

13. Heini-Cup in Berlin

Rules are based on World Golden Oldies Rugby

Category: Veterans (40+)

Guidelines

Team:

A team consists of 12 players + substitutes.

AGE

All participants must be aged 40 and above!!!

SCRUMS:

5 Players are in the scrum. Scrums are uncontested, all forwards must remain bound until the ball has been cleared, the opposite scrum half are not permitted to follow the ball around the scrum. The scrum half has to play the ball.

LINE OUTS:

All forwards (5) must participate, lifting of jumpers is not permitted nor is a quick throw in allowed.

RUCKS:

No counter rucks!

KICKING:

Defending Players may kick the ball from within their 22; no other kicking is permitted other than start and restarts. Free Kicks and Penalty Kicks are exceptions.

There are no Kicks after a score!

RESTARTS:

After a try, the game starts with a kick through the opponent.

SUBSTITUTIONS:

Unlimited substitutions are allowed and Players may return to the field.

TIME:

Games shall be played over in once 15 minutes periods.

OTHER

Players must observe the offside rule, particularly that of remaining behind the hindmost foot at rucks, mauls and scrums (5 metres); lineouts to a minimum of 10 metres. Captains will be responsible for the behaviour of their players.

GOLDEN OLDIES TACKLING RESTRICTIONS updated according to WORLD GOLDEN OLDIES RUGBY FESTIVALS:

RESTRICTIONS:

All Players must observe the restrictions on tackling Players wearing coloured shorts i.e. red or gold.

RED SHORTS:

Not to be tackled to the ground or pushed off their feet. Must be "claimed and held". Must pass to a player not in red or gold shorts.

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GOLD SHORTS:

Not to be tackled or touched. May run with the ball for up to 10 metres before passing the ball. Must pass to a player not in red or gold shorts.