



GOLDEN OLDIES RUGBY LAWS

The spirit of Golden Oldies, epitomised in the motto of Fun, Friendship and Fraternity is the central theme of every Golden Oldies Festival.

1. These Golden Oldies rules do not permit offside play, unsportsmanlike behaviour and have been designed to increase the enjoyment of the game while minimising the chances of injury.
2. The normal U/19 Laws of Rugby as per the International Rugby Board (IRB) shall apply with the following variations:
 - a) All 8 forwards must remain bound in the scrum until the ball has been cleared.
 - b) The half back must not follow the ball around the scrum
 - c) There must be no pressure scrummaging
 - d) There shall be no striking against the head by the hookers
 - e) Players may kick the ball only in their own 22
 - f) In lineouts all 8 forwards must take part
 - g) Teams scoring a try shall also restart the game by kicking the ball to the non scoring team
 - h) There shall be no supporting in the lineout
 - i) From a penalty there shall be no quick tape, & all players shall retire 10 metres
 - j) Players wearing gold, purple, or special festival committee shorts may travel up to 10 metres with the ball before releasing
 - k) Substitution of any player is permitted at any time and a player substituted may return to the game at any time
 - l) Players must observe the offside rule, particularly that of remaining behind the hindmost foot rule at rucks, mauls and scrums, lineouts to a minimum of 10 metres.
 - m) The game shall be three 20-minute periods
 - o) All players are to observe the restrictions of tackling "older" players. These are identified by coloured shorts.

Coloured Shorts

- Up to 59 years - Club shorts
- 60-64 years (or any player who through medical or physical conditions does not want to be tackled) - Red shorts. Can be claimed, not tackled
- 65-69 years - Gold shorts. Not to be tackled
- 70-84 years - Purple shorts. Not to be tackled
- 85+ years - Special shorts will be provided by the Committee. Not to be tackled

Age Groups

- Over 35 but under 40 in the year of the Festival
- Over 40 in the year of the Festival

Captains will be responsible for the behaviour of their players

Other variations can be organised at the discretion of the captains providing they do not contravene Golden Oldies Laws