

# MIXED ABILITY

## rugby laws

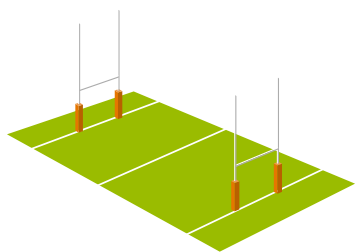


Mixed Ability Rugby is **15 a-side** rugby union played abiding by **World Rugby Laws** for the game with a greater emphasis on rugby's core values (Spirit of Rugby) and the inclusion of all athletes.

Below is a set of rules for playing contact Mixed Ability Rugby in Ontario.

**World Rugby's Game on Law Variations** and **Rugby Canada's Age Grade Law Variations** provides alternatives that Mixed Ability Rugby can abide by to better support athlete's needs, values and abilities.

Any variations that need to be addressed should be discussed with the competing teams and officials during the pre-match talk.



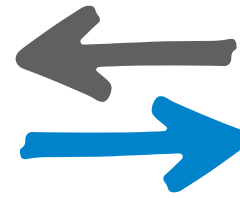
Full sized pitch



Uncontested scrums



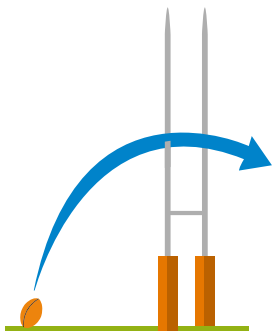
All players can score a try



Rolling substitutions



All players should get match time regardless of their ability.



Any player can take a penalty kick at goal from the penalty mark.



Any player can attempt a conversion opposite where the try is scored.



There is no quota for athletes with disabilities/able bodied athletes, but games are to be played in the Spirit of Mixed Ability Rugby and should be fully inclusive but competitive on the scoreboard.



Mixed Ability Rugby is a contact game. Contact is managed by officials. Players should use their knowledge, experience and information from the pre-game chat to determine level of contact required to make a tackle.



Mixed Ability Matches are played in 2 x 30-minute halves, with a 15min half time in-between.



Pre-match discussions occur before games begin between match officials, and the competing team players about variations that need to be addressed.



In the case of players who need additional support from an experienced player, this should be a member of the team already on the pitch and not added as an extra player.

All rugby athletes should be aware that there is an element of risk attached to playing a contact sport. Clubs, coaches and match officials cannot rule out the potential for injury during a game or practice regardless of ability, experience or pre-match discussions. It is the responsibility of the individual team and clubs to ensure that their players fully understand the risks playing Rugby.