

Juniors Modified rules:

5 on the field

Dummy half must pass before running

Defence can't move until first receiver touches the ball.

The ball can hit the ground from a pass or catch so long as it has gone backwards.

Try scoring team kicks off

Kick off's have no height requirements. Defence can't advance until the ball has been touched. If the ball goes out of bounds on the bounce. Just bring it in for a roll ball. Out on the full is a penalty at halfway.

Kick tries are worth 2 points.

Touch and Passes are not penalties – player who passed will roll the ball

Player who rolls the ball cannot split and get the ball back

Mercy Rule: If a team is winning by 5 tries - The opposition can bring an extra player onto the field until the scores are level again.