



AGE GRADE LAW VARIATIONS U12 Girls



OVERARCHING PHILOSOPHY:

Laws that supports the game in a safe and progressive manner whilst enriching player development relevant to players' current age and stage, and aligned to the Blueprint.

MATCH BASICS & EQUIPMENT

PLAYING NUMBERS

Up to 10 a side

Game On Variation to supporting 6, 7 or 8 a side. To maximise participation - smaller sided teams = more touches on the ball for each player.

PITCH SIZE

60m x 40m *With 5m in-goal areas*

If 6 a side - 40mx30m Provides enough space for attacking and defensive opportunities appropriate to the player's age and stage.

MATCH TIME

Max. 40 mins per game *Max. 60 mins playing time in a festival*

Half game principle applies - all players to play minimum half a game. Children at this age are still developing physically and mentally. Fatigue will happen earlier than teenagers and adults, and raises the risk of injury.

SCORING:

1 point per try *No conversions or penalty kicks*

A try is the only scoring method so one point is enough.

BALL SIZE

3

Smaller balls fit comfortably in smaller hands. This allows children to master core skills like passing, catching, and kicking, without straining or fighting the ball's size and weight.

SET PIECES

SCRUM

5 players from each team

nearest 5 players to the mark from each team should form the scrum

Contested with resisted lean (both hookers can 'strike' for the ball). 9 must pass.

Defensive 9 cannot go mid-point.

If 7 or 8 a side = 3 players from each team.

If 6 a side - No scrum - Free pass from mark.

Introduces the modified scrum in a controlled manner. Nearest 5 promotes all players to experience different positions and speed up the restart.

LINEOUT

Uncontested.Min. 4 player + hooker. No Lift.

Uncontested (Opposition cannot compete). No Maul.

6, 7 or 8 a side - No lineout - Pass from touch. Promote quick throw-ins if available. Lineout as a quick restart to keep 'ball in play' time high.

BREAKDOWN

Up to 2 supporting players per team

In addition to the ball carrier and/or tackler

If 6, 7 or 8 a side = Up to 1 supporting player per team.

Keep the ball alive - players should be encouraged to offload or pop the ball before going to ground.

Limiting the number of support players in the breakdown helps keep this area of the game clean and will speed up play.

OPEN PLAY

TACKLE

Waist and below No Swing Tackles

Tackling around the waist or below is a safe and effective way to tackle and bring the ball carrier to ground.

Lower tackles have shown to result in fewer head on head contacts which can lead to high rates of concussion.

Swing tackles (where a tackler grabs and swings a player to the ground) is unsafe and doesn't teach safe and effective tackle technique.

KICK OFF/RESTARTS

Drop kick to start *Team that scored = drop kick after a try.*

Ensures that non-scoring team gain possession after a try is scored.

HANDOFF

Yes, below head and neck

Target the shoulders and below which helps to promote good tackle technique (bent at waist) whilst developing key part of evasion for the ball carrier.

OPEN PLAY KICKING

Yes

Kicking is a key skill of the game and an enjoyable aspect. Focus on developing players who can run, pass and kick.



AGE GRADE LAW VARIATIONS U14 Girls



OVERARCHING PHILOSOPHY:

Laws that supports the game in a safe and progressive manner whilst enriching player development relevant to players' current age and stage, and aligned to the Blueprint.

MATCH BASICS & EQUIPMENT

PLAYING NUMBERS

Up to 13 a side

Game On Variation to supporting up to 10 a side Introduce players to the bigger game with the option of changing team size based on playing numbers to maximise participation

PITCH SIZE

Full Pitch

Choice based on location/event:

10 a side - Bring whole pitch in to the 5m lines. **10 a side** - 60m x 40m (with 5m in-goal areas) More space for players to attack/defend allowing them to develop a deeper tactical understanding.

MATCH TIME

Max. 60 mins per game *2 x 30min halves*

Half game principle applies - all players to play minimum half a game. Children at this age are still developing physically and mentally. Fatigue will happen earlier for teenagers than adults which results in a greater risk of injury.

SCORING:

Full Scoring System

Try = 5 points, Conversions = 2 points, Penalty kick = 3 points. Conversions taken from within the 15s"

Allow players to develop an understanding of how to build and defend a score. Conversions taken from within the 15s = more chance of success.

BALL SIZE

3 or 4

Smaller balls fit comfortably in smaller hands. This allows children to master core skills like passing, catching, and kicking, without straining or fighting the ball's size and weight.

SET PIECES

SCRUM:

13 a side = 6v6 scrum (no flankers)

Contested with max. 1.5m push 9 must pass. Defensive 9 cannot pass mid-point.

10 a side = 5v5 scrum (no flankers and no.8)

Give the opportunity for players to start to develop position specific skills in the set piece. Forwards learn scrummage technique under controlled push and Backs develop launch plays.

LINEOUT

Min. 4 player + hooker. No Lift. Uncontested (Opposition cannot compete). No Maul.

Promote quick throw-ins if available. Lineout as a quick restart to keep 'ball in play' time high.

BREAKDOWN

Full Laws

With more players on the pitch, having more players able to contest possession at the breakdown will create more space to attack. Develop decision making around when to go for the ball or set for next phase.

OPEN PLAY

TACKLE

Waist and below, No Swing Tackles

Tackling around the waist or below is a safe and effective way to tackle and bring the ball carrier to ground.

Lower tackles have shown to result in fewer head on head contacts which can lead to high rates of concussion.

KICK OFF/RESTARTS

Drop kick to start. *Team that scored = drop kick after a try.*

Ensures that non-scoring team gain possession after a try is scored.

HANDOFF:

Yes, Below head and neck

Target the shoulders and below which helps to promote good tackle technique (bent at waist) whilst developing key part of evasion for the ball carrier.

OPEN PLAY KICKING

Yes

Kicking is a key skill of the game and an enjoyable aspect. Focus on developing players who can run, pass and kick.

AGE GRADE LAW VARIATIONS U16 Girls



OVERARCHING PHILOSOPHY:

Laws that supports the game in a safe and progressive manner whilst enriching player development relevant to players' current age and stage, and aligned to the Blueprint.

MATCH BASICS & EQUIPMENT

PLAYING NUMBERS

Up to 15 a side

Game On variations to support 13 a side. *Please see N.C.R for guidance on playing numbers

Provide opportunity for players to play the full game with the option of changing laws based on playing numbers to maximise participation. Getting games played is the key philosophy - ensuring all players get game.

PITCH SIZE

Full Pitch

Choice based on location/event:

10 a side - Bring whole pitch in to the 5m lines. More space for players to attack/defend allowing them to develop a deeper tactical understanding.

MATCH TIME

Max. 70 mins per game *2x35min halves*

Half game principle applies - all players to play minimum half a game. Children at this age are still developing physically and mentally. Fatigue will happen earlier for teenagers than adults which results in a greater risk of injury.

SCORING:

Full Scoring System

Try = 5 points, Conversions = 2 points, Penalty kick = 3 points. Conversions taken from within the 15s"

Allow players to develop an understanding of how to build and defend a score. Conversions taken from within the 15s = more chance of success.

BALL SIZE

4

Smaller balls fit comfortably in smaller hands. This allows children to master core skills like passing, catching, and kicking, without straining or fighting the ball's size and weight.

SET PIECES

SCRUM:

15 a side = 8v8 scrum

Contested with max. 1.5m push 9 must pass. Defensive 9 cannot pass mid-point.

13 a side = 6v6 scrum. Contested with max 1.5m push. 9 must pass. Defensive 9 cannot pass mid-point

10 a side = 5v5 scrum (no flankers and no.8)"

Develop the full set piece so players can continue developing the position specific skills relevant to them. 9 must pass so that it is still a platform to launch an attack to encourage creative play from set piece.

LINEOUT

Attacking team lift only. Contested.

Min. 4 player + hooker.

Develop the techniques of the set piece under less pressure as players develop the core strength to lift safely.

BREAKDOWN

Full Laws

Key area to compete for possession allowing players to develop the decision making skills in this area of the game.

OPEN PLAY

TACKLE

Below Base of Sternum

Tackling below the sternum is a safe and effective way to tackle and bring the ball carrier to ground.

It opens up a range of options for the defender and encourages decision making whilst reducing the risk of head contacts which can lead to higher rates of concussion.

KICK OFF/RESTARTS

Drop kick to start. *Team that scored = drop kick after a try.*

Ensures that non-scoring team gain possession after a try is scored.

HANDOFF:

Yes, Below head and neck

Target the shoulders and below which helps to promote good tackle technique (bent at waist) whilst developing key part of evasion for the ball carrier.

OPEN PLAY KICKING

Yes

Kicking is a key skill of the game and an enjoyable aspect. Focus on developing players who can run, pass and kick.