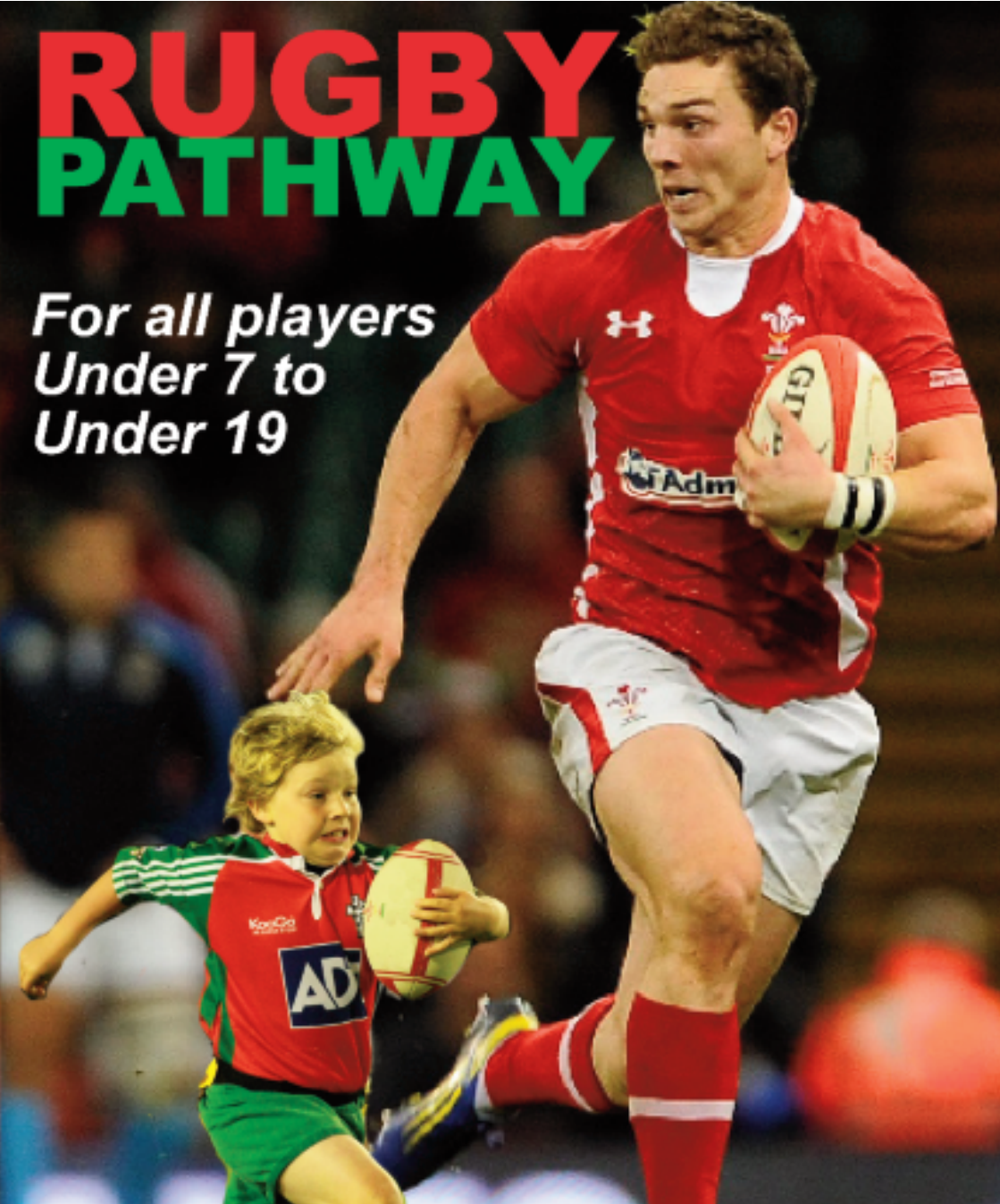


RUGBY PATHWAY

*For all players
Under 7 to
Under 19*

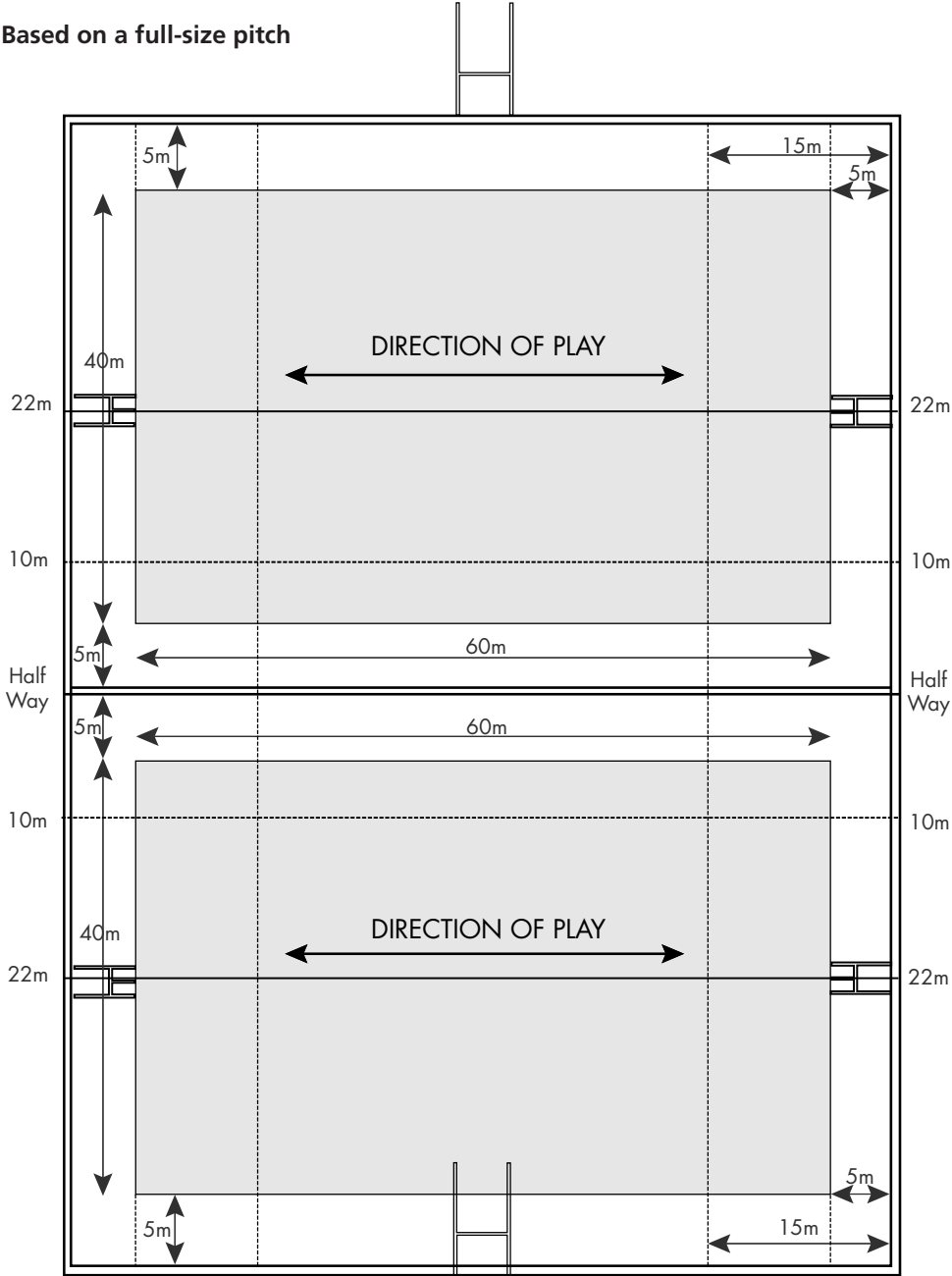


WRU RUGBY PATHWAY
2017 - 2018

Version 200117

RECOMMENDED FIELD FOR 10-A-SIDE GAMES

Based on a full-size pitch



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Foreword by Warren Gatland

I would like to endorse the Rugby Pathway Programme “Minis to Millennium”

It encourages young players to develop and enjoy many aspects of the modern game.

I believe it will enhance the progression of the core elements of the player for the long term benefit of the game in Wales.

This will be done by concentrating on the specifics at an early age of passing, catching, running, offloading and continuity.

This has traditionally been the strength and uniqueness of Welsh Rugby.

As a player gets older they are then introduced to the finer details of the game.

For coaches there are specific goals to achieve at each level which ultimately makes their job easier and we should end up with a more skilled player in the long run.



Warren Gatland

PATHWAY RATIONALE

The pathway offers a progressive way of introducing the game to young players and developing coaches. At the same time it aims to capture the magic of the game and deliver a game that is fun to play, enjoyable and stimulating to coach and promotes open running rugby.

In Wales we have a tradition of playing rugby with flair and guile. With the game moving into the professional era back in 1995 there has been increased pressure to produce players who are bigger, faster and stronger.

Running with the ball, passing and having the ability to beat an opponent are the Welsh way. In order for us to try and promote and develop these skills the pathway has been adapted for our younger players. The rationale of the rugby pathway is to aid the development of the player through their early years of playing and to provide them with a progressive approach to their learning and the skills of the game.

Contesting the ball is introduced in a controlled environment at the age of ten helping players to gain confidence in this area of the game. With these skills being developed progressively at each age group it is hoped that young players will be encouraged to stay within rugby and enjoy the benefits of the game.

Within the pathway there is also information for coaches to support them to introduce and develop skills safely and effectively. The progressive nature of the pathway will, it is hoped, assist the coach to deliver the skills of the game in a progressive manner, without overloading them with too much information too soon.

WRU CODE OF CONDUCT FOR PARTICIPANTS IN RUGBY UNION FOOTBALL

General – All Participants (Advisors, Club Officials, Players, Referees and Team Managers).

1. A Participant shall not make any public criticism of any other Participant, but he will have recourse to the complaints procedure of the Union and which procedure should be adhered to.
2. A Participant shall conduct himself at all times in an ethical and professional manner and shall observe the highest standards of integrity and fair dealing.
3. A Participant shall take all possible steps to promote the reputation of the game of Rugby Union Football and to prevent it being brought into disrepute.

Team Manager / Club Official

1. A Team Manager / Club Official shall comply with the Laws of the Game, the Regulations of the WRU, the Rules of any competition in which his Club participates and his Club Rules. A Team Manager shall not encourage or incite any person (including other employees of his Club) to act in breach of the same but shall take all possible steps to ensure that they comply with them.
2. A Team Manager / Club Official shall use best endeavours to ensure that there is in force at his Club a fair and effective disciplinary policy applicable to Players and other employees under his control and that it is applied consistently.
3. A Team Manager / Club Official shall take all reasonable steps to ensure that players and/or other employees under his control accept and observe the authority and decisions of match officials.

Referees

1. Referees will endeavour to apply the Laws of the Game fairly and to an agreed interpretation as specified by the WRU and to provide the style of play as determined by the WRU.
2. Referees are expected to attend disciplinary hearings involving them personally whenever possible. The reason for non-attendance must be given to the WRU's Community Operations Manager in advance of the hearing.

SANCTIONS FOR A BREACH OF THIS CODE WILL BE APPLIED BY THE WRU'S UNDER 19 DISCIPLINARY COMMITTEE IN ACCORDANCE WITH THE WRU'S UNDER 19 DISCIPLINARY PROCEDURES FOR 2010/2011.

WRU PROTOCOL FOR RUGBY UNION GAMES IN WALES

Before the game:

1. Clubs are responsible for notifying match officials of date, venue, kick-off time and team colours at least 72 hours before the game.
2. Match officials should arrive at the venue at least 40 minutes before kick-off. Clubs should make their arrangements based on this.
3. Clubs are responsible for the safety of match officials during the time they are at the match in question. Where possible a referee liaison person should be appointed by the Home Club to be responsible for match officials.
4. Match officials will be available up to 30 minutes prior to kick-off to club captains and coaches for discussions regarding laws, kit, etc.
5. Access to the match officials dressing room is restricted to persons who have a legitimate reason for seeing them.
6. Clubs will submit their team and replacements to the referee before taking to the field for kick-off, indicating the replacement front row players. Once this has been submitted no changes should be made without the permission of the referee.
7. The match balls should be available for inspection by the match officials a minimum of 15 minutes prior to kick-off.
8. The Home Club shall be responsible for ensuring that the playing area / enclosure is fit to play on and is free of all materials / substances that would prevent the game starting at the allocated time, e.g. broken glass, animal droppings, etc.

During the Game

1. Clubs must restrict entry to the playing enclosure to all but players, match officials, ball boys, replacements in agreed areas, medical support personnel, coaches and where necessary television personnel.
2. Coaching staff, team personnel or replacements will not be allowed to move along the touch line or remain in the playing enclosure unless they are warming up as agreed, treating injured players or supplying drinks in the agreed manner.
3. Clubs will provide an area clearly indicated for medical support personnel and coaches. Clubs will provide a seated area for replacements on the same side of the ground, where applicable under the control of the fourth match official.

continued:—

WRU PROTOCOL FOR RUGBY UNION GAMES IN WALES

continued from previous page:—

4. Replacements will remain seated at all times during the match unless they are warming up in the agreed area or are going onto the playing area as a replacement. Where no seating is available replacements should remain outside the playing enclosure.
5. Prior to kick-off, depending on the ground, an agreed warm up area will be designated following consultation between the clubs and match officials.
6. Replacements will only enter the field of play at the halfway line after the player being replaced has left the field. Replacements will only be allowed during a stoppage of play and when the referee has clearly signalled the replacement.
7. Clubs will provide boards with numbers thereon clearly showing who is being replaced.
8. Drinks will be permitted during a stoppage in play. Drinks must not be taken in front of a player who is kicking at goal.
9. Where match officials leave the field at half time, Clubs must ensure that there is no entry to their dressing room during that period by any player, coach, administrator or spectator.

After the Game

1. At the end of the game, Clubs should ensure that match officials are not harassed by players, coaches, club officials or spectators and are escorted safely to their dressing room.
2. There should be no unauthorised entry to the match officials' dressing room area after the end of the match. Players, coaches and club officials should not attempt to enter this area unless with the express permission of the match officials.
3. Clubs are responsible for ensuring that match officials leave the clubhouse and ground safely without any harassment from players, coaches, club officials or spectators.

Aim 1:

- To present Welsh Rugby as:
- EXCITING
 - ENJOYABLE
-

Aim 2:

- To Promote:
- SKILL
 - SPORTSMANSHIP
 - TEAMWORK
 - CONFIDENCE
 - SELF DISCIPLINE
 - SAFETY
 - RESPECT
-

Aim 3:

To provide a series of modified games for specified age groups that will progressively develop the individual skills, fitness and team work of all players in accordance with their physical maturity and understanding of the game, in their progress to play the 15-a-side game under the laws of the International Rugby Board.

WELSH RUGBY UNION POLICY

1. It must be clearly understood that the Welsh Rugby Union's Rugby Pathway is to be observed by all clubs, associated members and affiliated organisations from SEPTEMBER 2011.
2. MATCHES are a means of coaching and encouraging young players to improve their skills with the object of them playing rugby correctly, effectively, safely and in an enterprising manner. The Welsh Rugby Union is most grateful to the many who are giving freely of their time, enthusiasm and expertise in organising and encouraging the game of rugby football in Wales.
3. Bodies administering Under 19 rugby are asked to oversee the administration of the game at this level and ensure that all clubs and schools comply with the rules, laws and playing regulations laid down by the Welsh Rugby Union.
4. All coaches of young players must be qualified to appropriate level and must strive to improve the performances of each individual player. To this end a correct balance between coaching players and their participation in competition must be maintained.
5. All referees must have the following minimum qualifications:
 - Under seven to under eight Tag Award
 - Under nine to under 16 age groups WRU Level one Referees Award.
 - U16 to U19 Youth WRU Level two Referees Award.

While competition is an important aspect of the game, total emphasis should be placed on:

- Fun, enjoyment
- Running with the ball
- Evasion
- Running in support of the ball carrier
- Passing
- Running to tag/tackle the ball carrier
- All coaches should coach to the spirit of the game and its laws

FAIR PLAY

It is absolutely vital, particularly during the development phases of young players in the playing of the game, that Acknowledged Standards of Sportsmanship are encouraged and maintained. The following elements are therefore to be regarded as the minimum standards necessary to ensure that rugby football in Wales is played by young players in a manner befitting the National heritage and traditions of the Welsh Game. Coaches, parents players and spectators should therefore:

- *Display courtesy, friendliness and sportsmanship to the opposing team and the referee at all times.*
- *Applaud the opposition for good play.*
- *Deplore foul play and abusive language. Report all incidents to the appropriate body.*

Young players value highly the fun and enjoyment of the game and their membership of a team. Whilst they should always be encouraged to play with a strong, competitive spirit, they must also be coached to play within the laws and rules of the game and always with respect for their opponents. Coaches of young players should encourage and concentrate on enjoyment and development of skills - results are of secondary importance. Young players only enjoy competition on their terms and when it becomes too serious or intense, the outcomes can diminish their enthusiasm for the game.

It is strongly recommended that coaches and referees are sensitive to the scores so that one side is not overwhelmed. Enjoyment and development must be the priority at this stage.

COACH RESPONSIBILITIES

- *To develop in all players an appreciation of rugby.*
- *To develop each player's maximum potential, including personal and social qualities.*
- *To encourage and deliberately boost the confidence of all players.*
- *DO NOT ridicule.*
- *Ensure each coaching session is well prepared with the coaching emphasis being placed on the development and acquisition of skill, decision making and an understanding of the game.*
- **Maintain the highest standards of personal discipline and courtesy during matches irrespective of the result and be a perfect role model for the young people.**

PARENT RESPONSIBILITIES:

- *Set an example to your child:*
- *Applaud good play by your team and by members of the opposing team.*
- *Be friendly to parents of the opposition.*
- *Do not question publicly the referee's decision.*
- *Support all efforts to remove verbal and physical abuse from mini and junior rugby.*
- *Recognise and value the importance of coaches.*
- *Do not force an unwilling child to participate in rugby, their enjoyment is paramount.*
- *Encourage your child to play by the Laws/Rules.*
- *Teach your child the importance of effort and teamwork.*
- *Help your child to improve skills and to learn a positive attitude to the game.*

PLAYER RESPONSIBILITIES:

- *Play Rugby within the Laws and the Sporting Spirit of the Game.*
- *Support and cooperate with fellow team members to ensure the team plays to its maximum capability.*
- *Respect the opposition without whom the match would not take place.*
- **Respect the referee and accept all decisions without dissension.**

A POSITIVE GROUNDING FOR TRADITIONAL RUGBY

BACKGROUND

Tag Rugby has been developed to promote a basic understanding of rugby by young boys and girls, and principally to encourage the learning of ball skills and teamwork before going on to other aspects of the game.

HOW CHILDREN LEARN RUGBY:

When children are learning to develop concepts about rugby, they first need to learn the basic and most important aspects of the game. Ball skills and learning to be part of a team are placed in this category. Research supports the following points:

- Children learn more when they are playing.
- Playing develops children's creativity and problem solving skills.
- Play develops new skills and builds the children's self-esteem.
- The structure of the coach's sessions are key for the development of the child. If the children are overloaded with information they will become discouraged which could lead to them leaving the sport.

MIXED UNDER 7'S – TAG RUGBY

COACH'S ROLE

- Develop a love of the game in children
- Develop evasion skills with ball in two hands and standing pass to standing receiver

AIMS RATIONALE

“Invasion by evasion” that is scoring tries by evasive running
Introduce accurate stationary passing

AGE:	Under seven as on the first of September at the start of the season.
TEAM SIZE:	Five a side with unlimited substitutions. The WRU requires that both teams shall field the same number of players throughout the game.
PERIODS OF PLAY:	Two halves each of up to 10 minutes playing time – maximum 20 minutes of play.
PLAYING AREA:	50m (Length) x 40m (Width) maximum. 40m (Length) x 30m (Width) minimum.
BALL SIZE:	Size three.
KICKING:	None.
LINEOUT:	No, free pass from five metres in from the touch line.
SCRUMMAGE:	None.
COACH QUALIFICATION:	Tag/Level one.
REFEREE QUALIFICATION:	Tag Leaders Award.
GAMES, MATCHES, COMPETITIONS, FESTIVALS:	No Inter Club / Inter School Leagues. Where teams have entered Festivals (which start and finish on the same day) it is recommended that each game should not exceed 10 minutes (maximum) each half. Where possible clubs are encouraged to organise more than one opposition 'Round Robin' scenario i.e. each team plays each other for 10mins (maximum). This is recommended for 3 to 4 teams maximum. It is recommended for development and participation purposes that all players play at least one half every game.

TAG RUGBY RULES:

- Game to start with a free pass.
- Team conceding try to restart.
- Six tags, ball is turned over to opposition.
- Tagged player must play the ball (pass) within three seconds of being tagged.
- Tackler must hand back the tag to the attacking player before continuing to play, persistent infringement will result in the awarding of a penalty.
- Players must leave and enter the field of play at the halfway touchline.
- They must remove two tags and hand them over to substitute entering the field to place upon belt before replacement can effect.
- Substitutes must wear tag belts but with no tags.
- A player must have two tags before scoring a try, however if a tag is removed whilst scoring a try the try is awarded.
- If a player crosses the line with one tag, he/she is brought back out five metres from the try line with the tag count continuing.
- Players must stay on feet to score a try.
- Spinning out of contact away from the tackler is allowed.
- No hand-off allowed.
- Carrying the ball in two hands is encouraged but not a tag rugby rule.
- Free pass for all penalties.
- No Under U7 players should play contact rugby (i.e. 2 years above).

MIXED UNDER 8'S – TAG RUGBY

COACH'S ROLE

- *Develop self-esteem in all children*
- *Develop evasion skills (as Under seven's) plus progression to moving receiver*

AIMS RATIONALE

"Invasion by evasion" introduce accurate passing to a moving receiver

AGE:	Under eight as on the first of September at the start of the season.
TEAM SIZE:	Seven a side with unlimited substitutions. The WRU requires that both teams shall field the same number of players throughout the game.
PERIODS OF PLAY:	Two halves each of up to 10 minutes playing time – maximum 20 minutes of play.
PLAYING AREA:	50m (Length) x 40m (Width) maximum. 40m (Length) x 30m (Width) minimum.
BALL SIZE:	Size three.
KICKING:	None.
LINEOUT:	No, free pass from five metres in from the touch line.
SCRUMMAGE:	None.
COACH QUALIFICATION:	Tag/Level one.
REFEREE QUALIFICATION:	Tag Leaders Award.
GAMES, MATCHES, COMPETITIONS, FESTIVALS:	No Inter Club / Inter School Leagues. Where teams have entered Festivals (which start and finish on the same day) it is recommended that each game should not exceed 10 minutes (maximum) each half. Where possible clubs are encouraged to organise more than one opposition 'Round Robin' scenario i.e. each team plays each other for 10mins (maximum). This is recommended for 3 to 4 teams maximum. It is recommended for development and participation purposes that all players play at least one half every game.

TAG RUGBY RULES:

- Game to start with a free pass.
- Team conceding try to restart.
- Six tags, ball is turned over to opposition.
- Tagged player must play the ball (pass) within three seconds of being tagged.
- Tackler must hand back the tag to the attacking player before continuing to play, persistent infringement will result in the awarding of a penalty.
- Players must leave and enter the field of play at the halfway touchline.
- They must remove two tags and hand them over to substitute entering the field to place upon belt before replacement can effect.
- Substitutes must wear tag belts but with no tags.
- A player must have two tags before scoring a try, however if a tag is removed whilst scoring a try the try is awarded.
- If a player crosses the line with one tag, he/she is brought back out five metres from the try line with the tag count continuing.
- Players must stay on feet to score a try.
- Spinning out of contact away from the tackler is allowed.
- No hand-off allowed.
- No Under 8 players should play contact rugby (i.e. 1 year above).
- Free pass for all penalties.
- Carrying the ball in two hands is encouraged but not a tag rugby rule
- Tag can continue to be played beyond U8 if both teams agree.

MIXED UNDER 9'S – EARLY CONTACT RUGBY

COACH'S ROLE

- Develop the player through the introduction to contact
- Safety points in tackling and being tackled, develop the skills of offload, placement of the ball and the pass off ground

AIMS RATIONALE

Encourage the offload in contact and the correct placement of the ball and introduce tackling around the legs

AGE:	Under nine as on the first of September at the start of the season.
TEAM SIZE:	10 a side with unlimited substitutions. Five forwards five backs. The WRU requires that both teams shall field the same number of players throughout the game.
PERIODS OF PLAY:	Two halves each of up to 10 minutes playing time, maximum 20 minutes of play.
PLAYING AREA:	Half pitch
BALL SIZE:	Size three
RE-START:	A free pass to the non scoring side on halfway
LINEOUT:	No, free pass from five metres in from the touch line
SCRUMMAGE:	Five man non contested scrum, the team putting the ball in must win it. Neither team is permitted to push. Acting scrum half must pass from the base of the scrum, and the opposition scrum half to stay at the tunnel. All scrums must follow IRB process, crouch, bind, set
NO KICKING:	
COACH QUALIFICATION:	UKCC Level one, Level two recommended
REFEREE QUALIFICATION:	WRU Level one Award
GAMES, MATCHES, COMPETITIONS, FESTIVALS:	No Inter Club / Inter School Leagues. Where teams have entered Festivals (which start and finish on the same day) it is recommended that each game should not exceed 10 minutes (maximum) each half. Where possible clubs are encouraged to organise more than one opposition 'Round Robin' scenario i.e. each team plays each other for 10mins (maximum). This is recommended for 3 to 4 teams maximum. It is recommended for development and participation purposes that all players play at least one half every game.

NB: At all levels the "Cavalry Charge" is not allowed

Definition of a Cavalry Charge:

When the attacking team is awarded a penalty kick or free kick either a single player stands some distance behind the kicker or attacking players form a line across the field some distance from the kicker. At a signal from the kicker they charge forward. When they get near the kicker tap kicks the ball and passes to a player who had started some distance behind the kicker.

MIXED UNDER 9'S – EARLY CONTACT RUGBY

EARLY CONTACT RUGBY RULES:

- For all free passes a player must place the ball on the floor and tap it forward with the foot. If a free pass is taken incorrectly it must be taken again
- Defenders must retreat 5m when a free pass is awarded
- Defenders can only advance when the ball has been passed
- Waist high tackle or lower (the waist is the line of the shorts) only one tackler allowed
- After the 6th tackle the opposition receive the ball
- If the tackle is high then a free pass is awarded to the non offending team
- If a player is held in the tackle then he must pass or place the ball after 3 seconds
- The defence can only tackle they are not allowed to contest for the ball
- Acting scrum half must pass the ball without delay (no pick and go)
- No mauling allowed, if a maul is formed a free pass is given to the non offending team
- If a player is sent off then he will be replaced by an appropriate substitute. If there is no substitute available then that team will be disadvantaged. The non-offending team does not lose a player.
- The off side line is 1m back from the rear most part of the body at the tackle area
- If a hand off occurs the referee will award a free pass to the non offending team
- If a knock on occurs a scrum is awarded
- Rolling replacements
- Players must leave and enter the field of play at the halfway touchline
- A player may only play one year up
- At a free pass restart any first receivers can start their run a maximum of 2 metres from the player performing the free pass. Any greater distance and the "Calvary Charge" will be called resulting in a penalty at the place of infringement to the non offending team.

Clothing

- Players are allowed to wear approved leggings

MIXED UNDER 10'S – EARLY CONTACT RUGBY

COACH'S ROLE

- *Help children cope with the demands of the tackle area*
- *Effective contest for ball after tackle including support for ball carrier and tackler*

AIMS RATIONALE

Introduce the contest for possession after the tackle
Introduce decision-making at the "breakdown"

AGE:	Under 10 as on the first of September at the start of the season.
TEAM SIZE:	10 a side with unlimited substitutions. Five forwards five backs. The WRU requires that both teams shall field the same number of players throughout the game.
PERIODS OF PLAY:	15 mins each way, maximum 30 minutes of play. No extra time.
PLAYING AREA:	Half pitch.
BALL SIZE:	Size three.
COACH QUALIFICATION:	UKCC Level one recommended Level two.
REFEREE QUALIFICATION:	WRU Level one Award.
GAMES, MATCHES, COMPETITIONS, FESTIVALS:	No Inter Club / Inter School Leagues. Where teams have entered Festivals (which start and finish on the same day) it is recommended that each game should not exceed 10 minutes (maximum) each half. It is recommended for development and participation purposes that all players play at least one half every game.

Clothing

- Players are allowed to wear approved leggings

The WRU recommends that no tournaments are run from U11's down.
However, festivals are welcome.

MIXED UNDER 10'S – EARLY CONTACT RUGBY RULES

IRB under 19 Laws apply apart from:

EARLY CONTACT RUGBY RULES:

- For all free passes and free kicks a player must place the ball on the floor and tap it forward with the foot. If a free pass is taken incorrectly it must be taken again
- Defenders must retreat 5m when a free pass is awarded
- Defenders can only advance when the ball has been passed or the attacking player chooses to run
- Waist high tackle or lower (the waist is the line of the shorts) there can be more than 1 tackler
- 1st player to the breakdown can pick and go before the ruck has formed
- After the tackle one player from each team can contest for the ball, this can be any player involved in the tackle or another arriving player
- Acting scrum half must pass the ball after a ruck has been formed
- The off side line are 1m back from the rear most part of the body at the tackle area
- No mauling allowed, if a maul is formed a free pass is given to the non offending team
- Rolling replacements
- Players must leave and enter the field of play at the halfway touchline
- If a player is sent off then he will be replaced by an appropriate substitute. If there is no substitute available then that team will be disadvantaged. The non-offending team does not lose a player
- At a free pass restart any first receivers can start their run a maximum of 2 metres from the player performing the free pass. Any greater distance and the "Cavalry Charge" will be called resulting in a penalty at the place of infringement to the non offending team.
- A player may only play up one year

NB:

At all levels the "Cavalry Charge" is not allowed

Definition of a Cavalry Charge:

When the attacking team is awarded a penalty kick or free kick either a single player stands some distance behind the kicker or attacking players form a line across the field some distance from the kicker. At a signal from the kicker they charge forward. When they get near the kicker tap kick the ball and passes to a player who had started some distance behind the kicker.

Sanction:

Penalty at the place of infringement

MIXED UNDER 10'S – EARLY CONTACT RUGBY RULES

SCRUMS:	<p>All scrums must follow the World Rugby process, Crouch, Bind, Set. A non contested scrum will be awarded for knock ons and forward passes:</p> <ul style="list-style-type: none">• The team putting in must win it• Neither team is permitted to push <p>Both scrummages must be of the same formation, 10 a side, maximum 5 forwards, 3:2 formation. A player who is a member of the scrum cannot pick up the ball.</p>
SCRUM HALF:	<p>The offside line for the scrum half is the mid line of the scrummage. The opposing scrum half must remain at the tunnel otherwise a free kick will be awarded. Scrum half must pass the ball from the scrum.</p>
LINEOUT:	<p>No, free pass from five metres in from touch line.</p>
KICKING:	<p>Only in your own 22m area, No “fly hacking”</p>
RE-START:	<p>Free pass to the non scoring side on halfway</p>
PENALTY:	<p>All penalties are free kicks</p>
HAND OFF:	<p>A player must not hand off/fend off an opponent in any way. Penalty: Free kick to non offending team. Definition: A hand off, fend off is: “Any movement of the hand or arm to ward off an opponent.”</p>
METHOD OF SCORING:	<p>Tries and conversions only Notes:–</p> <ul style="list-style-type: none">(i) If goal posts are available on the mini pitch, conversions are to be taken from in front of the posts(ii) if goal posts are available only on the full size pitch, conversions are to be taken in front of the goal post. <p>After a try the referee must allow all players to get back to their respective sides before the restart.</p>

If team persists in offending at the breakdown close to the defensive team try line, then the referee may award a penalty try.

MIXED UNDER 11'S – CONTACT RUGBY

COACH'S ROLE

- *Develop the player's skills at the breakdown*
- *Develop the decision making of the players at the breakdown area, in attack and defence*

AIMS RATIONALE

Introduction of the contest for possession, and decision making at the breakdown

AGE:	Under 11 as on the first of September at the start of the season.
TEAM SIZE:	Up to 12 players: five forwards maximum, seven backs maximum. The WRU requires that both teams shall field the same number of players throughout the game.
PERIODS OF PLAY:	20 minutes each way, maximum 40 minutes of play.
PLAYING AREA:	Between 22 metre lines and five metres in from the touchline.
BALL SIZE:	Size three.
COACH QUALIFICATION:	UKCC Level one Level two recommended.
REFEREE QUALIFICATION:	WRU Level one Award.

NB:

At all levels the "Cavalry Charge" is not allowed

Definition of a Cavalry Charge:

When the attacking team is awarded a penalty kick or free kick either a single player stands some distance behind the kicker or attacking players form a line across the field some distance from the kicker. At a signal from the kicker they charge forward. When they get near the kicker tap kicks the ball and passes to a player who had started some distance behind the kicker.

Rules: At a free pass restart any first receivers can start their run a maximum of 2 metres from the player performing the free pass. Any greater distance and the "Calvary Charge" will be called resulting in a penalty at the place of infringement to the non offending team.

Sanction: Penalty at the place of infringement

IRB Under 19 Laws apply apart from:

RUGBY RULES:

- For all free passes, free kicks and penalties a player must place the ball on the floor and tap it forward with the foot. If free pass is taken incorrectly it must be taken again.
- Defending team must retreat 5m when a free pass is awarded
- Waist high tackle or lower (the waist is the line of the shorts) there can be more than one tackler
- 1st player to the breakdown can pick and go before the ruck has formed
- After the tackle one player from each team can contest for the ball, this can be any player involved in the tackle or another arriving player
- Acting scrum half must pass the ball after a ruck has been formed
- The off side line are 1m back from the rear most part of the body at the tackle area
- No mauling allowed, if a maul is formed a free pass is given to the non offending team
- Rolling replacements
- Players must leave and enter the field of play at the halfway touchline
- It is recommended for development and participation purposes that all players play at least one half every game.
- A player may only play up one year

SCRUMS:

All scrums must follow IRB process, crouch, bind, set.

Static (no pushing or wheeling), both hookers may strike for the ball.

Five forwards (maximum) 3:2 formation.

A player who is a member of a scrum cannot pick up the ball.

Penalty: penalty kick to the non offending team.

SCRUM HALF:

The offside line for the scrum half is the mid line of the scrummage.

The opposing scrum half must remain at the tunnel otherwise a free kick will be awarded.

Scrum half must pass the ball from the scrum.

If the opposition hooker wins the ball the opposition scrum half is allowed to pass the ball from the base of the scrum.

LINEOUT:

Four man uncontested.

No catch and drive permitted.

The line out will consist of the thrower plus four in the line.

No lifting allowed.

The ball must enter the line out above head height.

If the throwing in team knock on the throw is taken again.

Participants in the lineout are not allowed to peel.

Off side lines remain until the scrum half passes or runs with the ball.

MIXED UNDER 11'S – CONTACT RUGBY RULES

KICKING:	Only in your own half. Team scoring to drop kick to opposition to restart game.
HAND OFF / FEND OFF:	A player must not hand off/fend off an opponent in any way. Penalty: free kick to the non offending team. Definition: A hand off/fend off is: " Any movement of the hand or arm to ward off an opponent."
PENALTY:	All penalties are free kicks.
METHOD OF SCORING:	Tries and conversions only Notes:— (i) if goal posts are available on the mini-pitch, conversions are to be taken as normal. (ii) if goal posts are available only on the full size pitch, conversions are to be taken in front of the goal post. If team persists in offending at the breakdown close to the defensive team try line, then the referee may award a penalty try.

Clothing

- Players are allowed to wear approved leggings

If a player is sent off then he will be replaced by an appropriate substitute. If there is no substitute available then that team will be disadvantaged.
The non-offending team does not lose a player.

MIXED UNDER 12'S (15-A-SIDE) CONTACT RUGBY

COACH'S ROLE

- *Develop an understanding of the full game*
- *The introduction of the set piece*

AIMS RATIONALE

Introduction of the full game

AGE:	Under 12 as on the first of September at the start of the season. A player may only play up one year.				
TEAM SIZE:	15 players:	eight forwards maximum	seven backs maximum		
	The WRU requires that both teams shall field the same number of players throughout the game, however if a player is sent off that team is disadvantaged.				
PERIODS OF PLAY:	Two halves of up to 25 minutes playing time, maximum 50 minutes - no extra time.				
PLAYING AREA:	A full size field 100m (length) x 70m (width) maximum.				
BALL SIZE:	Size four.				
COACH QUALIFICATION:	UKCC Level one. UKCC Level two Coach Award recommended.				
REFEREE QUALIFICATION:	WRU Level one Award				
NB:	At all levels the "Cavalry Charge" is not allowed				
Definition of a Cavalry Charge:					
When the attacking team is awarded a penalty kick or free kick either a single player stands some distance behind the kicker or attacking players form a line across the field some distance from the kicker. At a signal from the kicker they charge forward. When they get near the kicker tap kicks the ball and passes to a player who had started some distance behind the kicker.					
Rules:	At a free pass restart any first receivers can start their run a maximum of 2 metres from the player performing the free pass. Any greater distance and the "Calvary Charge" will be called resulting in a penalty at the place of infringement to the non offending team.				
Sanction:	Penalty at the place of infringement				

MIXED UNDER 12'S (15-A-SIDE) CONTACT RULES

IRB Under 19 Laws apply apart from:

- RUGBY RULES:** Eight forwards, seven backs, rolling replacements. Players must leave and enter the field of play at the halfway touchline.
An Under U12 player is allowed to play a maximum of one year above with parental permission.
Full IRB laws regarding the contact area.
It is recommended for development and participation purposes that all players play at least one half every game.
- SCRUMS:** All scrums must follow IRB process, crouch, bind, set.
Eight man contested scrummage with 0.5m maximum push, no wheeling.
Both hookers may strike for the ball.
Both scrummages must be 3-4-1 formation.
That is eight forwards maximum.
The number eight can pick up the ball from the scrum.
- SCRUM HALF:** The offside line for the scrum half at a scrum is the mid line of the scrummage. The scrum half may pass or run from the scrum.
- LINEOUT:** Full lineout, uncontested, no catch and drive. No lifting.
Penalty: Penalty kick to the non offending team.
The ball must enter the lineout above head height.
If the ball is knocked on the opposition will have the choice of a lineout or scrum.
The ball must be passed from the lineout
No shortened lineouts
The lineout ends according to World Rugby laws
- KICKING:** The non scoring team to re-start with a drop kick.
Kicking is allowed anywhere on the field.
- PENALTY:** Penalties may be kicked from the hand
For tap penalties, a player must place the ball on the ground and tap it forward with the foot or drop the ball on to the foot
A penalty kick at goal will be allowed for offences committed only in the 22m area.
If a try is scored beyond the 15m area the kick at goal will be taken from the 15m line.
- HAND OFF:** A hand off to the chest is permitted. There will be no hand off to the face.

From the age of 6 - U13 girls can play mixed rugby in schools and clubs.
At U12s / U13s girls can choose to continue to play with the boys or join local U13s girls development centre. At U13s girls can play up to U15s girls club sides.
At aged 18 girls can play senior rugby (full IRB Laws apply).
At no point can a player play down an age group.

MIXED UNDER 13'S – CONTACT RUGBY

COACH'S ROLE

- *Develop the children's understanding of the main aspects of the full game*
- *Start to develop tactical awareness*

AIMS RATIONALE

*Develop awareness of the main aspects of the game
(structure and tactical aspects)*

AGE:	Under 13 as on the first of September at the start of the season. A player may only play up one year.
TEAM SIZE:	15 a side: eight forwards maximum. Seven backs maximum. The WRU requires that both teams shall field the same number of players throughout the game, however if a player is sent off that team is disadvantaged.
PERIODS OF PLAY:	25 minutes each way, maximum 50 minutes of play - no extra time.
PLAYING AREA:	A full size field 100m (length) x 70m (width) maximum.
BALL SIZE:	Size four.
COACH QUALIFICATION:	UKCC Level one. UKCC Level two Coach Award recommended.
REFEREE QUALIFICATION:	WRU Level one Award

It is recommended for development and participation purposes that all players play at least one half every game.

NB: At all levels the "Cavalry Charge" is not allowed

Definition of a Cavalry Charge:

When the attacking team is awarded a penalty kick or free kick either a single player stands some distance behind the kicker or attacking players form a line across the field some distance from the kicker. At a signal from the kicker they charge forward. When they get near the kicker tap kicks the ball and passes to a player who had started some distance behind the kicker.

Rules: At a free pass restart any first receivers can start their run a maximum of 2 metres from the player performing the free pass. Any greater distance and the "Calvary Charge" will be called resulting in a penalty at the place of infringement to the non offending team.

Sanction: Penalty at the place of infringement

MIXED UNDER 13'S (15-A-SIDE) CONTACT RULES

IRB Under 19 Laws apply apart from:

RUGBY RULES: Eight forwards, seven backs, rolling replacements. Players must leave and enter the field of play at the halfway touchline.
An Under 13 player is allowed to play a maximum of one year above with parental permission.

Full IRB laws regarding the contact area.

SCRUMS: All scrums must follow IRB process, crouch, bind, set.

Eight man contested 0.5m push, no wheeling.

Both hookers may strike for the ball.

Both scrummages must be 3-4-1 formation.

That is eight forwards maximum.

The number 8 can pick up a the ball from a scrum.

SCRUM HALF: Can follow round the scrum in accordance with normal IRB Laws.

LINEOUT: Full uncontested with lifting.

Only ten metre catch and drive allowed. Players are allowed to "sack" the jumper in the lineout once that lineout jumper has landed on the ground and no maul has formed. This must be done immediately.

- The lineout ends when the ball is thrown, knocked or kicked out of the lineout, the lineout ends.
- When the ball or a player carrying the ball moves into the area between the 5-metre line and the touchline, the lineout ends.
- When a lineout player hands the ball to a player who is peeling off, the lineout ends.
- When the ball is thrown beyond the 15-metre line, or when a player takes or puts it beyond that line, the lineout ends.
- When a ruck or maul develops in a lineout, and all the feet of all the players in the ruck or maul move beyond the line of touch, the lineout ends.
- When the ball becomes unplayable in a lineout, the lineout ends. Play restarts with a scrum.

Penalty: free kick to the non offending team.

KICKING: The non scoring team kick to re-start with a drop kick.

Kicking is allowed anywhere on the field.

PENALTY: Penalties/free kicks the ball must be propelled from the hands.

A penalty kick at goal will be allowed for offences committed only in the 22 metre area.

PENALTY: A hand off is permitted to the chest only.

No hand offs to the face.

From the age of 6 - U13 girls can play mixed rugby in schools and clubs. At U12s /U13s girls can choose to continue to play with the boys or join local U13s girls development centre. At U13s girls can play up to U15s girls club sides. At aged 18 girls can play senior rugby (full IRB Laws apply). At no point can a player play down an age group.

Girls age 15 to 17 play in U18's girls teams, under no circumstances should U15's players play U18's rugby.

UNDER 14'S TO UNDER 19'S – LAWS

15-a-Side

UNDER 19 LAWS APPLY INTERNATIONAL RUGBY BOARD LAW UNDER

19 VARIATIONS:

It is recommended for development and participation purposes that all players play at least one half every game.

AGE:	<p>U14 means U14 as of the 31st of August at the start of the season. U14 players are allowed to play a maximum of one year above with parental permission.</p> <p>U15 means U15 as of the 31st of August at the start of the season. U15 players are allowed to play a maximum of one year above with parental permission.</p> <p>U16 means U16 as of the 31st of August at the start of the season. U16 players are allowed to play youth rugby providing that they are at least 16 years old.</p> <p>Youth players are allowed to play senior rugby providing that they are at least 18yrs old.</p>
TEAM SIZE:	15 players: eight forwards maximum seven backs maximum
UNDER 14-16:	The WRU requires that both teams shall field the same number of players throughout the game, except if a player is sent off that team then is disadvantaged.
YOUTH RUGBY:	At under 19 Youth rugby, the game must start with equal number of players on the field, minimum is 12 players per team, however if a team loses a player through injury or being sent off, that team will be disadvantaged.
PERIODS OF PLAY:	Two halves each of up to 30 minutes playing time – no extra time, for Under 14 and 15 players. Two halves each of up to 35 minutes playing time – no extra time, for U16-U19 players.
PLAYING AREA:	A full size field 100m (length) x 70m (width) maximum.
BALL SIZE:	Size four (Under 14s). Size five (Under 15s – Under 19s).
COACH QUALIFICATION:	UKCC Level one. UKCC Level two Coach Award recommended.
REFEREE QUALIFICATION:	WRU Level one Award for matches in age groups 14-16 years WRU Level two Award for Youth Rugby.

IRB LAWS – UNDER 19 VARIATIONS

LAW 3: NUMBER OF PLAYERS – THE TEAM

- (5) (d) If a team nominates 22 players, it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose-head prop, hooker and tight-head prop.
- (5) (e) If a team nominates more than 22 players it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose-head prop, hooker and tight-head prop. There must also be three players who can play in lock position.
- (13) (b) A player who has been substituted may replace an injured player.

LAW 5: TIME

Each half of an Under-19 match lasts 35 minutes playing time. Play in a match lasts no longer than 70 minutes. After a total of 70 minutes playing time, the referee must not allow extra time to be played in the case of a drawn match in a knock-out competition.

LAW 20: SCRUM

- (1) (f) In an eight person scrum the formation must be 3-4-1, with the single player (normally the Number eight) shoving on the two locks. The locks must pack with their heads on either side of the hooker.

Exception: A team must have fewer than eight players in its scrum when **either** the team cannot field a complete team, **or** a player is sent off for Foul Play, **or** a player leaves the field because of injury.

Even allowing for this exception, each team must always have at least five players in a scrum.

If a team is incomplete, the scrum formation must be as follows:

If a team is without one player, then both teams must use a 3-4 formation (i.e. no No.eight).

If a team is without two players, then both teams must use a 3-2-1 formation (i.e. no flankers).

If a team is without three players, then both teams must use a 3-2 formation (i.e. only front rows and locks).

When a normal scrum takes place, the players in the three front row positions and the two lock positions must have been suitably trained for these positions.

If a team cannot field such suitably trained players because: either they are not available, **or** a player in one of those five positions is injured **or** has been sent off for Foul Play and no suitably trained replacement is available, then the referee must order uncontested scrums.

All games can start with non contested scrums and the teams can maintain their full compliment of substitutes.

IRB LAWS – UNDER 19 VARIATIONS

(cont.)

In an uncontested scrum, the teams do not compete for the ball. The team putting in the ball must win it. Neither team is allowed to push the other team away from the mark.

Front rows coming together. Each prop touches the opponent's upper arm and then pauses before the front rows meet. The sequence should be: crouch, bind, set.

No wheeling. A team must not intentionally wheel a scrum.

Penalty: free kick.

If a wheel reaches 45 degrees, the referee must stop play. If the wheel is unintentional, the referee orders another scrum at the place where the scrum is stopped.

WRU ruling, the ball is put in by the team that previously put it in.

Maximum 1.5 metres push. A team in the scrum must not push the scrum more than 1.5 metres towards their opponents' goal line.

Penalty: free kick.

Ball must be released from scrum. A player must not intentionally keep the ball in the scrum once the player's team has heeled the ball and controls it at the base of the scrum.

Penalty: free kick.

FREQUENTLY ASKED QUESTIONS?

Tag

- Q. At the re-start of tag games how far back must the opposition go?
A. The opposition must be back from the half way line five metres.
- Q. The attacking side is given a free pass one metre from the opposition try line, where must they take the free pass?
A. The opposition must go back to the try line and the attacking side can take the free pass from three meters from the defending try line.
- Q. What happens if the ball goes to the floor?
A. The attacking team can continue to play as long as the ball has gone backwards, if the ball has gone forward the defending team has a free pass.
- Q. Can a player dive to score a try?
A. A player is not permitted to dive in the act of scoring a try & must remain on their feet.
- Q. How many steps is the attacking player permitted in the act of scoring?
A. Permitted if one full step in the momentum act of scoring is taken, irrespective of a tag(s) being removed.

NOTES

[illegible]

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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