



AGE GRADE LAW VARIATION

U11 (P6) 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 Blueprint Laws on the development of the fundamental skills of players in line with the Scottish Rugby's 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, 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
		Mini
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

U11 (P6) Rugby sees the introduction of the breakdown, scrum and kicking. The emphasis is still on small-sided games, ensuring that players are involved as much as possible.

The breakdown is limited to 1 supporting player per team, so that players can practice their decisions and techniques without too much pressure from other players – and so referees are 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!

Refine the core skills	
Players	8
Pitch Size	Half pitch (60m x 40m with 5m In-goals)
Ball Size	3
Playing Time	30 mins (single game)
Scoring	1 Point per Try or 3-2-1
Tackle	Yes – Waist and below
Hand off	No
Breakdown	Up to 1 supporting player per team
Scrum	3 per team, uncontested, resisted lean, 9 must Pass
Lineout	No Lineout – Pass from Touch
Kick Offs / Restarts	Team that scores restarts with any kick, ball must travel 5m
Open Play Kicking	Allowed from hand and anywhere on the pitch

Tackle	Sanctions	Referee Guidance
All tackles should be on or below the waist 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	



Hand Off	Sanctions	Referee Guidance
No hand offs by the ball carrier 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	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>Clearing the jackler - clean outs which target or drop weight onto the lower limbs of the jackler, 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>To promote an effective Scrum position, a ‘resisted lean’ will be adopted</p> <ul style="list-style-type: none"> • No pushing beyond the mark of the scrum <p>Scrum is UNCONTESTED hook.</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 scrumhalf</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

Kicking team:

- can move once the kicker has struck the ball

After a Try/Ball held up

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

Ball held up – 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

Free Kicks

Defending team

- must be back 5m from where the free kick was taken before attempting to make a tackle

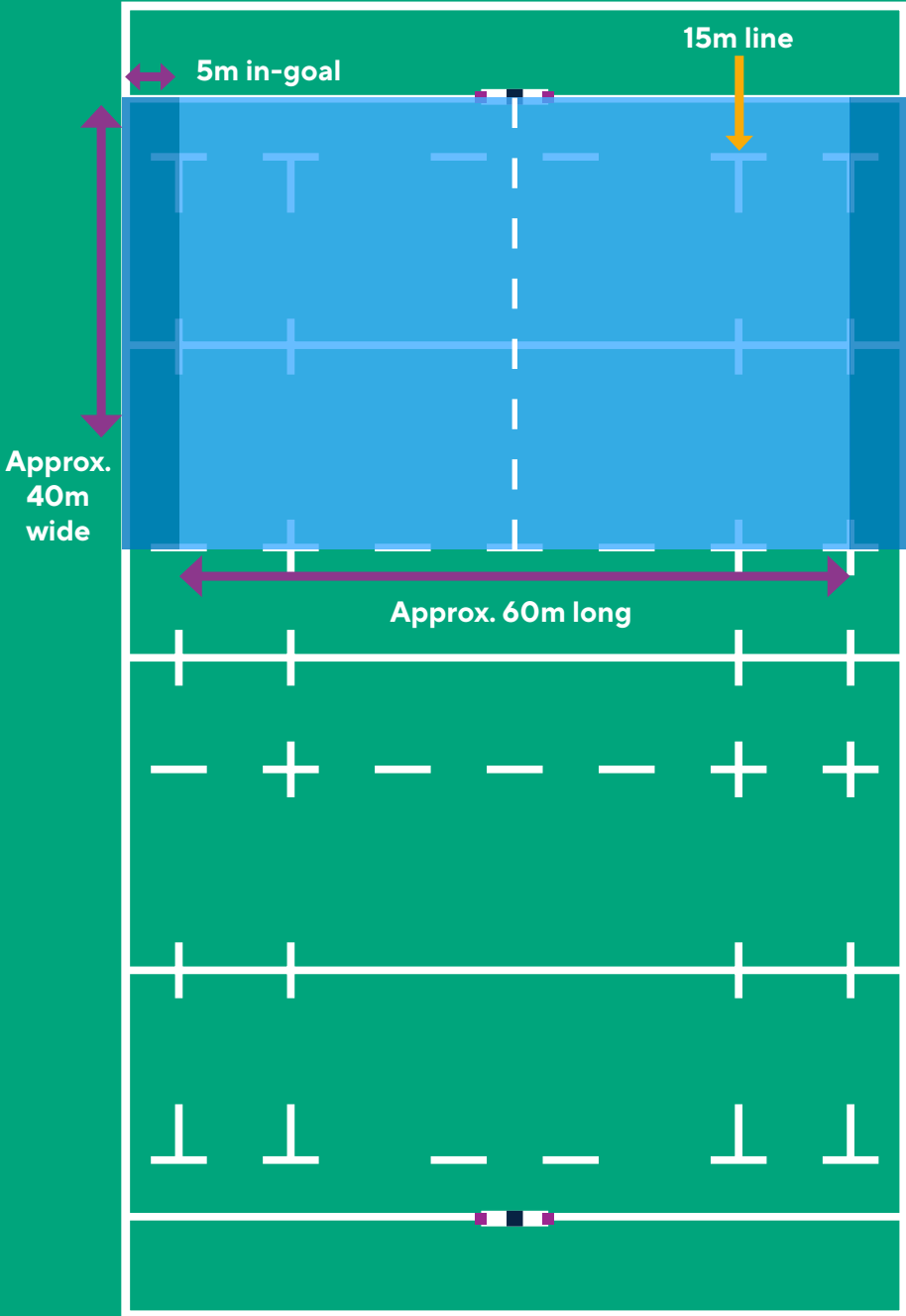
Attacking team

- 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	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>

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 sportscotland.org for more information.



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