

AGE GRADE RUGBY
COMPETITIVE MENU 2022-23



Role of Competition and Representative Rugby Organisers

The structure of the Menu is governed by RFU regulations. Organisers will operate their competitions and activities within the parameters of Regulation 15 - Age Grade Rugby. Only the competitive formats on the menu for an age group are allowed.



Competitive Menu By Age Group

The competitive opportunity available on the Menu progresses by age group. Progression is aligned to the developing competitive motivations of Age Grade Rugby players. Formats can be selected from the Menu. This **does not** mean that all formats **have to** be run.

Competition Format	Under 7 to 11	Under 12 Male	Under 13 Male	Under 14 Male	Under 15 Male	Under 16 Male	Under 17 Male	Under 18 Male	Under 12 Female	Under 14 Female	Under 16 Female	Under 18 Female
Friendly Fixture	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triangular	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Festival	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Waterfall Tournament		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Knock Out/Tournament				✓	✓	✓	✓	✓		✓	✓	✓
League					✓	✓	✓	✓			✓	✓

Competitive Format Descriptors

Friendly Fixture	Competitive style playing opportunity for two teams, often as part of a club or school/college block fixture, where focus is on maximising all your player's involvement, development and enjoyment.
Triangular	Competitive style playing opportunity for three teams where equal player participation is the emphasis. Focus is on maximising all your player's involvement, development and enjoyment rather than the score.
Festival	Competitive round-robin playing opportunity where equal team and player participation is the emphasis. Winning doesn't affect your ongoing participation as every team plays the same appropriate number of matches.
Waterfall Tournament	Competitive playing programme where equal participation/progression is the emphasis. The outcome of your pool games are recorded to enable every team to advance to later rounds for an equal number of matches against similar level teams.
Knock Out/Tournament	Competitive playing programme where the outcome of the game is recorded and dictates your progression to later knock-out rounds or decides your final standing. Usually includes a winners trophy.
League	Competitive playing programme where the outcome of the game is recorded and points are applied to dictate your position and final standing in the league table. Usually includes a winners trophy. May lead to a play off system to establish final champions.

THE DIALOGUE THAT TAKES PLACE LOCALLY BETWEEN ALL STAKEHOLDERS THAT SUPPORT THE INDIVIDUAL PLAYER IS ESSENTIAL. THE NATIONAL AG CALENDAR IS RELEASED AT LEAST 9 MONTHS BEFORE THE SEASON TO ENABLE THIS TO START EARLY AND BE FULLY PLAYER-CENTRED. LOCAL COLLABORATION IS THE KEY AND IS AN EXPECTATION OF EVERYONE IN AGE GRADE RUGBY.

Age Grade Rugby: Player-Centred, Development-Driven, Competition-Supported