



# AGE GRADE LAW VARIATION

## U16 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 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 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 constarints on certain players



# Putting player first

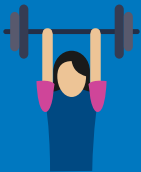
## 5 steps to player welfare

**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

<b>APES</b> Key Points		Top Tips
		Youth
<b>Activity</b>	Keep high levels of activity in the session.  Ensure every player is receiving the same opportunity to take part.	<b>Avoid Queues.</b>  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.	<b>Core skills at the heart of training.</b>  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.	<b>Understand your players.</b>  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.	<b>ACTIVATE programme.</b>  Use the activate warm-up programme to develop players’ physical competence and reduce injury risks.

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

# Overview

U16 Rugby sees the introduction of competitive scrums and lineouts. Size 4 Balls will be trialled to encourage a range of passing and offloading techniques.

The Rules of Play in this document are VARIATIONS to the World Rugby Laws of the Game. All other Laws not specified follow the World Rugby Law Book.

## Let's Play

The recommended team size for U16 Rugby is 10-a-side (highlighted in blue) and Scottish Rugby competition will operate under the 10-a-side Rules of Play

The 'Let's Play' guidelines, provide playing options for teams who can put out teams up to 13 players, down to teams who can put out 7

<b>Players</b>	13	12	11	10	9	8	7
<b>Pitch Size</b>	Full Pitch		80m x 60m			Half Pitch	
<b>Ball Size</b>	4						
<b>Recommended Game Length</b>	60 mins		30 mins		20 mins		
<b>Max Playing Time</b>	No more than 90 minutes in a 48-hour period						
<b>Scoring</b>	5 points for Try, 3 for penalty/drop goal		5 point for a try – no kicks at goal				
<b>Tackle</b>	All Tackles below the line of the sternum						
<b>Hand off</b>	Allowed – Not to Head or Neck						
<b>Breakdown</b>	Up to 2 supporting players per team				Up to 1 supporting players per team		
<b>Scrum</b>	6 players, Contested, 1.5m push, 9 must pass		5 players, Contested, 1.5m push, 9 must pass		3 players, Contested, 1.5m push, 9 must pass		
<b>Lineout</b>	Hooker + up to 5, no lift, contested		Hooker + up to 4, no lift, contested		Hooker + up to 3, no lift, contested		
<b>Kick Off/ Restarts</b>	Team that scored restarts with a drop kick					Team that conceded start with a tap and pass	
<b>Open Play Kicking</b>	Allowed						

Tackle	Sanctions	Referee Guidance
All tackles below the line of the sternum	Free Kick to non-offending team	High Tackles will be refereed in accordance with World Rugby Laws. There are degrees of severity, for example the use of a swinging arm or the shoulder making contact with the head. The sanction for a high tackle is a penalty but may require further sanction. Guidance on high tackles can be found in the World Rugby Law Book



## Hand Off

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

## Sanctions

Free Kick to the non-offending team

## Referee Guidance

Encourage the ball player 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 player to use evasive footwork prior to using a handoff





# 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 players' abilities to perform the correct techniques.

## 9-13 a-side

Breakdown	Sanctions	Referee Guidance
<p><b>Number of Players</b></p> <p>Up to 2 supporting players per team can enter the breakdown.</p> <p><b>When is the breakdown over?</b></p> <p>As per World Rugby Laws.</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>

## 7 & 8 a-side

Breakdown	Sanctions	Referee Guidance
<p><b>Number of Players</b></p> <p>Up to 1 supporting player per team can enter the breakdown.</p> <p><b>When is the breakdown over?</b></p> <p>When the one 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>If the tackler, on completion of the tackle, releases the ball player, 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 1 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>

## Players entering the breakdown

To arrive through the 'gate'

To arrive on their feet, supporting their own bodyweight (no hands on the ground)

To not play the ball with hands or feet (kick)

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

## Rationale

The scrum at U16 follows World Rugby U19 Law Variations with the exception of numbers (due to smaller team size) and how the ball leaves the scrum – as there are no flankers to stop a run, the scrum-half must pass.

## 12 & 13-a-side

### Scrum

6 players from each team should form the scrum (3-2-1 formation)

Scrum is CONTESTED:

- Hooking as per World Rugby U19 guidelines
- Each front row can push a maximum of 1.5m and must not push until the ball leaves the scrum-half's hands

Scrum-half can stand with their left shoulder in line with the midpoint of the scrum before feeding the ball in. Ball must be fed in straight.

Scrum-half must pass. Defending Scrum-half must stay at the midpoint of the scrum - can move when ball is passed

No no.8 pick up

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

### Sanctions

Free Kick to non-offending team

Free kick to non-offending team

Free Kick if the defending scrum half interferes with the attacking scrum half from an offside position.

Free Kick to attacking team at point where the defence were offside

## 10 & 11-a-side

### Scrum

5 players from each team should form the scrum (3-2-formation)

Scrum is CONTESTED:

- Hooking as per World Rugby U19 guidelines
- Each front row can push a maximum of 1.5m and must not push until the ball leaves the scrum-half's hands

Scrum-half can stand with their left shoulder in line with the midpoint of the scrum before feeding the ball in. Ball must be fed in straight.

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

### Sanctions

Free kick to non-offending team

Free Kick to attacking team at point where the defence were offside

## 7-9-a-side

Nearest 3 players from each team should form the scrum

Scrum is CONTESTED

- Both hookers can strike for the ball;
- No Pushing allowed

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

Free Kick to non-offending team

Free Kick to attacking team at point where the defence were offside

## 12 & 13-a-side

### Lineout

### Sanctions

#### Numbers in the Lineout

Attacking team can place up to 6 players in the lineout (Hooker + Up to 5 others)

Defending team cannot have more than the attacking team, but can have less if they choose

#### When is the lineout over?

If the ball is thrown by the hooker over the 15m line

If the ball is knocked from the lineout back over the 5m line

Once the ball is in the hands of the scrum-half

#### Players not in the lineout

All players, attacking and defending, not involved in the lineout must be at least 10m 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 offside offence was committed

## 10 & 11-a-side

### Lineout

### Sanctions

#### Numbers in the Lineout

Attacking team can place up to 5 players in the lineout (Hooker + Up to 4 others)

Defending team cannot have more than the attacking team, but can have less if they choose

#### When is the lineout over?

If the ball is thrown by the hooker over the 15m line

If the ball is knocked from the lineout back over the 5m line

Once the ball is in the hands of the scrum-half

#### Players not in the lineout

All players, attacking and defending, not involved in the lineout must be at least 10m 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 offside offence was committed

## 7 & 9-a-side

### Lineout

### Sanctions

#### Numbers in the Lineout

Attacking team can place up to 3 players in the lineout (Hooker + Up to 2others)

Defending team must match the attacking team's numbers

#### When is the lineout over?

If the ball is thrown by the hooker over the 15m line

If the ball is knocked from the lineout back over the 5m line

Once the ball is in the hands of the scrum-half

#### Players not in the lineout

All players, attacking and defending, not involved in the lineout must be at least 10m 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 offside offence was committed



## 9-13-a-side

Restarting the Game	Sanction
<p><b>Kick Offs/Restarting After a Try</b></p> <p>The team that SCORED restarts play with a drop kick</p> <p>The Kick must go 10m before being played by an attacking player – if the opposition touch it first, regardless of how far the kick goes, play on</p> <p>All players chasing the kick must start be level or behind the kicker at the moment the ball is kicked</p> <p><b>Free Kicks</b></p> <p>Defending team</p> <ul style="list-style-type: none"><li>• must be back 10m from where the free kick was taken before making a tackle</li></ul> <p>Attacking team</p> <ul style="list-style-type: none"><li>• Ball must leave hands when tapped</li><li>• Players can take a quick tap on or behind the referee's mark</li></ul>	<p>Scrum to non-kicking team on the midpoint of the halfway line</p> <p>Free Kick to the non-offending team on the midpoint of the halfway line</p>

# Restarting the Game

## Kick Offs

The game starts with a Tap and Pass from the centre of the pitch

Defending team:

must be at least 5m back

can move once the first receiver touches the ball

Attacking team

No Cavalry Charge – encourage the first receiver to look for another pass

## Restarting After a Try

After a try is scored, the team that conceded restarts the game.

## Free Kicks

Defending team

Must be back 5m from where the free kick was taken before making a tackle

Attacking team

Ball must leave hands when tapped

Players can take a quick tap on or behind the referee's mark

## 12 & 13-a-side (Full size pitch – 100m x 70m)

### Open Play Kicking

#### Kicking to Touch

As per World Rugby Laws

50:22 Rule is applicable as this version of Girls U16 rugby is played on a full pitch – if a player kicks the ball from within their own half and it bounces out in the opposition 22, the kicking team will receive the following lineout.

#### In-Goal and Dead Ball Area

As per World Rugby Laws

If ball carrier held up in-goal, attacking kick grounded in-goal by defence or knock on by attacking team in-goal – Goal line drop out to defending team – ball must go at least 5m

## 9-11-a-side (80m x 60m Pitch)

### Open Play Kicking

#### Kicking to Touch

Players can kick the ball straight into touch (without bouncing) if they are within 22m of their own try line (if the pitch is marked out on a full-size pitch, the 22m line [A] and 10m [B] represent these lines – see pitch diagram on next page)

Players can kick the ball into touch outside of their own 22m, so long as the ball bounces before leaving the pitch

50:22 Not Applicable (game isn't played on full size pitch)

#### In-Goal and Dead Ball Area

If the ball is kicked and it goes over the Dead Ball Line, the non-kicking team will have a the put in at a scrum at the place where the ball was kicked

If ball carrier held up in-goal, attacking kick grounded in-goal by defence or knock on by attacking team in-goal – Goal line drop out to defending team – ball must go at least 5m

### Sanction

Pass from touch to the non-offending team, level with the point where the kick was taken

## 7 & 8-a-side (Half Pitch)

### Open Play Kicking

### Sanction

#### Kicking to Touch

Players can kick the ball straight into touch (without bouncing) if they are within their own 15m (marked by the 15m lines on the pitch)

Players can kick the ball into touch outside of their own 15m, so long as the ball bounces before leaving the pitch

50:22 Not Applicable (game isn't played on full size pitch)

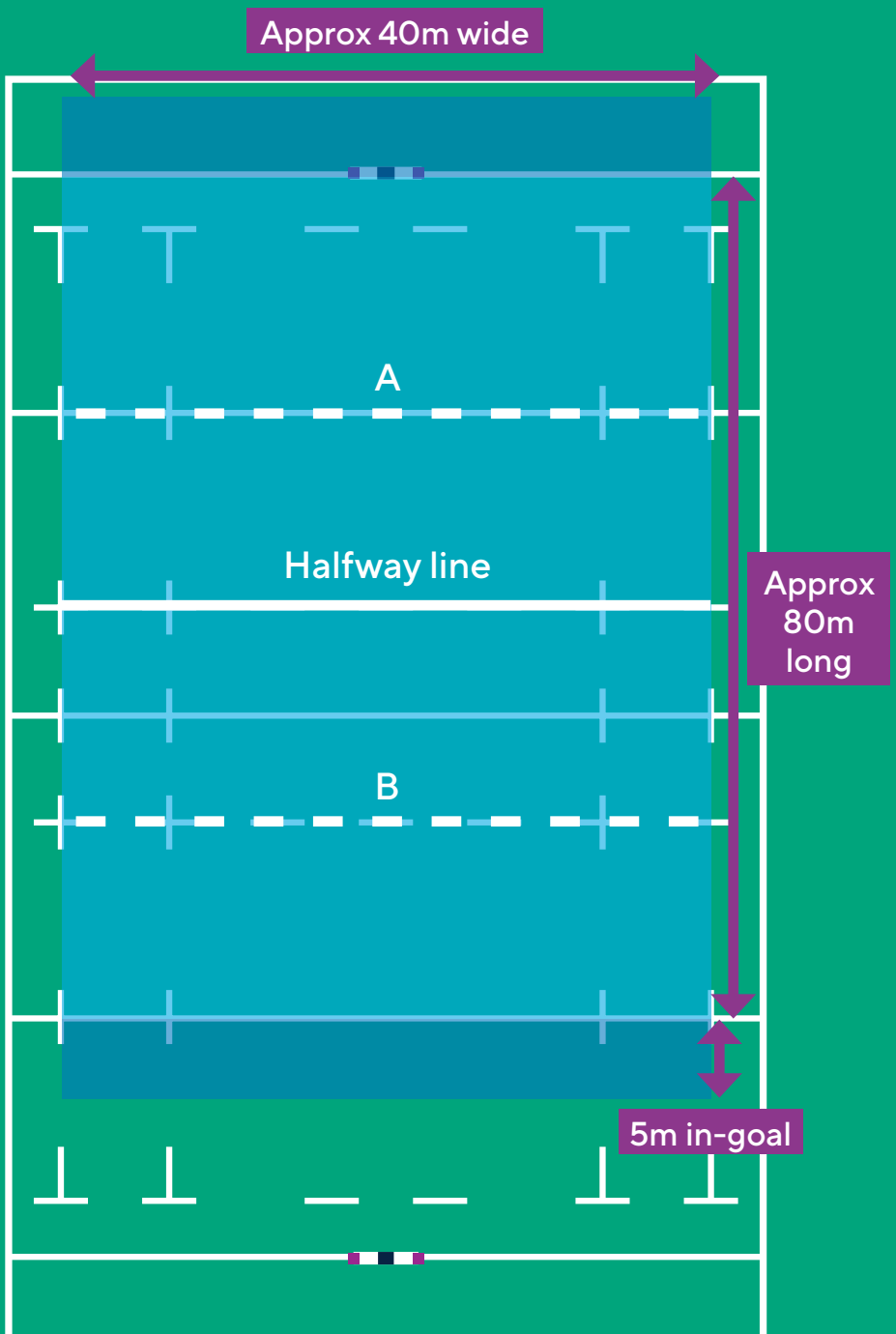
#### In-Goal and Dead Ball Area

If the ball is kicked and it goes over the Dead Ball Line, the non-kicking team will have a the put in at a SCRUM at the place where the ball was kicked

If ball carrier held up in-goal, attacking kick grounded in-goal by defence or knock on by attacking team in-goal – Goal line drop out to defending team – ball must go at least 5m

Pass from touch to the non-offending team, level with the point where the kick was taken

# 9-11-a-side games (80m x 60m Pitch)



# 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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