



DET NSW School Sports Unit

Rugby League - Mod League & League Sevens

Rugby League has several versions depending on the age of the players and ranges from Mini Footy (7 – 9 years) through Mod League (10 - 12 years) to the full rules of 13 a-side League. Apart from the rules below all other laws are those of the international laws of Rugby League.

MOD LEAGUE

THE TEAM

11 players are on the field at any one time and all team members present are to play. More than 12 players can participate by interchange or substitution.

THE GAME

1. The aim of the game is to score tries in the normal fashion. There are no kicks at goal.
2. The game is played on a field 80m x 50m over two halves of twenty minutes with a 5 minute break for half time. Each half is started with a place kick travelling 10m minimum.
3. Six "tackles" are allowed for each team to try and score a try. A "tackle" is made by a simultaneous two-handed tag. **NO BODY TACKLE IS ALLOWED.** Once tackled (tagged) the player must "play the ball". After the sixth tackle (tag) the ball is "turned over" to the opposition who recommences play with a play-the-ball. **NO SCRUMS ARE ALLOWED.**
4. At the play-the-ball no markers are allowed and the ball must be played backwards. The "dummy-half" may either pass the ball or run. If the dummy-half runs, doesn't score and is tackled, then a change of possession takes place.
5. Grubber and chip kicks are the only kicks allowed in general play so as to maximise running and passing.

LEAGUE SEVENS

The international laws of Rugby League apply unless stated below and games should be played using the ARL Safe Play Code (refer to

THE TEAM

Seven players are on the field at any one time. Extra members of the team can be interchanged or substituted.

THE GAME

1. League 7s is played across a full sized rugby field. The sidelines of the full field will act as the try line.
2. There are no scrums – all events where a scrum would normally occur will be replaced with a change of possession.
3. There is no "in-goal" area – the ball is deemed to be "dead-in-goal" when the ball has passed the try line and is not in the possession of a player.
4. Tries are worth 1 point and there are no conversions.
5. Following a try the non-scoring team will restart play with a tap from the centre of the half-way line.
6. Kicking is allowed on any tackle provided the kick remains below shoulder height.
7. There is only one marker allowed at the play the ball.
8. The kicking team will not receive possession of the ball if they kick the ball out from a start or re-start of play. The receiving team will play the ball 5 metres in from the point where the ball crossed the touch line.