



Return to Rugby

Full Contact Training Guidance

Girls Youth Rugby (U12-U18)

Updated 19 July 2021

Age Grade Law Variation Summary

TOUCH RUGBY

- Touch rugby fixtures should involve no more than max 500 players per bubble in Level 0. Relevant risk assessments should be in place (authorised by the Club Covid-19 Safety Coordinator).

CONTACT TRAINING

- All contact rugby training should be undertaken in line with the Age Grade Law Variations for each age group (based on the 2020-21 age groups). 2 year age banding.
- Training volume and intensity should be carefully considered when introducing players back into full contact rugby after a long period of inactivity.
- The priority should be on fun and engagement, with contact activities gradually introduced into sessions to help build confidence and technique.
- Max 1 parent or guardian can stay to observe their child train if required.
- Max 30 (Level 3), 50 (Level 2) and 100 (Level 1) players per bubble (excluding coaches). Multiple bubbles permitted. Bubbles cannot mix.

AGE BANDING POLICIES



- For the remainder of season 2020-21 and for the start of season 2021-22, all 'play-up' age band dispensation processes (e.g. U18 into Adult rugby) will be suspended (Exemptions apply).
- This decision serves to prevent underage players from being exposed to an increased risk of injury when returning to rugby after a lengthy spell of inactivity caused by the Covid-19 pandemic. This position will be reviewed in December 2021.



U12 & U14

- **PITCH SIZE:**
Max ½ Pitch (60x40)
- **PLAYERS:**
Max 500 players in Level 0 per bubble (excluding coaches and referees). Bubbles cannot mix.
- **BALL SIZE:**
3
- **TACKLE:**
Waist and below
- **RUCK:**
Laws in line with AGLVs (e.g. maximum of 1 support player per team at U12 & U14)
- **HANDOFFS:**
U12-Not Permitted.
U14-Permitted under the line of the shoulders.
- **SCRUM AND LINEOUTS:**
Delivered in line with AGLVs (see full AGLV document for details)

PLEASE NOTE - Touch rugby or any form of contact rugby (e.g. tackle) is **NOT** permitted in Level 4 areas.



U16 & U18

- **PITCH SIZE:**
½ Pitch (60x40)
- **PLAYERS:**
Max 500 players in Level 0 per bubble (excluding coaches and referees). Bubbles cannot mix.
- **BALL SIZE:**
U16-Size 4
U18-Size 4
- **TACKLE:**
No restrictions
- **RUCK:**
No restrictions
- **HANDOFFS:**
Allowed below the line of the shoulder.
- **SCRUM AND LINEOUTS:**
Delivered in line with AGLVs (see full AGLV document for details)

PLEASE NOTE - Touch rugby or any form of contact rugby (e.g. tackle) is **NOT** permitted in Level 4 areas.

REMEMBER
FACTS
FOR A SAFER SCOTLAND



Face masks



Avoid crowded places



Clean your hands regularly



Two metre distance



Self isolate and book a test if you have symptoms

It's time to roll up our sleeves
Vaccinations for COVID-19 are underway



When offered the vaccine, please get it
Visit nhs.uk/inform.scot #WeAreScotland

