

AGE GRADE RUGBY

Important information for the 2022-23 season

- This season is 3rd September 2022 - 1st May 2023

- New Girls Age Bandings have been introduced with a single age band at U12 then dual band at U14, U16 and U18. Regulations have been updated to reflect this.

- Combining of boys teams at U14-18 can continue for the 2022-23 season.

- CB Approval is required for all playing out of age grade requests.

Important reminders:

- All Age Grade club players need to annually affiliate using GMS.

- Every Age Grade player is guaranteed half a game (www.englandrugby.com/halfgame)

- Players who are 17 may play adult rugby only IF the club and player are approved.

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

IMPORTANT LINKS

Activate – the RFU’s injury prevention programme

www.englandrugby.com/activate

Headcase – concussion information and training

www.englandrugby.com/headcase

RFU Club Support centre and GMS help:

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

A GAME FOR EVERYONE.

- Regardless of a player’s wants, needs and motivations rugby union has something for everyone.

- The Touch Union is our non-contact format. It can be played on any surface, with mixed teams and is played 4 to 10 a-side. For players new to the game, who don’t yet want to play contact, or those wanting to develop their skills The Touch Union is a perfect game.

- At U12 and above, XRugby is our modified contact format rugby and can be played as 5, 7 or 10 a-side.

- Great for players wanting to play contact, but with fewer rules and less intensity around contact or those wanting to play a faster game - then XRugby is for them.

- To support delivery of these formats check out our eLearning modules and complete the face to face Kids First Tag (for The Touch Union) or Kids First Contact (for XRugby) CPDs.

Find out more:

<https://www.englandrugby.com/participation/playing/ways-to-play>



DON'T BE A HEADCASE STOP! CHECK FOR CONCUSSION

RECOGNISE
know the symptoms and signs of concussion.

REMOVE
any player you suspect has got a concussion IMMEDIATELY. Arrange for further assessment by a health care professional.

RECOVER
give players time to recover fully as you would with any other injury.

RETURN
all players must follow a step-wise Graduated Return to Play (GRTIP) and must not go back to rugby/sport until they have been cleared to do so by a doctor.

RECOGNISE REMOVE AND IF IN DOUBT SIT THEM OUT!

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To find out more go to englandrugby.com/agegraderugby



Age Group	Max numbers	Max Pitch Size (m)	Max mins per half	Max mins per day	Key Features
U7	4	20x12	10	50	+ Tag
U8	6	45x22	10	50	+ Tag - 6 tags to score
U9	7	60x30	15	60	+ Contact game starts + Tackle including hold
U10	8	60x35	15	60	+ 3 player uncontested scrum + Ruck and maul - 1 support player per team + Tackle including hold
U11	9	60x43	20	70	+ 3 player scrum - strike, no push + Ruck and maul - 2 support players per team + Kicking - no fly hack
U12	12	60x43	20	70	+ 5 player scrum, strike, no push (boys & girls) + ruck and maul - unlimited (boys and girls) + fend off below armpits (boys and girls)
U13	13	90x60	25	80	+ Boys 6 player scrum - strike and push (girls U14 option) + Boys kicking flyhack (girls U14 option)
U14	15	100x70	25	80	+ 8 player scrum, number 8 pick and run (boys & girls) + Kick at goal (boys & girls) + Uncontested lineout (boys & girls)
U15	15	100x70	30	90	+ Boys uncontested lineout - lift permitted (girls U16 option)
U16	15	100x70	35	90	+ Contested lineout - lift permitted (boys & girls)
U17	15	100x70	35	90	
U18	15	100x70	35	90	

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

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