



**SCOTTISH  
RUGBY**

# Age Grade Law Variations 24/25

U14 Girls

Leadership • Engagement • Achievement • Enjoyment • Respect


<b>Page</b>	<b>Content</b>
3	Overview of Laws
4	Development of the Girls Game
5	Team Size, Game/Festival Length, Pitch & Ball Size
6	Starting & Restarting the Game after a try
7	Hand Offs
8	Tackle – Waist & Below
9	The Breakdown
10	Scrum
11	Restarting the game when the ball leaves the pitch
12	Kicking

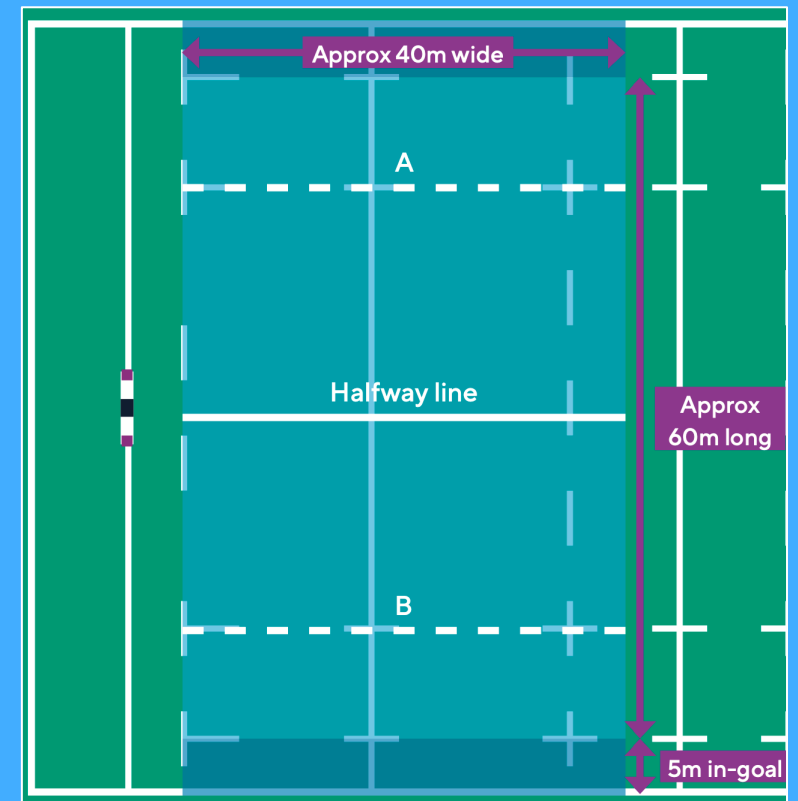
# U14 Girls\* | Age Grade Law Variations

## Season 2024/25 Summary



\* Game on variations available for 10,7 & 6-a-side

<b>Players</b> 8v8 	<b>Pitch</b> 60m x 40m (w/5m in-goals)	<b>Ball Size</b> 3 	<b>Playing Time</b> Max 30 mins single game Max 60 mins festival	<b>Scoring</b> 1 point per try
<b>Tackle</b> Waist & Below – No targeting the ball		<b>Hand off</b> Yes – Not to head or neck	<b>Breakdown</b> Yes, up to 1 supporting players per team	
<b>Scrum</b> 3v3 – uncontested w/ resisted lean, 9 must pass	<b>Lineouts</b> No – Pass from Touch	<b>Kick Off / Restart</b> <b>Kick off</b> – starts with any kick <b>After Try</b> – team that CONCEDED starts with Tap & Pass		<b>Open Play Kicking</b> Kicking from hand permitted.





	<b>U12</b> 8-a-side*, Size 3 Ball Half Pitch, 1 Point Per Try	<b>U14</b> 8-a-side*, Size 3 Ball Half Pitch, 1 Point Per Try	<b>U16</b> 13-a-side*, Size 4 Ball Full Pitch, Normal Scoring	<b>U18</b> 15-a-side*, Size 4 Ball Full Pitch, Normal Scoring
<b>Lineout</b>	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
<b>Conversions</b>	No	No	Yes - Taken within 15m lines	Yes
<b>Kick Off/Restarts</b>	<b>Kick Off</b> – Any kick to start <b>After Try</b> – Tap & Pass to team that conceded	<b>Kick Off</b> – Any kick to start <b>After Try</b> – Tap & Pass to team that conceded	<b>Kick Off</b> – Drop Kick <b>After Try</b> – Team that SCORED restarts with a drop kick	<b>Kick Off</b> – Drop Kick <b>After Try</b> – Team that CONCEDED restarts with a drop kick
<b>Open Play Kicking</b>	No	Yes – from hand only. No conversions	Yes	Yes
<b>Handoff</b>	No	Yes – Not to head or neck	Yes – Not to head or neck	Yes – Not to head or neck
<b>Scrum</b>	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
<b>Breakdown</b>	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
<b>Tackle</b>	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

# U14 Girls

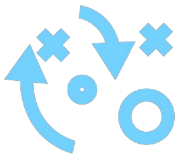
## Team Size, Game/Festival Length, Pitch & Ball Size



8 v 8



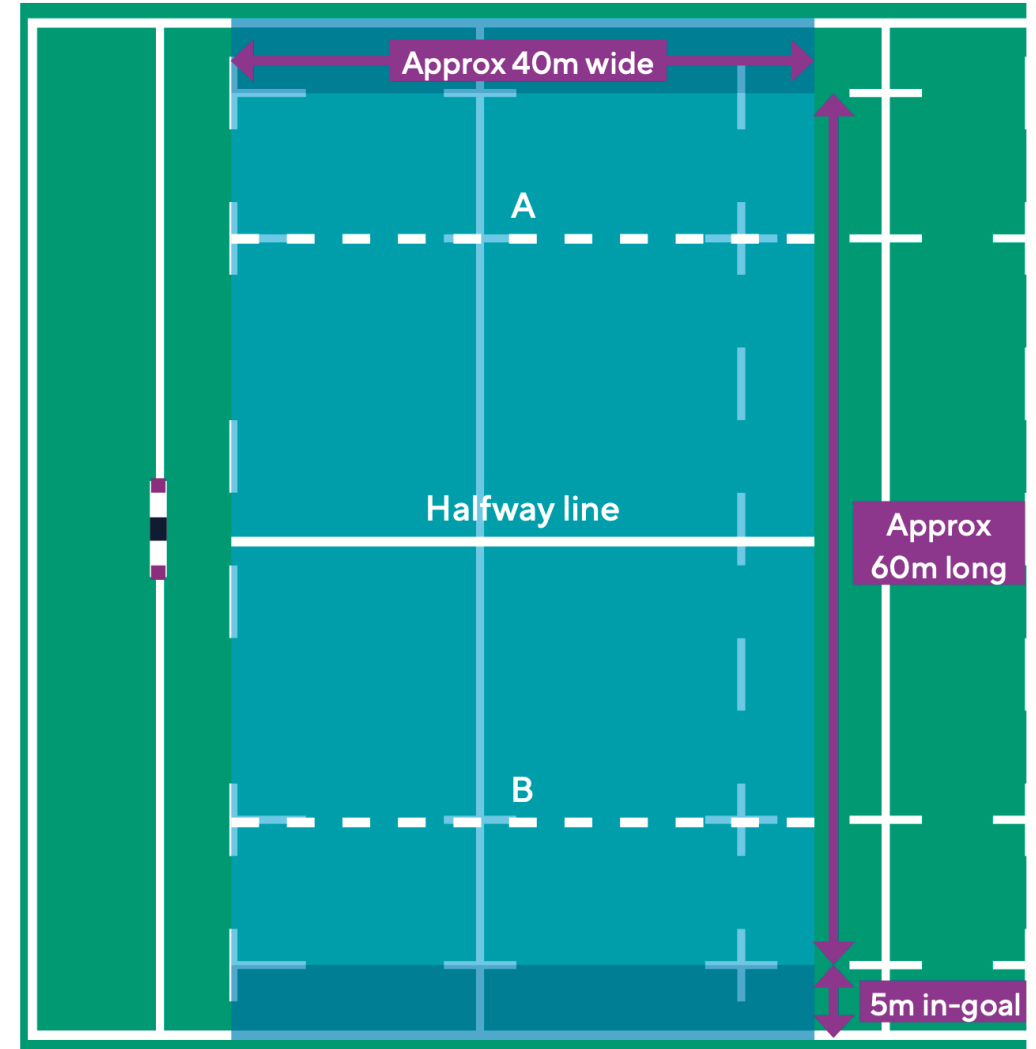
Max. 30 mins per game,  
Max 60 mins per festival



Half Game Policy Applies (all  
players should get equal  
game time)



Size 3 Ball



### Starting / Restarting the Game

**At the start of a game** – The game starts with a **drop-kick** at the centre of the pitch. The kick should go at least 10m. Full World Rugby laws apply

**After a try** – The team that **CONCEDED** restarts with a **Tap & Pass**. Full World Rugby laws apply.

### Referee Guidance

**Kick offs** - Encourage all players to try to take the kick, players are still forming skillsets so it's important everyone should be able to try.



Hand Offs	Sanctions	Referee Guidance
<p><b>Hand Offs</b> – Are ALLOWED. No contact must be made to the head or neck of the player attempting the tackle.</p>	<p><b>Free Kick to the non offending team.</b></p>	<p>Encourage the ball carrier to hold the ball in two hands to give them greater control of the ball but also, to help them look for offload and passing opportunities.</p> <p>When handing off, encourage the ball carrier to use their evasive footwork to try to beat the defender first</p>



Tackle	Sanctions	Referee Guidance
<p><b>Tackle Height</b> – All tackles should be on or below the waist or the ball carrier. No – targeting of the ball</p>	<p>Free Kick to non-offending team.</p>	<p>As players tire, the height of the tackler may rise – if a tackle is made above the GREEN zone (but not to the head or neck), a referee can play advantage if <b>the ball can still be passed by the ball carrier.</b></p>
<p><b>No Swing Tackles</b> – The tackler is responsible for bringing the ball carrier to ground safely – throwing the ball carrier to ground is not permitted.</p>	<p>Free Kick to non-offending team.</p>	





## 1 supporting player per team

### Rationale

The breakdown is introduced in a 1v1 contest to provide players with the best opportunity to develop their skills without too much pressure. It should allow coaches and referees to easily see good practice and areas for development

**Number of Players** - Up to 1 supporting player per team can enter the breakdown.

**When is the breakdown over?** - When a team 'wins the space' (e.g., pushes the opposition past the ball) that team wins possession; **AND**

When the ball is played (passed or ran) by the player: **OR** if the ball carrier loses control of the ball and it spills out of the breakdown.

### Referee Guidance

**The Tackler** - on completion of the tackle, if they release the ball carrier, returns to their feet and is the first to enter the breakdown, the defending team **CAN** still put 1 supporting player to assist in the contest for the ball.

**Arriving players** - ensure that players are supporting their body weight when 'jackaling' for the ball and that they come through the gate.

**The Defence** - The offside line is the hindmost point of the breakdown. The defence cannot move until the ball is played.

**Sanction** - Free Kick to non-offending team (defence 5m back)



## Scrum

**Numbers** – 3 nearest players from each team should form the scrum

**Contest** – There is no pushing and the hook is UNCONTESTED – the team that puts the ball in, wins the ball.

**Attacking Scrum Half** – MUST PASS immediately

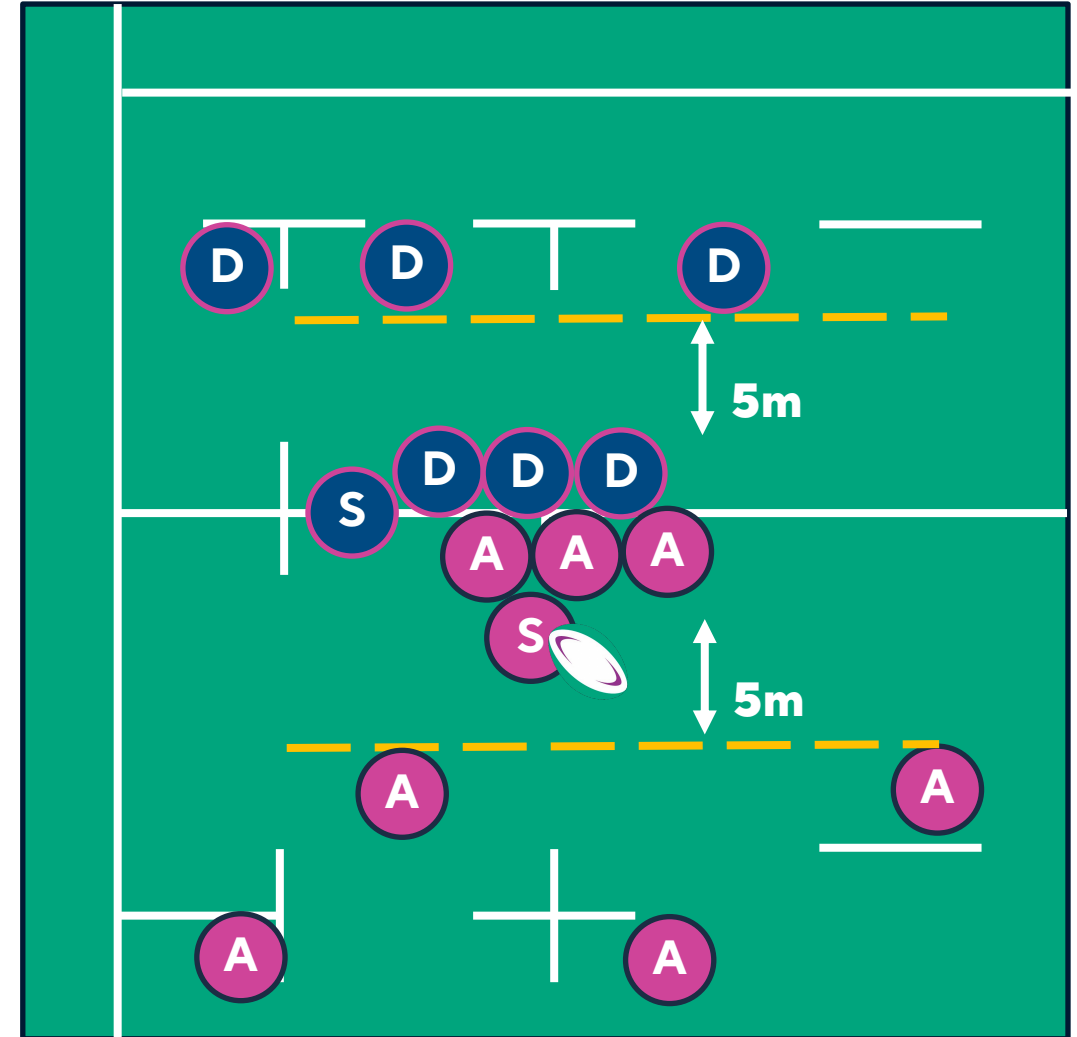
**Defending Scrum Half** – Must remain at the mid-point of the scrum. They can move once the ball has been passed.

## Referee Guidance

**Resisted Lean** – to promote an effective scrum position,

**Brake foot** – Try to get the hookers to have a ‘brake foot’ (they start with a ‘split stance’ and slightly bent knees) during the crouch and bind calls – they can then get their feet square on ‘set’ to help with the resisted lean

**Scrum engagement sequence** – Crouch, Bind, Set – on crouch look for them to be ear to ear with heads to the left, on bind look for the props to bind high and long



### Ball leaves the side of the pitch

#### No Lineouts – Free Pass from the side of the pitch

If the ball leaves the field of play over the touchline, play restarts with a free pass from where the ball went out - to the team that DID NOT touch the ball last.

**Defending Team – \* NEW\*** One defender must stand next to the attacker who throws the ball in. The remaining defenders must be 5m back from the point where the ball went out. They can move forward once the first receiver touches the ball.

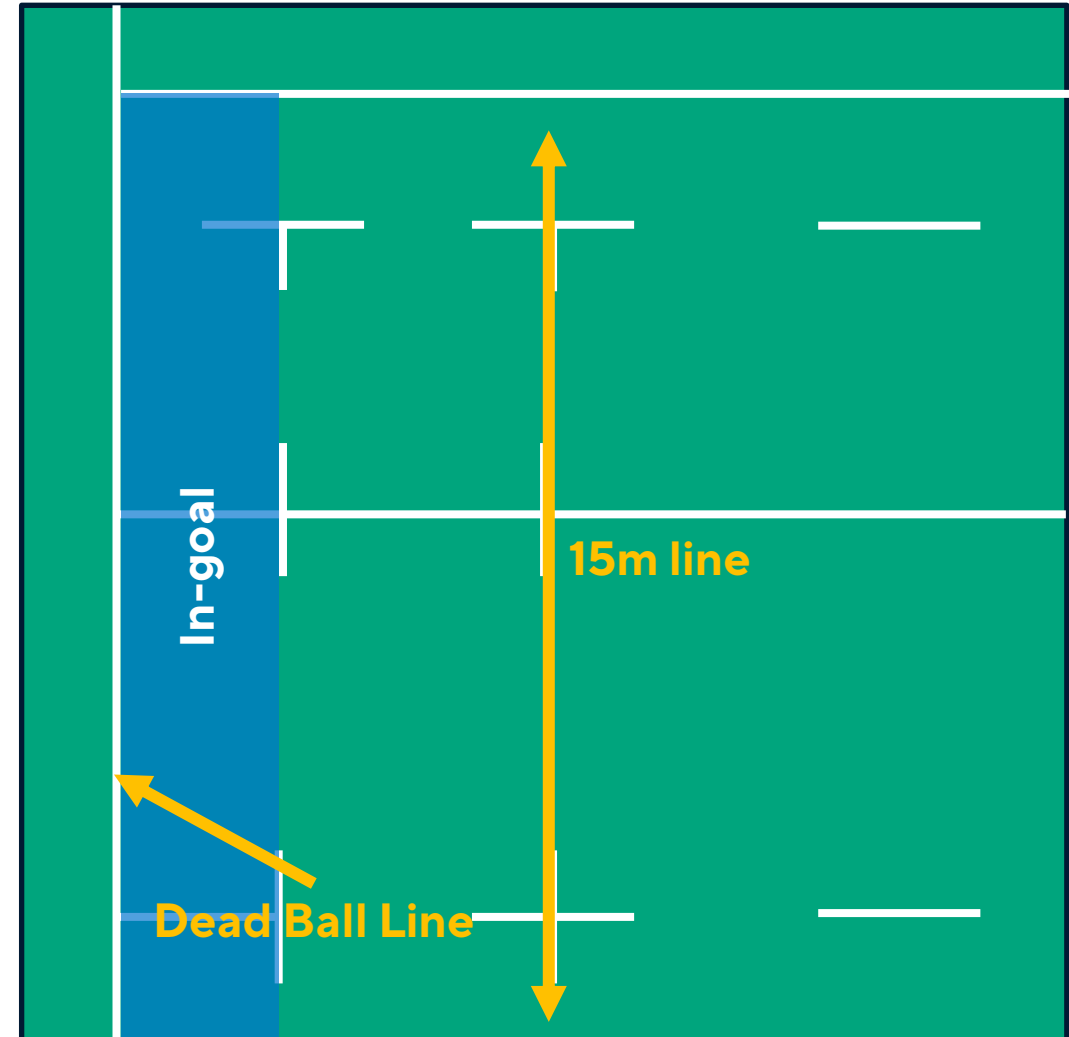
### Referee Guidance

Encourage the person who receives the first pass to try to pass again.

### Ball is kicked over the dead ball line / In-goal

**Ball leaves over the dead ball line** - If the ball leaves the field of play over the dead ball line by an attacking kick, play restarts with a TAP & PASS on the 15m line to the team that was defending (defending players must be 5m back).

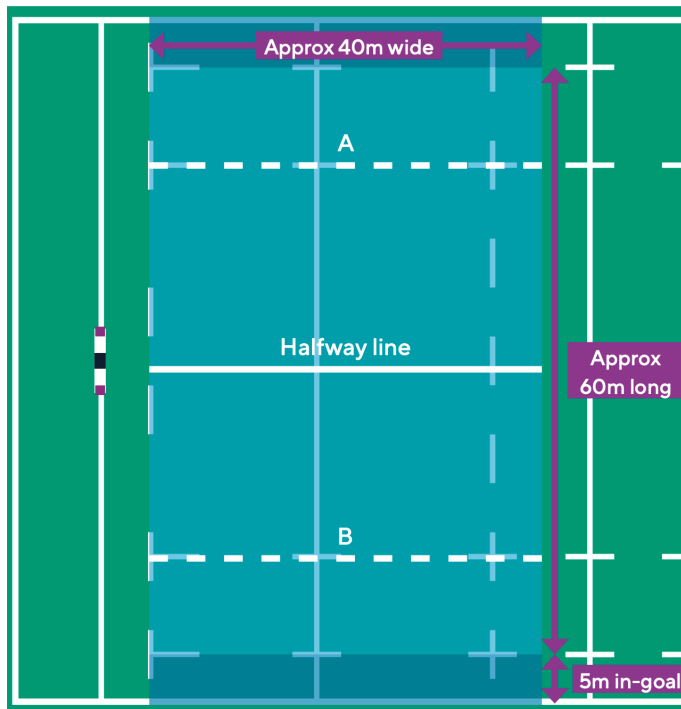
**Ball is touched down in-goal** - If an attacking kick goes into the in-goal and is touched down by a defensive player, play restarts with a TAP & PASS on the 15m line to the team that was defending (defending players must be 5m back).



## Open Play Kicking Permitted

Attacking kicks from hand are permitted

**Ball on the ground** – it cannot be kicked; players must try to pick it up



## Kicking to Touch

Players can kick the ball straight into touch (without bouncing) if they are within 10m of their own try line (marked by the 'full pitch' 15m lines - marked by A & B in the the diagram)

Players can kick the ball into touch outside of their own 10m, so long as the ball bounces before leaving the pitch

**Sanction** – Pass from touch to the opposition team, level with the point where the kick was taken.

## Referee Guidance

**Goal Line Drop Out** - The Ball must go at least 5m. All chasers must be behind the kicker and can move forward once the ball has been kicked. Defending players must be behind the 5m line.