



**SCOTTISH
RUGBY**

Age Grade Law Variations 24/25

U16 Girls

Leadership • Engagement • Achievement • Enjoyment • Respect



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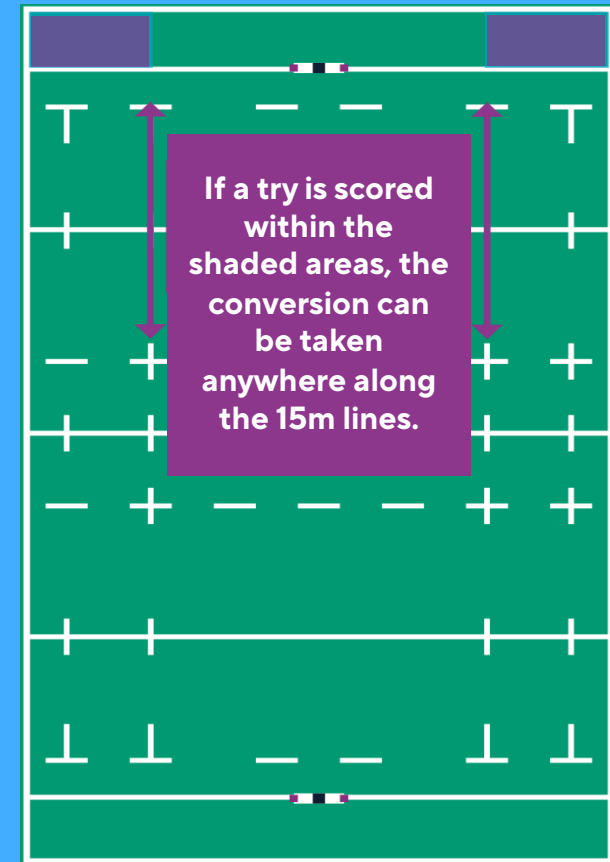
U16 Girls* | Age Grade Law Variations

Season 2024/25 Summary



* Game on variations available for 15,12,11 and 10-a-side

Players 13v13 	Pitch Full Pitch	Ball Size 4 	Playing Time 60 mins No more than 90 mins in a 48-hour period	Scoring World Rugby Scoring
Tackle Below the base of the sternum		Hand off Yes - Not to head or neck	Breakdown Yes, up to 2 supporting players per team	
Scrum 6v6 - contested w/ 1.5m push, 9 must pass	Lineouts Yes -Hooker + up to 5; contested w/ no lift	Kick Off / Restart Kick off - starts with drop kick After Try - team that SCORED starts with drop kick		Kicking Conversions from with 15m line



	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

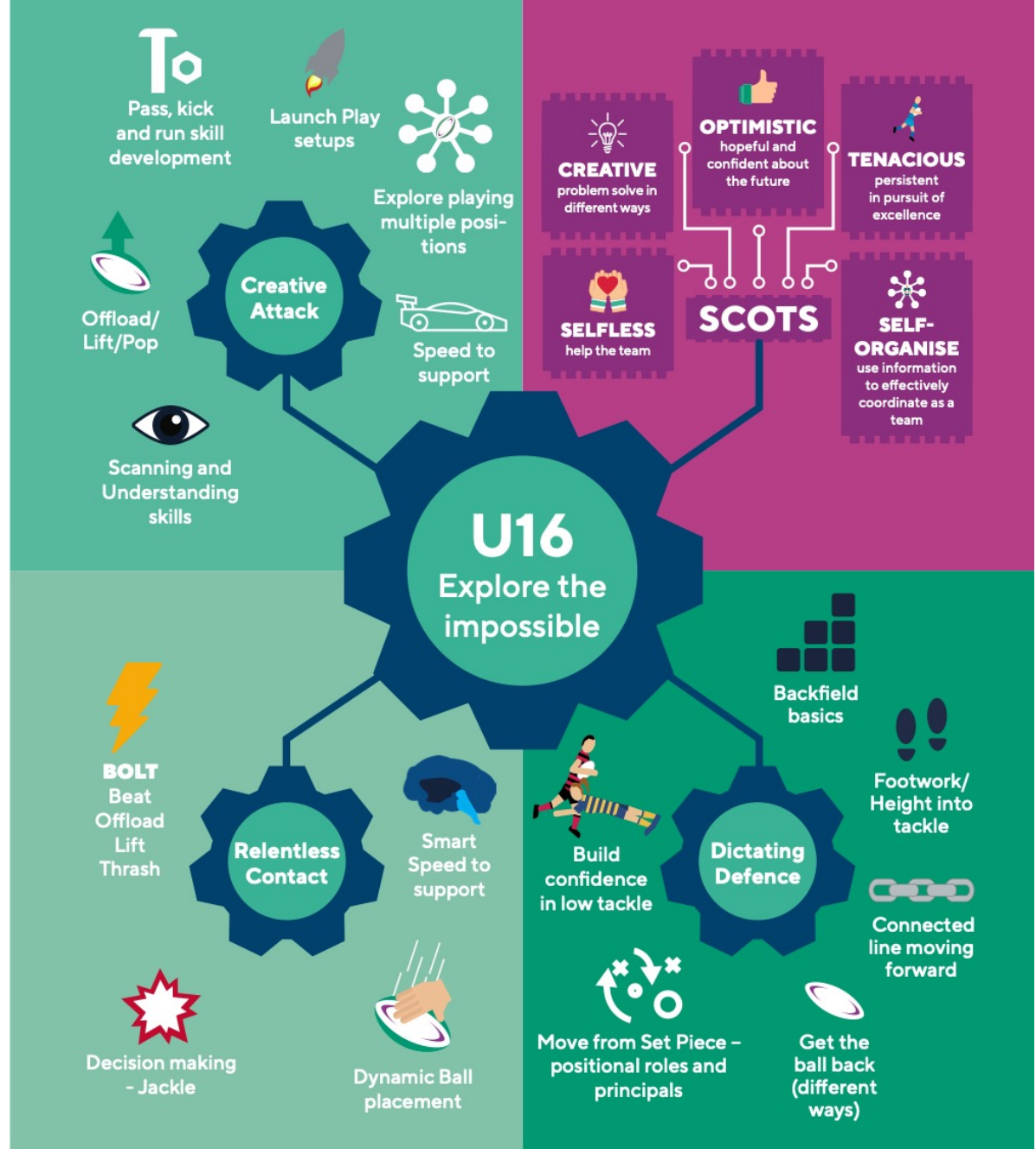
U16 Girls

Blueprint

The focus for the Blueprint at this level is to 'Explore the impossible'. This means that coaches should create environments where players feel empowered to try a multitude of skills in training and games.

The key focuses on Creative Attack remain around the skills so players can find space and play with speed to stress defences, whilst the Relentless Contact focuses centre on the BOLT skills.

As always, coaches should continue to focus on building confidence in low tackling in defence, whilst building understanding around connections, spacings and line speed.



U16 Girls

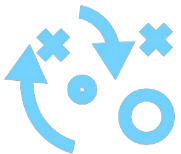
Team Size, Game/Festival Length, Pitch & Ball Size



13 v 13



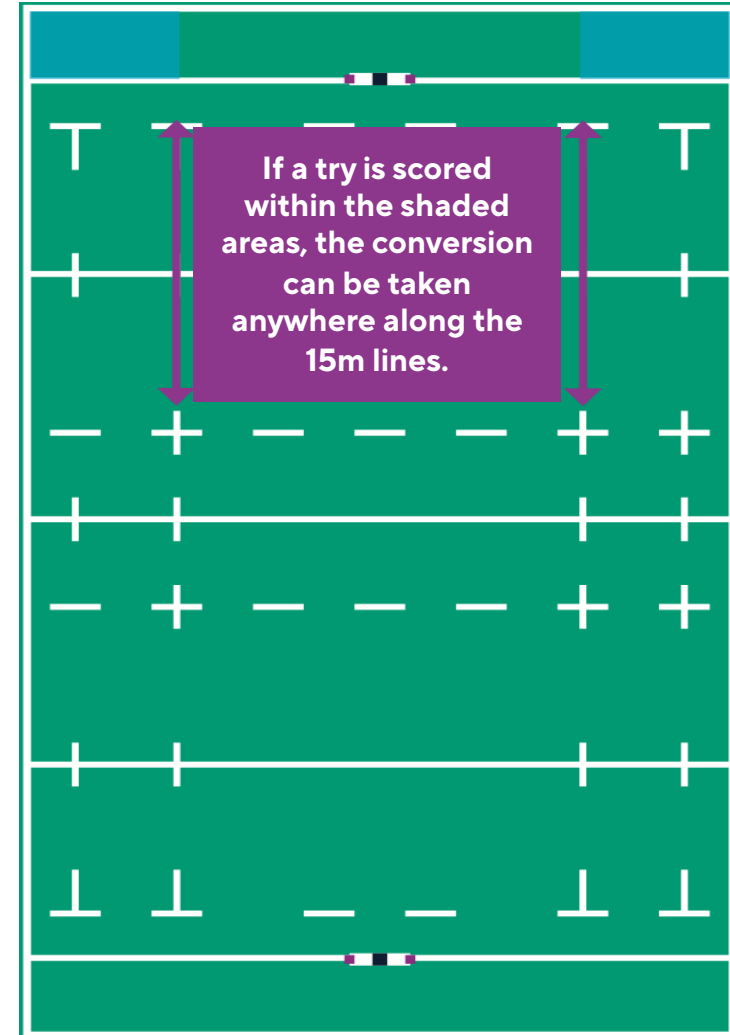
Max. 60 mins per game



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



Size 4 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 **SCORES** restarts with a **drop kick**. Full World Rugby laws apply.

NEW - A kick can be marked if caught on the full in the '22' - free kick is awarded (a SCRUM is no longer a permitted option at a free kick)

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>Hand Offs – Are ALLOWED. No contact must be made to the head or neck of the player attempting the tackle.</p>	<p>Free Kick to the non offending team.</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
Tackle Height – All tackles should be on or below the ‘Base of the Sternum’.	High Tackle - Penalty to non-offending team.
Assist Tacklers <ul style="list-style-type: none"> • Can make a tackle, if below the base of the sternum • Can rip the ball – as long as arms are used and there is no ‘active shoulder contact’ 	High Tackle - Penalty to non-offending team.
No Swing Tackles – The tackler is responsible for bringing the ball carrier to ground safely – throwing the ball carrier to ground is not permitted.	Swing Tackle - Penalty to non-offending team.

Referee Guidance

Remind players to tackle ‘underneath the ball’. This is a good guide for players to focus their efforts.



Up to 2 supporting players per team

Rationale

The breakdown continues in a 2v2 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 2 supporting players per team can enter the breakdown.

When is the breakdown over? – As per world rugby laws –see guidance below for overview

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 2 supporting players 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 (as per world rugby laws)

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

Sanctions – As per world rugby laws – penalty to non-offending team (defence 10m back)



Scrum

Numbers – 6 players from each team should form the scrum

Formation– 3 front row, 2 second row, 1 Number.8

Contest – Both hookers can CONTEST for the ball (both hookers can strike for the ball) – Maximum Push of 1.5m allowed

Attacking Scrum Half – MUST PASS immediately (No Number 8 Pick & Go)

Defending Scrum Half – Cannot pass the mid-point of the scrum. They can move once the ball has been passed.

Referee Guidance

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.

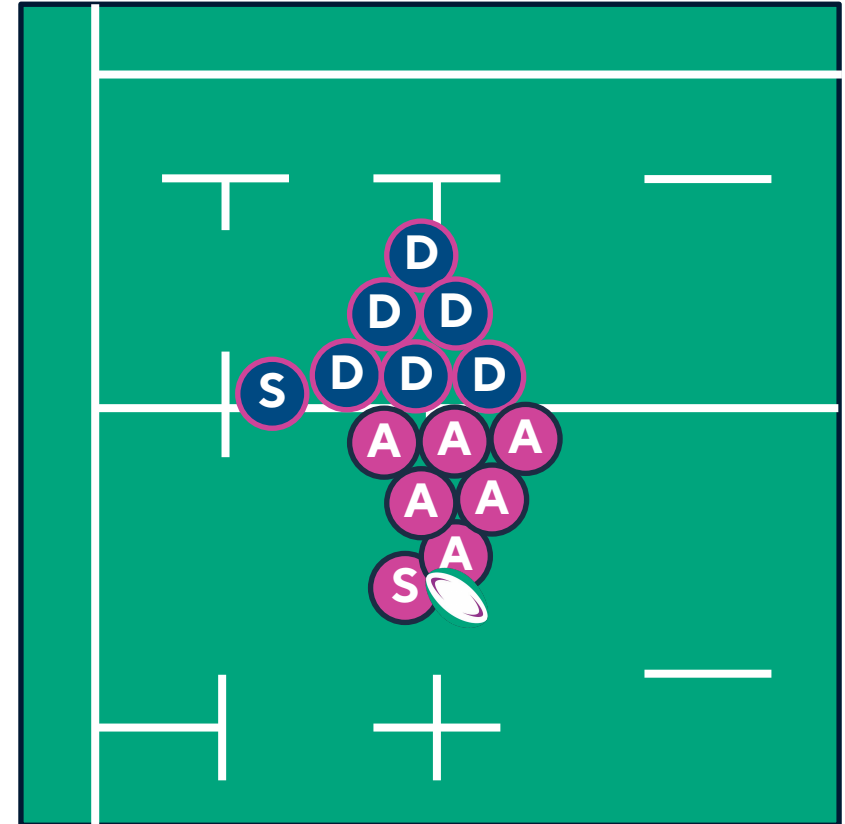
Scrum engagement sequence – Crouch, Bind, Set – on crouch look for them to be ear to ear with heads to the left, on bind look for the props to bind high and long.

Managing the Push – Give a clear call of 'Stop Pushing' when one team has pushed 1.5m

Sanctions

Defending Scrum Half going beyond the mid point of the scrum before the ball is out – Penalty to non-offending team at the base of the scrum

Early Push (Before ball leaves the Scrum Half's Hands) or Team pushes more than 1.5m – Free Kick to non-offending team



The Lineout

Where - Awarded to team that did not touch the ball last from the point where the ball left the field of play.

Numbers - Up to 6 players from each team should form the lineout (Hooker +5). Defending team cannot have more than the attacking team, but can have less

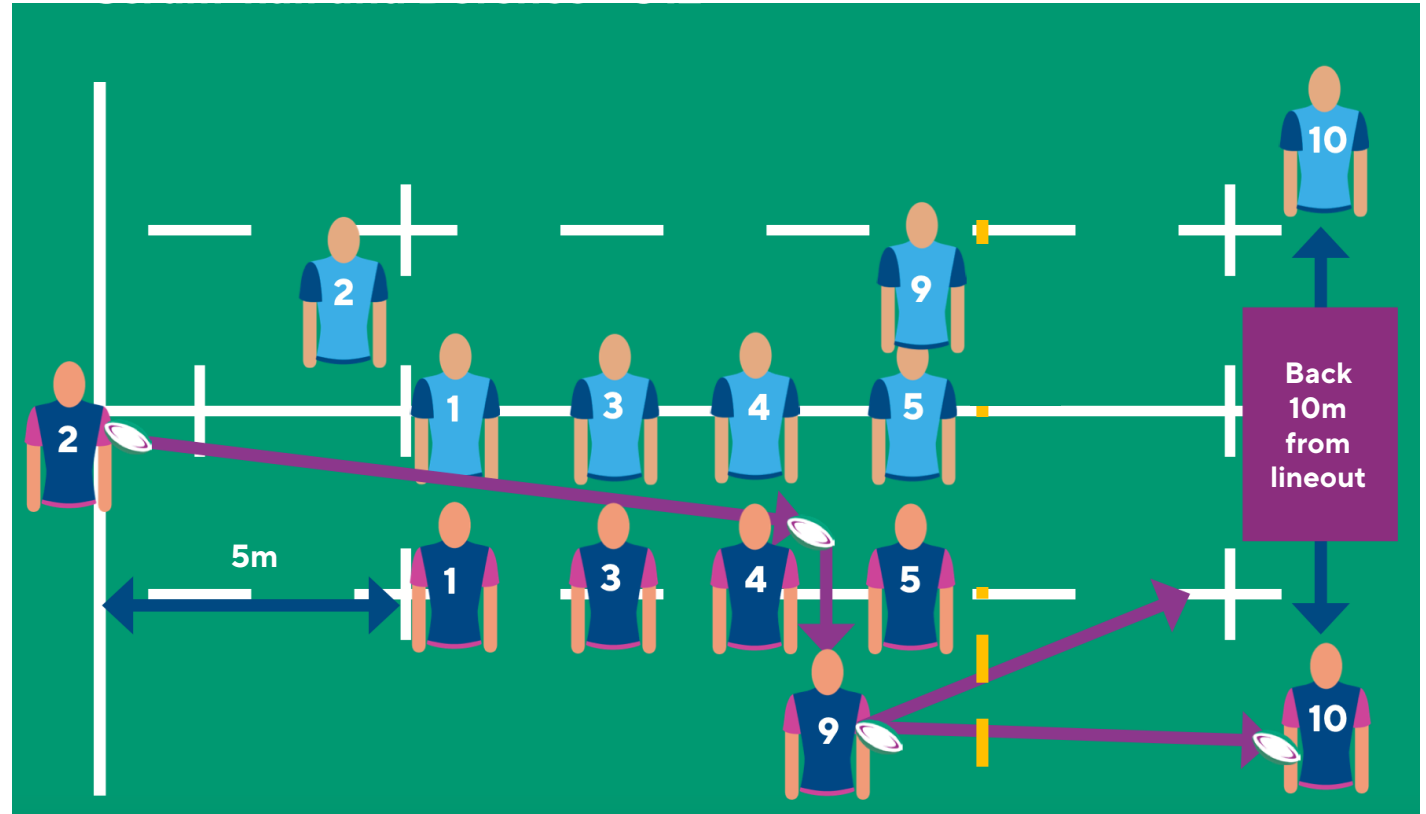
Contest - CONTESTED - both teams can compete for the ball. (Players can jump but NO LIFT)

Catchers (Dark Blue 4) - Can catch the ball and tap back to the 9. NO MAUL PERMITTED

Attacking Scrum Half (Dark Blue 9) - Full options available - run, pass or kick.

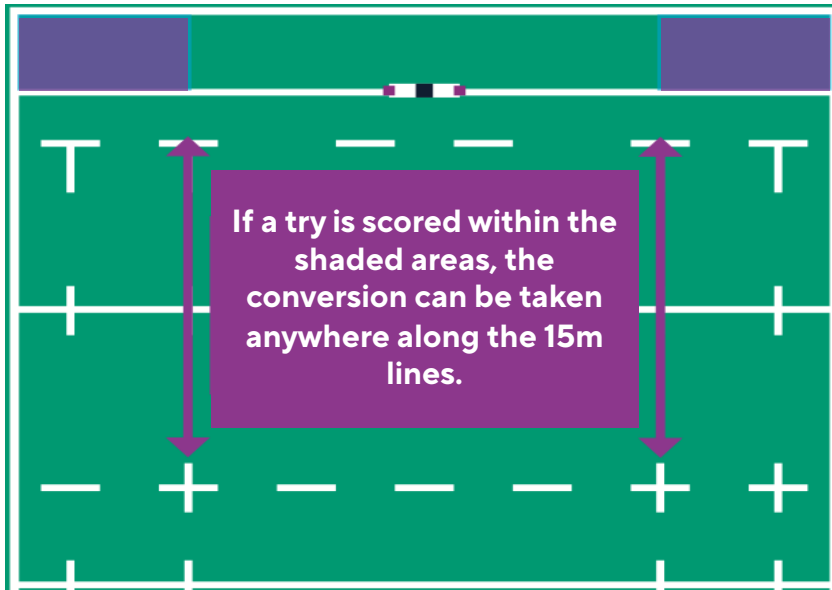
Defending Hooker and Scrum Half (Light Blue 2 & 9) - can stand 2m from middle of the lineout.

Players not in the lineout - Must be 10m back from the lineout. Can move as per World Rugby laws: when ball is in the scrum half's hands or ball is thrown by the hooker over the 15m line



Conversions

If a try is scored in the wide channels (from touchline to 15m line) the kicker can bring the ball to anywhere on the 15m line to



Goal Line & 22m drop-outs

Full World Rugby Laws apply regarding Goal Line and 22m drop-outs – See Law 12 [here](#)

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.

Open Play Kicks

All open kicks permitted including 50:22s