



The Mini & Youth Rugby Blueprint

Developing the rugby landscape for 7 – 18 year olds

WHAT ARE WE AIMING TO ACHIEVE? -



The prospect of creating a long-term Blueprint for rugby union at 18 and under is exciting. We already have many of the ingredients, we just need to piece them together most appropriately



The game format, playing opportunity and support should be clear, accessible and based on the needs and wants of children and young people, rather than on tradition or what we adults think



This will ensure that more young people start and stay in a lifelong friendship with rugby union, strengthening our clubs and growing the game in the communities around them

WHAT DO THE PLAYERS WANT?

- Children have told us that their main reasons for playing rugby are to enjoy themselves, spend time with their friends and improve as players. Older players echo these reasons for participation and also tell us that the social side of the game (being with their mates) is the major factor in their participation.
- They also told us that they left that game because there was too much focus on competition and competitive outcome, or that they didn't get enough opportunity to compete. Importantly, large numbers also expressed a desire to return to the game if the quality of experience improved.
- With this in mind we need to ensure that we provide an experience that meets the wants and needs of young players.

THE CORE PRINCIPLES

We believe that we need to create a rugby experience that is ***player centred***, is driven by the needs of ***player development*** and ***participation*** and that is supported by ***appropriate competitive opportunities***, not driven by competition.

With this in mind we have embarked on a national roadshow to gain your feedback and allow you to input into the future of mini and youth rugby.

Please take the time to read the next pages and feedback using the survey link included in the email that came with this information.

GIVING YOUR FEEDBACK

The next pages highlight 4 options each for what the 7 – 12 and 13 – 18 playing landscape could look like.

These are not definitive positions, but rather give a starting position for you to consider. Please look at each of the 4 suggestions and make a decision as to which you believe would be the most appropriate option for that age group.

You can feedback by answering the questions on the online survey included in the email with this information – as you'll see you can either choose an option e.g. Option 3, or choose a combination of options e.g. option 2 & 3.

There is also an opportunity to make comments about the whole process on the online survey and at this email address: myrugbyblueprint@rfu.com.

More information can also be found at www.RFU.com/rugbyblueprint



England
Rugby

7 – 12 Year Olds

Option 1: Adult-Centred

Under 7 – U12

Age	Competition	Training:Games	Frequency & Duration of training	Tournaments
U 7	<ul style="list-style-type: none"> Inter club/school friendly Inter club/school triangular Club/School Tournaments Tag to Twickenham Regional & National Tournament Landrover Cup CB Tournaments to determine CB Champions 	Not specified (No more than 35 games)	.	Not specified (Permission granted by CBs)
U8				
U9			Not specified (Guidelines Only – 2 to 1)	
U10			Not specified (Guidelines Only 1:1)	
U11				
U12				

OPTION 2: Adult/Child - Centred

Under 7 – U12

Age	Competition	Training:Games	Frequency & Duration of training	Festivals
U 7	<ul style="list-style-type: none">• Inter club/school friendly• Inter club/school triangular	4:1	1 hour once a week	None
U8				
U9				
U10				
U11				
U12				

OPTION 3 – Child-centred

Under 7 – U12

Age	Competition	Training:Games	Frequency & Duration of training	Festivals
U 7	<ul style="list-style-type: none"> Inter club/school friendly Inter club/school triangular Festivals – no knock-out/cup 	3:1	1 hour once a week	2 festivals (one either side of xmas)
U8				
U9				3 festivals (one pre and two post xmas)
U10		5:2	1 hour once a week* *It may be possible to introduce mid-week sessions but these should be skill/movement based and not compulsory	
U11				4 festivals (two pre-xmas and two post xmas)
U12				

OPTION 4 – Development-Centred

Under 7 – U12

Age	Competition	Training:Games	Frequency & Duration of training	Festivals
U 7	NONE	All training	1 hour once a week Stability/Object Control/Locomotion	NONE
U8				
U9				
U10			1 hour once a week “Sunday School of Sport	
U11			1 hour twice a week Multi-sports/activities	
U12				

WHAT COULD IT LOOK LIKE?:

FESTIVALS

Unlimited on squad size – or teams entered

Mixed ability

Enter more than one team

Same number of matches per team

No knock-out or Cup

4/5/6 teams	8/10/ teams	12 teams	16 teams
Everyone plays each other	Two groups everyone plays each other	3 Pools of 4 to then make up 4 pools of 3 NOT a tournament, but a means of establishing more appropriate competition	4 pools of 4. Establish stage of development for teams for further 4 x 4 pools
More teams than indicated above, or odd numbers can be accommodated by having a combination of the above. As there is no knock-out element to this having different sized pools does not have an impact			



England
Rugby

13 – 18 Year Olds

Option 1: COACH CENTRED – No Change

Age	U13	U14	U15	U16	U17	U18
Numbers	15-a-side					
Frequency of competition Competition hours to training hours	2:3	2:3	1:1	1:1	1:1	1:1
Match time	25 mins each way		30 mins each way		35 mins each way	
Pitch Size	Full					
Competition Type	CUP LEAGUE	CUP LEAGUE	CUP LEAGUE	CUP LEAGUE	CUP LEAGUE	CUP LEAGUE
Max competition per week (mins)	150 mins		180		210	

Option 2: COACH/PLAYER CENTRED – Improve the provision

Age	U13	U14	U15	U16	U17	U18
Numbers	13-a-side	15-a-side				
Frequency of competition Competition hours to training hours	2:5	2:3				
Match time	25 mins each way		30 mins each way		35 mins each way	
Pitch Size	3/4	Full				
Competition Type	Small local tournament	Local cup	Local, regional, national cup	Local, regional, national cup	Local, regional national cup. Leagues	
Max competition per week (mins)	100		120		120	

Option 3: PLAYER CENTRED – Enhance the provision

Age	U13	U14	U15	U16	U17	U18
Numbers	10-a-side		12-a-side	15-a-side		
Frequency of competition Competition hours to training hours	2:5	3:5	2:3			
Match time	25 mins each way		30 mins each way		35 mins each way	
Pitch Size	1/2		3/4	FULL		
Competition Type	Friendly/Developmental				Local Cup	National Cup
Max competition per week (mins)	100		120		120	

Option 4: PLAYER CENTRED – Transform the provision

Age	Stages of Physical, Social, Emotional, Cognitive, Motor-Sensory Development					
OR	U13	U14	U15	U16	U17	U18
Numbers	10-a-side		12-a-side	15-a-side		
Frequency of competition Competition hours to training hours	2:5			2:4		
Match time	25 mins each way		30 mins each way		35 mins each way	
Pitch Size	1/2		3/4	FULL		
Competition Type	Friendlies					
Max competition in a week (mins)	120		130		140	