



AGE GRADE LAW VARIATION

U12 Girls



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.

2 Year Age Bandings – U12, U14, U16 & U18

The move to 2 year age bandings is a reflection of the growth of playing numbers in the girls game. Continuing from its introduction in the 2019/20 season, the U12 AGLVs allow girls in primary school to experience contact rugby with entirely female teams. Mixed rugby at mini will still be delivered as an alternative offer to U12 girls only rugby.

Girls AGLV Trials

AGLVs exist to make rugby safe, enjoyable and appropriate for a player's development. The AGLVs for the girls game were introduced in the 2019/20 season to reflect the change in Age Bandings. 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.

Let's Play

To ensure that girls have as many opportunities to play the game as possible, 'Let's Play' has been developed to give flexibility in playing formats. It reflects the need for girls to play more games – and provides coaches with simple guidelines on what the game should look like for varying team sizes. In this document, the recommended team size for each age banding is highlighted in blue, whilst the Let's Play variations are highlighted in green.

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 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, scoring constraints on certain players



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

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.	Avoid Queues. 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.	Core skills at the heart of training. Use the 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.	Understand your players. 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.	ACTIVATE programme. Use the activate warm-up programme to develop players’ physical competence and reduce injury risks.

Remember – If in doubt, sit them out!

Overview

U12 Rugby is the first step in the girls specific playing pathway in Scotland. The game is focused around developing the foundation skills of attack and defence, giving players opportunity to practice the skills of evasion, catching, passing, tackling, offloading and rucking in small sided games.

Let's Play

- The recommended team size for U12 Rugby is 8-a-side. The rules of play for games of this size fall under the blue column.
- The 'Let's Play' guidelines, provide playing options for teams that have 6 or 7 players.

Players	8	7	6
Pitch Size	Half a pitch (can be made smaller to help confidence with tackling)		
Ball Size	3		
Playing Time	No more than 60 minutes in a festival		
Scoring	1 Point per Try		
Tackle	Yes – Waist or below		
Hand-off	No		
Breakdown	Up to 1 supporting player per team		
Scrum	3 Players, Uncontested, 9 must Pass	No Scrum - Tap & Pass	
Lineout	No Lineout – Pass from Touch		
Kick Offs / Restarts	Tap & Pass to the team that conceded		
Open Play Kicking	None		

Tackle	Sanctions	Referee Guidance
All tackles should be on or on or below waist of the ball player.	Free Kick to non-offending team	As players tire, tackle height may increase – if a tackle is made above the GREEN zone (waist or 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	Sanctions	Referee Guidance
No Hand offs by the ball player are permitted	Free Kick to the non-offending team	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

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
<p>Number of Players</p> <p>Up to 1 supporting player per team can enter the breakdown.</p> <p>When is the breakdown over? (for a 1v1 breakdown)</p> <p>When a team wins the space (e.g. pushes the opposition past the ball) that team wins possession; AND</p> <p>When the ball is played (passed or ran) by the player acting as scrum-half; OR</p> <p>If the ball carrier loses control of the ball and it spills out of the breakdown</p>	<p>Free Kick to non-offending team</p> <p>Free kick to non-offending team</p>	<p>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 1 supporting player to assist in the competition for the ball.</p> <p>The defending team must remain outside (behind the hindmost point of the breakdown) until the ball has been played</p>

Breakdown	Sanctions
<p>Players entering the breakdown</p> <p>To arrive through the 'gate'</p> <p>To arrive on their feet, supporting their own bodyweight (no hands on the ground)</p> <p>To not play the ball with hands or feet (kick)</p> <p>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</p>	<p>Free Kick to the non-offending team</p>

Scrum	Sanctions
<p>Nearest 3 players from each team should form the scrum</p> <p>Scrum is UNCONTESTED with resisted lean- team who puts the ball in, must win the ball</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>

Restarting the Game

Coaching Guidance

Kick Offs

The game starts with a kick (of any kind, ideally drop kick) from the centre of the pitch

Defending team:

must be at least 5m back

can move once the first receiver touches the ball

After a Try/Ball held up

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 – ap and pass from 15m line to defending team

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

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

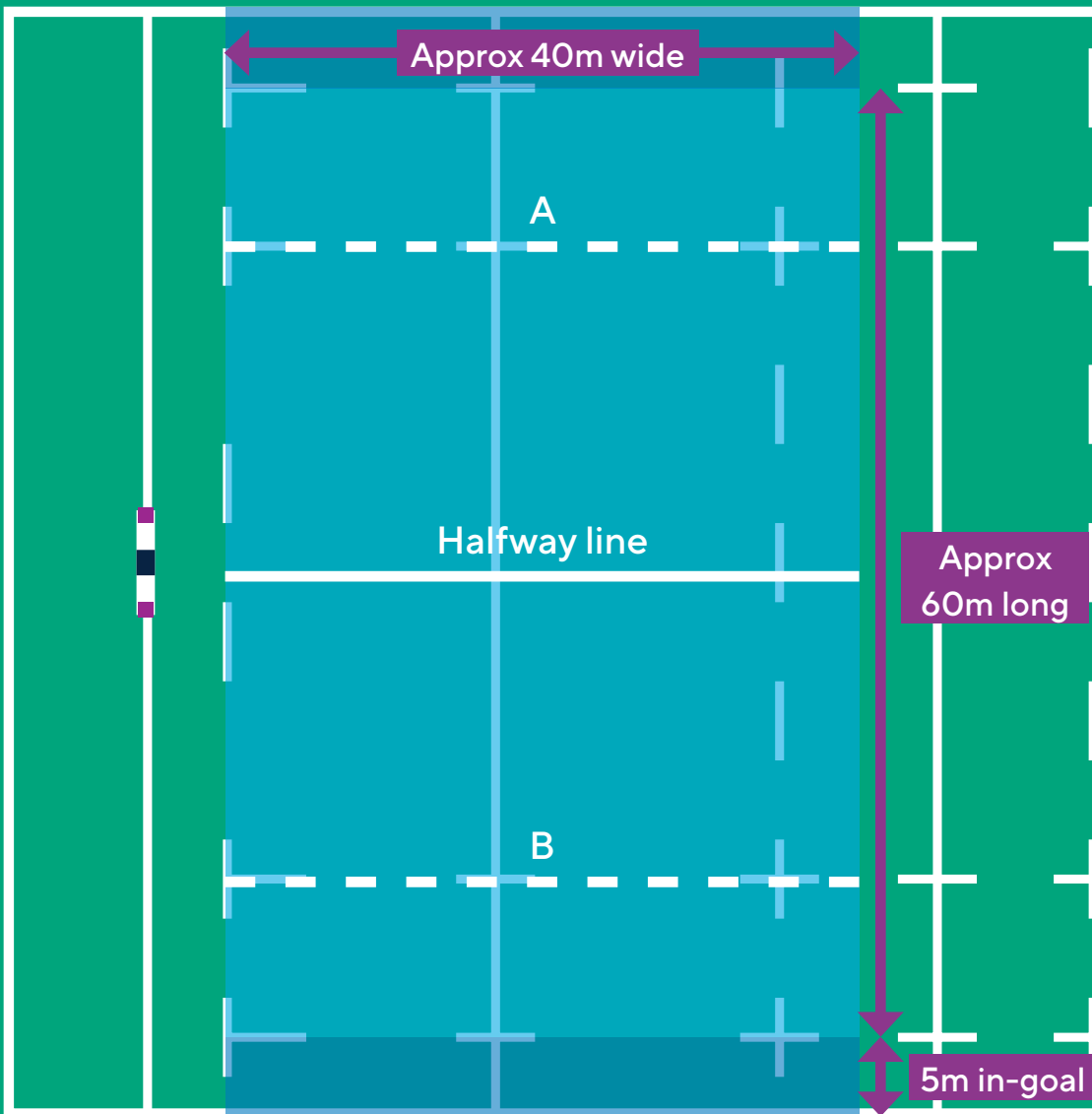
Open Play Kicking

Sanctions

Not permitted

Free Kick to the non-offending team from the point where the ball was kicked

Half Pitch Set Up for 6-8-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 sportsscotland.org for more information.



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