

## Age Grade Law Variation Summary

### TOUCH RUGBY

- Touch rugby fixtures/festivals should involve no more than 500 players in Level 0. Risk assessments should be in place (authorised by the club covid-19 safety coordinator).

### CONTACT TRAINING AND FESTIVALS

- 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.
- Spectators are permitted under specific circumstances.



#### MICRO – P1-P3

- **PITCH SIZE:**  
Max ¼ Pitch (40x30)
- **PLAYERS:**  
Max 500 players in Level 0 per bubble (excluding coaches and referees). Bubbles cannot mix.
- **BALL SIZE:**  
3
- **TOUCH RUGBY ONLY:**  
Two Handed Touch (encourage players to avoid hand-to-face touches).
- **TAG BELTS:**  
Tag belts are permitted as long as they are cleaned / sanitised before and after activity.

**PLEASE NOTE** - Players should **NOT** undertake full contact activities (e.g. tackling) until primary 4 age group.



#### P4/U9 & P5/U10

- **PITCH SIZE:**  
Max ¼ Pitch (40x30)
- **PLAYERS:**  
Max 500 players in Level 0 per bubble (excluding coaches and referees). Bubbles cannot mix.
- **BALL SIZE:**  
3
- **TACKLE/HOLD:**  
All tackles waist of below. Tackle hold option - if a ball carrier is stopped/slowed without being brought to ground.
- **NO BREAKDOWN:**  
If tackled to floor, ball carrier should look to present or pop to another player.



#### P6/U11 & P7/U12

- **PITCH SIZE:**  
Max ½ Pitch (60x40)
- **PLAYERS:**  
Max 500 players in Level 0 per bubble (excluding coaches and referees). Bubbles cannot mix.
- **BALL SIZE:**  
P6 – Size 3  
P7 – Size 4
- **TACKLE:**  
1v1 waist and below
- **RUCK:**  
Max 1 support player per team
- **HANDOFFS:**  
P6 – Not Permitted  
P7 – Below the line of the shoulders
- **KICKING:**  
Allowed from hand
- **SCRUMS AND LINEOUTS:**  
Permitted as per AGLVs (see full AGLV document for further details)