



HIP DROP TACKLES ARE NOW BANNED

Law 9.13 now names the hip drop tackle as dangerous tackling. It can cause serious leg injuries to the ball carrier.

KNOW IT WHEN YOU SEE IT

1. GRASP



The ball carrier is grasped and tackled from the side or behind.

2. SWING



The tackler swings round or through the ball carrier.

3. DROP



The tackler drops their hips or body weight onto the ball carrier's legs.

THE RESULT

A crumpling action: the ball carrier's legs buckle or twist under the tackler's weight forcefully dropping onto them.

WHAT THE REFEREE WILL DO

PLAY ON

Grasp, drive/slide. A tackle from behind or the side with no swinging action and no dropping of the body onto the legs.

PENALTY

Grasp and swing round or through the ball carrier, with minimal contact on the ball-carrier's legs.

YELLOW OR RED CARD

Grasp, swing and drop with direct, forceful weight onto the legs. The card depends on the degree of danger as judged by the Referee.

DO THIS INSTEAD

1. Track the ball carrier
2. Get low by bending at the waist
3. Wrap the arms while driving legs or sliding down
4. Maintain tight grasp on the ball-carrier's legs.
5. Bring them down **without dropping your weight on their legs.**