

GUIDE TO AGE GRADE OUT OF SEASON ACTIVITIES



PLAYER CENTRED | DEVELOPMENT DRIVEN | COMPETITION SUPPORTED





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This document is intended to support those delivering out of season activities by providing examples of permitted and non-permitted activities. Though not an exhaustive list of every rugby activity, we hope it clarifies the types of permitted activity at each age.

This guide should be read in conjunction with RFU Regulation 15 (www.englandrugby.com/regulations) and the Age Grade Codes of Practice (www.englandrugby.com/codesofpractice).

The key elements of the Age Grade regulation relating to out of season are:

- The 2019-2020 season will run from the 7th September 2019 until 10th May 2020 and the 2020-2021 season will run from the 5th September 2020 until the 3rd May 2021. Everything else is deemed as “out of season”
- Outgoing tours are not permitted at U13 and below.
- At U14 and above, players can play 15-a-side competition in May, if it has been re-arranged due to adverse weather, or in August two-weeks prior to the start of the season.
- Out of season competitive activity may only be played if the activity falls within the definition of ‘Out of Season Activity,’ and if written approval has been provided by the Constituent Body, CSU, or College’s Union.
- The following out of season activity is permitted:

| U11 & BELOW | U12 & U13 | U14, U15 & U16 | U11 & BELOW |
|--|---|--|--|
| <ul style="list-style-type: none"> • Non-contact training | <ul style="list-style-type: none"> • Non-contact training • Non-contact matches and competition | <ul style="list-style-type: none"> • Non-contact training • Non-contact matches and competition • XRugby7s contact matches, competition and preparation | <ul style="list-style-type: none"> • Non-contact training • Non-contact matches & competition • XRugby7s contact matches, competition and preparation • 7-a-side contact matches and competition and |

In this document you’ll see us refer to “skill zone” and “game zone” activities, concepts which are explored on RFU Training courses and with practical examples on www.KeepYourBootsOn.co.uk. In some of the game zone activities you will see the use of different types of ball – why not mix in a football, tennis ball or others during your activities?

When designing your programme of activities, consideration should be given to the intensity of the activities and efforts should be made to balance high and low intensity activity.

We hope this guide, along with the other materials, will help your delivery of enjoyable Player Centred and Development Driven summer activity.



**RFU OUT OF SEASON ACTIVITIES:
U7 TO U13**

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PERMITTED RUGBY SPECIFIC ACTIVITIES

TAG Rugby

Touch rugby

Specific rugby activity
i.e. skill zone

Passing specific activity

2 v 1

3 v 2

Evasion

**The maximum rugby
specific training per day is:**

U7 – U8 = 60 mins

U9 – U11 = 90mins

U12 – U13 = 120mins

These rugby specific
activities must not
exceed these maximum
training times

GENERIC PERMITTED MULTI-SPORT AND FUNDAMENTAL SKILLS ACTIVITIES

Game zone activities

Netball

Volleyball

Endball

Rob the nest

Kicking golf

Bulldog

Kick tennis

Capture the flag

Football

Crab football

Cricket

Handball

Aussie Rules

Swimming

Rounders

Stuck in the mud

**Individual exercises (including
non-contact preparation for contact):**

Specific ABC activities

(Agility, Balance, Co-ordination)

Tower of Power, Steal the sock

Tag the tail, Animal walks.

**Note – these activities do not
count as rugby specific training.**

Activities can be found on
www.KeepYourBootson.co.uk
www.EnglandRugby.com/skillsseries

NON-PERMITTED ACTIVITY

Contact rugby

Tackle

Ruck

Maul

Scrum

Wrestling / contact warm up

Activities involving
contact shield / tackle suits

‘Grab and hold’

Contact activity

Wrestling

Sumo

Judo

XRugby7s

7-a-side rugby or above

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**RFU OUT OF SEASON ACTIVITIES:
U14 AND ABOVE**

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PERMITTED RUGBY SPECIFIC ACTIVITIES

TAG Rugby

Touch rugby

XRugby7s

7-a-side (U17+U18 only)

**Team organisation
& preparation**

Specific rugby activity
i.e. skills zone

Passing specific activity

2 v 1 - 3 v 2 Evasion

Introducing the tackle

Introducing the ruck

Introducing the maul

Max 3 player scrum

Continuity practices

Wrestling / contact warm up

Session plans to introduce XRugby7s
to new players can be found on:
www.englandrugby.com/xrugby7s

The maximum rugby specific training
per day is 120 mins for U14 and above.

These rugby specific activities
must not exceed these
maximum training times

GENERIC PERMITTED MULTI-SPORT AND FUNDAMENTAL SKILLS ACTIVITIES

Game zone activities

Netball

Volleyball

Endball

Rob the nest

Kicking golf

Bulldog

Kick tennis

Capture the flag

Football

Crab football

Cricket

Handball

Aussie Rules

Swimming

Rounders

Stuck in the mud

Individual exercises (including non-contact preparation for contact):

Specific ABC activities (Agility, Balance,
Co-ordination) Tower of Power, Steal the sock,
Tag the tail, Animal walks

Note – these activities do not count as rugby specific
training. We recommend that players in these ages
complete the Activate injury prevention programme
www.englandrugby.com/activate

Activities can be found on
www.keepyourbootson.co.uk

NON-PERMITTED ACTIVITY

Any activity greater than
7-a-side or preparation
for these activities
is not permitted

More than 3 a side scrum
More than 3 player line out
Game play
7 player back moves

**7-a-side is not permitted
at U14-U16**

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