



# AGE GRADE LAW VARIATION

## U12 (P7) Blueprint Laws



# Age Grade Law Variations (Blueprint Laws)

## Building for the future

The Age Grade Law Variations (AGLVs) have been created to provide players with a fun, inclusive game which layers on the core skills of rugby in line with their physical and social development.

They are also reflective of Scottish Rugby's Blueprint, and coaches should allow players the freedom to explore the game, trying new skills without worrying too much about any mistakes which may arise.

We have added Blueprint 'straplines' for the Micro and Mini game to help focus coaches and parents on the key objectives of the game at that age group.



# Blueprint: Change Our Game

The Blueprint is the playing and coaching philosophy for Scottish Rugby, aiming to improve the standard of rugby at all levels of the game.

Developed by Scottish Rugby in conjunction with coaches from the club and school game, the Blueprint's overriding message is 'Change Our Game'. In order for Scottish Rugby to compete and win on the international stage, the game in Scotland needs to further develop and think differently. The intention of the Blueprint is to provide coaches with the tools to create amazing learning environments with the appropriate level of stretch and support to enable players to be tactically adaptable.

The Mini AGLVs are the start of the Blueprint journey, with the focus on helping players to develop a love for the game and the freedom to learn and to try new things.



## 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 Initiative

To ensure ALL players can develop and enjoy rugby, the 'Half Game Initiative' will continue in 2023/24 – encouraging all clubs and schools to give at least HALF GAME to ALL players in a squad.

- 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.
- Adults in the game should create a safe, healthy and respectful environment for players to thrive in.
- Champion Scottish Rugby's core values of Leadership, Engagement, Achievement, Enjoyment and Respect.

## AGLV (Blueprint Laws)

AGLVs exist to make rugby safe, enjoyable and appropriate for a player's development. The 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 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 50-point lead (5 points for a try) think about ways to 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, constraints on how some players 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 higher 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

<b>APES</b> Key Points		Top Tips
		Mini
<b>Activity</b>	Keep high levels of activity in the session.  Ensure every player is receiving the same opportunity to take part.	<p><b>Avoid Queues.</b></p> When running skill or technique zone activities, try to minimise the number of people waiting in a queue. Use multiple stations where possible.
<b>Purpose</b>	Have a clear purpose to your session, and stick to the plan.  Share this with your players, fellow coaches and parents.	<p><b>Core skills at the heart of training.</b></p> Use the Blueprint to ensure you develop competence of core skills before progressing.
<b>Enjoyment</b>	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><b>Understand your players.</b></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.
<b>Safe</b>	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><b>ACTIVATE programme.</b></p> Use the activate warm-up programme to develop players’ physical competence and reduce injury risks.

**Remember – If in doubt, sit them out!**

# Overview

U12 (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!

<b>“Ready for the big game”</b>	
<b>Players</b>	10
<b>Pitch Size</b>	Half pitch (60m x 40m with 5m In-goals)
<b>Ball Size</b>	4
<b>Playing Time</b>	Max 40 mins
<b>Scoring</b>	1 Point per Try or 3-2-1
<b>Tackle</b>	Yes – waist and below
<b>Hand off</b>	Yes – Not to Head or Neck
<b>Breakdown</b>	Up to 2 supporting players per team
<b>Scrum</b>	5 Players, contested hook (resisted lean) - No Push, 9 must Pass
<b>Lineout</b>	Lineout – Uncontested, Hooker + 4. Team that throws in, wins the ball
<b>Kick Offs</b>	Drop Kick restart – Ball must travel 5m
<b>Restarts</b>	Drop Kick - Scoring Team Restarts
<b>Open Play Kicking</b>	Allowed from hand and anywhere on the pitch

Tackle	Sanctions	Referee Guidance
All tackles should be on waist and below of the ball carrier.	Free Kick to non-offending team	As players tire, tackle height may increase – if a tackle is made above the GREEN zone (waist and below) a referee can play on (advantage) as long as the ball isn't prevented from being played (targeting the ball)
No swing tackles: The tackler is responsible for safely bringing the ball carrier to the ground – throwing the ball carrier to ground is not permitted.	Free kick to non-offending team	

**Red Zone**  
**High tackle, Free Kick**  
**No Targeting the ball**

**Green Zone**  
**Waist or below**  
**'Below ball'**  
**'Belly Tackle'**  
**Effective safe tackle**





## Hand Off

Hand off Permitted – no contact to the head or neck of the defending player

## Sanctions

Free Kick to the non-offending team

## Referee Guidance

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

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 develop correct technique in the players.

Breakdown	Sanctions	Referee Guidance
<b>Number of Players</b> Up to 2 supporting players per team can enter the breakdown	Free Kick to non-offending team	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 competition for the ball.  All Breakdown laws regarding player entry apply as per the full World Rugby laws
<b>When is the breakdown over?</b> As per full World Rugby laws  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	Free Kick to the non-offending team	

Scrum	Sanctions	Coaching Guidance
<p>Nearest 5 players from each team should form the scrum (3 front row, 2 second row)</p> <p>Scrum is CONTESTED – both hookers can strike for the ball.</p> <p>To promote an effective scrum position, a ‘resisted lean’ will be adopted</p> <p>No pushing beyond the mark of the scrum</p> <p>scrum-half must pass. Defending scrum-half must remain at the mid-point of the scrum</p> <p>Each team must be 5m back from the hindmost point of the scrum</p> <p>Defending team can move forward once the ball has been passed by the scrum-half</p>	<p>Free Kick to attacking team at point where the defence were offside</p>	<p>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</p>

# Lineout

## Rationale

Lineouts are introduced for the first time at U12 (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.

## Lineout

## Sanctions

### Set Up

Each team must have 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

### 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

### Players not in the lineout

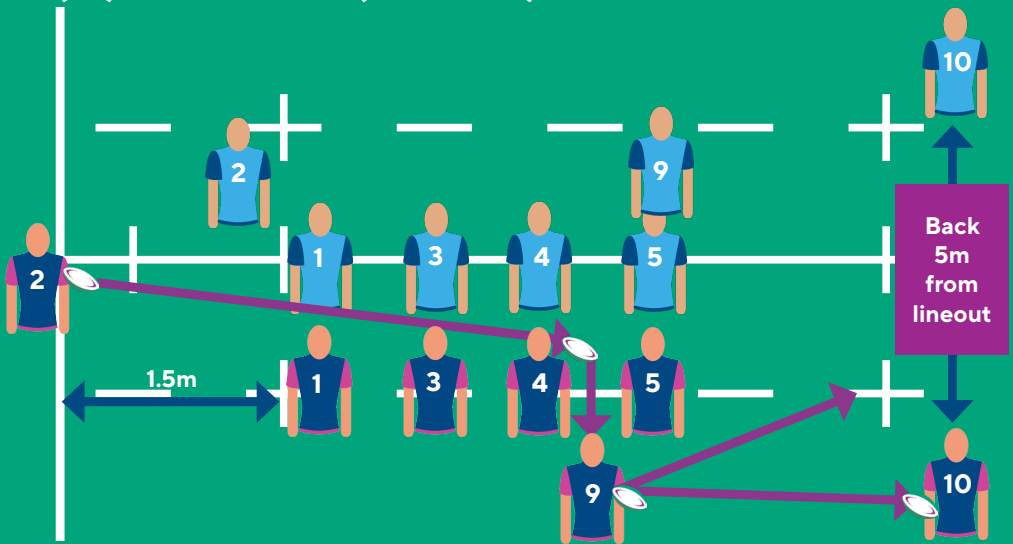
All players, attacking and defending, not involved in the lineout must be at least 5m back from the midpoint of the lineout

Players can move forward once the lineout is over (see 'When is the lineout over?')

Free Kick to the non-offending team at the place where the offence was committed

# Lineout Set Up for U12 (P7) Rugby

## Scrum-half and Defence - U12 (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
- Defending team (light blue) - Scrum-half (no.9) and hooker (no.2) can be 2m from the middle of the lineout
- Can move forward when the ball passes the rear of the lineout

## Restarting the Game

### Kick Offs

The game starts with a Drop Kick from the centre of the pitch – must go 5m

Defending team

must be at least 5m back

### Restarting After a Try

After a try is scored, the team that scored the try takes the restart

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 back 5m 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

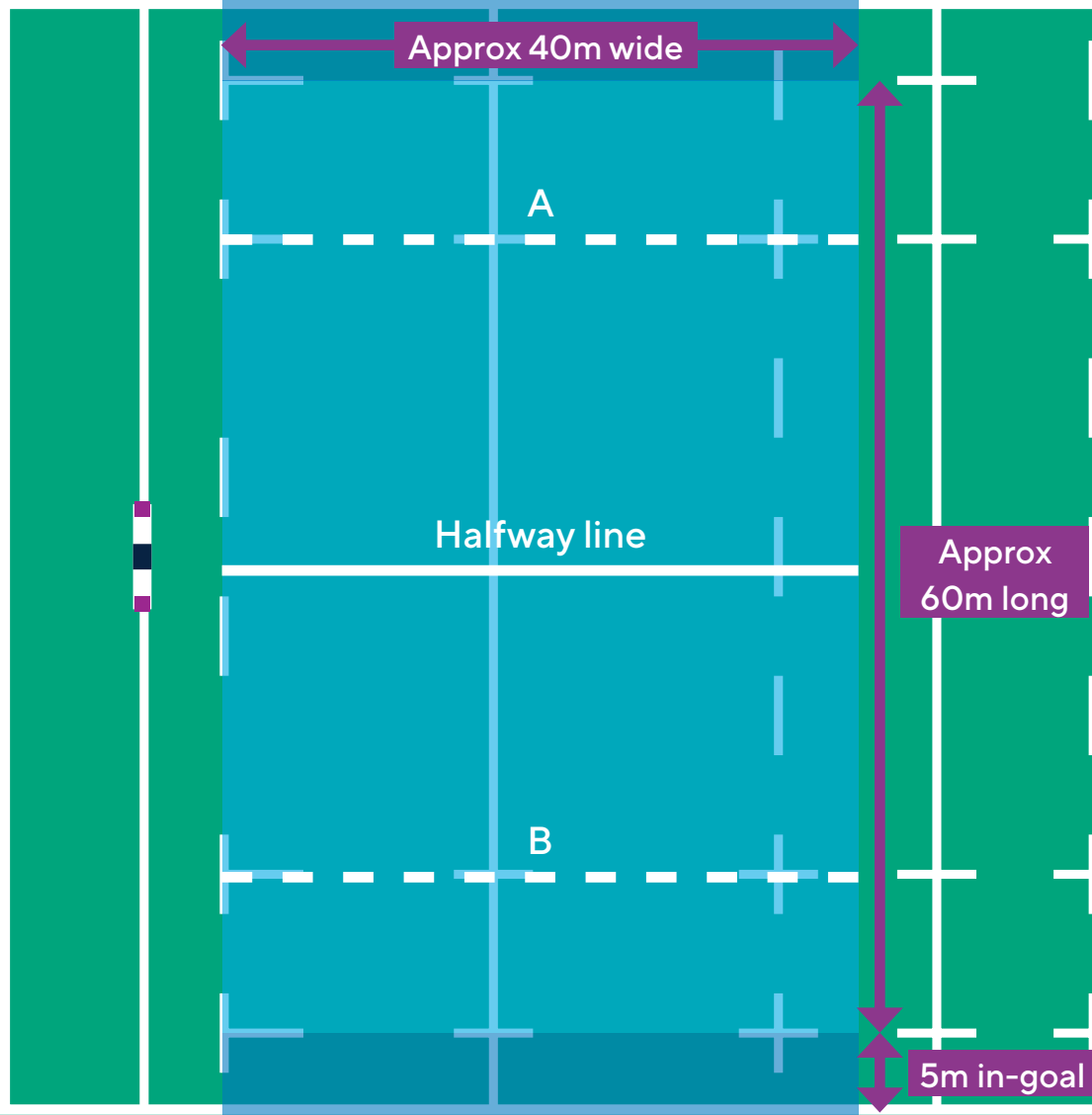
Player can run or pass after making the tap

## Referee Guidance

Encourage the first receiver to find space via evasive footwork or to pass to a teammate in a better position.

Open Play Kicking	Sanctions	Referee Guidance	Coaching Guidance
<p>Attacking kicks from hand permitted.</p> <p>If the ball is on the ground, it cannot be kicked, players must pick the ball up before kicking</p> <p>When an attacking kick goes over the dead ball line (at the back of the in goal)</p> <p>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</p>	<p>Free Kick to the non-offending team from the point where the ball was kicked</p>	<p>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</p>	<p>Encourage players to use attacking kicks such as grubbers or chips or to kick to space.</p>

# 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 visit <https://scottishrugby.org/rules-and-regulations/player-welfare/> or [sportscotland.org](https://sportscotland.org) for more information.



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