

U7 to U12 age grades

Playing regulations are detailed in the RFU/RFUW Rugby Continuum that can be found on the RFU's web site in section 6 (U19 variations) of the Rugby continuum under 'Officiating'

Lower age band (U14)

This age band takes into account U12s U13s and U14s. A girl at U12 is permitted to register with a mixed team and a girls' only team. Matches are played to the RFU boys U14 Laws apart from the modifications below.

- 25 minute halves. (No extra time is permitted in any match except that added for injuries.)
- Size 4 ball.
- 12 a side (aim to match lower numbers where necessary).
- Uncontested scrums & no wheeling the scrum.
- To facilitate a more measured introduction of contested scrums U14 teams will be permitted to contest scrums, but only where **BOTH** coaches regard this as beneficial for the safe development of the relevant techniques. (Please note that coaches **must** pay due regard to all safety considerations and abide by the following conditions:
Conditions:
 - 1) The age group Coach should be qualified and have completed a recognised Child Protection course.
 - 2) The coach must discuss with the parents, the differences in physical development of all the children in the proposed age band and how it affects their child before obtaining their consent.
 - 3) The parents must be fully briefed by the coach concerned on how their child could cope with the differences in physical development between the children in their age band.
 - 4) Players must be registered on the RFU Youth registration scheme.
- Lifting and support in line-outs is prohibited.
- Substitutes may replace injured players.
- Pitch size for U14 rugby will be increased to full pitch with the proviso that coaches will take into account the fitness levels of U12 players participating in such a match and will reduce the pitch time of such players to no more than 60 minutes in total in one day.

Upper age band (U17)

This age band takes into account U15s U16s and U17s. Players aged 17 on 1st September should normally move up into adult rugby. In exceptional circumstances they may elect to remain in the U17 age band with written approval from the RFUW. Only two such overage players may be allowed on the pitch at once. Matches are played to RFU U17 laws. (Detailed under U19 variations) Key points are:

- 35 minute halves
- Size 5 ball
- 1.5m push only in scrum & no wheeling beyond 45 degrees
- Teams may use any number of substitutions or replacements by mutual agreement between coaches.
- A player who has been substituted may replace an injured player

Senior Variations

Premier 1, 2 and National Challenge 1 play in accordance with current IRB laws (www.irb.com). Challenge 2 and below play in accordance with current IRB laws apart from the following variations:

- 35 minute halves
- 1.5m push only in scrum & no wheeling beyond 45 degrees
- Substitutes can replace injured players
- All matches can be played with reduced numbers to encourage games to take place (i.e. 15, 12, 10a side)

NB: Players moving up an age band may start to train fully with older players as of 1st August preceding the new season.

Regulations and law variations are available in the RFUW Handbook

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Website Links www.rfu.com / womens rugby

Youth- Laws of Play and Variations are under the 'Youth' section of 'Women's Rugby'.

Senior- Rules and Regulations are under the 'Resources' section of 'Women's Rugby'.