

To find out more go to englandrugby.com/agegraderugby

AGE GRADE RUGBY

Thanks for your support of the Age Grade game in your club, school or college. With your support we continue to ensure that Age Grade rugby is Player Centred, Development Driven and Competition Supported ensuring that Age Grade players develop a lifelong love of the game.

To further support your players please:

- Visit Regulation 15 and the Age Grade Codes of Practice. This will detail what is permitted for playing out of age group and combining of teams and the process to do this.

- Check out of season guide for detail of permitted out of season activity.

- Ensure all players are registered on GMS.

- Avoid player conflict by having a conversation with other coaches/teachers and follow the playing calendar.

- Consider different formats of rugby (e.g. non-contact, or modified contact) to best suit needs of the players.

IMPORTANT LINKS

Activate – the RFU’s injury prevention programme
www.englandrugby.com/activate

Headcase – concussion information and training
www.englandrugby.com/headcase

RFU Community Rugby & GMS Help Centre:
<https://help.rfu.com>

Age Grade Regulation & rules of play (Regulation 15)
www.englandrugby.com/regulations

Age Grade Codes of Practice
www.englandrugby.com/codesofpractice

Find and book a coaching or refereeing course:
www.englandrugby.com/coaching
www.englandrugby.com/participation/refereeing

COMMUNITY GAME: TACKLE HEIGHT

Any tackles above the base of the sternum may be liable for sanction

BELOW THE BASE OF THE STERNUM

RESPECT
We respect our match officials and accept their decision



TARGET THE BELLY

OR

TARGET THE THIGHS

Find more support online
englandrugby.com/tackleheight



SCAN ME

DON'T BE A HEADCASE



STOP!
Check for concussion

Recognise

→ Know the signs and symptoms of concussion.

Remove

→ Any player with a suspected concussion must be removed from play/training IMMEDIATELY.

Recover

→ Give players time to recover fully as you would with any other injury.

Return

→ All players must follow the Graduated Return to Activity & Sport (GRAS) programme before returning to playing contact rugby.

Remember...

If in **d**oubt, sit them **→ out!**



englandrugby.com/headcase



COMPETITIVE MENU

Friendlies, Triangulars & Festivals

+ Waterfall Tournaments

+ Knock out Tournaments

+ Leagues (Girls U16 Age Band and Boys)

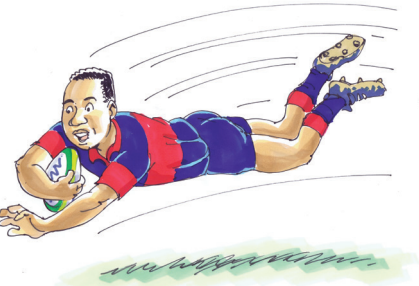
COACHING AND REFEREE TRAINING

Kids First Tag Rugby Course

Kids First Contact Rugby Course

England Rugby Coaching Award
England Rugby Referee Award

PLAYER PROGRESSION



Max numbers - 4
Max Pitch Size(m) - 20x12
Max mins per half - 10
Max mins per day - 50

Max numbers - 6
Max Pitch Size(m) - 45x22
Max mins per half - 10
Max mins per day - 50

Max numbers - 7
Max Pitch Size(m) - 60x30
Max mins per half - 15
Max mins per day - 60

Max numbers - 8
Max Pitch Size (m) - 60x35
Max mins per half - 15
Max mins per day - 60

Max numbers - 9
Max Pitch Size(m) - 60x43
Max mins per half - 20
Max mins per day - 70

Max numbers - 12
Max Pitch Size(m) - 60x43
Max mins per half - 20
Max mins per day - 70

Max numbers - 13
Max Pitch Size (m) - 90x60
Max mins per half - 25
Max mins per day - 80

Max numbers - 15
Max Pitch Size(m) - 100x70
Max mins per half - 25
Max mins per day - 80

Max numbers - 15
Max Pitch Size(m) - 100x70
Max mins per half - 30
Max mins per day - 90

Max numbers - 15
Max Pitch Size(m) - 100x70
Max mins per half - 35
Max mins per day - 90

Max numbers - 15
Max Pitch Size(m) - 100x70
Max mins per half - 35
Max mins per day - 90

Max numbers - 15
Max Pitch Size(m) - 100x70
Max mins per half - 35
Max mins per day - 90

U7

+ Tag

U8

+ Tag - 6 tags to score

U9

+ Contact game starts
+ Tackle including hold

U10

+ 3 player uncontested scrum
+ Ruck and maul - 1 support player per team
+ Tackle including hold

U11

+ 3 player scrum - strike, no push
+ Ruck and maul - 2 support players per team
+ Kicking - no fly hack

U12

+5 player scrum, strike, no push (boys & girls)
+ruck and maul - unlimited (boys and girls)
+ fend off below armpits (boys and girls)

U13

+Boys 6 player scrum - strike and push (girls U14 option)
+ Boys kicking flyhack (girls U14 option)

U14

+8 player scrum, number 8 pick and run (boys & girls)
+ Kick at goal (boys & girls)
+Uncontested lineout (boys & girls)

U15

+Boys uncontested lineout - lift permitted (girls U16 option)

U16

+ Contested lineout - lift permitted (boys & girls)

U17

U18

NEW

REMEMBER IN AGE GRADE RUGBY, THE RULES OF AN AGE GROUP/BAND ARE THE THRESHOLD TO WHICH YOU CAN PLAY, YOU CAN GO BACK A STAGE OR MORE TO SUPPORT THE DEVELOPMENT OF THE PLAYERS, BUT NOT GO BEYOND THE THRESHOLD.

Mixed Rugby

Boys play single age band rugby. Girls play single age band at U12 then dual age band at U14, U16 and U18