

RUGBY PATHWAY

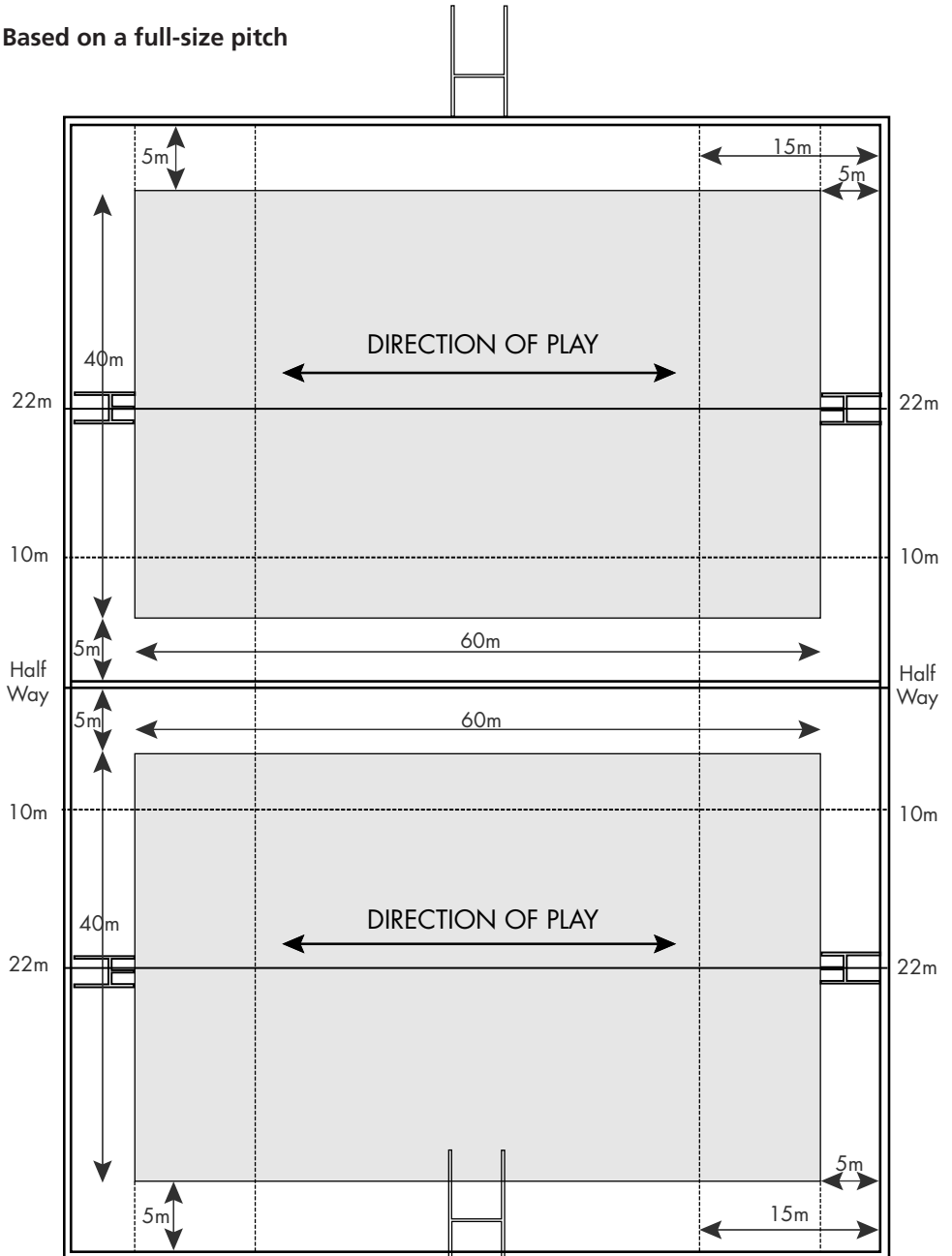
*For all players
Under 7 to
Under 19*



mVI
Minis to Millennium

RECOMMENDED FIELD FOR 10-A-SIDE GAMES

Based on a full-size pitch





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Foreword by Warren Gatland

I would like to endorse the Rugby Pathway Programme “Minis to Millennium”

It encourages young players to develop and enjoy many aspects of the modern game.

I believe it will enhance the progression of the core elements of the player for the long term benefit of the game in Wales.

This will be done by concentrating on the specifics at an early age of passing, catching, running, offloading and continuity.

This has traditionally been the strength and uniqueness of Welsh Rugby.

As a player gets older they are then introduced to the finer details of the game.

For coaches there are specific goals to achieve at each level which ultimately makes their job easier and we should end up with a more skilled player in the long run.



Warren Gatland

PATHWAY RATIONALE

The pathway offers a progressive way of introducing the game to young players and developing coaches. At the same time it aims to capture the magic of the game and deliver a game that is fun to play, enjoyable and stimulating to coach and promotes open running rugby.

In Wales we have a tradition of playing rugby with flair and guile. With the game moving into the professional era back in 1995 there has been increased pressure to produce players who are bigger, faster and stronger.

Running with the ball, passing and having the ability to beat an opponent are the Welsh way. In order for us to try and promote and develop these skills the pathway has been adapted for our younger players. The rationale of the rugby pathway is to aid the development of the player through their early years of playing and to provide them with a progressive approach to their learning and the skills of the game.

Contesting the ball is introduced in a controlled environment at the age of ten helping players to gain confidence in this area of the game. With these skills being developed progressively at each age group it is hoped that young players will be encouraged to stay within rugby and enjoy the benefits of the game.

Within the pathway there is also information for coaches to support them to introduce and develop skills safely and effectively. The progressive nature of the pathway will, it is hoped, assist the coach to deliver the skills of the game in a progressive manner, without overloading them with too much information too soon.

General – All Participants (Advisors, Club Officials, Players, Referees and Team Managers).

1. A Participant shall not make any public criticism of any other Participant, but he will have recourse to the complaints procedure of the Union and which procedure should be adhered to.
2. A Participant shall conduct himself at all times in an ethical and professional manner and shall observe the highest standards of integrity and fair dealing.
3. A Participant shall take all possible steps to promote the reputation of the game of Rugby Union Football and to prevent it being brought into disrepute.

Team Manager / Club Official

1. A Team Manager / Club Official shall comply with the Laws of the Game, the Regulations of the WRU, the Rules of any competition in which his Club participates and his Club Rules. A Team Manager shall not encourage or incite any person (including other employees of his Club) to act in breach of the same but shall take all possible steps to ensure that they comply with them.
2. A Team Manager / Club Official shall use best endeavours to ensure that there is in force at his Club a fair and effective disciplinary policy applicable to Players and other employees under his control and that it is applied consistently.
3. A Team Manager / Club Official shall take all reasonable steps to ensure that players and/or other employees under his control accept and observe the authority and decisions of match officials.

Referees

1. Referees will endeavour to apply the Laws of the Game fairly and to an agreed interpretation as specified by the WRU and to provide the style of play as determined by the WRU.
2. Referees are expected to attend disciplinary hearings involving them personally whenever possible. The reason for non-attendance must be given to the WRU's Community Operations Manager in advance of the hearing.

SANCTIONS FOR A BREACH OF THIS CODE WILL BE APPLIED BY THE WRU'S UNDER 19 DISCIPLINARY COMMITTEE IN ACCORDANCE WITH THE WRU'S UNDER 19 DISCIPLINARY PROCEDURES FOR 2010/2011.

Before the game:

1. Clubs are responsible for notifying match officials of date, venue, kick-off time and team colours at least 72 hours before the game.
2. Match officials should arrive at the venue at least 40 minutes before kick-off. Clubs should make their arrangements based on this.
3. Clubs are responsible for the safety of match officials during the time they are at the match in question. Where possible a referee liaison person should be appointed by the Home Club to be responsible for match officials.
4. Match officials will be available up to 30 minutes prior to kick-off to club captains and coaches for discussions regarding laws, kit, etc.
5. Access to the match officials dressing room is restricted to persons who have a legitimate reason for seeing them.
6. Clubs will submit their team and replacements to the referee before taking to the field for kick-off, indicating the replacement front row players. Once this has been submitted no changes should be made without the permission of the referee.
7. The match balls should be available for inspection by the match officials a minimum of 15 minutes prior to kick-off.
8. The Home Club shall be responsible for ensuring that the playing area / enclosure is fit to play on and is free of all materials / substances that would prevent the game starting at the allocated time, e.g. broken glass, animal droppings, etc.

During the Game

1. Clubs must restrict entry to the playing enclosure to all but players, match officials, ball boys, replacements in agreed areas, medical support personnel, coaches and where necessary television personnel.
2. Coaching staff, team personnel or replacements will not be allowed to move along the touch line or remain in the playing enclosure unless they are warming up as agreed, treating injured players or supplying drinks in the agreed manner.
3. Clubs will provide an area clearly indicated for medical support personnel and coaches. Clubs will provide a seated area for replacements on the same side of the ground, where applicable under the control of the fourth match official.

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4. Replacements will remain seated at all times during the match unless they are warming up in the agreed area or are going onto the playing area as a replacement. Where no seating is available replacements should remain outside the playing enclosure.
5. Prior to kick-off, depending on the ground, an agreed warm up area will be designated following consultation between the clubs and match officials.
6. Replacements will only enter the field of play at the halfway line after the player being replaced has left the field. Replacements will only be allowed during a stoppage of play and when the referee has clearly signalled the replacement.
7. Clubs will provide boards with numbers thereon clearly showing who is being replaced.
8. Drinks will be permitted during a stoppage in play. Drinks must not be taken in front of a player who is kicking at goal.
9. Where match officials leave the field at half time, Clubs must ensure that there is no entry to their dressing room during that period by any player, coach, administrator or spectator.

After the Game

1. At the end of the game, Clubs should ensure that match officials are not harassed by players, coaches, club officials or spectators and are escorted safely to their dressing room.
2. There should be no unauthorised entry to the match officials' dressing room area after the end of the match. Players, coaches and club officials should not attempt to enter this area unless with the express permission of the match officials.
3. Clubs are responsible for ensuring that match officials leave the clubhouse and ground safely without any harassment from players, coaches, club officials or spectators.

Aim 1:

To present Welsh Rugby as:

- EXCITING
- ENJOYABLE

Aim 2:

To Promote:

- SKILL
- SPORTSMANSHIP
- TEAMWORK
- CONFIDENCE
- SELF DISCIPLINE
- SAFETY
- RESPECT

Aim 3:

To provide a series of modified games for specified age groups that will progressively develop the individual skills, fitness and team work of all players in accordance with their physical maturity and understanding of the game, in their progress to play the 15-a-side game under the laws of the International Rugby Board.

1. It must be clearly understood that the Welsh Rugby Union's Rugby Pathway is to be observed by all clubs, associated members and affiliated organisations from SEPTEMBER 2011.
2. MATCHES are a means of coaching and encouraging young players to improve their skills with the object of them playing rugby correctly, effectively, safely and in an enterprising manner. The Welsh Rugby Union is most grateful to the many who are giving freely of their time, enthusiasm and expertise in organising and encouraging the game of rugby football in Wales.
3. Bodies administering Under 19 rugby are asked to oversee the administration of the game at this level and ensure that all clubs and schools comply with the rules, laws and playing regulations laid down by the Welsh Rugby Union.
4. All coaches of young players must be qualified to appropriate level and must strive to improve the performances of each individual player. To this end a correct balance between coaching players and their participation in competition must be maintained.
5. All referees must have the following minimum qualifications:
 - Under seven to under eight Tag Award
 - Under nine to under 16 age groups WRU Level one Referees Award.
 - U16 to U19 Youth WRU Level two Referees Award.



While competition is an important aspect of the game, total emphasis should be placed on:

- Fun, enjoyment
- Running with the ball
- Evasion
- Running in support of the ball carrier
- Passing
- Running to tag/tackle the ball carrier
- All coaches should coach to the spirit of the game and its laws

FAIR PLAY

It is absolutely vital, particularly during the development phases of young players in the playing of the game, that Acknowledged Standards of Sportsmanship are encouraged and maintained. The following elements are therefore to be regarded as the minimum standards necessary to ensure that rugby football in Wales is played by young players in a manner befitting the National heritage and traditions of the Welsh Game. Coaches, parents players and spectators should therefore:

- *Display courtesy, friendliness and sportsmanship to the opposing team and the referee at all times.*
- *Applaud the opposition for good play.*
- *Deplore foul play and abusive language. Report all incidents to the appropriate body.*

Young players value highly the fun and enjoyment of the game and their membership of a team. Whilst they should always be encouraged to play with a strong, competitive spirit, they must also be coached to play within the laws and rules of the game and always with respect for their opponents. Coaches of young players should encourage and concentrate on enjoyment and development of skills - results are of secondary importance. Young players only enjoy competition on their terms and when it becomes too serious or intense, the outcomes can diminish their enthusiasm for the game.

It is strongly recommended that coaches and referees are sensitive to the scores so that one side is not overwhelmed. Enjoyment and development must be the priority at this stage.

COACH RESPONSIBILITIES

- *To develop in all players an appreciation of rugby.*
- *To develop each player's maximum potential, including personal and social qualities.*
- *To encourage and deliberately boost the confidence of all players.*
- *DO NOT ridicule.*
- *Ensure each coaching session is well prepared with the coaching emphasis being placed on the development and acquisition of skill, decision making and an understanding of the game.*
- **Maintain the highest standards of personal discipline and courtesy during matches irrespective of the result and be a perfect role model for the young people.**

PARENT RESPONSIBILITIES:

- *Set an example to your child:*
- *Applaud good play by your team and by members of the opposing team.*
- *Be friendly to parents of the opposition.*
- *Do not question publicly the referee's decision.*
- *Support all efforts to remove verbal and physical abuse from mini and junior rugby.*
- *Recognise and value the importance of coaches.*
- *Do not force an unwilling child to participate in rugby, their enjoyment is paramount.*
- *Encourage your child to play by the Laws/Rules.*
- *Teach your child the importance of effort and teamwork.*
- *Help your child to improve skills and to learn a positive attitude to the game.*

PLAYER RESPONSIBILITIES:

- *Play Rugby within the Laws and the Sporting Spirit of the Game.*
- *Support and cooperate with fellow team members to ensure the team plays to its maximum capability.*
- *Respect the opposition without whom the match would not take place.*
- **Respect the referee and accept all decisions without dissension.**

At all levels Referees to have empathy with the players and the pathway Laws, explain your decisions clearly and apply the laws consistently.

Please remember when a team is more than 50pts in front in a game, the Referee blows the whistle to end the game, irrespective of how much time has elapsed.

Some notes as reminder of key areas for Referee's at different age groups.

Please adhere to scrum engagement process at all levels

CROUCH BIND SET

At all Levels below U/19, at tackle area Squeeze ball is illegal

U/9s

- Tackle must be below the waist, only one person allowed to tackle on each occasion.
- No ripping the ball.
- No contest at tackle area, ball carrying team must pass ball from tackle area, no pick and go.
- Non contested scrum, side putting in wins ball, no pushing or wheeling
- Scrum half is not allowed to pass centre line of scrum
- Scrum half must pass ball from base of scrum
- No Lineout, Rucks or Mauls
- Re starts free pass at halfway
- No handoff allowed
- No kicking of ball allowed

U/10s

- Tackle must be below the waist, more than one tackler allowed
- No ripping the ball
- Only 1 player from each side allowed to contest for the ball at the breakdown, this includes people involved in the tackle
- Non contested scrums, side putting in wins ball, no pushing or wheeling
- Scrum half not allowed to pass centre line of scrum
- Scrum half must pass ball from base of scrum
- No lineout or mauls
- Re starts free pass from halfway
- No handoff allowed
- Kicking of ball only allowed in own 22

U/11s

- Tackle must be below the waist, more than one tackler allowed
- No ripping the ball
- Only 1 player from each side allowed to contest for the ball at the breakdown, this includes people involved in the tackle
- No mauls
- Passive scrum, hookers can contest put in, no pushing or wheeling
- Scrum half not allowed to pass centre line of scrum
- Scrum half must pass from base of scrum
- Uncontested lineout, no catch and drive, scrum half can choose to run or pass
- No handoff allowed
- Kicking of ball allowed in own half

U/12s

- Full contact laws at tackle and breakdown
- Contested scrum, maximum push 0.5 mtrs, no wheeling
- Scrum half not allowed to pass centre line of scrum
- Pick up by No 8 allowed
- Uncontested lineout, no catch and drive, scrum half can choose to run or pass
- Kicking of ball allowed anywhere on the field

U/13s

- Full contact laws at tackle and breakdown
- Contested scrum, maximum push 0.5 mtrs, no wheeling
- Pick up by No 8 allowed
- Uncontested lineout with lifting, catch and drive allowed, maximum 10 mtrs anywhere on the field, scrum half can choose to run or pass
- Defending team can only contest when the lineout is deemed over, refer to law 19.9.b

U/14s – U/19s Full U/19 IRB Laws apply

A POSITIVE GROUNDING FOR TRADITIONAL RUGBY

BACKGROUND

Tag Rugby has been developed to promote a basic understanding of rugby by young boys and girls, and principally to encourage the learning of ball skills and teamwork before going on to other aspects of the game.

HOW CHILDREN LEARN RUGBY:

When children are learning to develop concepts about rugby, they first need to learn the basic and most important aspects of the game. Ball skills and learning to be part of a team are placed in this category. Research supports the following points:

- Children learn more when they are playing.
- Playing develops children's creativity and problem solving skills.
- Play develops new skills and builds the children's self-esteem.
- The structure of the coach's sessions are key for the development of the child. If the children are overloaded with information they will become discouraged which could lead to them leaving the sport.

COACH'S ROLE

- *Develop a love of the game in children*
- *Develop evasion skills with ball in two hands and standing pass to standing receiver*

AIMS RATIONALE

*“Invasion by evasion” that is scoring tries by evasive running
Introduce accurate stationary passing*

AGE:	Under seven as on the first of September at the start of the season.
TEAM SIZE:	Five a side with unlimited substitutions. The WRU requires that both teams shall field the same number of players throughout the game.
PERIODS OF PLAY:	Two halves each of up to 10 minutes playing time – maximum 20 minutes of play.
PLAYING AREA:	50m (Length) x 40m (Width) maximum. 40m (Length) x 30m (Width) minimum.
BALL SIZE:	Size three.
KICKING:	None.
LINEOUT:	No, free pass from five metres in from the touch line.
SCRUMMAGE:	None.
COACH QUALIFICATION:	Tag/Level one.
REFEREE QUALIFICATION:	Tag Leaders Award.
GAMES, MATCHES, COMPETITIONS, FESTIVALS:	No Inter Club / Inter School Leagues. Where teams have entered Festivals (which start and finish on the same day) it is recommended that each game should not exceed 10 minutes (maximum) each half. Where possible clubs are encouraged to organise more than one opposition 'Round Robin' scenario i.e. each team plays each other for 10mins (maximum). This is recommended for 3 to 4 teams maximum.

TAG RUGBY RULES:

- Game to start with a free pass.
- Team conceding try to restart.
- Six tags, ball is turned over to opposition.
- Tagged player must play the ball (pass) within three seconds of being tagged.
- Tackler must hand back the tag to the attacking player before continuing to play, persistent infringement will result in the awarding of a penalty.
- Players must leave and enter the field of play at the halfway touchline.
- They must remove two tags and hand them over to substitute entering the field to place upon belt before replacement can effect.
- Substitutes must wear tag belts but with no tags.
- A player must have two tags before scoring a try, however if a tag is removed whilst scoring a try the try is awarded.
- If a player crosses the line with one tag, he/she is brought back out five metres from the try line with the tag count continuing.
- Players must stay on feet to score a try.
- Spinning out of contact away from the tackler is allowed.
- No hand-off allowed.
- Carrying the ball in two hands is encouraged but not a tag rugby rule.
- Free pass for all penalties.

COACH'S ROLE

- *Develop self-esteem in all children*
- *Develop evasion skills (as Under seven's) plus progression to moving receiver*

AIMS RATIONALE

"Invasion by evasion" introduce accurate passing to a moving receiver

AGE:	Under eight as on the first of September at the start of the season.
TEAM SIZE:	Seven a side with unlimited substitutions. The WRU requires that both teams shall field the same number of players throughout the game.
PERIODS OF PLAY:	Two halves each of up to 10 minutes playing time – maximum 20 minutes of play.
PLAYING AREA:	50m (Length) x 40m (Width) maximum. 40m (Length) x 30m (Width) minimum.
BALL SIZE:	Size three.
KICKING:	None.
LINEOUT:	No, free pass from five metres in from the touch line.
SCRUMMAGE:	None.
COACH QUALIFICATION:	Tag/Level one.
REFEREE QUALIFICATION:	Tag Leaders Award.
GAMES, MATCHES, COMPETITIONS, FESTIVALS:	No Inter Club / Inter School Leagues. Where teams have entered Festivals (which start and finish on the same day) it is recommended that each game should not exceed 10 minutes (maximum) each half. Where possible clubs are encouraged to organise more than one opposition 'Round Robin' scenario i.e. each team plays each other for 10mins (maximum). This is recommended for 3 to 4 teams maximum.

TAG RUGBY RULES:

- Game to start with a free pass.
- Team conceding try to restart.
- Six tags, ball is turned over to opposition.
- Tagged player must play the ball (pass) within three seconds of being tagged.
- Tackler must hand back the tag to the attacking player before continuing to play, persistent infringement will result in the awarding of a penalty.
- Players must leave and enter the field of play at the halfway touchline.
- They must remove two tags and hand them over to substitute entering the field to place upon belt before replacement can effect.
- Substitutes must wear tag belts but with no tags.
- A player must have two tags before scoring a try, however if a tag is removed whilst scoring a try the try is awarded.
- If a player crosses the line with one tag, he/she is brought back out five metres from the try line with the tag count continuing.
- Players must stay on feet to score a try.
- Spinning out of contact away from the tackler is allowed.
- No hand-off allowed.
- No Under 8 players should play contact rugby (i.e. 1 year above).
- Free pass for all penalties.
- Carrying the ball in two hands is encouraged but not a tag rugby rule
- Tag can continue to be played beyond U8 if both teams agree.

COACH'S ROLE

- *Develop the player through the introduction to contact*
- *Safety points in tackling and being tackled, develop the skills of offload, placement of the ball and the pass off ground*

AIMS RATIONALE

Encourage the offload in contact and the correct placement of the ball and introduce tackling around the legs

- AGE:** Under nine as on the first of September at the start of the season.
- TEAM SIZE:** 10 a side with unlimited substitutions. Five forwards five backs. The WRU requires that both teams shall field the same number of players throughout the game.
- PERIODS OF PLAY:** Two halves each of up to 10 minutes playing time, maximum 20 minutes of play.
- PLAYING AREA:** Half pitch.
- BALL SIZE:** Size three.
- RE-START:** A free pass to the non scoring side on halfway.
- LINEOUT:** No, free pass from five metres in from the touch line.
- SCRUMMAGE:** Five man non contested scrum, the team putting the ball in must win it. Neither team is permitted to push. Acting scrum half must pass from the base of the scrum, and the opposition scrum half to stay at the tunnel.
All scrums must follow IRB process, crouch, bind, set.
- NO KICKING:**
- COACH QUALIFICATION:** UKCC Level one, Level two recommended .
- REFEREE QUALIFICATION:** WRU Level one Award.
- GAMES, MATCHES, COMPETITIONS, FESTIVALS:** No Inter Club / Inter School Leagues. Where teams have entered Festivals (which start and finish on the same day) it is recommended that each game should not exceed 10 minutes (maximum) each half. Where possible clubs are encouraged to organise more than one opposition 'Round Robin' scenario i.e. each team plays each other for 10mins (maximum). This is recommended for 3 to 4 teams maximum.
- EARLY CONTACT RUGBY RULES:**

- Waist high tackle or lower, if the tackle is above waist height, a free pass is awarded to the non offending team.
- The tackle area, defence can only tackle, they are not allowed to contest for the ball.
- Acting scrum half must pass the ball (no pick and go) from the tackled area.
- No mauling allowed (no ripping allowed), free kick to the non offending team, if a maul is formed, a free pass is given to the non offending team.
- The offside lines are the rear most part of the body at the tackle area.
- If a hand-off occurs the referee awards a free pass to the non offending side.
- If a knock on occurs a scrum is awarded.
- Rolling replacements.
- Players must leave and enter the field of play at the halfway touchline.

If a player is sent off then he will be replaced by an appropriate substitute.
If there is no substitute available then that team will be disadvantaged.
The non-offending team does not lose a player.

COACH'S ROLE

- *Help children cope with the demands of the tackle area*
- *Effective contest for ball after tackle including support for ball carrier and tackler*

AIMS RATIONALE

Introduce the contest for possession after the tackle
Introduce decision-making at the "breakdown"

AGE:	Under 10 as on the first of September at the start of the season.
TEAM SIZE:	10 a side with unlimited substitutions. Five forwards five backs. The WRU requires that both teams shall field the same number of players throughout the game.
PERIODS OF PLAY:	15 mins each way, maximum 30 minutes of play. No extra time.
PLAYING AREA:	Half pitch.
BALL SIZE:	Size three.
COACH QUALIFICATION:	UKCC Level one recommended Level two.
REFEREE QUALIFICATION:	WRU Level one Award.
GAMES, MATCHES, COMPETITIONS, FESTIVALS:	No Inter Club / Inter School Leagues. Where teams have entered Festivals (which start and finish on the same day) it is recommended that each game should not exceed 10 minutes (maximum) each half.

The WRU recommends that no tournaments are run from U11's down.
However, festivals are welcome.

IRB under 19 Laws apply apart from:

EARLY CONTACT RUGBY RULES:

- Waist high tackle or lower, if the tackle is above waist height, a free pass is awarded to the non-offending team.
- After the tackle only one player from each team can contest for the ball. This can be any player involved in the tackle or another arriving player.
- No mauling, penalty to the non-offending team.
- Rolling replacements.
- Players must leave and enter the field of play at the halfway touchline.

SCRUMS:

All scrums must follow IRB process, crouch, bind, set.
A non-contested scrummage (that is no contest for the ball), will be awarded for knock-ons and forward passes;
- the team putting in the ball must win it;
- neither team is permitted to push.

Both scrummages must be of the same formation.

10 a side: five forwards (maximum) 3:2 formation.

A player who is a member of a scrum cannot pick up the ball.

Penalty: penalty kick to the non-offending team.

SCRUM HALF:

The offside line for the scrum half at a scrum is the mid-line of the scrummage.

Acting scrum half must pass from the base of the scrum and the opposition scrum half to stay at the tunnel.

Penalty: penalty kick to the non-offending team.

LINEOUT:

No, free pass from five metres in from touch line.

KICKING:

Only in your own 22 metre area.

RE-START:

Free pass to the non-scoring side on halfway.

PENALTY:

All penalties are free kicks - place ball on the ground and tap with the foot - correct technique must apply to restart the game.

HAND OFF

A player must not hand off/fend off an opponent in any way.

Penalty: penalty kick to non-offending team.

METHOD OF SCORING:

Tries and conversions only

Notes:-

(i) if goal posts are available on the mini-pitch, conversions are to be taken as normal.

(ii) if goal posts are available only on the full size pitch, conversions are to be taken in front of the goal post.

After a try the referee must allow all players to get back to their respective sides before the restart.

If team persists in offending at the breakdown close to the defensive team try line, then the referee may award a penalty try.

**If a player is sent off then he will be replaced by an appropriate substitute.
If there is no substitute available then that team will be disadvantaged.
The non-offending team does not lose a player.**

COACH'S ROLE

- *Develop the player's skills at the breakdown*
- *Develop the decision making of the players at the breakdown area, in attack and defence*

AIMS RATIONALE

Introduction of the contest for possession, and decision making at the breakdown

AGE:	Under 11 as on the first of September at the start of the season.
TEAM SIZE:	Up to 12 players: five forwards maximum, seven backs maximum. The WRU requires that both teams shall field the same number of players throughout the game.
PERIODS OF PLAY:	20 minutes each way, maximum 40 minutes of play.
PLAYING AREA:	Between 22 metre lines and five metres in from the touchline.
BALL SIZE:	Size three.
COACH QUALIFICATION:	UKCC Level one Level two recommended.
REFEREE QUALIFICATION:	WRU Level one Award.

IRB Under 19 Laws apply apart from:

RUGBY RULES:

- Waist high tackle or lower, if the tackle is above waist height, a free pass is awarded to the non offending team.
- After the tackle only one player from each team can contest for the ball. This can be any player involved in the tackle or another arriving player.
- No mauling, penalty to the non offending team.
- Rolling replacements.
- Players must leave and enter the field of play at the halfway touchline.

SCRUMS:

All scrums must follow IRB process, crouch, bind, set.

Passive (no pushing or wheeling), both hookers may strike for the ball.

Five forwards (maximum) 3:2 formation.

A player who is a member of a scrum cannot pick up the ball.

Penalty: penalty kick to the non offending team.

SCRUM HALF:

If the opposition hooker wins the ball the opposition scrum half is allowed to pass from the base of the scrum.

Acting scrum half must pass from the base of the scrum and the opposition scrum half to stay at the tunnel.

Penalty: penalty kick to the non offending team.

LINEOUT:

Four man uncontested. No catch and drive permitted.

KICKING:

Only in your own half.

Team scoring to drop kick to opposition to restart game.

HAND OFF / FEND OFF:

A player must not hand off/fend off an opponent in any way.

Penalty: free kick to the non offending team

Definition: A hand off/fend off is: "Any movement of the hand or arm to ward off an opponent."

PENALTY:

All penalties are free kicks – place ball on ground and tap with foot, correct technique must apply to restart the game.

METHOD OF SCORING:

Tries and conversions only

Notes:—

(i) *if goal posts are available on the mini-pitch, conversions are to be taken as normal.*

(ii) *if goal posts are available only on the full size pitch, conversions are to be taken in front of the goal post.*

If team persists in offending at the breakdown close to the defensive team try line, then the referee may award a penalty try.

If a player is sent off then he will be replaced by an appropriate substitute. If there is no substitute available then that team will be disadvantaged.

The non-offending team does not lose a player.



MIXED UNDER 12'S (15-A-SIDE) CONTACT RUGBY

COACH'S ROLE

- *Develop an understanding of the full game*
- *The introduction of the set piece*

AIMS RATIONALE

Introduction of the full game

AGE:	Under 12 as on the first of September at the start of the season.
TEAM SIZE:	15 players: eight forwards maximum seven backs maximum The WRU requires that both teams shall field the same number of players throughout the game, however if a player is sent off that team is disadvantaged.
PERIODS OF PLAY:	Two halves of up to 25 minutes playing time, maximum 50 minutes - no extra time.
PLAYING AREA:	A full size field 100m (length) x 70m (width) maximum.
BALL SIZE:	Size four.
COACH QUALIFICATION:	UKCC Level one. UKCC Level two Coach Award recommended.
REFEREE QUALIFICATION:	WRU Level one Award

IRB Under 19 Laws apply apart from:

RUGBY RULES:

Eight forwards, seven backs, rolling replacements. Players must leave and enter the field of play at the halfway touchline.

Full IRB laws regarding the contact area.

SCRUMS:

All scrums must follow IRB process, crouch, bind, set.

Eight man contested scrummage with 0.5m maximum push, no wheeling.

Both hookers may strike for the ball.

Both scrummages must be 3-4-1 formation.

That is eight forwards maximum.

The number eight can pick up the ball from the scrum.

SCRUM HALF:

The offside line for the scrum half at a scrum is the mid line of the scrummage.

LINEOUT:

Full lineout, uncontested, no catch and drive.

Penalty: penalty kick to the non offending team.

KICKING:

The non scoring team to re-start with a drop kick.

Kicking is allowed anywhere on the field.

PENALTY:

Penalties/free kicks the ball must be propelled from the hands. A penalty kick at goal will be allowed for offences committed only in the 22 metre area.

If a quick free kick or penalty is taken a player must place the ball on the ground and tap forward with foot, correct technique must apply to restart the game.

From the age of 6 - U13 girls can play mixed rugby in schools and clubs.
At U12s / U13s girls can choose to continue to play with the boys or join local U13s girls development centre. At U13s girls can play up to U15s girls club sides.
At aged 18 girls can play senior rugby (full IRB Laws apply).
At no point can a player play down an age group.

COACH'S ROLE

- *Develop the children's understanding of the main aspects of the full game*
- *Start to develop tactical awareness*

AIMS RATIONALE

*Develop awareness of the main aspects of the game
(structure and tactical aspects)*

AGE:	Under 13 as on the first of September at the start of the season.
TEAM SIZE:	15 a side: eight forwards maximum. Seven backs maximum. The WRU requires that both teams shall field the same number of players throughout the game, however if a player is sent off that team is disadvantaged.
PERIODS OF PLAY:	25 minutes each way, maximum 50 minutes of play - no extra time.
PLAYING AREA:	A full size field 100m (length) x 70m (width) maximum.
BALL SIZE:	Size four.
COACH QUALIFICATION:	UKCC Level one. UKCC Level two Coach Award recommended.
REFEREE QUALIFICATION:	WRU Level one Award

IRB Under 19 Laws apply apart from:

RUGBY RULES:

Eight forwards, seven backs, rolling replacements. Players must leave and enter the field of play at the halfway touchline.

Full IRB laws regarding the contact area.

SCRUMS:

All scrums must follow IRB process, crouch, bind, set.

Eight man contested 0.5m push, no wheeling.

Both hookers may strike for the ball.

Both scrummages must be 3-4-1 formation.

That is eight forwards maximum.

The number 8 can pick up a the ball from a scrum.

SCRUM HALF:

Can follow round the scrum in accordance with normal IRB Laws.

LINEOUT:

Full uncontested with lifting.

Only ten metre catch and drive allowed.

The attacking jumper can only be contested when the lineout has ended (the lineout ends when the ball travels beyond the fifteen metre line, the ball is taken into the five metre channel, the ball leaves the line of touch, or the ball carrier moves beyond the line of touch).

Penalty: free kick to the non offending team.

KICKING:

The non scoring team kick to re-start with a drop kick. Kicking is allowed anywhere on the field.

PENALTY:

Penalties/free kicks the ball must be propelled from the hands. A penalty kick at goal will be allowed for offences committed only in the 22 metre area.

From the age of 6 - U13 girls can play mixed rugby in schools and clubs.
At U12s / U13s girls can choose to continue to play with the boys or join local U13s girls development centre. At U13s girls can play up to U15s girls club sides.
At aged 18 girls can play senior rugby (full IRB Laws apply).
At no point can a player play down an age group.

15-a-Side

UNDER 19 LAWS APPLY

INTERNATIONAL RUGBY BOARD LAWS

UNDER 19 VARIATIONS

AGE:	U14 means Under 14 as on the first of September at the start of the season. U15 means Under 15 as on the first of September at the start of the season. U16 means Under 16 as on the first of September at the start of the season. U19 means Youth at least 16 years old but no older than 19 years of age on 31st August, that is a player who must be born before the first of September, 1992.
TEAM SIZE:	15 players: eight forwards maximum seven backs maximum
UNDER 14-16:	The WRU requires that both teams shall field the same number of players throughout the game, except if a player is sent off that team then is disadvantaged.
YOUTH RUGBY:	At under 19 Youth rugby, the game must start with equal number of players on the field, minimum is 12 players per team, however if a team loses a player through injury or being sent off, that team will be disadvantaged.
PERIODS OF PLAY:	Two halves each of up to 30 minutes playing time – no extra time, for Under 14 and 15 players. Two halves each of up to 35 minutes playing time – no extra time, for U16-U19 players.
PLAYING AREA:	A full size field 100m (length) x 70m (width) maximum.
BALL SIZE:	Size four (Under 14s). Size five (Under 15s – Under 19s).
COACH QUALIFICATION:	UKCC Level one. UKCC Level two Coach Award recommended.
REFEREE QUALIFICATION:	WRU Level one Award for matches in age groups 14-16 years WRU Level two Award for Youth Rugby.

LAW 3: NUMBER OF PLAYERS – THE TEAM

- (5) (d) If a team nominates 22 players, it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose-head prop, hooker and tight-head prop.
- (5) (e) If a team nominates more than 22 players it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose-head prop, hooker and tight-head prop. There must also be three players who can play in lock position.
- (13) (b) A player who has been substituted may replace an injured player.

LAW 5: TIME

Each half of an Under-19 match lasts 35 minutes playing time. Play in a match lasts no longer than 70 minutes. After a total of 70 minutes playing time, the referee must not allow extra time to be played in the case of a drawn match in a knock-out competition.

LAW 20: SCRUM

- (1) (f) In an eight person scrum the formation must be 3-4-1, with the single player (normally the Number eight) shoving on the two locks. The locks must pack with their heads on either side of the hooker.

Exception: A team must have fewer than eight players in its scrum when **either** the team cannot field a complete team, **or** a player is sent off for Foul Play, **or** a player leaves the field because of injury.

Even allowing for this exception, each team must always have at least five players in a scrum.

If a team is incomplete, the scrum formation must be as follows:

If a team is without one player, then both teams must use a 3-4 formation (i.e. no No.eight).

If a team is without two players, then both teams must use a 3-2-1 formation (i.e. no flankers).

If a team is without three players, then both teams must use a 3-2 formation (i.e. only front rows and locks).

When a normal scrum takes place, the players in the three front row positions and the two lock positions must have been suitably trained for these positions.

If a team cannot field such suitably trained players because: either they are not available, **or** a player in one of those five positions is injured **or** has been sent off for Foul Play and no suitably trained replacement is available, then the referee must order uncontested scrums.

All games can start with non contested scrums and the teams can maintain their full compliment of substitutes.

In an uncontested scrum, the teams do not compete for the ball. The team putting in the ball must win it. Neither team is allowed to push the other team away from the mark.

Front rows coming together. Each prop touches the opponent's upper arm and then pauses before the front rows meet. The sequence should be: crouch, bind, set.

No wheeling. A team must not intentionally wheel a scrum.

Penalty: free kick.

If a wheel reaches 45 degrees, the referee must stop play. If the wheel is unintentional, the referee orders another scrum at the place where the scrum is stopped.

WRU ruling, the ball is put in by the team that previously put it in.

Maximum 1.5 metres push. A team in the scrum must not push the scrum more than 1.5 metres towards their opponents' goal line.

Penalty: free kick.

Ball must be released from scrum. A player must not intentionally keep the ball in the scrum once the player's team has heeled the ball and controls it at the base of the scrum.

Penalty: free kick.



GIRLS UNDER 13'S DEVELOPMENT CENTRE CONTACT RUGBY

COACH'S ROLE

- *Develop the children's understanding of the main aspects of the full game*
- *Start to develop tactical awareness*

AIMS RATIONALE

Develop awareness of the main aspects of the game (structure and tactical aspects)

- AGE:** Girls must be of the age of 11 to attend. Girls in school years 6, 7 & 8 are encouraged to participate.
- TEAM SIZE:** 12 a side: five forwards maximum.
Seven backs maximum.
The WRU requires that both teams shall field the same number of players throughout the game, however if a player is sent off that team is disadvantaged.
- PERIODS OF PLAY:** 20 minutes each way, maximum 40 minutes of play - no extra time.
- PLAYING AREA:** 22m to 22m line x 5m to 5m line.
- BALL SIZE:** Size four.
- COACH QUALIFICATION:** UKCC Level one.
- REFEREE QUALIFICATION:** WRU Level one Award

Pitch sizes may be adjusted to suit numbers of players if they don't have a full compliment of players for that age group, ie: 10 v 10 half pitch

IRB Under 19 Laws apply apart from:

EARLY CONTACT RUGBY RULES:

- Waist high tackle or lower, if the tackle is above waist height, a free pass is awarded to the non offending team.
- After the tackle only one player from each team can contest for the ball. This can be any player involved in the tackle or another arriving player.
- No mauling, penalty to the non offending team.

RUGBY RULES:

Five forwards, seven backs, rolling replacements. Players must leave and enter the field of play at the halfway touchline.

One v one in the contact area.

SCRUMS:

All scrums must follow IRB process, crouch, bind, set.

Five man contested no push, no wheeling.

Both hookers may strike for the ball.

Both scrummages must be 3-2 formation.

That is five forwards maximum.

SCRUM HALF:

Acting scrum half to pass from the base of the scrum.

Opposition scrum half to stay at tunnel unless opposition win the strike then scrum half must pass.

LINEOUT:

Full uncontested no lifting.

No catch and drive allowed.

The attacking jumper can only be contested when the lineout has ended (the lineout ends when the ball travels beyond the fifteen metre line, the ball is taken into the five metre channel, the ball leaves the line of touch, or the ball carrier moves beyond the line of touch).

Penalty: free kick to the non offending team.

KICKING:

The scoring team kick to re-start with a drop kick.

Kicking is only allowed in own half.

PENALTY:

Penalties/free kicks the ball must be propelled from the hands. A penalty kick at goal will be allowed for offences committed only in the 22 metre area.

From the age of 6 - U13 girls can play mixed rugby in schools and clubs.

At U12s / U13s girls can choose to continue to play with the boys or join local U13s girls development centre. At U13s girls can play up to U15s girls club sides.

At aged 18 girls can play senior rugby (full IRB Laws apply)

COACH'S ROLE

- *Develop the children's understanding of the main aspects of the full game*
- *Start to develop tactical awareness*

AIMS RATIONALE

Develop awareness of the main aspects of the game (structure and tactical aspects)

AGE:	Under 15 as on the first of September at the start of the season.
TEAM SIZE:	15 a side: eight forwards maximum. Seven backs maximum. The WRU requires that both teams shall field the same number of players throughout the game, however if a player is sent off that team is disadvantaged.
PERIODS OF PLAY:	30 minutes each way, maximum 60 minutes of play - no extra time.
PLAYING AREA:	A full size field 100m (length) x 70m (width) maximum.
BALL SIZE:	Size four.
COACH QUALIFICATION:	UKCC Level two.
REFEREE QUALIFICATION:	WRU Level one Award

Pitch sizes may be adjusted to suit numbers of players if they don't have a full compliment of players for that age group, ie: 10 v 10 half pitch

IRB Under 19 Laws apply apart from:

RUGBY RULES:

Eight forwards, seven backs, rolling replacements. Players must leave and enter the field of play at the halfway touchline.

Full IRB laws regarding the contact area.

SCRUMS:

All scrums must follow IRB process, crouch, bind, set.

Eight man contested 0.5m push, no wheeling.

Both hookers may strike for the ball.

Both scrummages must be 3-4-1 formation.

That is eight forwards maximum.

The number 8 cannot pick up a the ball from a scrum.
Scrum half to pick, pass or kick.

SCRUM HALF:

Can follow round the scrum in accordance with normal IRB Laws.

LINEOUT:

Full uncontested with lifting.

Only ten metre catch and drive allowed.

The attacking jumper can only be contested when the lineout has ended (the lineout ends when the ball travels beyond the fifteen metre line, the ball is taken into the five metre channel, the ball leaves the line of touch, or the ball carrier moves beyond the line of touch).

Penalty: free kick to the non offending team.

KICKING:

The scoring team kick to re-start with a drop kick.
Kicking is only allowed in own half.

PENALTY:

Penalties/free kicks the ball must be propelled from the hands.
A penalty kick at goal will be allowed for offences committed only in the 22 metre area.

COACH'S ROLE

- *Develop the children's understanding of the main aspects of the full game*
- *Start to develop tactical awareness*

AIMS RATIONALE

Develop awareness of the main aspects of the game (structure and tactical aspects)

AGE:	Under 18 as on the first of September at the start of the season.
TEAM SIZE:	15 a side: eight forwards maximum. Seven backs maximum. The WRU requires that both teams shall field the same number of players throughout the game, however if a player is sent off that team is disadvantaged.
PERIODS OF PLAY:	35 minutes each way, maximum 70 minutes of play - no extra time.
PLAYING AREA:	A full size field 100m (length) x 70m (width) maximum.
BALL SIZE:	Size five.
COACH QUALIFICATION:	UKCC Level two.
REFEREE QUALIFICATION:	WRU Level two Award

Pitch sizes may be adjusted to suit numbers of players if they don't have a full compliment of players for that age group, ie: 10 v 10 half pitch

IRB Under 19 Laws apply apart from:

RUGBY RULES:

Eight forwards, seven backs, rolling replacements. Players must leave and enter the field of play at the halfway touchline.

Full IRB laws regarding the contact area.

SCRUMS:

All scrums must follow IRB process, crouch, bind, set.

Eight man contested 1.5m push, only 45° wheel allowed.

Both hookers may strike for the ball.

Both scrummages must be 3-4-1 formation.

That is eight forwards maximum.

The number 8 can pick up a the ball from a scrum.

SCRUM HALF:

Can follow round the scrum in accordance with normal IRB Laws.

LINEOUT:

Full.

KICKING:

The non scoring team kick to re-start with a drop kick. Kicking is allowed anywhere on the field.

PENALTY:

Penalties/free kicks the ball must be propelled from the hands.



Tag

- Q. At the re-start of tag games how far back must the opposition go?
- A. The opposition must be back from the half way line five metres.
- Q. The attacking side is given a free pass one metre from the opposition try line, where must they take the free pass?
- A. The opposition must go back to the try line and the attacking side can take the free pass from three meters from the defending try line.
- Q. What happens if the ball goes to the floor?
- A. The attacking team can continue to play as long as the ball has gone backwards, if the ball has gone forward the defending team has a free pass.
- Q. Can a player dive to score a try?
- A. A player is not permitted to dive in the act of scoring a try & must remain on their feet.
- Q. How many steps is the attacking player permitted in the act of scoring?
- A. Permitted if one full step in the momentum act of scoring is taken, irrespective of a tag(s) being removed.

Contact

- Q. Does the acting scrum half need to pass the ball away from the breakdown?
- A. Yes, the acting scrum half cannot pick and go - penalty, free kick to the non offending team, only applicable to U9's, U10's and U11's.
- Q. What is a passive scrum?
- A. Both teams do not push or wheel.
- Q. Can a support defender at U10's and U'11s tackle the ball carrier above the waist height?
- A. Not permitted as all tackle attempts must be waist height and below.
- Q. What happens if a player falls over with the ball?
- A. The player with the ball must play the ball immediately or get to their feet.
- Q: Can a second player from the defending team join the original tackler at U9's?
- A: Not permitted if the ball carrier is held by the original tackler.
- Q: Can the tackler contest for the ball after the tackle is completed at U9's?
- A: Not permitted as the breakdown is non contested at U9's
- Q: Can a defender at U9's, U10's and U11's rip the ball from the ball carrier?
- A: Not permitted as all tackle attempts must be waist height and below.



- Q. What happens if the attacking team put more than one player contesting for the ball?
- A. At under 10's and 11's if either team put more than 1v1 contesting for the ball they are subject to a penalty, however advantage law applies.
- Q. What is the definition of a hand off?
- A. A hand off is a player using their non ball carrying hand to hand off a defender.
- Q. What happens if the scrum is pushed forward more than the allowed amount for that age group?
- A. The referee will indicate to the team to stop pushing, if the team then pushes more than the amount for that age, the referee will award a free kick to the non offending team.
- Q. How far back must the defending team go when a free kick has been awarded to the opposition?
- A. The defending team must go back ten metres.
- Q: Are quick throws in permitted?
- A: Yes for age groups that have lineouts applicable within the pathway (U11's+) and providing the line out is not set, the ball being thrown in is the original ball that went out, has not been touched by any other member of the opposition, crowd, ball boys etc.



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