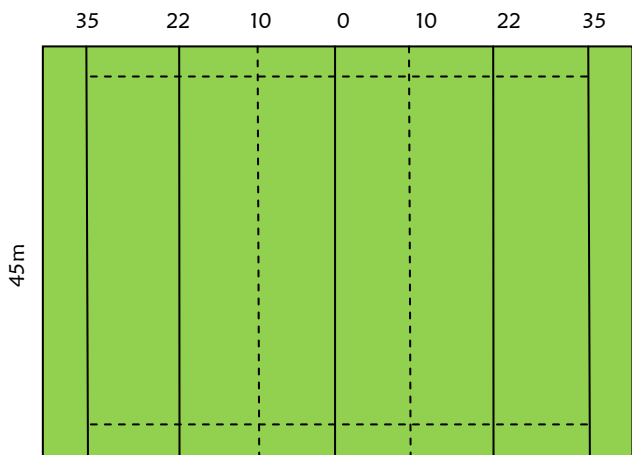
- Only **7 players** on the field at all times.

### MIXED COMPETITION

- Only **7 players** on field at all times
- Must have a **minimum of 2 females** on the field at all times

## Field Dimensions

- **70 metres in length plus in goal area, 45 metres wide**
- **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



## Lineouts

- **Ball into touch** - lineout formed from the point where the ball went out.
- A lineout must consist of:
  - Attack** - 1x thrower and minimum of 2 jumpers / lifters
  - Defence** - 1 person inside 5m of the opposition thrower, but no closer than 2m (as per full version rugby). Numbers must match attacking team.
- **Quick Lineout**— Can only occur when 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
- **Lineouts are contestable** and lifting is allowed.
- Throw in must be straight down the middle.
- Receiver (half back) is optional.
- Backline players must be 5m behind the advantage line. Players cannot advance until the ball has left the lineout.

## Game Duration

- **2 x 15 minute Halves** with a 2 minute break at Half time

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# ULTRA RIP

**Ultra Rip** is a game developed by the Counties Manukau Rugby Football Union for all people. This non contact form of 7 Aside Rugby is sure to excite players and spectators alike. See details inside this brochure for basic rules and get set to play Ultra Rip



## Kicks in Play & Restarts

- **Drop kick** on or behind the center line of the field.
- **Kick must travel in a forward direction**, 10m minimum.
- **Kick does not go 10m** - Free Kick to opposition at centre of halfway line.
- **A kick goes across the dead ball line from kick off** - Penalty to opposition at centre of halfway line.
- **A kick in general play goes across dead ball line** - Free Kick to opposition at the mark from where the kick was made.
- **Once a kick has been made**, defending players must not rip the flag of the kicker—Penalty to opposition
- **Kick chasers must be put 'on side'** by kicker or maintain a distance of 5m from the receiving player. If players in front of the kicker attempt to make a rip—Penalty to opposition where kick was made.



## Attack

- **MENS — 3 rips** to advance. 3rd Rip, free kick awarded to the opposition.
- **MIXED — 4 rips** to advance. 4th Rip, free kick awarded to the opposition.
- **1 flag ripped** - the ball carrier must pass the ball within 3 steps. Failure to do so will result in a Free Kick to the opposition.
- **2 flags ripped (ULTRA RIP)** by one defender Free Kick to opposition. Doesn't have to be simultaneous.
- **Ball knocked forward** - Advantage applies (as per full version rugby) until referee deems advantage to be over. Where no advantage applies, a Free Kick is awarded to non-offending team.
- **Ball knocked backward** - play continues.
- **Attacking players cannot defend or protect their flags.** Flags must be in plain view of the defender and there must be 2 flags on each hip of the attacking players. Failure to comply with this rule will result in a **Penalty** being awarded to the opposition.
- Attacking players cannot bump or fend off defenders. **Ultra Rip is non-contact.**
- Try awarded when an attacking player has **grounded the ball inside the in-goal area.**
- **Forward pass** - Free Kick to opposition.
- **Ball rolls into the in-goal area** - retrieving team may ground the ball for a 10m drop out (10m drop out is equivalent to 22m drop out in full version rugby).

## Defence

- Where a **RIP** has taken place—all defenders must be on their side of the mark at which the rip was made.
- **Defenders must**
  - **Rip one or both flags,**
  - **Call RIP,**
  - **HOLD flag/s in the air**
  - **Then GIVE the flag/s back**to the attacking player on completion of a rip. Failure to do so will result in a penalty being awarded to the attacking team.
- Defending players **must not** grab any item of clothing on the attacking player. Ultra Rip is a Non Contact form of Rugby .
- Defending players **must not** attempt to rip the flag of an attacking player who is not in possession of the ball.
- Defenders are allowed to charge down a kick.

## Point Scoring

- **5 points** per male try
- **MIXED COMPETITION— 10 points** per female try