

# AGE GRADE RUGBY

Young people tell us that above all else they want to have fun playing rugby with their friends. This is at the heart of the Age Grade Rugby framework for six to eighteen year olds in clubs, schools and colleges. This is based on the game being player centred, development driven and competition supported.

Age Grade Rugby helps boys and girls learn and enjoy the 15-a-side game through age-appropriate building blocks that put inclusivity and skill development first. A nationally consistent menu ensures the intensity of competitive opportunities increases in line with the motivations of our young players; and our playing calendar helps to create a more balanced playing season for every level of player.

**PLAYER CENTRED  
DEVELOPMENT DRIVEN  
COMPETITION SUPPORTED**



Old Mutual Wealth Kids First is England Rugby's approach to the game for 6-13 year olds. It gives children the opportunity to prosper through rugby, by fostering an environment for having fun, learning and building confidence.

In addition to developmental rules of play, there are a range of age group specific Old Mutual Wealth Kids First courses for coaches and referees open to all. Clubs and Schools are encouraged to publicly commit to:

- Put children at the heart of everything they do and the decisions they make
- Encourage fun on the pitch through realistic expectations of our children
- Develop children's character as players and as people and challenge any behaviour that conflicts with this
- Build the skills of our adults to provide a safe, healthy and respectful environment for our children
- Champion rugby's core values and a life-long bond between children, adults and sport

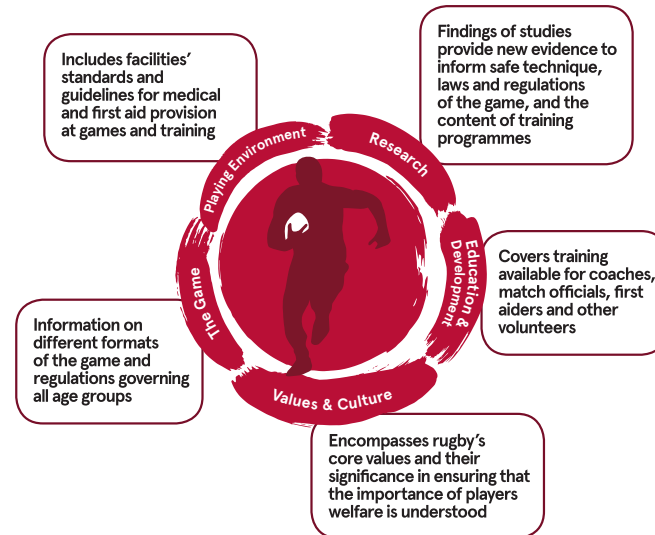
Those signing up will receive access to Old Mutual Wealth Kids First resources and support to help them drive delivery for all players across their programme.

[englandrugby.com/kidsfirst](http://englandrugby.com/kidsfirst)

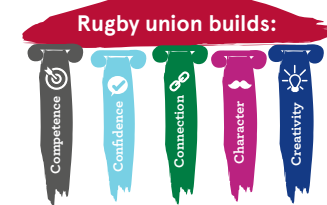
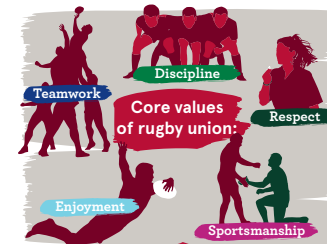


It is essential that young people play rugby in a safe environment. RugbySafe encapsulates all the RFU's player safety and wellbeing programmes, providing support to clubs, schools, colleges, universities and participants at all levels of the game. It includes easily accessible and essential information and resources for everyone in the game, with guidance, standards and actions that should be in place and that parents and players should expect.

[englandrugby.com/rugbysafe](http://englandrugby.com/rugbysafe)



# RUGBY IS GOOD FOR YOU



## DON'T BE A HEADCASE STOP! CHECK FOR CONCUSSION

**RECOGNISE**  
Know the symptoms and signs of concussion.

**REMOVE**  
any player you suspect has got a concussion IMMEDIATELY. Arrange for further assessment by a health care professional.

**RECOVER**  
give players time to recover fully as you would with any other injury.

**RETURN**  
all players must follow a step-wise Graduated Return to Play (GRTP) and must not go back to rugby/sport until they have been cleared to do so by a doctor.

**RECOGNISE, REMOVE AND IF IN DOUBT, SIT THEM OUT!**

[englandrugby.com/headcase](http://englandrugby.com/headcase)



[englandrugby.com/agegraderugby](http://englandrugby.com/agegraderugby)

**#AGEGRADERUGBY**



Friendlies, Triangulars & Festivals

+ Waterfall Tournaments

+ Knock out Tournaments

+ Leagues (Boys only)

(+ Girls U18 Age Band)



Old Mutual Wealth Kids First Rugby



Max numbers - 4  
Max Pitch Size(m) - 20x12  
Max mins per half - 10  
Max mins per day - 50

Max numbers - 6  
Max Pitch Size(m) - 45x22  
Max mins per half - 15  
Max mins per day - 50

Max numbers - 7  
Max Pitch Size(m) - 60x30  
Max mins per half - 15  
Max mins per day - 60

Max numbers - 8  
Max Pitch Size(m) - 60x35  
Max mins per half - 15  
Max mins per day - 60

Max numbers - 9  
Max Pitch Size(m) - 60x43  
Max mins per half - 20  
Max mins per day - 70

Max numbers - 12  
Max Pitch Size(m) - 60x43  
Max mins per half - 20  
Max mins per day - 70

Max numbers - 13 (girls 12)  
Max Pitch Size(m) - 90x60  
(girls 60x43)  
Max mins per half - 25  
Max mins per day - 80

Max numbers - 15  
Max Pitch Size(m) - 100x70  
Max mins per half - 25  
Max mins per day - 80

Max numbers - 15  
Max Pitch Size(m) - 100x70  
Max mins per half - 30  
Max mins per day - 90

Max numbers - 15  
Max Pitch Size(m) - 100x70  
Max mins per half - 35  
Max mins per day - 90

Max numbers - 15  
Max Pitch Size(m) - 100x70  
Max mins per half - 35  
Max mins per day - 90

Max numbers - 15  
Max Pitch Size(m) - 100x70  
Max mins per half - 35  
Max mins per day - 90

**U7**

+ Tag

**U8**

+ Tag - 6 tags to score

**U9**

+ Contact game starts  
+ Tackle including hold

**U10**

+ 3 player uncontested scrum  
+ Ruck and maul - 1 support player per team  
+ Tackle not hold

**U11**

+ 3 player scrum - strike, no push  
+ Ruck and maul - 2 support players per team  
+ Kicking - no fly hack

**U12**

+ 5 player scrum - strike, no push  
+ Ruck and maul - unlimited  
+ Fend-off below armpits

**U13**

+ Boys 6 player scrum - strike and push  
+ Boys kicking - flyhack  
+ Girls as for U11 but with 5 player scrum - strike, no push

**U14**

+ 8 player scrum - Number 8 pick up and run  
+ Kicking at goal  
+ Uncontested lineout

**U15**

+ Boys & girls uncontested lineout - lift permitted

**U16**

+ Contested lineout - lift permitted

**U17**

+ Contested lineout - lift permitted

**U18**

+ Contested lineout - lift permitted

Mixed Rugby

Boys play single age band rugby. Girls play joint age band rugby at U13, U15 and U18.