

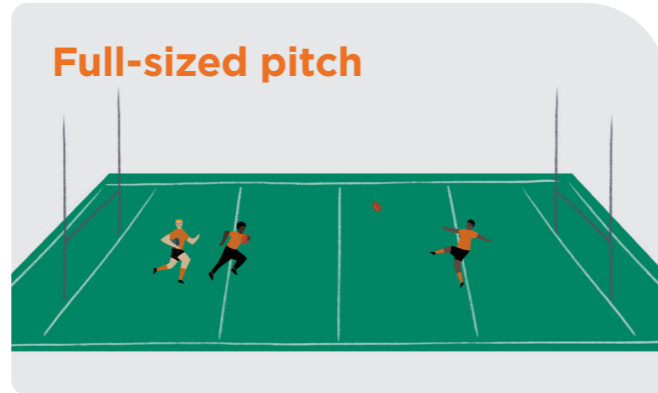
# MIXED ABILITY RUGBY GUIDELINES

## Same rules

Mixed Ability follows the same rules and regulations of World Rugby for the XV-a-side game.



## Full-sized pitch



## Uncontested scrum



## Lifting

Lifting is permitted in the lineouts.



## 15-a-side



## Contact

Mixed Ability is full contact rugby.



## Rolling substitutions



## Communication

Communication between teams is key, with referee involvement.



## Adults only

Mixed Ability is adult / open age rugby as established by National Governing Bodies.



## Gender

Mixed Ability is not mixed genders.



## Quotas

There is no quota for disabled or non-disabled players. The recommended guideline is a 50/50 split on the pitch.



## Kicking

Any player may kick the ball as per the Laws of the game.



## Classifications

Mixed Ability does not classify, identify or grade disabled players.



## Support

Everyone can play and get support on the pitch from their teammates.



## Values

Game is played in the true Spirit of Rugby and embraces the values of: Passion, Respect, Integrity, Solidarity.



## Victory

Mixed Ability is competitive, but victory should not come at all costs.

