

MINI + YOUTH SPORTS FESTIVAL DUBAI 2026

Quick Rip Rules – Mini & Youth Sports Festival 2026

The attached is provided for consistency.

All are reminded that Quick Rip rugby is played by young players and continual disruption of play does not aid learning or enjoyment, referees are therefore encouraged to use their discretion in applying these rules (except those underlined) to provide equitable and appropriate 'solutions'.

- Quick Rip rugby is a non-contact sport. No fending is allowed
A tackle is made by removing one or both tags of the opposing player carrying the ball (only)
- Tacklers should stop, shout "TAG!" or "RIP!" and hand / return the tag to the tackled player before re-joining play; Players must have two properly fixed Tags to re-join play
- When 'tagged' the ball-carrier must past the ball within three seconds and 2-3 (max) steps; The offside line is in line with the ball
Turnover occurs on the sixth tackle, or when a player steps into touch
- A try is scored with downward pressure onto the ball beyond the try line; Diving (to score) is allowed
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WINNING IS A REWARD, BUT NOT THE AIM – HAVE FUN!

THANK YOU TO ALL THE REFEREES, COACHES AND VOLUNTEERS!



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1.0 **PLAYING AREA**

- 1.1 The seven players on a team will be the only people entitled to be on the playing area during a game. Coaches, substitutes and spectators must not be on the playing area during a game.

DURATION OF PLAY

2.0

2.1

- 3.0 After half time the teams will change ends.

3.1

NUMBER OF PLAYERS

3.2

Games will be played with seven players on the playing area at any one time.

4.0

All players in game day squad must play a minimum of Half a Game

4.1

SUBSTITUTES

4.2.

Substitutes will be rolling with players can return to the field after some time off.

4.3

Substitutes should be made in a stoppage in play and the referee informed.

An injured player can be substituted but only once the injured player has left the playing area.

REFEREES

The referee will carry a whistle.

The referee will shout, "PASS!" when a rip has been made, and "TURNOVER!" after a sixth rip.

The referee will blow the whistle to signal the start of the two halves or when play is to stop.

5.0

The referee will signal to the team who is starting with a free pass, by pointing with an

5.1

outstretched arm towards that team.

5.2

THE 'RIPPA' BELT

5.3

The belt is adjusted to fit the waist of the player and fastened so that two flags hang, one from each side.

5.4

Velcro attaches the flags so they are positioned one on each hip.

Care needs to be taken to ensure that for safety the tail of the belt is tucked away.

The belt must be worn outside the clothing, shirts tucked in and flags free so they can be ripped off.

6.0

If a player accidentally loses a flag when they have the ball, the game will be stopped to

6.1

allow the player to replace the flag. Once the flag has been replaced the game will restart

6.2

with a free pass by the player in possession. The stoppage will not count towards the rip

6.3

count.

6.4

6.5



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7.0 **ATTACKERS**

7.1

7.2 The ball carrier cannot fend defenders off using their hands, or the ball.

8.0 The ball carrier cannot guard or shield their flags in any way.

8.1 **DEFENDERS (RIPPERS)**

8.2 There is no contact in Quick Rip Rugby. Defenders (Rippers) ripping the flag off the belt of the ball carrier stops the ball carrier's progress.

9.0 Defenders (Rippers) cannot physically obstruct or touch the ball carrier.

STARTING PLAY

U8s (Mixed)

One team starts each half of the game from the center of the field with a free pass. (10.1)

9.1

9.2 When a try is scored, the non-scoring team starts at the center of the field with a free pass. (10.1)

U12 and U15 Girls:

9.3 One team starts each half of the game from the center of the field with a drop kick that must travel 7m-10m.

9.4 When a try is scored, the scoring team starts at the center of the field with a drop kick that must travel 7m-10m.

10.0 FREE PASS

10.1 To make a free pass, the player making the pass starts with the ball on the ground, moves

the ball slightly forward using the side of their foot, then picks up the ball and passes the ball backwards to a member of their own team.

10.2 The Defenders (Rippers) must remain five meters back from the player making the free pass. They cannot start moving forward until the ball leaves the hands of the player making the free pass.

10.3 A free pass is also used to re-start play at any time that play has halted and needs to be restarted.

10.4 If the ball travels out of the field of play, the game is restarted with a lineout with the non-offending side throwing the ball in.

10.5 Free passes cannot take place less than five meters from the try line.

10.6 A free pass is also awarded to the non-offending team when their opposition infringes the rules, an offside or for not returning the flag to the ripped player.



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11.0 RIP

- 11.1 To complete a rip one of the two flags from the ball carrier's belt must be removed.
- 11.2 The only person who can be ripped is the ball carrier.
- 11.3 The Defender ('Ripper') must stop, hold the flag above their head and shout "TAG" or "RIP!"
- 11.4 The ball carrier must then pass the ball immediately within (3-seconds and) two-three strides.
He or she does not have to stop, return to the mark or roll the ball between their legs.
- 11.5 Six rips in a row leads to a turnover in possession.
- 11.6 After the ball carrier has passed the ball the Defender (Ripper) must hand the flag back to the player who then reattaches it to their belt before they rejoin play. If either of these players doesn't adhere to this, they will be penalized and a free pass will be awarded to the non-offending team at the place of the infringement.
- 11.7 If a player is diving for a Try and has their tag ripped in mid-air, the try is awarded to the attacker.
- 11.8 If a player is ripped before the try line and doesn't pass before they get over the line, they restart play five meters out from the try line with a free pass.
- 11.9 Restarting the rip count occurs when there is a turnover or when either team is penalized.

12.0 KNOCK ON

- 12.1 When a player knocks the ball towards the opponents' try line and does not regain control of the ball before it touches the ground, another player or the referee, a non-contested scrum is awarded to the non-offending team unless an advantage can be played.

13.0 OFFSIDE

- 13.1 Offside only occurs at a rip.
- 13.2 When a rip is made, all players from the Defender's (Ripper's) team must get back until they are behind the (line of the) ball and tackled player. Failure to do so results in a free pass to the team in possession and the rip count will restart at zero.
- 13.3 If a player is offside and they intercept, prevent or slow down a pass, they will be penalized and a free pass will be awarded to the non-offending team, unless an advantage can be played.

14.0 PASSING THE BALL

- 14.1 The ball can only be passed by the ball carrier in a backwards direction.
- 14.2 Attackers must not pass or hand the ball forward, towards the Defenders' (Rippers') try line.
- 14.3 A non-contested scrum will be awarded to the opposition if an Attacker passes the ball forward or hands the ball to another Attacker.
- 14.4 If the ball is not caught to conclude a pass but is not knocked on, play can continue - the Referee will determine whether or not there is an Advantage (16.0)



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15.0 KICKING

- 15.1 There is kicking in Quick Rip 7s in general play only at U12s & U14s.
- 15.2 No kicking in general play for U8s
- 15.3 If a kick in general play crosses the dead ball line, it is a free pass at the mark from where the kick was made.
- 15.4 If you are 'Ripped' - you cannot kick the ball.
- 15.5 Normal offside rules from kicking situations apply.
- 15.6 There are no conversions or shots at goal.

16.0 ADVANTAGE

- 16.1 Not stopping the game when an infringement happens is called 'advantage'.
- 16.2 Referees should play 'advantage' to the non-offending team if there is any chance that team

may gain an advantage by there being no stoppage in play. i.e. if the non-offending team gains possession of the ball or retains the ball in circumstances that are more favorable than if the referee ruled a free pass.

- 16.3 The referee should call 'advantage' followed by 'advantage over' if an advantage is deemed to have occurred.
- 16.4 If no advantage occurs within a reasonable period, play restarts in the appropriate way.

17.0 GOING TO GROUND

- 17.1 Subject to:
- 17.2 if the ball carrier intentionally goes to ground or a player dives on the ball, a free pass is

awarded to the opposition. [Players can dive for a try or dive on the ball for a try]

18.0 THE SCRUM

- 18.1 These consist of three players from each side.
- 18.2 No pushing – you win your own ball.
- 18.3 Follow the ref's calls to 'crouch - bind - set'.
- 18.4 Both halfbacks must stand next to the scrum and can't advance past the middle of the tunnel.
- 18.5 Players who are not in the scrum and who are not the team's halfback, are offside if they

remain in front of their offside line or overstep the offside line which is 5 meters behind the hindmost player of each team in a scrum.

19.0 THE LINEOUT

- 19.1 If the ball is carried or kicked out of the field of play, the game is restarted with a lineout with the non-offending side throwing the ball in.
- 19.2 The lineout must consist of three forwards from each team and a scrum half.
- 19.3 One player throws the ball in, other players jump for the ball.



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19.4 There is no lifting the jumper must not be assisted.

19.5 Lineouts are Un-Contested U8s and contested in U12 and U15 Girls, but no lifting is allowed.

19.6 The player catching the ball should pass it back to a scrum half or the thrower coming around. Then usual lineout law applies.

19.7 For players not taking part in the lineout, the offside line is 10 meters behind the line of touch

20.0 FAIR PLAY

20.1 All players must play games in a positive spirit following the principles of good

sportsmanship.

20.2 In instances of verbal abuse, physical abuse, poor sportsmanship, intentional offending, repeated offending or any other actions deemed unfair play, dangerous play or misconduct, a referee may send a player to be substituted from the playing area.

20.3 If a player is sent from the playing area by the referee, that player can be replaced by another player for 2mins.

20.4 There shall be no intentional physical contact between players.



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Laws and Variation for Quick Rip 7's

	Quick Rip7's U8	Quick Rip7's U12 - U15 Girls
Field Size	Max 25m x 35m	Max 40m x 70m
Ball Size	Size 2 or 3	Size 4
Team Size	7	7
Substitutions	Rolling from a squad of 12	Rolling from a squad of 12
Discipline and Sanctioning	Misconduct must be handled with a 2min substitution for the offending player	Misconduct must be handled with a 2min substitution for the offending player
Everyone Plays	All players must play minimum of half a game	All players must play minimum of half a game
Match Length	Max 4 x 7min Quarters or 2 x 15min Halves	Max 4 x 7min Quarters or 2 x 15min Halves
Time for Tournament Fixtures	Max 2 x 10min	Max 2 x 10min
Kick Off / Restarts	Tap Kick with pass. After scoring - non scoring team restarts with a tap Opposition must be back 5m - 7m No Kick offs	Drop kick to restart- scoring team restarts with a kick Opposition must be back 7m - 10m Ball must travel 7m - 10m depending on size of pitch used
Scoring	15% of pitch width for 7pt "Try Zone" centre of tryline 7pts inside Try Zone 5pts outside of Try Zone No Conversions No Penalty Goals No Drop Goals	15% of pitch width for 7pt "Try Zone" centre of tryline 7pts inside Try Zone 5pts outside of Try Zone No Conversions No Penalty Goals No Drop Goals
Kicking in General Play	Not Allowed	Allowed
Mark	N/A	N/A
RIP	*RIP* TAG Belts. Tags must be at least 30cm long with velcro contact patch Defending tagger MUST HAND tag back to attacking player after the pass has been made Player must pass within 3 steps from the RIP Turn-over possession after 6th TAG Turn-over possession with a Free Kick if player takes more than 3 steps Defending players must retreat in line with the tagged attacker	*RIP* TAG Belts. Tags must be at least 30cm long with velcro contact patch Defending tagger MUST HAND tag back to attacking player after the pass has been made Player must pass within 3 steps from the RIP Turn-over possession after 6th TAG Turn-over possession with a Free Kick if player takes more than 3 steps Defending players must retreat in line with the tagged attacker
Ruck	N/A	N/A
Maul	N/A	N/A
22 Drop out	Restart with a tap 5m from Try line	Restart with a tap 5m from Try line
Lineout	Uncontested 2 players per team plus thrower (3) Lineout occurs 3m in from the sideline No Lifting No driving from lineout Offside line is 7m back from Lineout	Contested 2 players per team plus thrower (3) Lineout occurs 3m-5m in from the sideline No Lifting No driving from lineout Offside line is 7m back from Lineout
Scrum	Uncontested Scrums 3 man scrum (3) Offside line is 5m back from scrum Scrum half must pass Defending scrum half cannot go past the midline of the scrum	Uncontested Scrums 3 man scrum (3) Offside line is 5m back from scrum Scrum half must pass Defending scrum half cannot go past the midline of the scrum
Penalty	Free-Kick - Tap & Pass opposition 5m back	Tap & Pass opposition 5m back
WR Variations	Fending not allowed to any part of the defenders body with either body or ball	Fending not allowed to any part of the defenders body with either body or ball
Referee	Must call "Rip" and Rip number Must call "Pass" when a Rip has occurred Must call "Turn-Over" on the 6th Rip	Must call "Rip" and Rip number Must call "Pass" when a Rip has occurred Must call "Turn-Over" on the 6th Rip

