



Technical Zone & Sideline Management Guidelines for High School Rugby

The Technical Zone is the area specified for teams and coaches to be around the field during a rugby match. Using these zones is an absolute for organization of the field and safety of players, coaches, referees and spectators. Although tradition has allowed coaches and spectators to roam the field without restriction, these days have passed. We need to utilize structured Technical Zones, much like every other sport at the high school level, to put the best product forward and ensure safe, consistent rugby matches!

COACHES:

- The Technical Zone (TZ) is a space for coaches and players to be staged near the field. It is defined as space in front of the rope/barrier between the 10m line and 22m line*
- Technical zone ends 2m from the touch line to give room for assistant referees & touch judges
- Coaches and players may not cross into the other team's TZ or leave their own TZ
- Teams should reside on the same side as their opposition, NOT opposite sides of the field.
- No more than 3 coaches are allowed in the technical zone
- Coaches should not stand in/near the try zone or anywhere on or around the field of play outside the TZ
- Only coaches who are registered and certified through USA Rugby should be allowed in the TZ Coaches should not huddle with teams on the field after scores

PLAYERS:

- Team benches should be between the 10m line and 22m line* but “behind the rope” and behind the actual technical zone
- Teams should not warm up within 5m of the field of play
- Players warming up must wear a contrasting top to the players on the field (e.g. a pinny)
- Teams should not warm up with balls, cones, or other equipment (e.g. ruck pads)
- If space demands it, teams may warm up in the try zone but only if they access the try zone by staying “behind the rope” without entering the field of play.

FOURTH OFFICIAL/STAT KEEPER

- #4 (Fourth Official) or Match Manager (data tracker) occupies the space between the 10m lines (Administrative Area)
- Chairs may be set up in the Administrative Area for disciplinary purposes
- No coach or player is allowed in the Administrative Area except when requesting a substitution

MEDICAL STAFF:

- Teams may have two medical personnel in the field of play, in front of the rope barriers and potentially on the field if needed.
- Medical personnel may roam either sideline and are not confined to the TZ*
- Only one (1) medical personnel per team is allowed per side of the field*
- Coaches are not allowed onto the field with medical personnel unless explicitly allowed by the match official
- Medical personnel should always introduce themselves to the match official(s) before the match begins to properly identify them as medical
- Coaches should not stand as medical staff, only medical professionals should be allowed to be assigned to a match as a medical professional

WATER CARRIERS:

- Water carriers must stay “behind the rope”* unless the match official signals that they may enter the playing field
- Water carriers should wear pinnies or a distinguishing shirt that clashes with both team's players on the field
- Coaches may not serve as water carriers
- Water carriers should be in the TZ when not bringing water to the players on the field

SPECTATORS:

- Spectators should be on the opposite sideline from the teams unless a second rope or structure is present to prevent mixing of spectators with players/staff/administrators
- Spectators are never allowed in the field of play for any reason.
- Spectators should not be behind the try zone unless stands or stadium seating is provided with proper restraints

*NOTE** - Rarely, a Referees or Match officials may remove any coach, player or spectator from the playing enclosure at any time for negative behavior. This includes stopping the match until the person has left the playing and spectating enclosure.*