



## **GOLDEN OLDIES RUGBY PLAYING LAWS**

**This is Golden Oldies Rugby and the "Fun, Friendship and Fraternity" that is Golden Oldies must be evident at all times.**

The following Festival playing laws have been approved by the Golden Oldies Secretariat:

- 1) All players must be correctly attired for Golden Oldies Rugby at all times including footwear. (Low profile studs or grass sport shoes).
- 2) These Golden Oldies rules do not permit offside play or un-sportsman like behaviour and have been designed to increase the enjoyment of the game, eliminating over-vigorous play and minimising the chances of injury eg: there is to be no 'cleaning out' around the rucks and mauls.
- 3) The normal rules of Rugby as per the International Rugby Board (IRB) - Under 19 laws - 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 or movement of the scrum.
  - d) There shall be no striking against the head by hookers.
  - e) Defending players may kick the ball only in their own 22.
  - f) In lineouts all 8 forwards must take part. All lineouts shall be set (No quick lineouts).
  - g) Teams scoring a try shall also restart the game by kicking the ball to the non-scoring team.
  - h) Unlimited substitution of players and substituted players may return for injured players.
  - i) Players must observe the offside rule, particularly that of remaining behind the hindmost foot at rucks, mauls and scrums; lineouts to a minimum of 10 metres.
  - j) Each game shall be played over 20 minute periods x three.

- k) All players must observe the restrictions on tackling "older" players.  
These are identified by coloured shorts.

### **Coloured Shorts**

**Up to 59 years Club shorts or red shorts.**

If a player is wearing red shorts in this category it means they do not want to be tackled to the ground or pushed off his feet. Any player in red shorts may be "held" in the spirit of GOR but NOT tackled.

To avoid confusion of this law, overall team uniforms in this age group can not include red shorts.

**60 - 64 years Red shorts**  
Can be claimed. Not tackled

**65 - 69 years Gold shorts**  
Not to be tackled

**70 - 79 Purple shorts**  
Not to be tackled or touched

**80 + Special Committee shorts**  
Not to be tackled or touched

### **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 may be organised at the discretion of both captains.

### **Claiming**

"Claiming" (wrap-around) can best be described using this example:

The player with the ball (a wearer of red shorts) cannot be tackled but may be "claimed" or held by wrapping ones arms around his body (Diagram 1) to prevent further forward movement, but they must not be thrown to the ground and must be able to free the ball to play it. In other words, you can hold them (or 'hug' them gently) but do not tackle them.

The defender can stand in front of the player with the ball (the red shorts player) with outstretched arms to prevent further forward movement, again allowing the player to play the ball (see diagram 2).

Diagram 1



Diagram 2



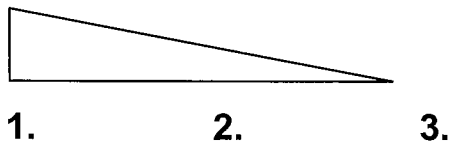
Please Note: - the wearing of specified coloured shorts does not give a player the right to tackle other people wearing similar coloured shorts.

# GOLDEN OLDIES RUGBY WORLD FESTIVALS

## TEAM GRADING SYSTEM

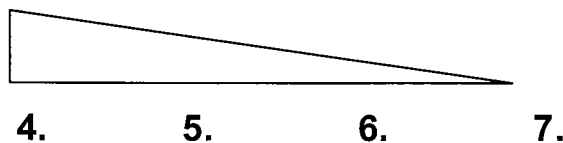
The following grading system has been in place for GO Rugby at International Festivals since the Christchurch event in 1995. This system was devised so teams could enter a festival and play other teams of equal parity in the spirit of the GO Rugby code of Fun, Friendship & Fraternity and under GO Rules.

### Grade 1:



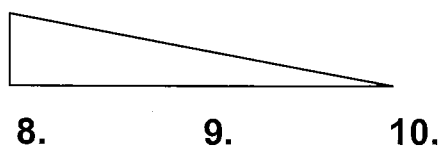
This grade is for the teams who want to play a firmer game of rugby with No.1 being the higher standard, easing off to No.3 for teams who want to play in this grade, but don't want the physical confrontation of No.1. There will definitely be no coloured shorts players in this grade, it is designed for the younger player but still played in the spirit of GO Rugby and GO Rules.

### Grade 2:



This grade is for the teams who want to play the general GO Rugby game under the auspices of Fun, Friendship & Fraternity. Again, this grade works on a sliding scale with No.4 being the higher standard of rugby and so on down the scale.

### Grade 3:



This grade is for the real social team – probably made up of the older players and teams with multiple coloured shorts participants – there purely for the fun of the participation on the rugby field on a “still can do” basis.