TRC CUP

TRC CUP 2026 · 28–29 NOVEMBER

RULES SNAPSHOT

Kampong Java & AIS · the key rules at a glance

	U9	U10	U11	U12	U13	U14	U15
THE TEAMS							
Born in	2017	2016	2015	2014	2013	2012	2011
Format	**12-a-side** half pitch			**15-a-side** full pitch			**10-a-side** half pitch
Squad	**22** on roster · **18** per match			**26** on roster · **23** per match			**15** on roster all can play
Minimum on field	**10**			**12**			**7**
THE MATCH							
Match length	**12 mins** straight, no half-time				**16 mins** straight		**2 × 10 mins** 2 min half-time
Ball size	**4**				**5**		
Kicking in play	No kicking		Own defending 22m only		Allowed · 50:22 applies		
Handoffs	Brush-off only			Below the shoulder			
Restart after a try	Drop kick by the **scoring** team			Drop kick by the **non-scoring** team			
SET PIECES AND KICKS							
Scrum	**6** (3-2-1) · uncontested no No.8 pick-up			**8** (3-4-1) contested 1m max push	**8** (3-4-1) contested 1.5m max push		**5** (3-2) contested 1.5m push, no No.8 pick-up
Lineout	Formed, no lifting			Full, contested no lifting	Full, contested lifting allowed		
Conversion 2 pts · 60 secs	None		Place or drop kick, in front of the posts No charging	Place or drop kick, in line with the try, inside the 15m No charging	**Drop kick only**, up to full width Charging allowed		
Penalty kick for goal	No				**Yes** · 3 pts		No

SAFETY FIRST

Head impact

Off straight away. Back only if the tournament medics clear them. Their call is final.

Scrum MAYDAY

Anyone shouts MAYDAY. Everyone stops pushing, drops to their knees and freezes for the referee.

Ambulance leaves

All play on all pitches stops until it comes back or a replacement arrives.

Lightning

Play stops while the alarm is on. Everyone shelters inside. Play restarts when it turns off.

Emergency

995 ambulance
999 police

Be ready

2 min

Report to your Pitch Marshal 15 minutes before kick-off. Not ready 2 minutes after the start time is a forfeit (20–0).

Pool points

4	2	0
WIN	DRAW	LOSS

Try 5 · conversion 2 · penalty or drop goal 3

Cards

Yellow: 3 mins in the sin-bin, no replacement.

Red: off for the match and the rest of the tournament. Team plays a player down.

Rolling subs

Unlimited, at natural stoppages, with the referee's permission. If one side is short, the other matches its numbers.

Uncontested scrums

A team without a trained front row can call for them but plays a player down, unless the coaches agree. Always 8 in the scrum (5 in U15).

Never allowed

Squeeze ball (penalty) and the **crocodile roll** (penalty). Clear a jackler by driving straight back.

Kit check

Mouthguards at all times, warm-ups included. No jewellery or hair beads. Matching jerseys.

Coaches and touch judges

Up to 2 coaches, inside the technical zone only. Each team gives a touch judge for the match after its own.

U9 · U10

Defence 5m back at the scrum, 7m at the lineout, 10m at a penalty. Penalties and free kicks are taps only.

KICK-OFF

One round of rock-paper-scissors between the captains, overseen by the referee, decides kick-off and ends.

KNOCKOUT TIES

3 mins sudden death (U12–U14 go 12-a-side), then a drop-kick shoot-out, 3 kickers each from the 22.

TRC Cup 2026 Rules first, then JRCS League Rugby Laws 2026, then World Rugby U19 Variations. Full rules from your Team Manager.

Live schedule: **tournifyapp.com/live/trc-cup-2026** · tournaments@trc.sg