



WALES RUGBY LEAGUE COMMUNITY GAME HANDBOOK

2022



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Foreword

Wales Rugby League has always had a rich heritage of inclusion, equality and diversity. It is a heritage that we are immensely proud of. Since the 1950s Rugby League has welcomed players of all ethnicities and backgrounds. These players include Clive Sullivan who was the first ever black player to captain a national team in Great Britain, Roy Francis, Colin Dixon and of course Billy Boston. We also signed the first openly gay professional player in Gareth Thomas. We currently run Men, Women, Wheelchair, Physical Disability and Learning Disability Rugby League.

It is our policy to provide equality for all, irrespective of their: sex or sexual orientation, age, disability; gender reassignment; marriage and civil partnership; pregnancy and maternity; race (including ethnic or national origins); religion or belief.

Wales Rugby League also supports the need for additional effort to provide better protection to individuals from lower socio-economic groups, poverty and to protect the Welsh Language.

We are opposed to all forms of unlawful and unfair discrimination. All job applicants, employees, volunteers, and members will be treated fairly and will not be discriminated against.

We recognise that the provision of equal opportunities within the organisation is not only good governance practice but also help make our general society a better place.

As a governing body we are working closer than ever with our key stake holders; Sport Wales, Welsh Government, and the Rugby Football League (RFL) I believe that together we can all help improve standards and make Rugby League a positive and enjoyable experience at community level and improve success at international level. This is a new chapter, and you are part of it, I look forward to working together with you, as a family, to build a new bright future for Rugby League in Wales. #InLeagueTogether

Mark Jones
Wales Rugby League General Manager
April 2022



Overview

A key part of the WRL strategy is to develop rugby league with firm foundations to support the community, elite and professional game in Wales. Wales Rugby League are the national governing body for all rugby league activity in Wales. All player, coach and match official development programmes and pathways are managed and delivered by or in partnership with WRL. The strategy is to work in partnership with all our community clubs throughout Wales. Specifically, we intend to work with our two RFL pro teams to build the games in North and West Wales.

1. Sustainable WRL Community Clubs - Standards

- Build sustainable WRL community clubs and the WRL brand
- Provide accessible rugby league for all parts of our community.
- Create clear WRL development pathways to elite and professional rugby league.

2. WRL Competition and participation

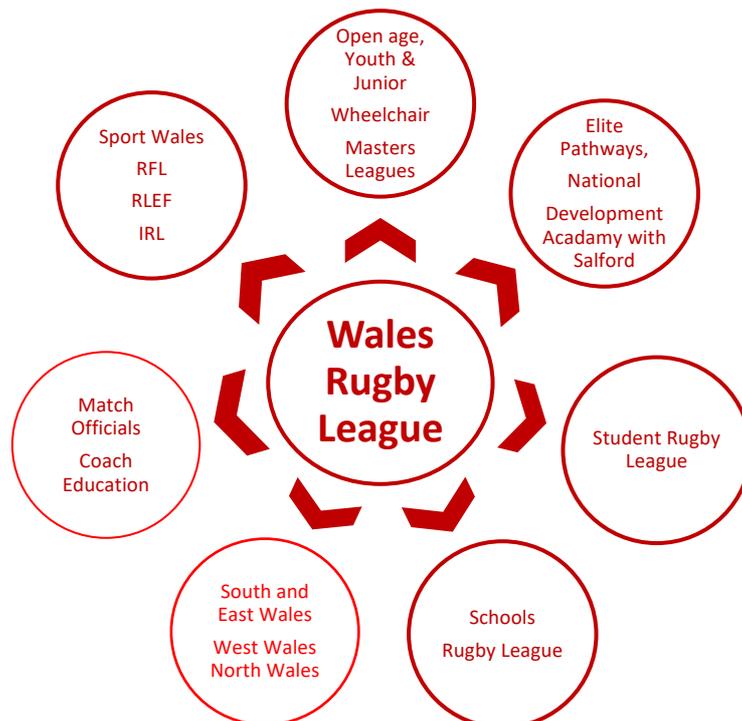
- Open age men, women and masters.
- Juniors boys and girls.
- Wheelchair and Physical Disability Rugby League (PDRL).

3. Schools, Local Education and Outsourced Sports

Sport Wales

As the national Governing body for the governance of Rugby League in Wales our strategy is fully supported by our key stakeholders Welsh Government, Sport Wales and the RFL. Our community strategy is part of the 'Vision For Sport' from Sport in Wales where everyone can have a lifetime enjoyment of sport. We want Wales to be an active nation with as many people as possible inspired to be active through sport.

WRL Structure





Sustainable WRL Community Clubs - Standards

Sustainable Community Clubs

Wales Rugby League is committed to the growth of the community game in Wales and the strategy is to build sustainable clubs and not just teams.

Each community club must be committed to offer open age, juniors, masters, and wheelchair rugby league, for men and women, boys and girls. We would expect the club development plan to develop a minimum of one new team every year. All new clubs must offer open age for men and women and at least one junior team, with the intention to also provide master's, PDRL and Wheelchair RL in the future. The WRL recognises that to develop the U16s girls' game and PDRL this might be achieved via the Origin competition initially. This will be explored in consultation with all WRL clubs.

Governance of Community Clubs

Each WRL club must have an elected committee and a set of rules, constitution, or articles of association. These are to be shared with the WRL. It is our intention to support clubs in creating vibrant committees that have gender parity and reflect our local communities. All WRL members clubs must hold committee elections every two years. Each club chairman and secretary must agree and sign in writing their acceptance of this club manual and all its contents, specifically our code of conduct and paying special attention to your legal roles and responsibilities.

Recruitment

Wales Rugby League would like to remind clubs that they may not make any approach to players signed to any other club and nor should pathway coaches and officials put pressure on any player to sign for a specific club. Whilst unattached players are free to sign for any club, Wales Rugby League asks that community clubs respect the need and desire to grow the game across Wales and target their recruitment within the county borough in which they are situated. Any person employed by Wales Rugby League in either a voluntary or paid capacity will direct unattached players to the nearest geographically located club playing at the necessary age grade. Approaches to players registered to other WRL clubs must be made via the Chair of each respective club. It is the final decision of the WRL whether a player can be registered to play.

Covid 19

The priority of Wales Rugby League (WRL) is the health and wellbeing of our participants and the general safety of the wider community during the transition period since the COVID-19 pandemic. We will continue to be led by the latest Welsh Government advice and guidance. If the situation changes, we will inform all clubs of any procedures that may need to be put in place.

WALES RUGBY LEAGUE COVID-19 TOOL-KIT

You will find details of the Wales Rugby League COVID-19 tool-kit at

<https://wrl.wales/wp-content/uploads/2020/09/WRL-Return-to-Play-Strategy.pdf>

. The resources include:

- WRL Return to Play Strategy COVID-19.
- Risk assessment forms.
- Attendance and COVID-19 check registers.
- COVID-19 manager and warden responsibilities.



Key Dates

(See also WRL Planner 2022)

Community Preseason Training

March / April (6-week minimum pre-season)

Clubs Launch (Nine's festivals)

28th & 29th May

SW Women's Round 1

Saturday 15th/16th May

SW Men's Round 1

Saturday 4th June

Grand Finals Day

South Wales Men & Women

Sunday 21st August @TBC

South Wales Junior

Sunday 21st August @TBC

North Wales

TBC

Senior Origin Series

West vs East

17th September

North vs West

24th September

East vs North

1st October

Junior Origin Series

West vs East U14s

Saturday 4th June @ Stebonheath, Llanelli

West vs East U16s

Saturday 18th June @ Aberavon RFC

Internationals

Men

Wales v France - WC Warm up

Sunday 19th June @ Albi, France

Wales v Lebanon - WC Warm up

Saturday 8th October @ Heyford Road, Sale

Women

Wales v England

Sunday June 12th @TBC

Wales v Italy

Saturday June 18th @TBC

Ireland v Wales

Saturday October 8th@Galway University, Ireland

Wales 16s

Wales v England

Saturday 4th June @ Steboneath, Llanelli

Wales v Scotland

Saturday 23rd July @ Parc Eirias, Colwyn Bay

England v Wales

Saturday 24th Sept @ Leigh Miners

Wheelchair

Celtic Cup

Saturday 7th May @ Plasmadoc

Clubs Peacock Cup

Sunday 22nd May @ Glyndwr University

U19's European Championships

1st to 11th September @ Italy



Wales Students

18th to 26th June @ Galway Uni, Ireland

Wales Dragonhearts

TBC

World Cup October and November 2022

Men play

- Cook Islands (Leigh Sports Village)
- Tonga (Totally Wicked Stadium, St Helens)
- PNG (Eco-Power Stadium, Doncaster)

Wheelchair play (All at the English Institute of Sport, Sheffield)

- France
- USA
- Scotland



KEY CONTACT DETAILS

WRL General Manager

Name: Mark Jones

Contact No: 07886 654933

Email: Mark.jones@WalesRugbyLeague.co.uk

WRL Community Development Officer

East Wales

Name: Wayne Ponting

Contact No: 07976 229546

Email: wayneponting3@gmail.com

West Wales

Name: Richard Lewis

Contact No: 07891 591683

Email: r.lewis11@icloud.com

North Wales

TBC

WRL Women's Development Officer

Name: Louise Morgan

Contact No: 07446 166201

Email: Louise.morgan@walesrugbyleague.co.uk

Wheelchair Insport Development Officers

North Wales

Name: Stephen Jones

No 07955 365165

Email: stephen.jones@walesrugbyleague.co.uk

WRL Media Manager

Name: Ian Golden

Contact No: 07830 109093

Email: Ian.Golden@WalesRugbyLeague.co.uk

WRL Head of Match Officials

Name: James Jones

Contact No: 07974 563803

Email: James.jones@walesrugbyleague.co.uk

WRL Match Officials Manager and Match officials Coordinator

Name: Robert Apsee

Contact No: 0784 1874208

Email: Rob.apsee@walesrugbyleague.co.uk



COMPETITION RULES

Please Note: These rules and laws maybe changed to make games COVID Compliant.

- **All players must be registered online before being eligible to play** (There are no exceptions as players will not be insured). Registration will be easier this year as clubs existing 2021 players can be renewed which will automatically register them for 2022. Any changes of details then you will have to fill in an online form.
- **Junior clubs must have a Child Welfare Officer registered with WRL.**
- **All coaches, volunteers and match officials must be DBS-checked and registered with WRL.**
- **All coaches must be working towards Level 1.**
- **All team sheets must be filled into the database prior to kick-off, results must be sent into Ian Golden by 5pm the same day, and scorers filled into the database on the evening of the game.**
- **All players must have played 3 games before being eligible to play in grand final** (injuries will be considered).
- **All referees must be qualified to at least level 1 in rugby league.**

Premier League

Where Clubs run men and women's teams the intention is to play double headers. This will reduce costs, encourage more fans, and hopefully create a fun family day. Hopefully kicking off at 12 noon and 2.30pm. We appreciate that where this is impractical then alternative arrangements can be made in advance and must be communicated to Mark Jones.

- All games to be played at 2.30pm on the date scheduled by Wales Rugby League unless both teams agree otherwise and Wales Rugby League are notified with at least 48 hours' notice of the kick-off time (of the original or new date, whichever is sooner).
- If a game is postponed after this time frame, then it will be deemed a forfeit and the result and penalty set out below will be applied. If a game is postponed prior to this 48hour window, then a new date must be confirmed at the time of postponement, or the game will be treated as a forfeit and the team that could not play shall be penalised.
- Games shall be 13 a side, with match day squads not exceeding 17 players unless both coaches agree otherwise, if one team has less than 13 players then it is at the discretion of the team with full numbers whether they choose to match numbers, loan players, or play with a numerical advantage.
- Competition points will be awarded on the following basis: 2 points for a win, 1 point for a draw. In the result of a forfeit a 24-0 score line will be awarded to the non-offending team and the offending team will be docked 2 competition points.
- **Where possible, games must be filmed and provided to WRL staff or disciplinary proceedings on request.**



Junior Conferences

- These games should be played on the date scheduled, with midweek games kicking off at 7pm and weekend games kicking off at 10am (U8s/U10s/U12s), 11am (u14s), 12.30pm (u16s/u18s), unless both teams agree otherwise. **Clubs can agree kick-off times to accommodate all matches, please inform Mark Jones and match officials' department of changes.**
- Games should ideally be played as 13-a-side but numbers must be matched, if one side is short of numbers then the side with full numbers will decide whether to match numbers by loaning players or by reducing their own.
- Competition points will be awarded on the following basis: 2 points for a win, 1 point for a draw.
- Should any games remain un-played by the end of season deadline (the Sunday before the play-off semi-finals) then the **WRL Development team will listen to both side's reasons, the decide on these fixtures and award points accordingly.**

MATCHDAY FACILITIES

It is essential that all games will be played on a:

- Suitably maintained grass or certified artificial playing surface.
- Official match balls and not training balls must be used.
- The pitch will be marked out with Rugby League pitch markings.
- All junior and senior pitches must have each side-line roped dead ball line to line unless there is a perimeter fence. The playing surface should be separated from the spectator area.
- A marked technical area should be present inside the barrier for club staff and interchange players.

These are minimum standards and clubs can be sanctioned for failing to comply.

Separate changing Facilities including warm showers and drinking water must be available on site (no more than a two-minute walk from the pitch) for both sides and the match officials. It is also essential that an ambulance access to the pitch is available in case of emergency.

For Premier League fixtures the ground should be suitably enclosed to allow the charging of a pay to enter gate/turnstile. It is desirable but not essential that:

- Covered dugouts should be present inside the technical areas.
- The pitch should be floodlit to allow for delayed, late or evening kick-offs.
- Refreshments are available on site for spectators.
- **All games must be filmed and provided to WRL coaching staff or disciplinary proceedings on request.**

TOUCHLINE BEHAVIOUR

During all fixtures, all spectators must always remain behind the spectator barrier, the spectator barrier should be a minimum distance of three metres from the perimeter lines of the pitch, in the absence of a permanent barrier then the side line must be roped off from each dead ball line.

Any spectator entering the field of play will be subject to a ban

For repeated offences the club will be subject to a ban



The only persons allowed inside the spectator barrier (field of play) are interchange players and a maximum of five team staff (coaches, managers etc) including at least one suitably qualified first-aider. All staff must wear the appropriate colour t-shirts:

- Doctor – red
- Water – blue
- Physio – yellow

All these people must be clearly named on the team sheet which is submitted to the match official before the game and remain in a marked technical area during the game. Trainers may enter the field of play to make interchanges during attacking sets only but must remain on the field for no more than three tackles. First-aiders should exit the field as soon as practically possible, with treatment administered on the side-line where needed.

Technical Area and Touchline

The technical area must be clearly marked by either paint or cones and should not extend closer than 0.5m from the touchline and no more than 10m in length, opposing technical areas should ideally be situated on the same side of the pitch immediately either side of the halfway line, exceptions will be made only where permanent dugouts are already in place, but maximum dimensions of the technical area remain the same.

Those people within the technical areas are expected to conduct themselves in a professional manner as they are representatives of the sport, therefore the following are PROHIBITED within these areas:

- Consumption of alcohol.
- Smoking (including use of e-cigarettes).
- **Use of foul, abusive or offensive language or tone towards opposition players/staff or match officials, this also applies in particular to junior referees. This forms part of the code of conduct.**

Bans will be issued for first offence with automatic 2 game ban

All clubs are responsible for promoting and reporting breaches of the RFL's RESPECT campaign to all that attend Wales Rugby League fixtures and events.

Side-line Manager

Each team will appoint a side-line manager and make them known to the match officials. It is their responsibility to manage the discipline of the players and coaches and monitor spectators for any foul and abusive language in line with the code of conduct.

Team Sheets

As online team sheet must be completed before each game. It is perfectly reasonable for coaches and match officials to check players against their photos and to confirm they are registered.

- **Team sheets must be filled into the database prior to kick-off, results must be sent into Ian Golden by 5pm the same day and scorers filled into the database on the evening of the game.**



WRL Player Loan / Permit

- To loan a player, a club must complete the WRL player loan / permit form 2022 and return to lan.Golden@walesrugbyleague.co.uk
- The form is valid for one game and entitles the named club to loan / permit the named player for this game only!
- The club loaning the player must first seek approval from the opposition to loan a player and the club that the player is registered to before this form is completed. **Failure to do so may result in the game and points being forfeited.**
- Teams can borrow a maximum of 3 players for any given game.
- Teams can borrow any named player only 3 times per season.
- After borrowing the same player 3 times a transfer request will be required if this player is to play again for that team.
- If a player transfers to a club, he will not be permitted to transfer to another club for the remainder of that season.
- Players loaned during the season will not be eligible to play for the loaning club during playoffs.
- For reference, if a club fields more than one side in a particular age-group, these will be considered two separate teams, and the above rules will apply.

WALES RUGBY LEAGUE PATHWAY RULES

**Our growth programme over the next 5 years is to try and build teams to play at every annual age group.
The League age groups for 2022 will be U8 - U10 – U12 – U14 – U16 – U18**

Clubs can agree other junior age group games as friendlies in advance and most get this authorised by Richard Lewis.

We would also encourage clubs to run U14s and U16s girls' teams where possible.

All fixtures will be played to full Rugby League game rules, with the following modifications by age-group.

NB: At all levels from under 8s – under 16s the ball MUST be played with the foot and any contact between the PTB and markers will be penalised.

UNDER 8s

General

- Pitch dimensions 15m wide x 25m long.
- 5 players per team (No squad size or interchange limit) numbers matched on field of play.
- 10 minutes x 3 playing periods (30 minutes total)
- Mixed gender participation.
- Touch is recommended format for this age group. If both coaches agree, then the game can be played as tackle. If both coaches cannot agree on format, then it reverts to touch.
- 1 Marker and 5m retreat for defensive line.
- Dummy half MUST pass the ball.
- Defence may move when the ball leaves D/H hands and the Referee/Coach shouts 'GO'.
- No kicking for goal, kick-offs or in general play.



- For kick-off, at the beginning of each game and the start of each attacking set, the game will commence with play the ball 5m from attacking team try line.
- No scrums, for scrum offences play shall restart with PTB
- Size 3 ball

Note

The Laws of the international Game of Rugby League shall apply in u8s years subject to the following modifications.

Team/Playing Time

- Maximum number of players per team on the field at any time is six (6) at the age of U8s.
- At each game all players must play at least half a game.
Both teams are to match numbers if one is unable to field the correct six (6).
- The game is to be played over three (3) ten (10) minute periods or thirds with a five (5) minute interval between.
- Rolling subs to be used during playing time.
- If more than 1 match is arranged no individual player is to play over 30 minutes per day.

Field/Ball

- The field of play at age U8s years is a 15m wide x 25m long.
- A size 3 rugby ball is to be used for this age group.

Tackles or Touch/Tackle Count

The six-play rule applies. This means that every team must complete a full set of six plays including errors or a try being scored. The coaching ethos behind this rule is to allow players to execute the skills of the game without experiencing any fear of failure and to give every team the opportunity to play a full set of six each time. This rule also allows for each player to get an equal amount of time attacking and defending.

Play the ball

- The play-the-ball shall be as normal to the international laws game except for the following:
- 1 marker should be present. The markers are not to touch the ball carrier or ball or interfere with the play-the-ball in any way. The markers cannot move until the ball has left the D/H hands and the referee/coach shouts 'GO'
- At play-the-ball, no member of the team NOT IN POSSESSION is to move forward until the ball has left the D/H hands and the referee/coach shouts 'GO'.
- Players of the team not in possession – apart from the marker must retire 5 metres from the play-the-ball area, members of the team IN POSSESSION must retire behind the Dummy Half
- No kicking is permitted in general play.

Scrum/Handover

No scrums, for offences play shall restart with PTB.



Try

A try is scored in the normal way and worth 4 points

Goals/Converting a Try

No try converting or kicks at goal

Starts/Re-Starts

- At the beginning of each game and the start of each attacking set, the game will commence with play the ball 5m from attacking team try line.
- When an attacking player is held up in their opponents in goal area, play will be restarted by a PTB restart. 5m from the try line in line with where the player was held up, unless it is on the handover tackle where the restart will be a PTB, 5m from the try line, for the side that has just defended.
- Any player tackled and forced into their own in goal area will result in a PTB re start 5m infield from the try line opposite to where the player was tackled, and it is counted as one of the six tackles.

Penalties

All penalties are to restart with play the ball from where the penalty was awarded.

Kicking

- No kicking for goal.
- Grubber kicks only, are allowed on the last touch or tackle. No fly kicking or secondary kicks are permitted.

Player Misconduct – Sin Bin/Replacements

- Sin bin does not apply. However, coaches are encouraged to temporarily substitute players guilty of foul play.
- Rolling subs will be used but need to make referee/assistant referee aware as to not have too many numbers on the field at any time.

Safe Play Code

- Tackles above the armpit are not permitted.
- Dangerous tackles are not permitted.
- The tacklers legs cannot be used to trip, or in a throw movement.
- Shoulder charges are not permitted.
- A ball-carrier cannot be lifted.
- Ankle taps are not permitted.
- Aggressive palms are not permitted, the ball-carrier cannot “thrust” out an arm to contact the defender above the shoulder.
- Slinging/swinging is not permitted, nor is a player able to push an opponent.



- Dangerous flops are not permitted. A player defender cannot drop or fall on a player lying on the ground (placing hand on the player to affect tackle is more suitable).
- Surrender (in the tackle). The ball carrier may surrender in the tackle. Defenders must not complete the tackle.
- Verbal abuse/Foul language is not permitted. The use of threatening or offensive language is not permitted.

Advantage and the safe play code

Penalties will be awarded in the case of any of the safe play codes being committed.

UNDER 10s

General

- Pitch dimensions 50m wide x 80m long (Minimum 40m wide x 60m long).
- 11 players per team (No squad size or interchange limit) numbers matched on field of play.
- Sin Bin does not apply. However, coaches are encouraged to temporarily substitute players guilty of foul play
- 20 minutes x 2 playing periods (40 minutes total).
- Mixed gender participation.
- Below the armpit tackling, no ball steal permitted, PTB following tackle.
- 1 Marker and 8m retreat for defensive line.
- Scrum Halves can scoot, if caught in possession the normal international rules apply.
- No kicking for goal.
- Passive Scrum with no more than 5 from each team.
- Size 4 ball.

Note

The Laws of the international Game of Rugby League shall apply in u10s years subject to the following modifications.

Team/Playing Time

- Maximum number of players per team on the field at any time is Eleven (11) at the age of U10s.
- At each game all players must play at least half a game.
- Both teams are to match numbers if one is unable to field the correct eleven (11).
- The game is to be played over two (2) twenty (20) minute periods with a five (5) minute interval between.
- Rolling Subs to be used during playing time.

Field/Ball

- The field of play at age U10s years is a 50m wide x 80m long (minimum 40m wide x 60m long).
- A size 4 rugby ball is to be used for this age group.
-



Tackles/Tackle Count

- Each team, upon gaining possession has six (6) tackles during which to maximise the use of this possession unless the tackle count is nullified in that time.
- The tackle count will commence after each set play or change of possession zero tackle occurs as per International Laws of Rugby League.
- The referee will count the tackles and signal “fifth and last” tackle in a fashion similar to the international laws prescription. On sixth tackle, the signal for change of possession is in accordance with the international laws.
- Players may not strip the ball.

Play the ball

- The play-the-ball shall be as normal to the international laws game except for the following:
- 1 marker should be present. The markers are not to touch the ball carrier or ball or interfere with the play-the-ball in any way.
- Players of the team not in possession – apart from the marker must retire eight (8) metres from the play-the-ball area, members of the team IN POSSESSION must retire behind the dummy half.

Scrum/Handover

- Passive Scrum with no more than 5 from each team.
- Scrums shall be formed no nearer than 10 metres from all touch lines and no nearer 10 metres from goal line.
- Scrums are only awarded if the ball goes into touch.
- Scrum-halves must retire behind their forwards rear feet.
- Only scrum-halves can pick and go.

Try

- A try is scored in the normal way and worth 4 points.
- No try converting or kicks at goal.
- Following a try, the non-scoring team re-start play with kick-off by place kick on the centre of the halfway line.

Penalties

- All other infringements (knock on, forward pass, offside etc) will result in a hand over to the non-offending team and they will resume playing a play the ball which will not count as part of the six-tackle count (i.e first tackle is tackle zero (0)).
- Any act of foul play will result in an 8 metre advance up the field of play to the non-offending side. The game will recommence with play the ball restart 10 metres from the nearest touch line.

Kicking

- No kicking for goal.
- Kicking in open play from hands (e.g., punt, chip, grubber) is allowed.



Player Misconduct – Sin Bin/Replacements

- Sin Bin does not apply. However, coaches are encouraged to temporarily substitute players guilty of foul play.
- Rolling subs will be used but need to make referee/assistant referee aware as to not have too many numbers on the field at any time.

Safe Play Code

- Tackles above the armpit are not permitted.
- Dangerous tackles are not permitted.
- The tacklers legs cannot be used to trip, or in a throw movement.
- Shoulder charges are not permitted.
- A ball-carrier cannot be lifted.
- Ankle taps are not permitted.
- Aggressive palms are not permitted, the ball-carrier cannot “thrust” out an arm to contact the defender above the shoulder.
- Slinging/Swinging is not permitted, nor is a player able to push an opponent.
- Dangerous flops are not permitted. A player defender cannot drop or fall on a player lying on the ground (placing hand on the player to affect tackle is more suitable).
- Surrender (in the tackle). The ball carrier may surrender in the tackle. Defenders must not complete the tackle.
- Verbal abuse/foul language is not permitted. The use of threatening or offensive language is not permitted.

Advantage and the safe play code

- Penalties will be awarded in the case of any of the safe play codes being committed.
- Any other rule not covered will be as per international rules.

UNDER 12s – UNDER 18s

General

- Full size rugby pitch.
- 13 players a side (no squad size or interchange limit) but numbers must be matched on field of play including if player is in the sinbin or dismissed.
- Mixed Gender Participation at U12s ONLY.
- Separate gender participation from U14s+.

Note

The Laws of the international Game of Rugby League shall apply from u12s – u18s up years subject to the following modifications.



Team/Playing Time

- At each game all players must play at least half a game.
- Rolling subs to be used during playing time.

Boys/Men

Age Group	Match Length/Ball Size
U12s (Mixed Gender)	20 Minutes Each Way/Size 4
U14s	25 Minutes Each Way/Size 5
U16s	30 Minutes Each Way/Size 5
U18s	35 Minutes Each Way/Size 5

Girls/Women

Age Group	Match Length/Ball Size
U12s (Mixed Gender)	20 Minutes Each Way/Size 4
U14s	25 Minutes Each Way/Size 5
U16s	30 Minutes Each Way/Size 5
U18s	30 Minutes Each Way/Size 5

Field/Ball

Full size rugby pitch

Tackles/Tackle Count

- Each team, upon gaining possession has six (6) tackles during which to maximise the use of this possession unless the tackle count is nullified in that time.
- The tackle count will commence after each set play or change of possession zero tackle occurs as per International Laws of Rugby League.
- The referee will count the tackles and signal “fifth and last” tackle in a fashion similar to the international laws prescription. On sixth tackle, the signal for change of possession is in accordance with the international laws.
- Players may only strip the ball in a “one on one” situation and not after tackle has been completed with referee’s call.

Play the ball

The play-the-ball shall be as normal to the international rules

Scrum/Handover

- Scrums are formed for knock-on and forward passes only, these will be given the option of 10 metres, 20 metres or centre of the pitch from where the offence took place.
- If Knock On or Forward Pass on fifth (5th) tackle this will result in a hand over where the offence took place



- If the ball goes into touch play will resume with a play the ball on the 20-metre line in from field where the ball went out of play.

Try

A try is scored in the normal way and worth 4 points.

Goals/Converting a Try

All goal kicking options available.

Starts/Re-Starts

The starts/re-starts shall be as normal to the international rules.

Penalties

The penalty options shall be as normal to the international rules.

With the addition of taking 10 metres depending on the pitch and if agreed by both teams, play will then restart on the 10-metre line in from nearest touch line.

Player Misconduct – Sin Bin/Replacements Boys/Mens

Boys/Men

Age Group	Sin Bin Minutes
U12s (Mixed Gender)	4 Minutes
U14s	5 Minutes
U16s	6 Minutes
U18s	7 Minutes

Girls/Women

Age Group	Match Length/Ball Size
U12s (Mixed Gender)	4 Minutes
U14s	5 Minutes
U16s	6 Minutes
U18s	6 Minutes

Rolling subs will be used but need to make Referee/Assistant Referee aware as to not have too many numbers on the field at any time.

OPEN AGE (16+) MEN

The laws can be downloaded here

<https://www.intrl.sport/laws-of-the-game/>

OPEN AGE (16+) WOMEN

The laws can be downloaded here

<https://www.rugby-league.com/uploads/docs/13%20a-side%20Rules.pdf>



WHEELCHAIR

The laws can be downloaded here

<https://www.intrl.sport/laws-of-the-game/>

PHYSICAL DISABILITY RL

The laws can be downloaded here

<https://www.intrl.sport/laws-of-the-game/>

<https://www.rugby-league.com/uploads/docs/Playing%20Rules%20PDR%20Rules.pdf>

MASTERS

The laws can be downloaded here

<https://www.rugby-league.com/uploads/docs/Playing%20Rules%20Masters%20Rules%20A%26S.pdf>

MATCH OFFICIALS

Wales Rugby League shall where possible appoint a qualified, neutral referee for all junior Welsh League fixtures, should they be unable to do so then it is the responsibility of the home team to provide a qualified referee. Both teams are expected to provide a touch judge as per the guidelines for open age fixtures. **It is the specific responsibility of the club Chair or other designated committee member to chaperon match officials and meet them on arrival to show them the changing rooms.**

It is expected that both clubs participating will provide a touch judge each, these will be identified to and briefed by the referee prior to the game, it is expected that this person shall be a qualified match official but shall only advise the referee on in/out touch line decisions and success of attempted goals, the appointed match official's decision shall however remain final. It is expected that the touch judges will make unbiased calls and only concentrate on their role in assisting with the officiating of the game (i.e. they will not become an extra member of coaching staff and issue instructions) and conduct themselves in an appropriate, professional manner.

Side-line Manager

Each team will appoint a side-line manager and make them known to the Match officials. It is their responsibility to manage the discipline of the players and coaches and monitor spectators for any foul and abusive language

Silence Rule immediately after matches.

Without match officials, we do not have games and it is the intention of the WRL to create a positive and safe environment for ALL match officials. We would encourage all match officials to stay after matches and it is the specific responsibility of the club Chair or other designated committee member to chaperon match officials with some food and a drink after games, when they enter the club house and until they leave the club premises.

There will be a 60-minute silence rule for approaching match officials concerning any decisions from the match

Please remember that match officials can still issue cards following the match up until the match official leaves the club premises.

Should you have any concerns over match officials and officiating then please make these in writing to:

WRL Head of Match Officials James Jones Email: James.jones@walesrugbyleague.co.uk

WRL Match Officials Manager and Match officials Coordinator Robert Apsee I: Rob.apsee@walesrugbyleague.co.uk



DISCIPLINARY PROCESS

Following any dismissal, sinbin, or other serious incident (including touchline and spectator offences), the match official shall submit a report to the WRL match officials co-ordinator Rob Apsee by 7pm on the Monday following the game, both clubs' will be notified by 7pm Tuesday and have until 7pm on Friday to provide any mitigating circumstances or additional evidence. The appointed WRL disciplinary panel will then meet to discuss the incident and decide on further actions against individuals/clubs involved. Clubs will be notified of any findings/decisions and will have 48 hours to appeal the decision, appealing a disciplinary finding cost £50 and this needs to be received by the time of appeal. If no defence is submitted to the original hearing, then the right to appeal is forfeited. Any bans handed out by the disciplinary panel, apply to ALL club and representative fixtures, regardless of whether they are WRL, RFL or RLEF sanctioned fixtures and only one fixture per weekend shall be counted on the ban.

All red cards will be a minimum automatic 2 game ban.

Safeguarding

The safeguarding section of the WRL website <https://wrl.wales/safeguarding> contains a wealth of information on the subject and we ask everyone involved in the sport in Wales to read through our policy and supporting literature.

The Safeguarding Policy allows us to be suitably proactive and reactive on the matter. Our proactivity helps us to prevent issues from arising in the first place due to establishing good practices, systems and a strong culture on wellbeing and safety. This includes ensuring people have DBS checks (assessment of their criminal record), attend safeguarding courses, receive education and each club having a trained Child Welfare Officer (CWO). Each club Child Welfare Officer needs to be registered with WRL. The reactive element to our policy empowers people in rugby league to know exactly what to do should anything arise.

Every team should have a qualified coach, first aider and meet the adult to child ratio of 1:16, ensuring two adults are present for every session. All volunteers involved with the team should have DBS clearance, have had a suitable induction and to have attended a safeguarding course. All volunteers, parents, carers, and players should know who the club's Club Welfare Officer is, and who will be transcending the WRL Safeguarding Policy through the club. Safeguarding is the collective responsibility of everyone.

PLAYER WELFARE

Wales Rugby League is committed to player welfare and as such the following guidelines have been put in place. No player under 18 shall be permitted to play rugby league fixtures on consecutive days. This applies only to rugby league - players are welcome to play other sports on the day before or after RL fixtures as these sports are outside of our jurisdiction, as RL is outside theirs. Wales Rugby League actively encourages multiple sport participation amongst junior players in line with the research that suggests it is beneficial in their long-term development. Players over 18 may play on consecutive days if they feel they are physically fit and healthy enough to do so, this decision should be made by the player and clubs' medical staff and coaching staff should not put any pressure on players to do so. All clubs are responsible for ensuring that they have a suitably qualified first aider present at ALL their fixtures. Players are not permitted under any circumstances to play outside (up or down) of their allotted age group.

To raise a concern contact:

WRL General Manager (Head of safeguarding, Club Contact)

Name: Mark Jones General Manager

Contact No: 07886654933

Email: mark.jones@walesrugbyleague.co.uk



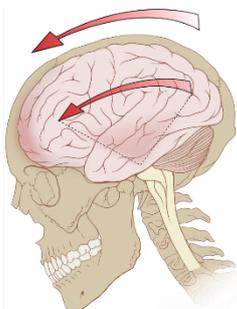
CONCUSSION

Concussion is a brain injury and can be serious, even fatal if the right procedure is not followed.

Coaches and clubs have a duty of care to ensure they manage concussion.

Any player that has sustained a concussion **MUST** be immediately removed from the field of play and referred to a medical professional or hospital for further assessment

There is NO Head Injury assessment in Junior Rugby League



Concussion / Brain injury signs and symptoms

These symptoms should prompt an immediate trip to hospital, especially for any player under the age of 18 years.

- Tonic posture – motionless on floor, one or both arms raised.
- Stumbles and is unsteady on feet even momentarily.
- Stomach-ache, nausea, or vomiting.
- Poor co-ordination and balance / slurred speech.
- Glazed look in eye / pupils dilated.
- Headache / dizziness.

Seek Medical advice

- Inappropriate crying / clutching back of the head / ringing in ears.
- Mixed emotional behaviour – I'm fine leave me alone!
- Doesn't know- time, date, place, opposition or score / generally confused.
- General feeling of being unwell.

Monitor all concussion **if systems persist or worsen go straight to hospital.**



"If in doubt, sit them out"

All club coaches, volunteers and parents should attend Concussion awareness training with Gareth Kear CEO Wales Rugby League. They should also complete the RFL's online concussion modules.

Remember the 4 R's

- **Recognise** the signs and symptoms
- **Remove** the player from play and do not let U18s return **'If in doubt sit them out'**
- **Recover** fully before returning to sport
- **Return** - only after following a **Graduated Return to Play**



Who can remove an injured player from play?

- Match official
- Coach / medical staff
- Parent

On 29 January 2011, 14-year-old Ben Robinson played rugby union for his school. After being treated three times for blows to the head and sent back to the field on each occasion, he collapsed and later died in hospital from **Second Impact Syndrome**

'Treated properly all players make a return to full health'



ANTI-DOPING POLICY

Strict Liability – 100% Me
Your Body
Your Responsibility

Wales Rugby League adheres to the United Kingdom Anti-Doping's (UKAD) policies which includes strict liability of the athlete regarding use, intentional or accidental, of banned substances or techniques.

Wales Rugby League with UKAD will be conducting random drug tests through the season

No person serving a UKAD suspension shall be permitted to play/coach/volunteer in any Wales Rugby League competition, representative side or affiliated club, in lines with the terms set out in their UKAD suspension. Should Wales Rugby League receive any intelligence or information relating to any person(s) violating anti-doping policy then they have a duty to report it to UKAD for them to investigate accusations accordingly.

N.B. Once registered to a club & WRL, players come under the testing rules and that any players retiring must notify club and WRL in writing or they will still be classed as players for testing purposes.

Wales Rugby League prides itself on being a clean sport and works hard to maintain its image.

It is committed to ensuring that high standards are set for fair play and a drug-free sport while protecting the spirit of the game.

It's doing this by increasing the level of awareness of all anti-doping issues.

Wales Rugby League want to create a generation of players who have confidence in their ability to succeed in Rugby League without the misuse of prohibited substances

For more information surrounding anti-doping legislation please refer to www.ukad.org.uk

To check if a substance is banned or contains any banned substance, please use the search tool at www.globaldro.com

To minimise the risk of contamination of over-the-counter supplements, check for the Informed Sport logo, to show that the product has been batch tested.



“Remember, ignorance is not a defence”

To raise concerns or for more information contact:

stephen.jones@walesrugbyleague.co.uk

Code of conduct

The WRL are a member organisation, The code of conduct sets out the terms and conditions upon which all players, Coaches, Volunteers, parents, or anybody involved with the WRL community and representative game agree to conduct themselves. We believe in free speech and our intention is to protect mental health, wellbeing, improve standards and promote rugby league in a positive way.

All club committees agree to comply with the terms of the code of conduct and will enforce this with all players, coaches, volunteers parents or anybody involved with their club. Each club chairman and secretary must agree and sign in writing their acceptance of this club handbook and code of conduct and their responsibility to enforce it. Any complaints are to be made using the appropriate channels and NOT via social media. Each committee and club acknowledge that the purpose of the code of conduct is:

- (a) To safeguard the integrity of WRL, its clubs, courses, pathways, competitions, staff, and volunteers.
- (b) To create a safe positive environment for everyone to enjoy sport.
- (c) To ensure the WRL, its clubs, courses, pathways, competitions, and the game of rugby league is not brought into disrepute.

Sanctions can include.

- Suspension from playing or attending WRL or RFL games or courses.
- Suspension from WRL and RFL competitions and points deductions for clubs.
- Expulsion from development pathways and suspension from representative teams and pathways.
- Expulsion as an individual member or club member of the WRL.

Social Media

(Facebook / Twitter / Instagram / LinkedIn / Messenger / WhatsApp / Zoom / Teams, any other platform)

There will be Zero tolerance for bullying and specifically online or cyber bullying. **The use of foul, offensive, abusive language and images or derogatory personal statements is banned from all social media and websites and platforms.** Whilst personal social media is private to everyone, you must not post comments that are personal and could be deemed offensive, online. Social media comments can be seen and perceived differently by everyone.

WhatsApp and messaging Groups All WhatsApp and messaging groups are for sharing best practice, good ideas, information giving and receiving. **Contravention of this will lead to individual and club sanctions, in serious cases it will be reported to the Police. defamatory or libellous comments will incur legal action against individuals.**



Clubs' Official Social media accounts must be managed professionally. All comments must be of a sporting nature and not of a personal nature that could be offensive. **The club's official social media accounts must not bring the game of Rugby League or the governing bodies of the WRL, RFL, RLEF, IRL or any other body into disrepute.**

Nobody shall engage in discrimination on the grounds of age, ethnic origin, race, gender, special needs including learning and physical disabilities, class or social background, religion, sexual orientation, marital status, pregnancy, colour, or political persuasion. Comments must not break the WRL's policies, particularly relating to equality, diversity, anti-bullying, and harassment.

Before you post or make a comment, ask yourself 'IF' what you are going to say 'IS'
1.True? 2. Necessary? 3.Offensive / abusive / defamatory / libellous

Complaints to **WRL General Manager** Mark Jones Email: mark.jones@walesrugbyleague.co.uk



Club Declaration

You acknowledge and agree to be bound by this Club Handbook, competition rules, Code of Conduct and any other addendums or subsequent updates. You agree to promote inclusion, equality, and diversity.

You acknowledge your fiduciary and legal responsibilities as the Club representatives of a WRL member club in making Rugby League a positive and professional environment. You agree to promote inclusion, equality, and diversity. Finally, you accept the outcomes of any disciplinary actions or sanctions against you or the club you represent, its players, Coaches, Volunteers, parents, or anybody involved with your club. You agree to use best endeavours to abide by all Handbook terms, competition Rules and Code of Conduct.

Signed

Club Chairman

Name Signed
Date

Postal Address

Contact Number

Club Secretary

Name Signed
Date

Postal Address

Contact Number

Social Media Manager

Name Signed
Date

Postal Address

Contact Number

Physiotherapist, doctor or medical qualified person

Name Signed
Date

Postal Address

Contact Number

Club Safeguarding Officer

Name Signed
Date

Postal Address

Contact Number

Club Constitution or articles of association provided (committee elections must be held every two years).