

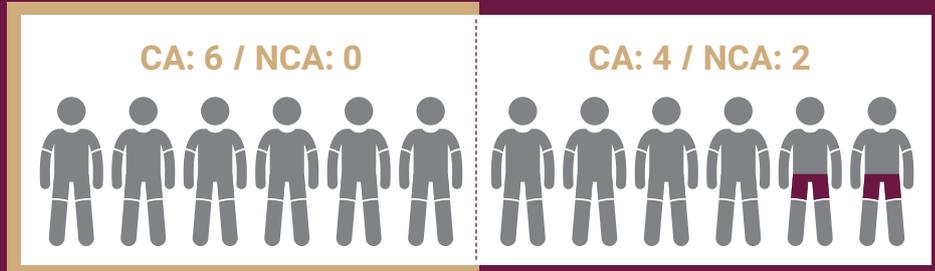
THE FIT LAB
ALL ABILITIES



QLD STATE CUP
2021

RULE ADJUSTMENT

CA: CERTIFIED ATHLETE / NCA: NON-CERTIFIED ATHLETE



PLAYER RATIO: MIN

PLAYER RATIO: MAX

CA

RULE: Tries are worth two (2) points
SIGNAL: Award try. Raise two arms above head
RESULT: Mark two (2) tries on the score card



RULE: CA can run from half
SIGNAL: Play on
RESULT: Play continues. If touched it is deemed as half being caught in possession.



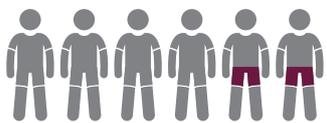
RULE: NCA tries are worth one (1) point
SIGNAL: Award try. Raise two arms above head
RESULT: Mark one (1) tries on the score card



RULE: NCA cannot move more than 1m from the roll ball
SIGNAL: If they move more than 1m it is deemed as half being caught in possession
RESULT: Change of possession.



NCA



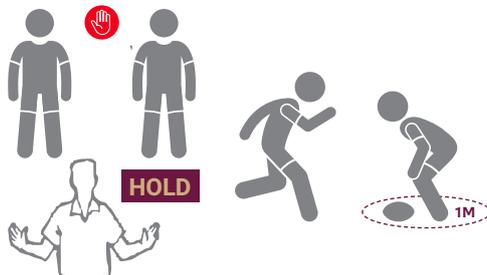
WHOLE TEAM

RULE: 'FAIR PLAY RULE' When a try results in a team having a lead of ten (10) or above the score will be assigned as the final result.
SIGNAL: At half way signal the end of game.
RESULT: Scores are recorded as the final result. Coaches are notified of the final score. Game continues with no additional tries being recorded.

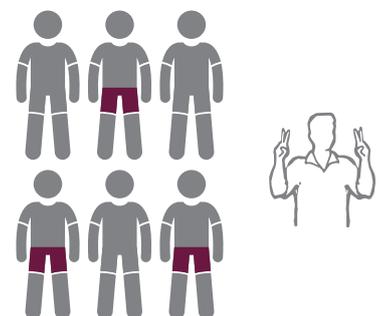
10+



RULE: Defenders cannot move until the half has either passed the ball or moved outside of 1m from the roll ball
SIGNAL: Two arms out with a verbal 'HOLD' call.
RESULT: Players who have advanced must return to an inside position.



RULE: More than two (2) NCA on the field.
SIGNAL: Raise two (2) fingers on each hand
RESULT: Change of possession at half-way





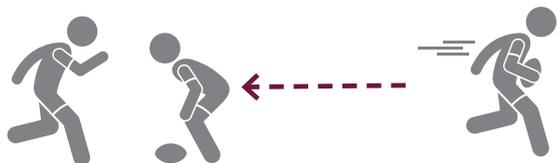
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RULE ADJUSTMENT

INTERPRETATION

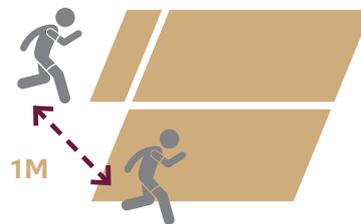
OVER THE MARK

Allow player to return to the mark and re-roll the ball



INTERCHANGE

Allow for a 1m grace distance during the interchanges



« ZERO TOLERANCE »

VERBAL

Verbal abuse at a referee or player whether in the same team or opposition

- **Targeted (directed towards someone)** – player will be forced sub for the remainder of the game (complete process as a send-off)
- **General (frustration/ medical condition)** - player will be forced sub but can return if permitted by their coach

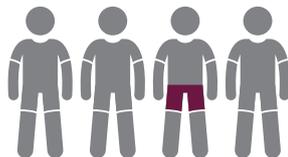
PHYSICAL

NO WARNINGS: Every penalty given for a hard touch will result in a forced substitution

DROP » OFF

FIRST 2 MIN

CA: 4-3 NCA: 1-0



ADDED TIME

CA: 3 / NCA: 0

