

Rheolau Chwaraeon yr Urdd 2025-26

Cystadlaethau Ysgolion
Cynradd



Urdd



ChwaraeonyrUrdd



ChwaraeonUrdd



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Rygbi 7 pob ochr Agored

Rygbi 7 bob ochr Cynradd Cenedlaethol

Mae'r rheolau isod wedi ei gymryd o law lyfr 'Pathways' Undeb Rygbi Cymru.

Manylion Tîm

- Carfan o 12 – 7 ar y cae a 5 eilydd
- Blynnyddoedd 5 a 6 yn unig (dan 11 ar 01 Medi)
- Mae'n rhaid bod y ddau dîm yn rhoi'r un faint o chwaraewyr ar y cae bob amser.

Amser

- Uchafswm o 7 munud yr hanner am pob gêm

Troseddi

- Tacl hyd at y canol neu is ar gorff yr ymosodwr gyda'r bêl yn unig. Os yw'r tacl yn uwch na'r canol, rhoddir pas rhydd i'r tîm di-fai.
- Ni chaniateir 'hand-off' ar unrhyw ran o'r corff
- Dim ond cicio yn hanner eich hun
- Ni chaniateir techneg 'cavalry charge' o bas rhydd. Rhaid i'r derbynnydd dechrau ei rediad o fewn 2 fetr o'r chwaraewr sy'n pasio'r bêl.
- Bydd cerdyn melyn yn arwain at y chwaraewr yn cael ei anfon oddi ar y cae am 2 funud
- Bydd cerdyn coch yn arwain at y chwaraewr yn cael ei anfon oddi ar y cae ac ni chaniateir i'r chwaraewr gymryd rhan am weddill y gystadleuaeth

Ardal Tacl

- Mae'r llinell cam-sefyll 1m nôl o'r pwynt pellaf nôl o'r ardal tacl
- Dim sgarmesu (mauling) o gwbl
- Does dim modd rhwygo'r bel oddi wrth y chwaraewr gyda'r bel
- Un aelod o bob tîm yn cael cystadlu am y bêl
- Chwaraewr gyntaf i'r ardal tacl yn cael pigo'r bêl fyny a rhedeg

Sgrym

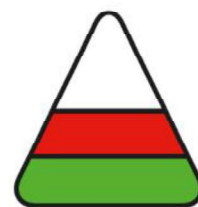
- **Dim gwithio yn y sgrym** - Mae gan y ddau fachwr yr hawl i gystadlu am y bêl
- Uchafswm o 3 chwaraewr yn y sgrym
- Dim ond y mewnwr sy'n cael codi'r bêl o sgrym

Cyffredinol

- Maint cae o'r llinell 5m i'r llinell 10m - chwarae ar draws cae rygbi arferol (30mx60m)
- Maint pêl: 3
- Y tîm wnaeth sgorio i ailddechrau'r chwarae gyda 'drop-kick'
- Dim ond cicio yn hanner eich hun
- Eilyddion hyblyg, chwaraewyr i adael ac ymuno a'r cae wrth linell hanner y cae
- Dim cystadlu yn y line-out 2v2
- Ni chaniateir chwaraewr i ddal y pêl a rhedeg o'r line-out
- Rhaid i'r mewnwr neu pwy bynnag sy'n sefyll yn safle'r mewnwr pasio'r bêl o sgrym, ryc aline out.

Urdd Sport Competition Rules 2025-26

Primary Schools Competitions



Urdd



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National Primary 7 a side Rugby - Open

These rules have been taken from the WRU 'Pathways' handbook.

Squad Details

- Squad of 12 – 7 playing with 5 on the bench
- Years 5 and 6 only (under 11 on the 01 September)
- Both teams must field the same amount of players at the start of each game.

Time

- Maximum of 7 minutes a half for each game

Fouls

- Waist high tackle or lower, if the tackle is above waist height, a free pass is awarded to the non offending team
- Hand offs are not allowed
- Kicking only allowed in your own half
- Cavalry charges are not permitted from a free pass. The receiver must start their run within 2 meters from the passing player.
- A yellow card will result in the player being sent off for 2 minutes
- A red card will result in the player being sent off and not being allowed to participate in the rest of the competition

Tackle area

- The off-side line is 1m back from the furthest back point of the tackle area
- No mauling at all
- You are not allowed to rip the ball from the ball carrier.
- One player from each team permitted to contest for the ball in the tackle area
- First player to the tackle area is permitted to pick and go

Scrum

- No pushing in the scrum – Hookers are allowed to strike for the ball when it's put into the scrum
- Max of 3 players in the scrum
- Only the scrum half can pick the ball up from a scrum

General Rules

- From the 5m to the 10m playing across the pitch. (30mx60m)
- Ball size: 3
- Scoring team to drop out at restart
- Rolling replacements, Players must leave and enter the field of play at the halfway touchline
- Non contested line-out 2v2
- Players are not permitted to catch and go from the line out
- The acting scrum half must pass the ball from rucks, scrums, and line-outs