

Law Variations for Age Groups

High School & U19 Boys, High School & U19 Girls

Standard Laws and IRB U19 variations apply:

Field Size: **90 to 100 yards (goal line to goal line) by 60 to 70 yards.**

Game duration: **2 x 35 minutes**

Interval duration: **10 minutes maximum**

Ball Size: **5**

Maximum team roster per game: **23**

Number of substitutes: **7**

Size of the scrum: **8 (3/4/1)**

LAW 3: NUMBER OF PLAYERS - THE TEAM

3.5 (c) If a team nominates 22 players, it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose head prop, hooker and tight head prop.

If a team nominates more than 22 players it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose head prop, hooker and tight head prop. There must also be three players who can play in lock position.

3.12 A player who has been substituted may replace an injured player.

LAW 5: TIME

5.1 Each half of an Under 19 match lasts 35 minutes playing time. Play in a match lasts no longer than 70 minutes. After a total of 70 minutes playing time, the referee must not allow extra time to be played in the case of a drawn match in a knock-out competition. (No overtime in league matches -- only in playoff & championship matches.)

LAW 20: SCRUM

20.1 (f) In an 8 person scrum the formation must be 3-4-1, with the single player (normally the Number 8) shoving on the 2 locks. The locks must pack with their heads on either side of the hooker.

Exception: A team must have fewer than eight players in its scrum when **either** the team cannot field a complete team, or a player is sent off for Foul Play, **or** a player leaves the field because of injury.

Even allowing for this exception, each team must always have at least five players in a scrum.

If a team is incomplete, the scrum formation must be as follows:

If a team is without one player, then both teams must use a 3-4 formation (i.e. no No.8).

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If a team is without two players, then both teams must use a 3-2-1 formation (i.e. no flankers).

If a team is without three players, then both teams must use a 3-2 formation (i.e. only front rows and locks).

When a normal scrum takes place, the players in the three front row positions and the two lock positions must have been suitably trained for these positions.

If a team cannot field such suitably trained players because: either they are not available, **or** a player in one of those five positions is injured **or** has been sent off for Foul Play and no suitably trained replacement is available, then the referee must order uncontested scrums.

In an uncontested scrum, the teams do not compete for the ball.

The team putting in the ball must win it. Neither team is allowed to push the other team away from the mark.

Front rows coming together. Each prop touches the opponent's upper arm and then pause before the front rows meet.

The sequence should be: crouch, touch, pause, engage.

No wheeling. A team must not intentionally wheel a scrum.

Penalty: Penalty Kick

If a wheel reaches 45 degrees, the referee must stop play. If the wheel is unintentional, the referee orders another scrum at the place where the scrum is stopped.

Maximum 1.5 meters push. A team in a scrum must not push the scrum more than 1.5 meters towards their opponents' goal line.

Penalty: Free Kick

Ball must be released from scrum. A player must not intentionally keep the ball in the scrum once the player's team has heeled the ball and controls it at the base of the scrum.

Penalty: Free Kick

Fend offs: Fend offs to the face are not allowed as this is considered dangerous play.

N.B.: If a team shows with fewer than 15 players the referee will declare it a friendly and report the game as a forfeit for the team with insufficient numbers. The Referee will ask for both teams to have equal numbers of players on the field. The minimum size of the scrum is 5 (3/2) and the defending scrum-half is not to go past the midline of the scrum (Penalty: Penalty Kick).

U16 Boys – 15-a-side Rugby

Standard Laws and IRB U19 variations apply plus:

Game duration: **2 x 30 minutes**

N.B.: If a team shows with fewer than 15 players, the referee will declare it to be played as 12-a-side rugby.

U16 Boys – 12-a-side rugby (if a team has 14 players or fewer)

Standard Laws and IRB U19 variations apply plus:

Game duration: **2 x 30 minutes**

Size of the scrum: **5 (3/2 formation)**

Minimum number of experienced front row starters: **3**

Around the scrum: Defending scrum-half is not to go past the midline of the scrum.

Penalty: Penalty Kick

Line-out variation: A minimum of 2 and maximum of 4 players stand in the line-out.

N.B.: If a team shows with fewer than 12 players the referee will declare it a friendly and report the game as a forfeit for the team with insufficient numbers. The Referee will ask for both teams to have equal numbers of players on the field. The minimum size of the scrum is 5 (3/2).

U14 Boys – 15-a-side Rugby

Standard Laws and IRB U19 variations apply plus:

Game duration: **2 x 25 minutes**

Ball Size: **4**

N.B.: If a team shows with fewer than 15 players, the referee will declare it to be played as 12-a-side rugby.

U14 Boys – 12-a-side Rugby (if a team has 14 players or fewer)

Standard Laws and IRB U19 variations apply plus:

Game duration: **2 x 25 minutes**

Size of the scrum: **5 (3/2 formation)**

Minimum number of experienced front row starters: **3**

Around the scrum: Defending scrum-half is not to go past the midline of the scrum.

Penalty: Penalty Kick

Line-out variation: A minimum of 2 and maximum of 4 players stand in the line-out.

N.B.: If a team shows with fewer than 12 players the referee will declare it a friendly and report the game as a forfeit for the team with insufficient numbers. The Referee will ask for both teams to have equal numbers of players on the field. The minimum size of the scrum is 5 (3/2).

U12 Boys – 12-a-side Rugby

Standard Laws and IRB U19 variations apply plus:

Game duration: **2 x 20 minutes**

Interval duration: **5 minutes maximum**

Ball Size: **4**

Maximum team roster per game: **23**

Number of substitutes: **13**

Size of the scrum: **5 (3/2 formation)**

Minimum number of experienced front row starters: **3**

Around the scrum: Defending scrum-half is not to go past the midline of the scrum.

Penalty: Penalty Kick

Line-out variation: A minimum of 2 and maximum of 4 players stand in the line-out.
No lifting.

N.B.: If a team shows with fewer than 12 players, the referee will declare it to be played as 10-a-side rugby.

U12 Boys – 10-a-side Rugby (if a team has 11 players or fewer)

Standard Laws and IRB U19 variations apply plus:

Game duration: **2 x 20 minutes**

Interval duration: **5 minutes maximum**

Ball Size: **4**

Size of the scrum: **5 (3/2 formation)**

Minimum number of experienced front row starters: **3**

Around the scrum: Defending scrum-half is not to go past the midline of the scrum.

Penalty: Penalty Kick

Line-out variation: A minimum of 2 and maximum of 4 players stand in the line-out.
No lifting.

N.B.: If a team shows with fewer than 10 players the referee will declare it a friendly and report the game as a forfeit for the team with insufficient numbers. The Referee will ask for both teams to have equal numbers of players on the field. The minimum size of the scrum is 5 (3/2).

U16 Girls – 10-a-side Rugby

Standard Laws and IRB U19 variations apply plus:

Game duration: **2 x 15 minutes**

Interval duration: **5 minutes maximum**

Ball Size: **5**

Maximum team roster per game: **17**

Number of substitutes: **7**

Size of the scrum: **5 (3/2 formation)**

Minimum number of experienced front row starters: **3**

Minimum number of experienced front row substitute: **1** (if more than 11 players on the roster)

Around the scrum: Defending scrum-half is not to go past the midline of the scrum.

Penalty: Penalty Kick

Line-out variation: A minimum of 2 and maximum of 4 players stand in the line-out.

N.B.: If either team shows with fewer than 10 players, the referee will declare it to be played as 7-a-side rugby and variations are amended as follows:

U16 Girls – 7-a-side Rugby

Field Size: **60 to 70 yards (goal line to goal line) by 40 to 50 yards.**

Game duration: **2 x 12 minutes**

Maximum team roster per game: **12**

Number of substitutes: **5**

Size of the scrum: **3**

Conversion Kick: Kick does not have to be a drop goal; kicker may use a tee. Opposing team must stand behind goal line, etc.

Kick-off: After a score, the team that has scored receives the kick-off.

N.B.: If either team shows with fewer than 7 players the referee will declare it a friendly and report the game as a forfeit for the team with insufficient numbers.

U14 Girls – 7-a-side Rugby

Standard Laws and IRB U19 variations apply plus:

Field Size: **60 to 70 yards (goal line to goal line) by 40 to 50 yards.**

Game duration: **2 x 12 minutes**

Interval duration: **5 minutes maximum**

Ball Size: **4**

Maximum team roster per game: **12**

Number of substitutes: **5**

Size of the scrum: **3**

Minimum number of experienced front row starters: **3**

Minimum number of experienced front row substitute: **1** (if more than 11 players on the roster)

Around the scrum: Defending scrum-half is not to go past the midline of the scrum.

Penalty: Penalty Kick

Line-out variation: A minimum of 2 and maximum of 4 players stand in the line-out.

Conversion Kick: Kick does not have to be a drop goal; kicker may use a tee.

Opposing team must stand behind goal line, etc.

Kick-off: After a score, the team that has scored receives the kick-off.

U10 Coed – 10-a-side rugby

Standard Laws and IRB U19 variations apply plus:

Field Size: **50 to 70 yards (goal line to goal line) by 30 to 35 yards.**

Game duration: **2 x 20 minutes**

Interval duration: **5 minutes maximum**

Ball Size: **3**

Maximum team roster per game: **22**

Number of substitutes: **10**

Size of the scrum: **3**

Uncontested Scrums: the teams do not compete for the ball.

Penalty: Free Kick

Around the scrum: Defending scrum-half is not to go past the midline of the scrum.

Penalty: Penalty Kick

Line-out: Minimum of 2 and maximum of 4 players stand in the line-out. No lifting.

Fend off: Fend offs are not allowed in U10 rugby.

Scoring: No kicking for posts, either from penalty or for conversion.

N.B.: If a team shows with fewer than 10 players, the Referee will ask for both teams to play 7-a-side and have equal numbers of players on the field.

U10 Coed – 7-a-side rugby

Standard Laws and IRB U19 variations apply plus:

Field Size: **50 to 70 yards (goal line to goal line) by 30 to 35 yards.**

Game duration: **2 x 12 minutes**

Interval duration: **5 minutes maximum**

Maximum team roster per game: **12**

Number of substitutes: **5**

Size of the scrum: **3**

Uncontested Scrums: the teams do not compete for the ball.

Penalty: Free Kick

Around the scrum: Defending scrum-half is not to go past the midline of the scrum.

Penalty: Penalty Kick

Kick-off: After a score, the team that has scored receives the kick-off.

Line-out: Minimum of 2 and maximum of 4 players stand in the line-out. No lifting.

Fend off: Fend offs are not allowed in U10 rugby

Scoring: No kicking for posts, either from penalty or for conversion.

U8 Coed – 7-a-side Rugby

Standard Laws and IRB U19 variations apply plus:

Game duration: **2 x 15 minutes**

Ball Size: **3**

Maximum team roster per game: **18**

Number of substitutes: **11**

Size of the scrum: **3**

Minimum number of experienced front row starters: **3**

Minimum number of experienced front row substitute: **1** (if more than 11 players on the roster)

Kick-off: After a score, the team that has scored receives the kick-off.

Uncontested Scrums: the teams do not compete for the ball.

Penalty: Free Kick

Around the scrum variation: The defending scrum-half is not to go past the midline of the scrum.

Penalty: Penalty Kick

Line-out variation: A minimum of 2 and maximum of 4 players stand in the line-out. No lifting.

Fend off: Fend offs are not allowed in U8 rugby.

Scoring: No kicking for posts, either from penalty or for conversion.