

# RFU REGULATION 11 – THE SEASON

## Adult

- 11.1** In adult rugby the RFU Competition Season (during which all RFU Competitions, merit tables and local leagues must be played with the exception of representative rugby, play-offs and 7-a-side or similar competitions) shall be:

Season 2016-2017 will run from Saturday 3 September 2016 until Monday 29 May 2017

Season 2017-2018 will run from Saturday 2 September 2017 until Monday 28 May 2018.

- 11.2** In adult rugby non-RFU Competition matches can be played at any time during the year.

## Age Grade Rugby (U7s to U18s)

- 11.3** In Age Grade rugby the Season shall be:

Season 2016-2017 will run from Saturday 3 September 2016 until Monday 1 May 2017

Season 2017-2018 will run from Saturday 2 September 2017 until Monday 7 May 2018.

- 11.4** For the purposes of this Regulation, “Out of Season Activity” means:

- (a) for all age grades: (i) rugby based non-contact training and non-contact invasion games (where one team invades another’s territory) that develops and supports fundamental movement and core skills, examples of which are set out in [www.englandrugby.com/Regulation15Guidance](http://www.englandrugby.com/Regulation15Guidance); (ii) summer camps are permitted provided they comply with the requirements set out in RFU Regulation 15.8; and (iii) schools games events organised by the County Schools Partnerships.
- (b) additionally for U9s to U18s: (i) training; and (ii) non-contact versions of rugby including tag and touch, further detail of which is set out in [www.englandrugby.com/Regulation15Guidance](http://www.englandrugby.com/Regulation15Guidance);
- (c) additionally for U12s to U18s: (i) seven a-side contact rugby; (ii) in the two weeks immediately prior to the start of the Season, pre-season matches, festivals and skills revision training, guidance on which can be found at [www.englandrugby.com/Regulation15Guidance](http://www.englandrugby.com/Regulation15Guidance).

- 11.5** During the Season, U5s and U6s can participate in training but can only play in matches, competitions, tournaments and festivals when they reach the age of 6 years old, as permitted in Regulation 15.3.1. Outside of the Season, U5s and U6s can participate in Out of Season Activity (as set out in Regulation 15.6.2).

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Effective from 1 August 2016

- 11.6** U7s to U11s can participate in training and Out of Season Activity only (as defined above) up until and including the 31st of August and can participate in training, Out of Season Activity, matches, competitions, tournaments and festivals from therein after up to and including the first May Bank Holiday Monday at all times in accordance with Regulation 15.9.
- 11.7** U12s to U18s can participate in training and Out of Season Activity only (as defined above) up until and including the 31st of August and can participate in training, Out of Season Activity, matches, competitions, tournaments and festivals from therein after up to and including the last May Bank Holiday Monday at all times in accordance with Regulation 15.9.
- 11.8** Outgoing Tours are exempt from this Regulation.