



Age Grade Law Variations

Laws of the game for rugby union played by young people aged 19 or under.

August 2015



Leadership · Enjoyment · Achievement · Engagement · Respect



Contents

PART 1 - Are You Ready to Play Rugby Policy and Procedures

Introduction	4
1) Get RugbyReady - follow the laws	5
• age grade law variations	5
• age grades in youth rugby	6
• age grade representative rugby	8
2) Get RugbyReady - properly manage injuries	8
• injury reporting	8
• minimum standards of pitch side care	8
3) Get RugbyReady - use best practice	9
• game coaching	9
• Long term player development	9
4) Staying Safe in Rugby	9

PART 2 - Law Variations

• Under 19 Boys - Under 15 / S3 Boys	13
• Under 18 Girls	15
• Under 15 Girls	17
• Under 14 / S2 Boys	19
• Under 13 / S1 Boys	21
• Primary 7 / Under 12 Girls	24
• Primary 6	27
• Primary 4 & 5	30
• Primary 1-3, TAG Rugby	33
• Pitch Size Diagrams	35

PART 1

Are You Ready to Play Rugby?

Introduction

Any sport involving physical contact has inherent dangers and Scottish Rugby is committed to reducing the risks of serious injury through the implementation of its **Are You Ready to Play Rugby?** policies. It is the responsibility of those who coach or teach the game to ensure that players are prepared in a manner which ensures safe practices. It is also the responsibility of players to ensure that they participate in a manner which complies with the laws of the game and is safe and responsible.



1) Get RugbyReady - follow the laws

Age Grade Law Variations

Age grade law variations assist coaches and referees in developing players through a safe, enjoyable and progressive environment.

All clubs and schools must follow the appropriate age grade law variations without exception so that youngsters are able to learn the game and enjoy rugby in a structured, consistent and safe manner. For example, the development of core skills such as handling, off-loading and tackling is more important than winning the match at mini or youth level.

The age grade law variations are reviewed every two years. They should not be viewed in isolation, but should always be used in conjunction with the full World Rugby laws of the game. Further information, including an on-line self-check test is available at WorldRugbylaws.com. All coaches should be aware of the full laws of the game as well as the law variations for the age group they are coaching (see part 2). Age grade law variations can also be downloaded via the link at

scottishrugby.org/areyouready

Age Grades in youth rugby

Youth rugby begins at under 9s and ends at Under 18s. For safety and to allow young players to develop in the best environment within clubs and schools young players should be training and competing with others of the same age and physical maturity. Therefore, the youth game is divided up by the age of the players involved (age-grade rugby) with associated law variations. Regulations specify the age grades within which children should be grouped for training and playing. The rules are different for male and female players where physical maturity rates, levels of experience and playing numbers vary. The grades are selected to minimise disparities in physical maturity and experience, while allowing meaningful player development to take place.

Mixed Rugby

From P4-P7 Girls and boys play rugby together in a maximum of two year age grades, for example P6 & P7. From S1(U13) girls and boys separate.

Male Rugby

Boys rugby is played in Scotland within school year groups up to and including the P7 age grade. The standard age grades, at which Scottish Rugby player development and competition programmes for boys take place are: U15, U16, U18 and U20 (senior).

Domestic age grade is defined by the school year up to P7 or the player's age at the 1st September at the start of the current season for the S1 (U13) – U18 age grades.

For example: A boy aged 15 years of age on September 1st will be an U16 player for the entirety of the season Boys' rugby is played in a maximum of two year age grades, for example P4 and P5. However, due to the evidence on patterns of serious injury in Scotland, it is not possible to combine 15 year old players alongside 16/17 year old players, without a specific dispensation to do so (See below).

Summary of Domestic Boys' Age Grades														
School Year	Mixed							U13	U14	U15	U16	U17	U18	U20 &Adult Rugby
	P4	P5	P6	P7	S1	S2	S3	S4	S5	S6				
Age during season	8/9	9/10	10/11	11/12	12/13	13/14	14/15	15/16	16/17	17/18			18/19	

3) Get RugbyReady - Properly Manage Injuries

Injury Reporting

It is important that an injury report is filled out for any rugby injury that requires hospital treatment. This information will allow Scottish Rugby to record, monitor and evaluate injury trends and make informed changes to help further reduce the risk of injury. Injury reports also go to our insurance company and are required for any potential claims. Injuries requiring a hospital visit can now be recorded online by using the following details:

rugbyregistration.co.uk

Username: INJURYREPORT

Password: SRinjury01

Minimum Standards of Pitch Side Care

The basic minimum standard of pitch side care across all levels of rugby is that a responsible adult be present, with the means to contact the emergency services. We also advise that there is someone present with a recognised basic first aid qualification. Any tournament or event organiser should consider the provision of formal first-aiders and/or medical staff from a recognised provider.

4) Get RugbyReady - Use Best Practice

Game Coaching

Game coaching describes the joint role of coaching and refereeing during a game. When in control of a mini rugby game, best practice is to referee the match as per the law variations, together with providing positive and constructive feedback to the players.

Reinforcing model performances during the game is vital for mini players; game coaches should consider the use of effective questioning and demonstrations during a game to highlight specific techniques and skills.

Interrupting a game to develop players' knowledge and understanding is more important than a game's result. There should only be one game coach on the field at all times. No other adults should be on the field of play. This allows players to make decisions for themselves based on the situation around them.

Long Term Player Development

As players progress in age and experience their training and playing should change and develop. Scottish rugby programmes of skills development, competition, talent identification and player development are planned in line with our Long Term Player Development Strategy in order to help young players be the best they can be and to stay participating for as long as possible. More information can be found on the coaching pages of scottishrugby.org.

5) Staying Safe in Rugby

All sporting organisations have a duty to safeguard the young people in their care. Accordingly, all Scottish Rugby member clubs with players under the age of 18 years are required to appoint a Child Protection Officer (CPO) whose role is to ensure appointment of adults to work with young people in clubs are safe and to coordinate the club's procedures for responding to any concerns.

All programmes of activity for young players run directly by Scottish Rugby will be run by suitably trained and checked staff, with an appointed person responsible for managing the welfare of the young people involved. Any concerns related to the safety of a child/children in rugby may be raised via your club CPO and/or direct with Scottish Rugby.





Under 19 Boys - Under 15 / S3 Boys

The game from under-19 to under-15 level (boys) is played to the World Rugby Laws of the Game with the following exceptions:

Playing Numbers

Team	15
Forwards	8
Backs	7
Max squad	22

Scrum

- 1) The scrum must be evenly matched, i.e. both sides must have the same number of players.
- 2) If both sides have:
 - 8 forwards, the formation must be 3 : 4 : 1
 - 7 forwards, the formation must be 3 : 4
 - 6 forwards, the formation must be 3 : 2 : 1
 - 5 forwards, the formation must be 3 : 2
- 3) If a team is unable to field suitably trained players in all front five positions for any reason a non-contested scrum should take place.
- 4) In forming the scrum, each prop should bind on his opponent's back or side on the "Bind" call using their outer arm. The engagement sequence is "Crouch", "Bind", "Set".
- 5) If a scrum is wheeled beyond 45° the scrum should be reset and the side that put-in the ball should receive the put-in again.
- 6) A scrum must not move more than 1.5 metres. Sanction: free kick.
- 7) The ball must emerge without delay. A player may control it briefly but not hold it in. Sanction: free kick.
- 8) Only the number 8 may detach and pick up the ball.



Remember the scrum engagement sequence:

- "Crouch" "Bind" "Set" – for all levels of rugby in Scotland.
- Scrum must be stationary and square before put-in.
- Put-in must be straight and in the middle, when the referee indicates.

Time

Maximum playing times are:

U19 2 x 35 minutes

U16 2 x 35 minutes

U15 / S3 2 x 30minutes

Play in a match must not exceed the playing times above. After a total of 70 minutes (or 60minutes for U15 / S3) minutes playing time, the referee must not allow extra time to be played.

Extra time may not be played in the event of a draw in a knock-out competition.



Under 18 Girls

The game at under-18 level (girls) is played according to the World Rugby Laws of the Game, using the World Rugby under-19 law variations, with the following exceptions:

Playing Numbers

Team	15
Forwards	8
Backs	7
Max squad	22

In the event that one team has fewer than 15 players at the start of the match, both teams must play the match with an equal number of players.

Pitch Size

Games with 10-a-side or fewer should be played with a reduced pitch width (5 metre line becomes touch).

Ball Size

Size 4

Scrum

- 1) The scrum must be evenly matched, i.e. both sides must have the same number of players.
- 2) If both sides have:
 - 8 forwards, the formation must be 3 : 4 : 1
 - 7 forwards, the formation must be 3 : 4
 - 6 forwards, the formation must be 3 : 2 : 1
 - 5 forwards, the formation must be 3 : 2
- 3) If a team is unable to field suitably trained players in all front five positions for any reason a non-contested scrum should take place.
- 4) In forming the scrum, each prop should bind on her opponent's back or side on the "Bind" call using their outer arm. The engagement sequence is "Crouch", "Bind", "Set".

- 5) If a scrum is wheeled beyond 45° the scrum should be reset and the side that put-in the ball should receive the put-in again.
- 6) A scrum must not move more than 1.5 metres. Sanction: free kick.
- 7) The ball must emerge without delay. A player may control it briefly but not hold it in. Sanction: free kick.
- 8) Only the number 8 may detach and pick up the ball.

Remember the scrum engagement sequence:

- “Crouch” “Bind” “Set” – for all levels of rugby in Scotland.
- Scrum must be stationary and square before put-in.
- Put-in must be straight and in the middle, when the referee indicates.

Conversions

Conversions should be taken in line from where the try is scored, but no wider than the 15m line.

Time

Maximum playing time is: 2 x 35 minutes.

Games must not exceed the maximum playing time, but time must be added for stoppages or injury.

Extra time may not be played in the event of a draw in a knockout competition.



Under 15 Girls

The game at under-15 level (girls) is played according to the

World Rugby Laws of the Game, using the World Rugby under-19 law variations, with the following exceptions:

Playing Numbers

Team	13
Forwards	6
Backs	7
Max squad	20

In the event that a team has fewer than 13 players at the start of the match, both teams must play the match with an equal number of players.

Pitch Size

Games with 10-a-side or fewer should be played with a reduced pitch width (5 metre line becomes touch).

Ball Size

Size 4

Kick-off and Re-starts

At the start and after half time with a drop-kick.

Restart after a score and for any free kick is by a tap and immediate pass. Neither team may move until the tap.

Scrum

The law variations for under-18 girls should be followed, except:

- 1) If both sides have:
6 forwards, the formation must be 3 : 2 : 1
5 forwards, the formation must be 3 : 2
- 2) Both hookers should strike.
- 3) All forwards may push.
- 4) The ball must emerge without intentional delay. No. 8 can control the ball

briefly, but may not pick it up or hold it in. Sanction: free kick.

5) The opposition scrum half must remain on the midline and allow an immediate pass. Sanction: penalty kick.

Remember the scrum engagement sequence:

- "Crouch" "Bind" "Set" – for all levels of rugby in Scotland.
- Scrum must be stationary and square before put-in.
- Put-in must be straight and in the middle, when the referee indicates.

Touch

Lineouts are contested - no supporting (coach the throw, movement, jump & catch, land & delivery).

Kicking

Normal kicking applies except:

From scrums and lineouts outside a team's own 22m, the first TWO players playing the ball must run or pass, not kick. Sanction: free kick.

Conversions

Conversions should be taken from in line with where the try is scored, but no wider than the 15m line.

Open Play

The ball must emerge from rucks and mauls within 5 seconds.

Sanction: tap and pass to the team that did not take the ball into the ruck or maul.

Time

Maximum playing time is: 2 x 30 minutes.

Games must not exceed the maximum playing time, but time must be added for stoppages or injury.

Extra time may not be played in the event of a draw in a knockout competition.

U14 / S2 Boys

The game at U14 / S2 (boys) is played according to the World Rugby under-19 law variations, with the exception of the following:

Playing Numbers

Team	15
Forwards	8
Backs	7
Max squad	22

All squad players must play a minimum of 20 minutes.

Ball Size

Size 4 or 5

Kick-off and Re-starts

Drop kick at the start and after half-time

Restarts after scores - drop kick.

Scoring

Try 3 points

Kicks at goal 1 point

Scrums

No number 8 pick-up.

Sanction: free kick.



Remember the scrum engagement sequence:

- "Crouch" "Bind" "Set" – for all levels of rugby in Scotland.
- Scrum must be stationary and square before put-in.
- Put-in must be straight and in the middle, when the referee indicates.

Kicking

Normal kicking applies, except: from scrums and lineouts outside a team's own 22m, the first TWO players playing the ball must run or pass the ball.

Sanction: free kick.

Open Play

The ball must emerge from rucks and mauls within 5 seconds.

Sanction: tap and pass to the team that did not take the ball into the ruck or maul.

Time

Maximum playing times are: 2 x 25 minutes, or 3 x 20 minutes.

Games must not exceed the maximum playing times, but time must be added for stoppages or injury.

Extra time may not be played in the event of a draw in a knockout competition.

U13 / S1 Boys

The game at U13 / S1 (boys) is played according to the World Rugby under- 19 law variations, with the exception of the following:

Playing Numbers

Team	13
Forwards	6
Backs	7
Max squad	22

Exception: schools and clubs with large numbers may play up to 15-a-side as long as both teams agree and U13 / S1 law variations still apply

All squad players must play a minimum of 20 minutes.

Ball Size

Size 4



Kick-off and Re-starts

- 1) Drop kick at the start and after half-time.
- 2) Restarts after scores - tap and pass. The defending team must be 10m from the mark.
- 3) Neither team may move before the ball leaves the first player's hands - the first receiver must pass the ball immediately.
 - The 'first player' in this instance refers to the player undertaking the tap and pass. No player from either team may move before the ball is passed.
 - Once the ball has left the first player's hands, players from either side can start to move.

- The 'first receiver' in this instance refers to the player receiving the ball from the 'first player' (highlighted above).
- The first receiver can move as soon as the ball is passed from the tap and pass as can any player in attack or defence. Therefore the first receiver can receive the pass when moving - however they must pass the ball immediately to a team-mate.
- This variation promotes the first receiver to Go Forward, and also pass the ball quickly to a support runner.

4) There must be no cavalry charge - a forward charge by a single player or a line of attacking players, all a metre or two apart. Game coaches should encourage passing and distribution skills at all times. Sanction: tap and pass to the non-offending team.

Scoring

Try 3 points

Kicks at goal 1 point

Scrum

- 1) The scrum formation is to be 3:2:1 (exception: 3:4:1).
- 2) No number 8 pick-up allowed. Sanction: free kick.
- 3) The defending scrum half must remain on the midline until their opponent touches the ball. The winning scrum half must pass. Sanction: penalty kick.

Remember the scrum engagement sequence:

- "Crouch" "Bind" "Set" - for all levels of rugby in Scotland.
- Scrum must be stationary and square before put-in.
- Put-in must be straight and in the middle, when the referee indicates.

Touch

Lineouts are contested - no supporting or lifting (coach the throw, movement, jump & catch, land & delivery). The lineout ends when the ball or the player carrying it leaves the lineout.

Kicking

Normal kicking applies, except: from scrums and lineouts outside a team's own 22m, the first TWO players playing the ball must run or pass the ball.
Sanction: free kick.

Conversions

Kicks should be taken from in line with where the try is scored but no wider than the 15m line.

Open Play

The ball must emerge from rucks and mauls within 5 seconds. Sanction: tap and pass to the team that did not take the ball into the ruck or maul.

Time

Maximum playing times are: 2 x 20 minutes, or 3 x 15 minutes.

Games must not exceed the maximum playing times, but time must be added for stoppages or injury.

Extra time may not be played in the event of a draw in a knock-out competition.

Primary 7 (P7) & U12 Girls

The game at P7 is played according to the World Rugby under-19 law variations, with the exception of the following:

Playing Numbers

Team	10
Forwards	5
Backs	5

Games must proceed with even numbers.

Exception: schools and clubs with large numbers may play up to 13-a-side (6 forwards, 7 backs) as long as both teams agree and P7 law variations still apply.

All squad players must play a minimum of 20 minutes.

Pitch Size

70m x 40m.

Ball Size

Size 3 or 4

Kick-off and Re-starts

- 1) Tap and pass at the start and after half-time.
- 2) Restarts after scores - tap and pass. The defending team must be 5m from the mark.
- 3) Neither team may move before the ball leaves the first player's hands - the first receiver must pass the ball immediately.
 - The 'first player' in this instance refers to the player undertaking the tap and pass. No player from either team may move before the ball is passed.



- Once the ball has left the first player's hands, players from either side can start to move.
- The 'first receiver' in this instance refers to the player receiving the ball from the 'first player' (highlighted above)
- The first receiver can move as soon as the ball is passed from the tap and pass - as can any player in attack or defence. Therefore the first receiver can receive the pass when moving - however he/she must pass the ball immediately to a team-mate.
- This variation promotes the first receiver to Go Forward, and also pass the ball quickly to a support runner.

4) There must be no cavalry charge - a forward charge by a single player or line of attacking players, all a metre or two apart. Game coaches should encourage passing and distribution skills at all times. Sanction: tap and pass to the non-offending team.

Scoring

Try 1 point

Scrum

- 1) Scrum formation to be 3:2. (exception: 3: 2: 1).
- 2) No pushing or wheeling.
- 3) Both hookers should strike.
- 4) Scrum half must pass, then at least one further pass must be made before a try can be scored.
- 5) The opposition scrum half must remain at the midline and allow an immediate pass.

Remember the scrum engagement sequence:

- "Crouch" "Bind" "Set" - for all levels of rugby in Scotland.
- Scrum must be stationary and square before put-in.
- Put-in must be straight and in the middle, when the referee indicates.

Touch

- 1) The lineout should start 3m from the touchline.
- 2) After the lineout, two passes must be made before a try can be scored.
- 3) Lineouts are not to be contested. There is to be no lineout supporting or lifting at this level.
- 4) The lineout ends when the ball or the player carrying it leaves the lineout.

Kicking

Kicking is only allowed within 5m of the kicker's goal line.

Open Play

- 1) The ball must emerge from rucks within 5 seconds.
Sanction: tap and pass to the team who did not take it into the ruck.
- 2) A pile-up must be stopped immediately and a scrum awarded to the side going forward.
- 3) As per the full laws, tackled players must pass, play or release the ball and move away immediately.
- 4) All tackles must be below the waist and defending players cannot prevent the ball from being played. Sanction: tap and pass.
- 5) Defending players can contest the ball once the tackle is complete.

Ball Control

The ball must be held in two hands at all times.

Hand Off

No hand-off is permitted. Sanction: tap and pass.

Game Coach

There will be one game coach on the pitch who will apply the laws of the game (no other adults should be on the pitch).

Time

Maximum playing time is: 2 x 20 minutes. During festivals shorter games may be played but no player should play a total of more than 60 minutes.

Primary 6 (P6)

The game at P6 is played according to the World Rugby under-19 law variations, with the exception of the following:

Playing Numbers

Games must proceed with even numbers. 8 players per team.

Exception: schools and clubs with large numbers may play either 10 or 13-a-side as long as both teams agree and P6 law variations still apply.

All squad players must play a minimum of 15 minutes.

Pitch Size

70m x 35m.

Ball Size

Size 3 or 4



Kick-off and Re-starts

- 1) Tap and pass at the start and after half-time.
- 2) Restarts after scores - tap and pass. The defending team must be 5m from the mark.
- 3) Neither team may move before the ball leaves the first player's hands - the first receiver must pass the ball immediately.
 - The 'first player' in this instance refers to the player undertaking the tap and pass. No player from either team may move before the ball is passed.
 - Once the ball has left the first player's hands, players from either side can start to move.
 - The 'first receiver' in this instance refers to the player receiving the ball from the 'first player' (highlighted above).

- The first receiver can move as soon as the ball is passed from the tap and pass - as can any player in attack or defence. Therefore the first receiver can receive the pass when moving - however he/she must pass the ball immediately to a team-mate.
- This variation promotes the first receiver to Go Forward, and also pass the ball quickly to a support runner.

4) There must be no cavalry charge - a forward charge by a single player or line of attacking players, all a metre or two apart. Game coaches should encourage passing and distribution skills at all times. Sanction: tap and pass to the non-offending team.

Scoring

Try - 1 point.

Scrum

- 1) Scrums should be formed from the nearest available players:
8 players per team - Scrum size: 3 players (formation 3)
10 players per team - Scrum size: 5 players (formation 3: 2)
13 players per team - Scrum size: 6 players (formation 3: 2: 1)
- 2) No pushing or wheeling.
- 3) Both hookers should strike.
- 4) Scrum half must pass, then at least one further pass must be made before a try can be scored.
- 5) The opposition scrum half must remain at the midline and allow an immediate pass.

Remember the scrum engagement sequence:

- "Crouch" "Bind" "Set" - for all levels of rugby in Scotland.
- Scrum must be stationary and square before put-in.
- Put-in must be straight and in the middle, when the referee indicates.

Touch

No lineouts. Restart the game with a tap and pass from where the ball crossed the touchline.

Kicking

Kicking is only allowed within 5m of kicker's goal line.

Open Play

- 1) The ball must emerge from rucks within 5 seconds.
Penalty: tap and pass to the team that did not take the ball into the ruck.
- 2) A pile-up must be stopped immediately and a scrum awarded to the side going forward.
- 3) As per the full laws, tackled players must pass, play or release the ball and move away immediately.
- 4) All tackles must be below the waist and defending players are not allowed to target the ball or prevent it from being played. Sanction: tap and pass.
- 5) Defending players can contest the ball once the tackle is complete.

Ball Control

The ball must be held in two hands at all times.

Hand-off

No hand-off is permitted. Sanction: tap and pass.

Game Coach

There will be one game coach on the pitch who will apply the laws of the game (no other adults should be on the pitch).

Time

Maximum playing time is: 2 x 15 minutes.

During festivals shorter games may be played but no player should play a total of more than 60 minutes.

Primary 4 & 5 (P4 & P5)

The game at P4 and P5 is played according to the World Rugby under- 19 law variations, with the exception of the following:

Playing Numbers

6 maximum. Games must proceed with even numbers.

Balance players and ability where possible.

All squad players must play a minimum of 10 minutes.

Pitch Size

40m x 30m.

Ball Size

Size 3

Kick-off and Re-starts

- 1) Tap and pass at the start and after half-time.
- 2) Restarts after scores - tap and pass. The defending team must be 5m from the mark.
- 3) Neither team may move before the ball leaves the first player's hands - the first receiver must pass the ball immediately.
 - The 'first player' in this instance refers to the undertaking the tap and pass. No player from either team may move before the ball is passed.
 - Once the ball has left the first player's hands, players from either side can start to move.



- The 'first receiver' in this instance refers to the player receiving the ball from the 'first player' (highlighted above).
- The first receiver can move as soon as the ball is passed from the tap and pass - as can any player in attack or defence. Therefore the first receiver can receive the pass when moving - however he/she must pass the immediately to a team-mate.
- This variation promotes the first receiver to Go Forward, and also pass the ball quickly to a support runner.

4) There must be no cavalry charge - a forward charge by a single player or line of attacking players, all a metre or two apart. Game coaches should encourage passing and distribution skills at all times. Sanction: tap and pass to the non-offending team.

Scoring

Try - 1 point

Scrum

Scrum is not permitted. The tap and pass should be used for all infringements.

Touch

No lineouts. Tap and pass from where the ball crossed the touchline.

Kicking

No kicking.

Open Play

1) The ball must emerge from rucks within 5 seconds.

Sanction: tap and pass to the team that did not take the ball into the ruck.

- 2) As per the full laws, tackled players must pass, play or release the ball and move away immediately.
- 3) All tackles must be below the waist and defending players are not allowed to target the ball or prevent it from being played. Sanction: tap and pass.
- 4) Defending players can contest the ball once the tackle is complete.

Ball Control

The ball must be held in two hands at all times.

Hand-off

No hand-off is permitted. Sanction: tap and pass.

Game Coach

There will be one game coach on the pitch who will apply the laws of the game (no other adults should be on the pitch).

Time

Maximum playing time is: 2 x 10 minutes.

During festivals shorter games may be played but no player should play a total of more than 50 minutes.



Primary 1 - 3

Only non-contact forms of the game should be played in Primary 1-3.

Examples of these forms are:

- Tag rugby
- small sided tig games
- small sided relay games

The focus of coaching should be on the following:

- introduction to invasive and evasive running skills
- introduction to handling and passing
- introduction of basic support skills
- communication

Unstructured play within these boundaries should be encouraged.

Tag Rugby

Who is tag rugby suitable for?

It is the policy of Scottish Rugby that children can begin their introduction to training and playing contact rugby from the age that they enter their fourth year of primary school.

Children between Primary 1 and Primary 3 should participate in non-contact versions of the game like TAG rugby, focussing on the development of basic movement and co-ordination skills.

Further information on what to prioritise at each age and stage of a child and young person's development in rugby is available in Scottish Rugby's Long Term Player Development strategy, which is available from scottishrugby.org

Playing Numbers

Games may only proceed with even numbers, up to a maximum of 15 players per team.

Balance players and ability where possible. All squad players should play equal game time.

Pitch Size

This should be appropriate for the playing numbers, age and ability.

Ball Size

This should be appropriate for the players' ages.

Kick-off and re-starts

- 1) Tap and pass at the start and after half-time.
- 2) Restarts after scores and infringements - tap and pass.
- 3) The opposition team must always be 5m from the mark.

Scoring

Try 1 point

Kicking

No kicking.

Touch

Restart with a tap and pass to non-offending team.

The opposition must be 5 metres back.

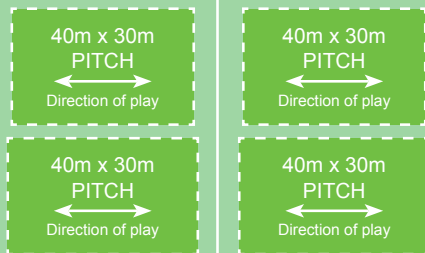
Open Play

- 1) Tag rugby is non-contact.
- 2) All players must wear a tag belt with separate colour team tags.
- 3) Only the ball carrier can be tagged.
- 4) Once tagged, a player must pass within 3 seconds.
- 5) A tagged player may score if the action can be completed within 1 step.
- 6) Defender must hold the tag above their head and shout 'tag', step back 1m to allow the pass to be completed and hand the tag back to the player. The defender must return the tag before re-joining the game.
- 7) A tagged player cannot re-join the game until both tags are in place.

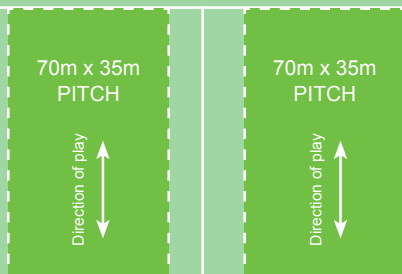
NOTE: Further laws for more experienced players are available, including guidance on lineouts and scrums.

Pitch Size Diagrams

**P4 & P5
Pitch Size**



**P6
Pitch Size**



**P7
Pitch Size**

