

AGE GRADE RUGBY

Thanks for your support of the Age Grade game in your club, school or college. With your support we continue to ensure that Age Grade rugby is Player Centred, Development Driven and Competition Supported ensuring that Age Grade players develop a lifelong love of the game.

To further support your players please:

- Visit Regulation 15 and the Age Grade Codes of Practice. This will detail what is permitted for playing out of age group and combining of teams and the process to do this.

- Check out of season guide for detail of permitted out of season activity.

- Ensure all players are registered on GMS.

- Avoid player conflict by having a conversation with other coaches/teachers and follow the playing calendar.

- Consider different formats of rugby (e.g. non-contact, or modified contact) to best suit needs of the players.

To find out more go to englandrugby.com/agegraderugby

IMPORTANT LINKS

Activate – the RFU's injury prevention programme
www.englandrugby.com/activate

Headcase – concussion information and training
www.englandrugby.com/headcase

RFU Community Rugby & GMS Help Centre:
<https://help.rfu.com>

Age Grade Regulation & rules of play (Regulation 15)
www.englandrugby.com/regulations

Age Grade Codes of Practice
www.englandrugby.com/codesofpractice

Find and book a coaching or refereeing course:
www.englandrugby.com/coaching
www.englandrugby.com/participation/refereeing

COMMUNITY GAME: TACKLE HEIGHT

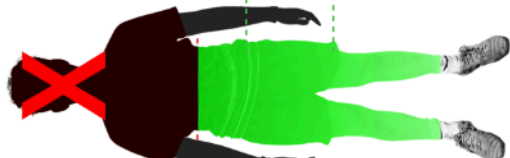
Any tackles above the base of the sternum may be liable for sanction

BELOW THE BASE OF THE STERNUM

RESPECT

We respect our match officials and accept their decision

Find more support online
englandrugby.com/tackleheight



TARGET THE BELLY

OR

TARGET THE THIGHS



DON'T BE A HEADCASE



Recognise

→ Know the signs and symptoms of concussion.

Remove

→ Any player with a suspected concussion must be removed from play/training IMMEDIATELY.

Recover

→ Give players time to recover fully as you would with any other injury.

Return

→ All players must follow the Graduated Return to Activity & Sport (GRAS) programme before returning to playing contact rugby.

Remember...

If in doubt, sit them out!



VALID FROM 1ST SEPTEMBER 2023

ENGLANDRUGBY.COM/AGEGRADERUGBY

#AGEGRADERUGBY

Friendlies, Triangulars & Festivals

Kids First Tag Rugby Course

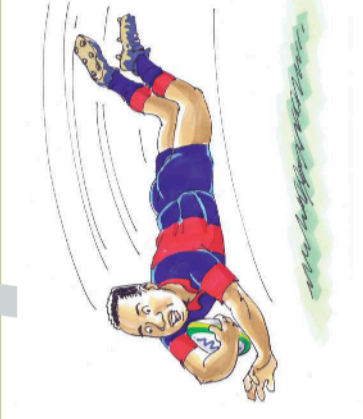
Kids First Contact Rugby Course

+ Waterfall Tournaments

+ Knock out Tournaments

+ Leagues (Girls U16 Age Band and Boys)

England Rugby Coaching Award
England Rugby Referee Award



Max numbers - 4
Max Pitch Size(m) - 20x12
Max mins per half - 10
Max mins per day - 50

U7

+ Tag

+ Tag - 6 tags to score

Max numbers - 6
Max Pitch Size(m) - 45x22
Max mins per half - 10
Max mins per day - 50

U8

+ Contact game starts
+ Tackle including hold

Max numbers - 7
Max Pitch Size(m) - 60x30
Max mins per half - 15
Max mins per day - 60

U9

+ 3 player uncontested scrum
+ Ruck and maul - 1 support player per team
+ Tackle including hold

Max numbers - 8
Max Pitch Size (m) - 60x35
Max mins per half - 15
Max mins per day - 60

U10

+ 3 player scrum - strike, no push
+ Ruck and maul - 2 support players per team
+ Kicking - no fly hack

Max numbers - 9
Max Pitch Size(m) - 60x43
Max mins per half - 20
Max mins per day - 70

U11

+5 player scrum, strike, no push (boys & girls)
+ruck and maul - unlimited (boys and girls)
+ fend off below armpits (boys and girls)

Max numbers - 12
Max Pitch Size(m) - 60x43
Max mins per half - 20
Max mins per day - 70

U12

+Boys 6 player scrum - strike and push (girls U14 option)
+ Boys kicking flyhack (girls U14 option)

Max numbers - 13
Max Pitch Size (m) - 90x60
Max mins per half - 25
Max mins per day - 80

U13

+8 player scrum, number 8 pick and run (boys & girls)
+ Kick at goal (boys & girls)
+Uncontested lineout (boys & girls)

Max numbers - 15
Max Pitch Size(m) -100x70
Max mins per half - 25
Max mins per day - 80

U14

+Boys uncontested lineout - lift permitted (girls U16 option)

Max numbers - 15
Max Pitch Size(m) - 100x70
Max mins per half - 30
Max mins per day - 90

U15

+ Contested lineout - lift permitted (boys & girls)

Max numbers - 15
Max Pitch Size(m) - 100x70
Max mins per half - 35
Max mins per day - 90

U16

Max numbers - 15
Max Pitch Size(m) - 100x70
Max mins per half - 35
Max mins per day - 90

U17

Max numbers - 15
Max Pitch Size(m) - 100x70
Max mins per half - 35
Max mins per day - 90

U18

NEW

REMEMBER IN AGE GRADE RUGBY, THE RULES OF AN AGE GROUP/BAND ARE THE THRESHOLD TO WHICH YOU CAN PLAY, YOU CAN GO BACK A STAGE OR MORE TO SUPPORT THE DEVELOPMENT OF THE PLAYERS, BUT NOT GO BEYOND THE THRESHOLD.

Mixed Rugby

Boys play single age band rugby. Girls play single age band at U12 then dual age band at U14, U16 and U18