



	U12 8-a-side*, Size 3 Ball Half Pitch, 1 Point Per Try	U14 8-a-side*, Size 3 Ball Half Pitch, 1 Point Per Try	U16 13-a-side*, Size 4 Ball Full Pitch, Normal Scoring	U18 15-a-side*, Size 4 Ball Full Pitch, Normal Scoring
Lineout	No - Pass from Touch	No – Pass From Touch	Yes - Up to 6v6 (Hooker + 5) No lift Contested No Maul	Yes - Up to 8v8 (Hooker + 7) Lift Contest Maul Allowed
Conversions	No	No	Yes - Taken within 15m lines	Yes
Kick Off/Restarts	Kick Off – Any kick to start After Try – Tap & Pass to team that conceded	Kick Off – Any kick to start After Try – Tap & Pass to team that conceded	Kick Off – Drop Kick After Try – Team that SCORED restarts with a drop kick	Kick Off – Drop Kick After Try – Team that CONCEDED restarts with a drop kick
Open Play Kicking	No	Yes – from hand only. No conversions	Yes	Yes
Handoff	No	Yes – Not to head or neck	Yes – Not to head or neck	Yes – Not to head or neck
Scrum	Yes - 3v3 Uncontested w/ resisted lean 9 must pass Defensive 9 cannot pass mid-point	Yes - 3v3 Uncontested w/ resisted lean 9 must pass Defensive 9 cannot pass mid-point	Yes - 6v6 Contested w/ 1.5m push 9 must pass Defensive 9 cannot pass mid-point	Yes - 8v8 Contested w/ 1.5m push Defensive 9 cannot pass mid-point
Breakdown	Yes – up to 1 supporting player per team	Yes – up to 1 supporting player per team	Yes – up to 2 supporting players per team	Yes – World Rugby Laws
Tackle	Waist & Below - No Targeting of Ball	Waist & Below – No Targeting of Ball	Below Base of Sternum - SR Tackle Laws	Below Base of Sternum - SR Tackle Laws

Game On' variations are available for each age group should a game need to go ahead with less numbers