

RFU REGULATIONS

RFU REGULATION 15 – AGE GRADE RUGBY

Regulation 15 is supplemented by the following documents:

- (a) Competition Menu and Competitive Playing Calendar, available at www.englandrugby.com/my-rugby/players/age-grade-rugby/playing-calendar/
- (b) Age Grade Codes of Practice, available at www.englandrugby.com/codesofpractice
- (c) RFU Regulation 21 (Safeguarding), available at www.englandrugby.com/mm/Document/General/General/01/32/72/80/RFURegulation21_English.pdf
- (d) RFU Safeguarding Policy, available at www.englandrugby.com/governance/safeguarding/

15.1 General Regulation and Playing Principles

- 15.1.1 Regulation 15 applies to the playing, training and coaching of all variations of rugby for all age groups up until and including Under 18s, including Under 19s playing down into Under 18s rugby (**Age Grade Rugby**). This Regulation 15 applies to both genders unless indicated otherwise.
- 15.1.2 A player's age grade is determined by their age at midnight on 31st August at the beginning of each Season and that age grade applies for the whole Season. Players must play in their own age grade unless permitted to play outside their age grade in the limited circumstances set out in these regulations.
- 15.1.3 Players and Match Officials must comply with the World Rugby Laws of the Games, subject to any permitted Law Variations set out in Appendices of Regulation 15 and such other Law trials and variations as the RFU may adopt.
- 15.1.4 Constituent Bodies and/or clubs must ensure that all Age Grade players are registered by completing the RFU Youth Player Registration Form and are on the RFU's data system within 45 days of their first joining the Club.
- 15.1.5 Constituent Bodies and/or event organisers may require Registration cards and copies of any special dispensations issued to be taken to each match or festival. Team managers must produce these documents for inspection by the opposition or Match Officials if requested.
- 15.1.6 Disciplinary matters relating to Age Grade rugby shall follow the procedures set out in Appendix 6 of RFU Regulation 19.

15.2 Grouping of Age Grades

- 15.2.1 Certain age grades are permitted to be grouped together for training and playing as set out in the table at Regulation 15.5.

15.2.2 If players are being grouped together, the following conditions must be met:

- (a) the school or club does not have a sufficient number of players to make up a team in the single age grade;
- (b) the school's principal or the club's Constituent Body provides written approval (such approval to be valid for up to one season only);
- (c) no more than half the players on the pitch at any time can be from the older age grade;
- (d) the team plays to the rules of the younger age grade; and
- (e) the provisions of Regulation 15.5 are followed in relation the U12 and U13s girls.

15.3 Playing Up

15.3.1 Certain age grades are permitted to play up one or two age grades for training and playing if recommended by the player's club, school or college as set out in the table at Regulation 15.5.

15.3.2 If players are playing up, the following conditions must be met:

- (a) in each case an appropriate assessment is carried out by the club/school/college. Best practice on carrying out an appropriate assessment is set out in the Code www.englishrugby.com/codesofpractice;
- (b) in respect of club rugby, approval is obtained from an individual who has parental responsibility for the player;
- (c) in respect of school or college rugby, approval is obtained from an individual who has parental responsibility for the player (who may be the principal in loco parentis);
- (d) in respect of school or college rugby for U16s and above, the individual who has parental responsibility for the player (who may be the principal in loco parentis) is informed that it is possible that this dispensation may result in the player playing with and/or against one or more U19 players who are playing down in accordance with Regulation 15.

15.4 Playing Down

15.4.1 Certain age grades are permitted to play down one or two age grades for training and playing if recommended by the player's club, college or school as set out in the table at Regulation 15.5 and only in the following circumstances:

- (a) the player must be in a younger academic year at school/college than the player's academic birth year; or
- (b) the player's safety may be compromised due to their small stature in comparison to other players in the same age grade or due to a developmental or behavioural issue.

15.4.2 If players are playing down an age grade, the following additional conditions must be met:

- (a) in each case an assessment is carried out by the club/college/school. Best practice as to how to carry out an assessment is set out in the Code available at www.englishrugby.com/codesofpractice;
- (b) in respect of club rugby, the approval of an individual who has parental responsibility for the player and the Age Grade Youth Chairman, and for U13s and below, the approval of club's Constituent Body is obtained;
- (c) in respect of school or college rugby, the approval of an individual who has

- parental responsibility for the player (who may be the principal in loco parentis) is obtained;
- (d) in respect of female U19s, the approval of the RFU is obtained;
 - (e) if approval is given, the club/college/school must notify the opposing teams and match officials at least 24 hours in advance of the game although an opposition's objection may not prevent the player from playing;
 - (f) any permission to play down is valid for up to one season only and the player must remain in that lower age grade for the entire Season; and
 - (g) if playing down two age grades, the written approval of the RFU is required.

15.5 Playing Up and Playing Down Table

AGE GRADE	GROUPING	PLAYING UP	PLAYING DOWN
MALE AND FEMALE PLAYERS			
U6s	U6s are not permitted to play with any older age grades.		
U7s	U7s and U8s can play and train together	Yes, with U8s only	U7s and U8s can play and train together
U8s		No playing up permitted	
U9s	U9s are permitted to be grouped with U10s in accordance with 15.2.2	No playing up is permitted	Playing down is permitted in limited circumstances in accordance with 15.4
U10s	U10s are permitted to be grouped with U9s or with U11s in accordance with 15.2.2	No playing up is permitted	Playing down is permitted in limited circumstances in accordance with 15.4
U11s	U11s are permitted to be grouped with U10s or with U12s in accordance with 15.2.2	No playing up is permitted	Playing down is permitted in limited circumstances in accordance with 15.4
From U12s and above, mixed rugby is no longer permitted and different regulations apply to male and female players as below			
FEMALE PLAYERS			
U12s	U12s are permitted to play with U13s	U12s are permitted to play with U13s	Playing down is permitted in limited circumstances in accordance with 15.4
U13s	U13s are permitted to play with U12s	U13s are permitted to play with U12s	Playing down is permitted in limited circumstances in accordance with 15.4
U14s	U14s are permitted to play with U15s	U14s are permitted to play with U15s	Playing down is permitted in limited circumstances in accordance with 15.4
U15s	U15s are permitted to play with U14s	U14s are permitted to play with U15s	Playing down is permitted in limited circumstances in accordance with 15.4

U16s	U16s are permitted to play with U17s and U18s	U16s are permitted to play with U17s and U18s	Playing down is permitted in limited circumstances in accordance with 15.4
U17s	U16s are permitted to play with U17s and U18s	U16s are permitted to play with U17s and U18s	Playing down is permitted in limited circumstances in accordance with 15.4
U18s	U16s are permitted to play with U17s and U18s	Yes, see Regulation 15.6	Playing down is permitted in limited circumstances in accordance with 15.4
U19s	No grouping permitted	Yes, see Regulation 15.6	Playing down is permitted in limited circumstances in accordance with 15.4
MALE PLAYERS			
U12s	U12s are permitted to be grouped with U11s or with U13s in accordance with 15.2.2	Yes, playing up one grade is permitted in accordance with 15.3.2	Playing down is permitted in limited circumstances in accordance with 15.4
U13s	U13s are permitted to be grouped with U12s in accordance with 15.2.2	Yes, playing up one age grade is permitted in accordance with 15.3.2	Playing down is permitted in limited circumstances in accordance with 15.4
U14s	No grouping permitted	Yes, playing up one age grade is permitted in accordance with 15.3.2	Playing down is permitted in limited circumstances in accordance with 15.4
U15s	No grouping permitted	Yes, playing up one age grade is permitted in accordance with 15.3.2	Playing down is permitted in limited circumstances in accordance with 15.4
U16s	No grouping permitted	Yes, in accordance with 15.3.2 - playing up one age grade is permitted, including playing in the front row - playing up two age grades is permitted but not including in the front row of contested scrums in 15 a-side rugby	Playing down is permitted in limited circumstances in accordance with 15.4

U17s	No grouping permitted	Yes, in accordance with 15.3.2 - playing up one age grade is permitted, including playing in the front row - playing up two age grades is permitted, including playing in the front row	Playing down is permitted in limited circumstances in accordance with 15.4
U18s	No grouping permitted	Yes, see Regulation 15.6	Playing down is permitted in limited circumstances in accordance with 15.4
U19s	No grouping permitted	Yes, see Regulation 15.6	Playing down is permitted in limited circumstances in accordance with 15.4

15.6 Playing with adults

15.6.1 A male and female player can play and train in adult contact rugby when they reach their seventeenth birthday provided the following conditions are met:

- (a) they have been assessed as capable of playing with adults;
- (b) the RFU's Playing Adult Rugby Form has been duly completed and signed; and
- (c) the player does not train or play in the front row of the contested scrum. Once a player has reached the age of 18, the player may play in any position.

15.6.2 Players of all ages and both sexes may train and play together in non-competitive, non-contact rugby provided the following conditions are met:

- (a) Regulation 15.8 is applied;
- (b) the organiser and/or coach has assessed the session and/or match to be safe for all players; and
- (c) under no circumstances is any element of contact rugby permitted and the training session and/or match should be conducted in accordance with the best practice principles set out in the Code.

15.7 England Academy Players and Representative Rugby

15.7.1 With the prior written approval of the RFU Head of Regional Academies, England Academy Players (as defined in RFU Regulation 1) can:

- (a) at U16, play up two age grades in the front row of the scrum;
- (b) at 16 years old, play and train with adults, except in the front row; and
- (c) at 17 years old, play and train with adults, including in the front row.

15.7.2 Subject to competition regulations, a player may qualify to represent an Age Grade representative team in a Constituent Body for that season if the player meets one of

the following criteria:

- (a) he/she attends a school affiliated to that Constituent Body Schools Union;
- (b) he/she resides in that Constituent Body for any part of that season;
- (c) he/she was born in that Constituent Body;
- (d) he/she is a registered playing member of a club affiliated to that Constituent Body;
- (e) he/she played for that Constituent Body in a representative fixture the previous season.

15.7.3 Membership of a Constituent Body's Developing Player Programme (DPP)/Elite Player Development Group (EPDG) or an Academy does not entitle a Player to play for that Constituent Body if the Player does not satisfy one of the criteria set out in 15.7.2.

15.7.4 Where a player has not been selected for a Constituent Body the Divisional Chairman of Selectors may allow the Player to play for another Constituent Body for which the Player is not qualified if it is in the interests of the Player's development.

15.8 Season and Out of Season Activity

15.8.1 In Age Grade Rugby the Season shall be:

Season 2018-2019 will run from Saturday 1 September 2018 until Monday 6 May 2019

Season 2019-2020 will run from Saturday 7 September 2019 until Monday 4 May 2020

and for the purposes of this Regulation 15, the Season shall mean the Age Grade Season.

15.8.2 The RFU has specifically developed best practice principles on out of season activity to ensure players have sufficient rest and recovery over the summer. In particular, children of primary school age are to be encouraged to participate in non-rugby activities that develop fundamental movement and core skills. The RFU expects those involved in age grade rugby to respect these principles in the interest of player welfare. These principles can be found at www.englandrugby.com/codesofpractice.

15.8.3 Rugby activity is permitted during the Season and outside of the Season as set out below (and summarised in the table at 15.8.7):

U13s and below

15.8.4 In the 13s and below age grades, all rugby activity is permitted throughout the year (during the Season and outside of the Season) except:

- (a) U5s and U6s are not permitted to participate in: (a) contact at any time of the year; (b) contact or non-contact matches and competitions at any time of the year; and (c) Outgoing Tours outside of the Season.
- (b) U7s and U8s are not permitted to participate in: (a) contact training at any time of the year; (b) contact matches and competitions at any time of the year; (c) non-contact matches and competitions outside of the Season; and (d) Outgoing Tours outside of the Season.

- (c) U9s to U11s are not permitted to participate in: (a) contact training outside of the Season; (b) contact matches and competitions outside of the Season; (c) non-contact matches and competitions outside of the Season; and (d) Outgoing Tours outside of the Season.
- (d) U12s and U13s are not permitted to participate in: (a) contact training outside of the Season; (b) contact matches and competitions outside of the Season; and (c) Outgoing Tours outside of the Season.

U14s and above

15.8.5 In U14s to U18s age grades, all rugby activity is permitted throughout the year (during the Season and outside of the Season) except that no training, matches and competitions involving contact are permitted save that:

- (a) at U14, U15 and U16, XRugby 7s matches and competitions (including preparation for those matches and competitions) are permitted;
- (b) at U17 and U18, XRugby 7s or 7-a-side matches and competitions (including preparation for those matches and competitions) are permitted;
- (c) if a competition match scheduled to be played within the Season is abandoned or postponed due to adverse weather conditions, such match may be replayed up to and including the last May Bank Holiday Monday, at all times in accordance with Regulation [15.9] which requires prior written approval;
- (d) in the last two weeks immediately prior to the start of the Season pre-season training and training matches are permitted;
- (e) Academy or Centre of Excellence activity is permitted if pre-approved by the RFU.

15.8.6 Outgoing Tours and preparations for such tours at U14 and above are permitted as long as Regulation 15.9 is complied with.

15.8.7 Overview of rugby activity that is permitted during the Season and outside of the Season:

AGE GRADE	IN SEASON ACTIVITY				
	NON-CONTACT		CONTACT		OUTGOING TOURS
	Training	Matches & Competitions	Training	Matches & Competitions	
U5s & U6s	YES	NO	NO	NO	YES
U7s & U8s	YES	YES	NO	NO	YES
U9s, U10s & U11s	YES	YES	YES	YES	YES
U12s & U13s	YES	YES	YES	YES	YES

U14s, U15s & U16s	YES	YES	YES	YES	YES
U17s & U18s	YES	YES	YES	YES	YES
AGE GRADE	OUT OF SEASON ACTIVITY				
	NON-CONTACT		CONTACT		OUTGOING TOURS
	Training	Matches & Competitions	Training	Matches & Competitions	
U5s & U6s	NO	NO	NO	NO	NO
U7s & U8s	YES	NO	NO	NO	NO
U9s, U10s & U11s	YES	NO	NO	NO	NO
U12s & U13s	YES	YES	NO	NO	NO
U14s, U15s & U16s	YES	YES	NO, SAVE AS PERMITTED IN 15.8.5	NO, SAVE AS PERMITTED IN 15.8.5	YES
U17s & U18s	YES	YES	NO, SAVE AS PERMITTED IN 15.8.5	NO, SAVE AS PERMITTED IN 15.8.5	YES

15.9 Approval of Competitive Activity, Rugby Camps and Tours

15.9 Competitions, Tournaments, Festivals, Rugby Camps and Tours are permitted but the following conditions must be met:

- (a) Regulation 15 is complied with in full;
- (b) they are in line with the Age Grade Playing Calendar and competition format of the specific age grade; and
- (c) written prior approval is obtained as set out in the table below.

ACTIVITY	ORGANISED FOR	APPROVED BY
In Season & Out of Season Competitions	Clubs	CB
Locally organised Festivals, Tournaments and Competitions	Schools	CSU
	Colleges	ECRFU
National Festivals, Competitions and Camps If participating teams are from more than just neighbouring CBs and there are more than six entrants	Clubs	CB
	Schools	ERFSU
	Colleges	ECRFU
Rugby Camps - Local/County	All & other providers	CB
Rugby Camps - Regional/National	All & other providers	RFU

CB & Regional Competitions and Rep Rugby Annual activity beyond club and school/college level (incl domestic Unions), to be submitted in Age Grade Playing Calendars	All	RFU
Rugby Tours Outgoing and Incoming tours in England and abroad	See Regulation 10 and Guidance at www.englandrugby.com/governance/gamesupport/rugby-tours	

15.10 Clothing

15.10.1 Age grade players are permitted to wear base layers provided they comply with the World Rugby Regulatory requirements which are available on www.worldrugby.org/

15.10.2 Players of all age grades are permitted to wear spectacles, glasses or specifically designed sports goggles in all forms of non-contact rugby. Players are not permitted to wear spectacles, glasses or specifically designed sports goggles in any form of contact rugby.

Note: For information about the RFU goggles trial, please see RFU Goggles Trial Update at www.englandrugby.com/governance/regulations/

15.11 Duration of Matches, Coaching and Training Sessions

15.11.1 All players, match officials, schools and clubs must ensure that no player plays more than 35 matches per Season and in respect of all matches and festivals, plays no more than the maximum playing times set out in the table below:

AGE GRADE	MAXIMUM MINUTES EACH HALF	MAXIMUM MINUTES PER DAY
U7s & U8s	10	50
U9s & U10s	15	60
U11s & U12s	20	70
U13s & U14s	25	80
U15s	30	90
U16s and above	35	90

Further guidance as playing times and durations for single fixtures, festivals, tournaments and coaching and training sessions are set out in the Guidance available at www.englandrugby.com/codesofpractice

15.11.2 No extra time is permitted in any match except that added for injury time.

15.11.3 Matches must be brought to an end if:

- (a) at Under 7s to Under 12s the try difference rises to more than six; or
- (b) at Under 13s to Under 18s the points difference is more than 50 points unless

both teams are in agreement to continue.

15.12 Competition Regulations

There are specific competition regulations relating to the following Age Grade competitions and these are available upon request from the RFU:

- (a) U15s and U18s Schools Cup
- (b) AASE League
- (c) National U18s Cup
- (d) U18 Academy League
- (e) Schools Champions Trophy
- (f) National U15 Girls Cup
- (g) National U18 Girls Cup
- (h) National Girls 7s U18 and U15