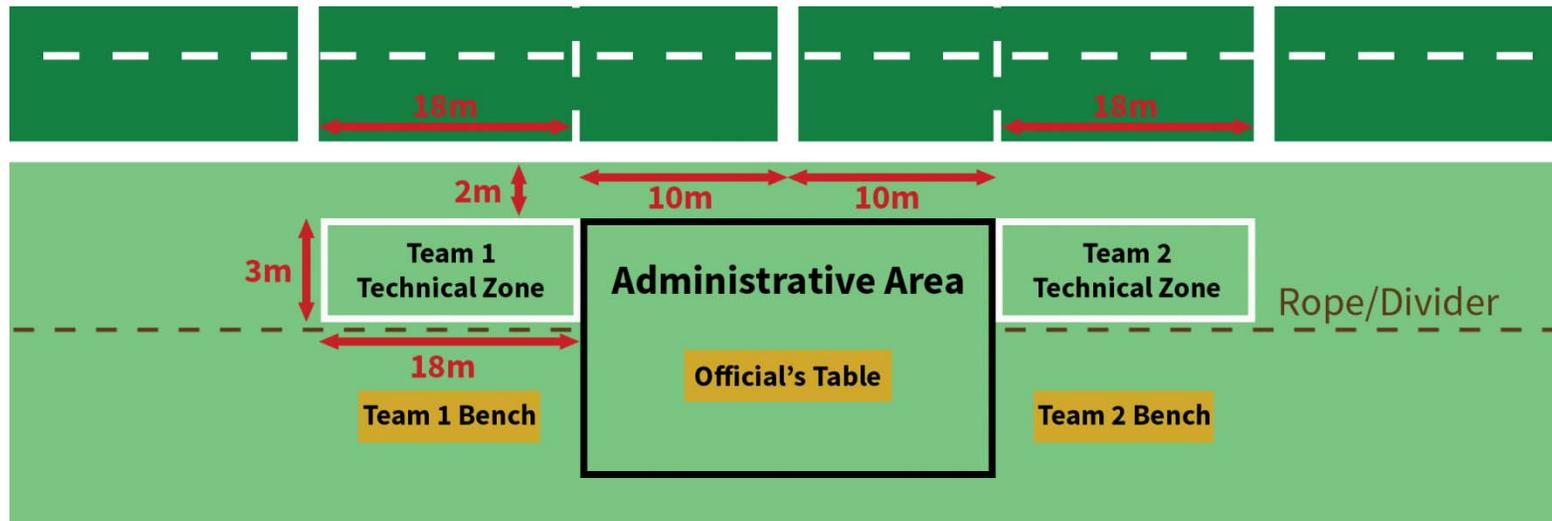




## USA RUGBY TECHNICAL ZONE (TZ) & SIDELINE MANAGEMENT GUIDELINES



- Technical zone (TZ) 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 ARs & touch judges
- Coaches may not cross into the other team's TZ or leave their own TZ
- No more than 2 coaches are allowed in the technical zone
- Coaches should not stand in/near the try zone or anywhere on the field of play
- Uncertified coaches should not be in the TZ
- #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/sin bin purposes
- No coach or player is allowed in the Administrative Area except when petitioning for a substitution
- Teams may have two medical professionals "in front of the rope"
- Medical professionals may roam either sideline and are not confined to the TZ\*
- Only one (1) medical professional per team is allowed per side of the field\*
- Second medical professional must be across from first medical professional on opposite sideline\*
- 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
- Team benches should also be between the 10m line and 22m line\* but "behind the rope" and not in the technical zone
- Spectators should be on the opposite sideline from the teams unless a second rope is present to prevent mixing of spectators with players/staff/administrators
- Water carriers must stay "behind the rope"\* unless the match official signals that they may enter the playing field
- Water carriers should endeavor to wear a top that clashes with players on the field
- Coaches may not serve as water carriers
- Water carriers should not be in the TZ\*
- Coaches should not huddle with teams on the field after scores
- Teams must warm up in the end they are attacking into, not the end they are defending
- Players warming up must wear a contrasting top to the players on the field (e.g. a penny)
- Teams should not warm up with balls, cones, or other equipment (e.g. ruck pads)
- Teams should not warm up within 5m of the field of play
- 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" to and from

\*Variance specific to USA Rugby that differs from the IRB standard

