



AGE GRADE LAW VARIATION

P7(U12)



Our Game: Ethos & Values

Rugby is a game for everyone; all ages, levels of experience and body types. Young people can prosper through rugby in an environment where having fun, learning and building confidence are prioritised.

It is the responsibility of all adults in the game to create an environment that is player-centred, development-driven and competition-supported. This applies to coaches, teachers, parents, volunteers and supporters.

Half Game Rule

To ensure ALL players have the opportunity to develop and enjoy rugby, the 'Half Game Rule' will continue this season – encouraging all clubs and schools to give at least HALF GAME to ALL players in a squad. Clubs and Schools are encouraged to:

- Put the players at the heart of everything they do and the decisions they make.
- Encourage enjoyment on the pitch through realistic expectations of the players.
- Build the skills adults in the game to provide a safe, healthy and respectful environment.
- Champion Scottish Rugby's core values of Leadership, Engagement, Achievement, Enjoyment and Respect.

Age Grade Law Variation (AGLV) Trials

AGLVs exist to make rugby safe, enjoyable and appropriate for a player's development. The most recent AGLVs for the mini and boys' youth game were introduced in the 2018/19 season. Analysis will be carried out to measure the impact of the AGLVs on the development of the fundamental skills of the players in line with the Technical Blueprint.

Managing Mismatches

Sometimes, a game may become one sided due to a disparity in the experience and ability of the players on the respective teams. Should a game have a 10-point lead (1 point for a try) think about ways improve the playing environment and play the remaining game-time as a development match. Options available include but are not limited to:

- Rest stronger players and provide more game-time to less experienced players.
- Play players out of position to help develop different skills.
- Asking individual players to play for the opposition, or mixing teams completely, can provide a different challenge and help develop communication skills.
- Ask the referee to introduce law variations to condition games e.g., minimum number of passes/phases, certain players not allowed to score.

Putting player first

5 steps to player welfare

**IF IN
DOUBT,
SIT
THEM
OUT.**

If in doubt, sit them out!

If a player is suspected of having a concussion, they must be immediately removed from play.

- A concussion is a brain injury.
- All concussions are serious.



Train to prevent injuries

- Nurture players returning from injury - they are at increased risk of injury.
- Undertake high risk training (contact, sprints) at low risk times (when not fatigued).
- Injury prevention: it's in the balance (exercises).



If they are on the deck, think about the neck

- Don't shake them, don't roll them, don't sit them up.
- Think about the spine, keep it in line and take your time.
- Stop the game and ask about pain.
- An unconscious player has a neck injury until proven otherwise.



Be a lifesaver; know your A-B-C

- A: Airway, B: Breathing, C: Circulation
- Saving a life always starts with A
- If you don't have an A you won't have a B or C
- Airway: open it, clear it, maintain it



Kick infection into touch

- Don't share your blood on clothes and towels; blood spreads infection; wash it or dispose of it
- A wound neglected is a wound infected
- The solution to pollution is dilution - wash the wound with large amounts of water

Active, Purposeful, Enjoyable & Safe

How does this look in practice

APES Key Points		Top Tips
		Youth
Activity	Keep high levels of activity in the session. Ensure every player is receiving the same opportunity to take part.	<p>Avoid Queues.</p> When running skill or technique zone activities, try to minimise the number of people waiting in a queue. Use multiple stations where possible.
Purpose	Have a clear purpose to your session, and stick to the plan. Share this with your players, fellow coaches and parents.	<p>Core skills at the heart of training.</p> Use the Technical Blueprint to ensure you develop competence of core skills before progressing.
Enjoyment	Most of all, above anything else, we need to create a rugby experience which is enjoyed by everyone. Set appropriate levels of challenge for players – too much and it won’t be enjoyable, too little and they’ll be bored.	<p>Understand your players.</p> Players may be under pressures out with rugby – remember that this might be their release. Keep training fun to make sure players stick with rugby.
Safe	Safety is paramount. Do everything you can to minimise the risk of injuries. Ensure there is a safe environment within the team to value everyone as an individual.	<p>ACTIVATE programme.</p> Use the activate warm-up programme to develop players’ physical competence and reduce injury risks.

Remember – If in doubt, sit them out!

Overview

P7 Rugby sees the continued development of the breakdown, scrum and kicking. The emphasis is still on small-sided games, ensuring that players are involved as much as possible. Lineout shape is introduced, with the core skills of throwing and catching overhead being the focus.

The breakdown is increased to up to 2 supporting players per team, so that players can practice their decisions and techniques with a bit more pressure from other players - whilst still allowing referees to be able to see clearly what is taking place.

Kicking is introduced as it is a key attacking skill - as a coach look to encourage attacking kicks such as grubbers and chips. This in the long run will give defenders another thing to worry about!

Players	10
Pitch Size	Half Pitch (60m x 40m with 5m In-goals)
Ball Size	4
Max. Game Length	40 minutes
Max. Playing Time in Festival	60 minutes
Scoring	1 Point per Try
Tackle	Yes – Below Waist
Handoff	Yes - Not to Head or Neck
Breakdown	Up to 2 supporting players per team
Scrum	5 players per team, contested hook, no push, 9 must pass
Lineout	Uncontested, minimum of 5 per team (Hooker + 4). Team that throws in, wins the ball
Kick Off/ Restarts	Drop Kick to start Game/Half. Drop Kick or Tap & Pass to the team that conceded after a try
Open Play Kicking	Allowed from hand and anywhere on the pitch



Tackle

- All tackles should be on or below the waist (belly button) of the ball player.
 - **Sanction: Free Kick to non-offending team.**
- No swing tackles: The tackler is responsible for safely bring the ball carrier to the ground – throwing the ball carrier to ground is not permitted.
 - **Sanction: Free Kick to non-offending team.**

Referee Guidance:

- As players tire, tackle height may increase – if a tackle is made in the AMBER zone (between armpits and waist) a referee can play on as long as the ball isn't prevented from being played (targeting the ball)



Handoff

- Handoff Permitted – no contact to be made to the head or neck of the defending player.
 - o **Sanction: Free Kick to the non-offending team.**

Referee Guidance:

- o Encourage the Ball Carrier to hold the ball in two hands in and near contact situations – this will allow them to have greater control of the ball to pass and offload.
- o Encourage the Ball Carrier to use evasive footwork.

Breakdown

Rationale

The rationale for limiting the number of players at the breakdown is to provide players with the best chance to develop safe and correct technique. This allows coaches and referees to clearly identify where and when laws are being broken and to help players develop the correct technique.

Number of Players

- Up to 2 supporting players per team can enter the breakdown
 - **Sanction: Free Kick to the non-offending team**
- Tackler: If the tackler, on completion of the tackle, releases the ball carrier, returns to their feet and is the first to enter the breakdown from that team - then the defending team can still put 2 supporting players to assist in the completion for the ball

All Breakdown laws regarding player entry apply as per the full World Rugby laws

When is the breakdown over?

- As per full World Rugby Laws

New World Rugby Law

- Cleanout and safety of the 'jackler' (defined as the first arriving team-mate of the tackler, who must remain on their feet to contest directly onto the ball. If previously involved in the tackle, they must first clearly release the ball carrier before contesting for the ball) - clean outs which target or drop weight onto the lower limbs are no longer permitted.
 - **Sanction: Free Kick to the non-offending team**

Scrum

- Nearest 5 players from each team should form the scrum (3 front row, 2 second row)
- Scrum is CONTESTED - both hookers can strike for the ball
- No push - both front rows can lean against each other through
 - **Coaching Guidance:** Encourage the front row players to lean against the opposition to introduce them to a bit of pressure. This can be done by having the front row players place their feet back and drop their knees towards the ground
- Scrum half must pass. Defending Scrum Half must remain at the mid-point of the scrum
- Each team must be 5m back from the hindmost point of the scrum
- Defending team can move forward once the ball has been passed by the scrum half

- o **Sanction: Free Kick to attacking team at point where the defence were offside**

Lineout

Lineouts are introduced for the first time at P7. The objective at this age group is to develop the skills of throwing, catching the ball overhead and explore how to attack/defend with a group of players gathered.

Set Up

- Each team must have at least 5 players in the lineout (Hooker + 4 others)
- The first player in the lineout to set 1.5m from the touchline

Actions

- The lineout is uncontested - the team that throws the ball must be allowed to catch
- The catcher must pass the ball to scrum half
- The scrum half must pass or run beyond the rear of the lineout
- Defenders in the lineout cannot leave until the ball has passed the rear of the lineout
 - o **Sanction: Free Kick to the non-offending team at the place where the offence was committed**

When is the lineout over?

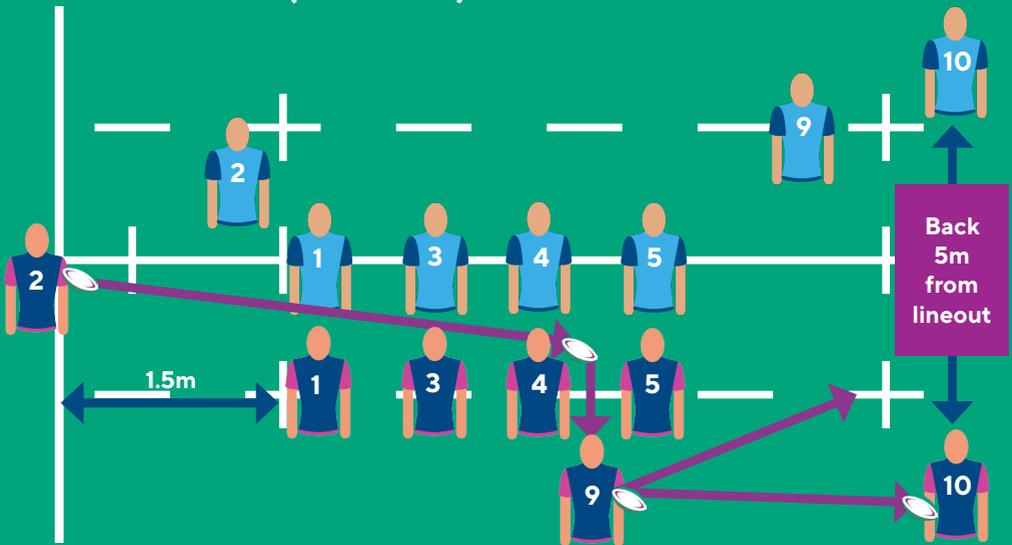
- If the ball is thrown by the hooker over the last player in the lineout
- Once the scrum half or the ball passes the last player in the lineout
- If the catcher knocks on, play advantage to if the opposition regather possession. If no advantage - Scrum to opposition.

Players not in the lineout

- All players, attacking and defending, not involved in the lineout must be at least 5m back from the midpoint of the lineout
- Players can move forward once the lineout is over (see 'When is the lineout over?')
 - o **Sanction: Free Kick to the non-offending team at the place where the offence was committed**

Lineout Set Up for P7 Rugby

Scrum Half and Defence - P7 Minimum 5v5 - (Hooker + 4)



Lineout defence:

- Cannot run through lineout
- Cannot leave the lineout until scrum half has run or passed beyond the 5 or 15m line

Catcher

- Must pass to the scrum half
- Cannot turn and run
- Cannot set up maul

Scrum Half

- Must be allowed to run
- Cannot run through lineout
- Cannot delay pass or run

Players not in lineout

- Must be back 5m from lineout
- Can move forward when the ball passes the rear of the lineout

Restarting the Game

Kick Offs

- Each half starts with a Drop Kick from the centre of the pitch
- The kick must travel 5m
- Defending players must be at least 5m back when the kick is taken

Restarting After a Try

- After a try is scored, the team that conceded the try starts with the ball.
- This team can either choose to take a drop kick or a tap and pass
- If tap and pass is chosen, defenders must be 5m back and can move forward once the first receiver touches the ball
 - **Referee Guidance:** Encourage the first receiver to find space via evasive footwork or to pass to a teammate in a better position
- New World Rugby Law - There is no goal line dropout when the ball carrier held up in-goal or knock on by attacking team in-goal - Tap and pass from 15m line to defending team (See diagram below)

Free Kicks

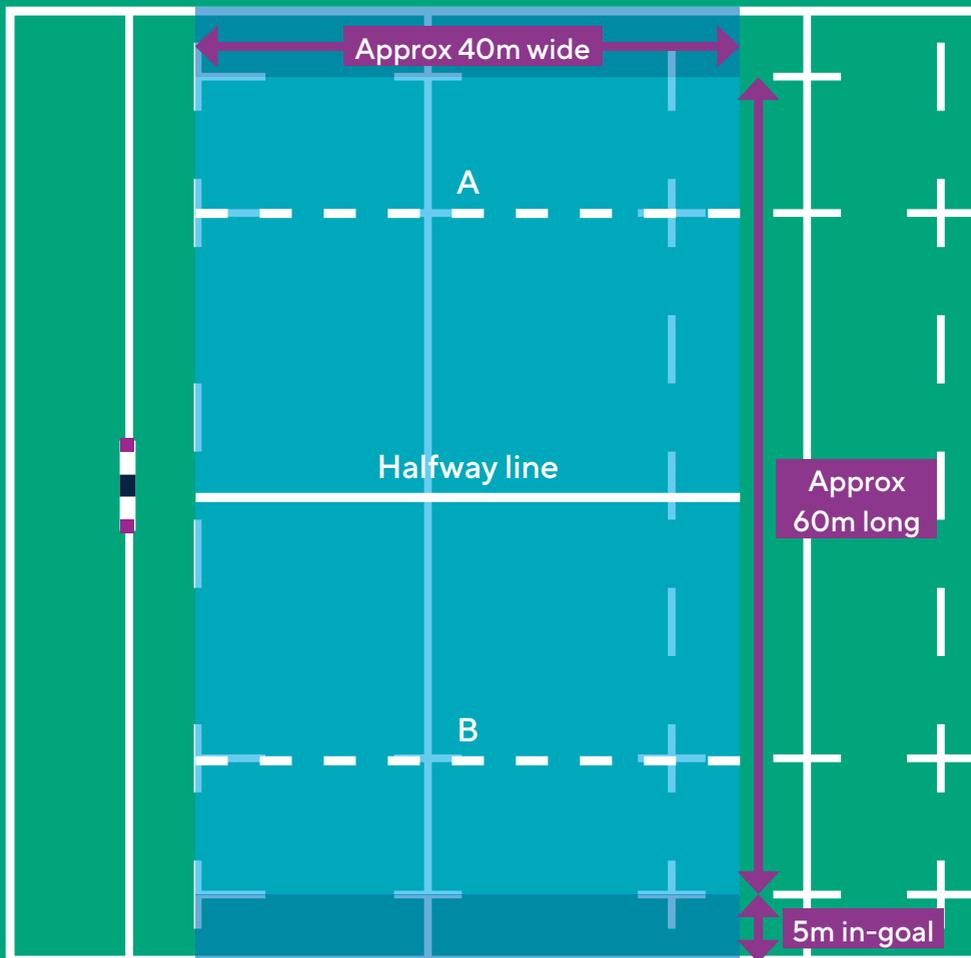
- Defending Team
 - Must be 5m back from where the free kick was taken before attempting to make a tackle
- Attacking Team
 - Ball must leave hands when tapped
 - Players can take a quick tap from on or behind the referee's mark
 - Player can run or pass after making the tap

Open Play Kicking

- Attacking kicks from hand permitted
- If the ball is on the ground, it cannot be kicked, players must pick up the ball before kicking
 - **Sanction: Free Kick to the non-offending team at the point where the ball was kicked**
- When attacking kick goes over the dead ball line (at the back of the in goal)
 - **Sanction: Free Kick to the non-offending team at the point where the ball was kicked**

- New World Rugby Law: There is no goal line drop out if an attacking kick is touched down in the in-goal area by a defensive player = Tap and Pass from the 15m line
- **Referee Guidance:** Usual laws around offside at the kick apply - make sure that you communicate with players to prevent them being offside. If it's only slight use your discretion to ensure the game flows.
- **Sanction for being offside at a kick: Free Kick to the non-offending team at the point where the ball was kicked**
- **Coaching Guidance:** Encourage players to use attacking kicks such as grubbers or chips or to kick to space.

Half Pitch Set Up for 10 a-side games



Concussion Management

Any player with a suspected head knock or concussion should be immediately removed from play in a safe manner.

They must not return to activity that day. If a neck injury is suspected, players should be removed under the direction of a healthcare professional.

In all cases of suspected concussion, it is recommended that medical advice is sought early. These may include the players' GP or NHS 24 (Dial 111)

Return to sport, once symptom free, should be graduated. Please refer to Scottish Sports Concussion Guidance for more information or visit [sportscotland.org.uk](https://www.sportscotland.org.uk)

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