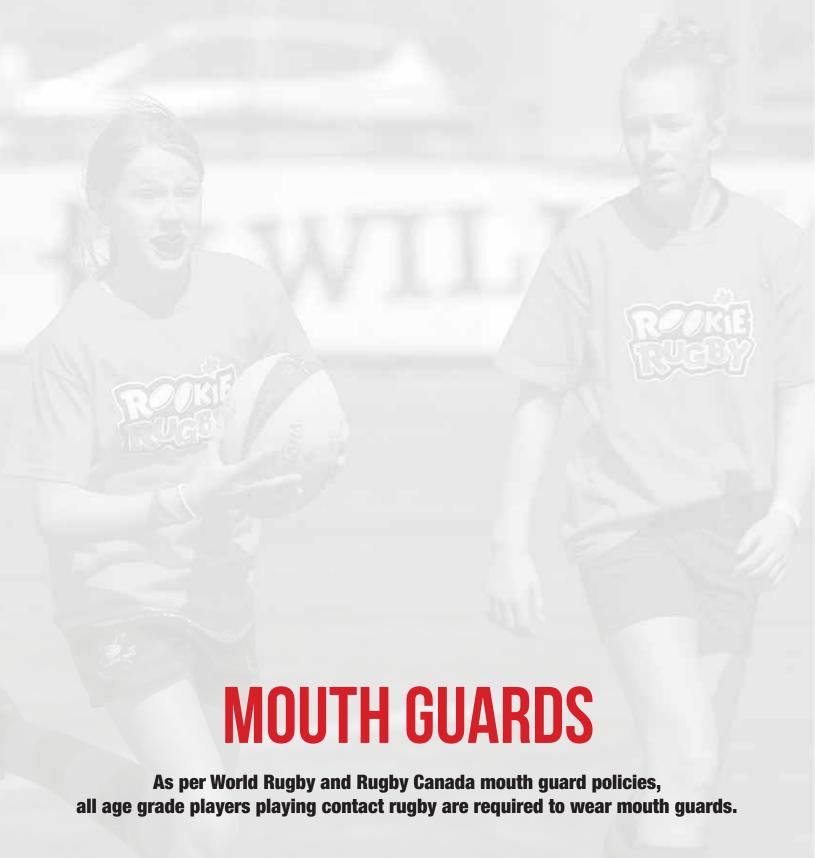


INTEGRITY ~ RESPECT ~ SOLIDARITY ~ PASSION ~ DISCIPLINE









# AGE GRADE VARIATIONS

#### **ROOKIE RUGBY UNDER 7**

Maximum Time Per Half - Single Game
min (i)
Safety Zone between Playing Areas

**Maximum Time** Per Half -**Festival** 

**Maximum playing** time for players per day / event

**Ball Size** 

Maximum # **Per Team** 

Modified 4 v 4 game recommended however games up to 6 v 6 permitted

6<sub>m</sub>

Size of Playing Area

4 v 4 (20m x 15m)

6 v 6

(30m x 25m) **Excluding In-Goal**  **Restart/Kick Off** 

at Half

**Tackle** 

Flag is **Pulled** 

**Offside** 

Where the ball carrier stops after the flag pull not where the flag is pulled (Max 3 steps)

Fend-Off

Not **Allowed**  **Goal Kicking** (Conversion)



**Kicking in Open Play** 



Rucks

None

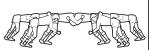
Maul

None

**Squeeze Ball** 

Not **Allowed**  Scrum

No / Tap & **Pass Instead** 



Lineout

No / Tap &



Referee

Coach



**Penalties** 

**Pass** 



**Subs** 

**Rolling Subs** 



**Coaches on field** (not including Ref)

Yes

**Yellow Card** 

Time Out (2min)

Player sits out for a short period to get coaches feedback on foul play (Learning opportunity)



**Red Card** 

No





























## **ROOKIE RUGBY UNDER 9**

Maximum Time Per Half - Single Game	Maximum Time Per Half - Festival	Maximum playing time for players per day / event	Ball Size	Maximum # Per Team
15 min	7 min	60 min	3	Modified 6 v 6 game recommended however games up to 8 v 8 permitted
Safety Zone	Size of Playing Area	Restart/Kick Off	Tackle	Offside
between Playing Areas 6m	6 v 6 (35m x 25m) 8 v 8 (45m x 30m) Excluding In-Goal	Tap & Pass at Half	Flag is Pulled	Where the ball carrier stops after the flag pull – not where the flag is pulled (Max 3 steps)
Fend-Off	Goal Kicking (Conversion)	Kicking in Open Play	Rucks	Maul
Not Allowed	No J	No Co	None	None
Squeeze Ball	Scrum	Lineout	Referee	Penalties
Not	No / Tap & Pass Instead	No / Tap & Pass Instead	By Coach	Tap & Pass
Allowed				
Subs	Coaches on field	Yellow Card	Red Card	
<b>Rolling Subs</b>	(not including Ref)	Time Out (2min) Player sits out for		
	No	a short period to get coaches feedback on foul play (Learning opportunity)	No	



























ROOKIE RUGBY UNDER 11 Transistion to Contact

Maximum Time	Maximum Time	Maximum playing	Ball Size	Maximum #
Per Half - Single Game	Per Half - Festival	time for players per day / event	2 /	Per Team
20 min	10 min	70 (Equal playing time encouraged)	3 or 4	8
Number of Forwards	Number of Backs	Safety Zone between	Size of Playing Area	Restart/Kick Off
3	5	Playing Areas  6m	45m x 30m Excluding In-Goal	Punt or Drop-Kick
Tackle Vac	Fend-Off	Goal Kicking	Kicking in Open Play	Rucks
Yes - Below Shoulders (Ball Carrier to place ball and roll away)	Not Allowed	(Conversion)	Yes Inside 5m zone	1 Player from each team to bind in contact over the ball (No Push)
Maul	Squeeze Ball	Scrum	Lineout	Referee
None	Not Allowed	YES - 3 v 3 Uncontested (No Push and opposing 9 does not challenge)	1 thrower and 2 receivers from each team (Nearest 3 Players)	By Coach
Penalties	Subs	Coaches on field	Yellow Card	Red Card
Tap & Pass	<b>Rolling Subs</b>	(not including Ref)	Time Out (2min)	
Kick is permitted inside defending team's 5m kick zone		No	Player sits out for a short period to get coaches feedback on foul play (Learning opportunity)	No S















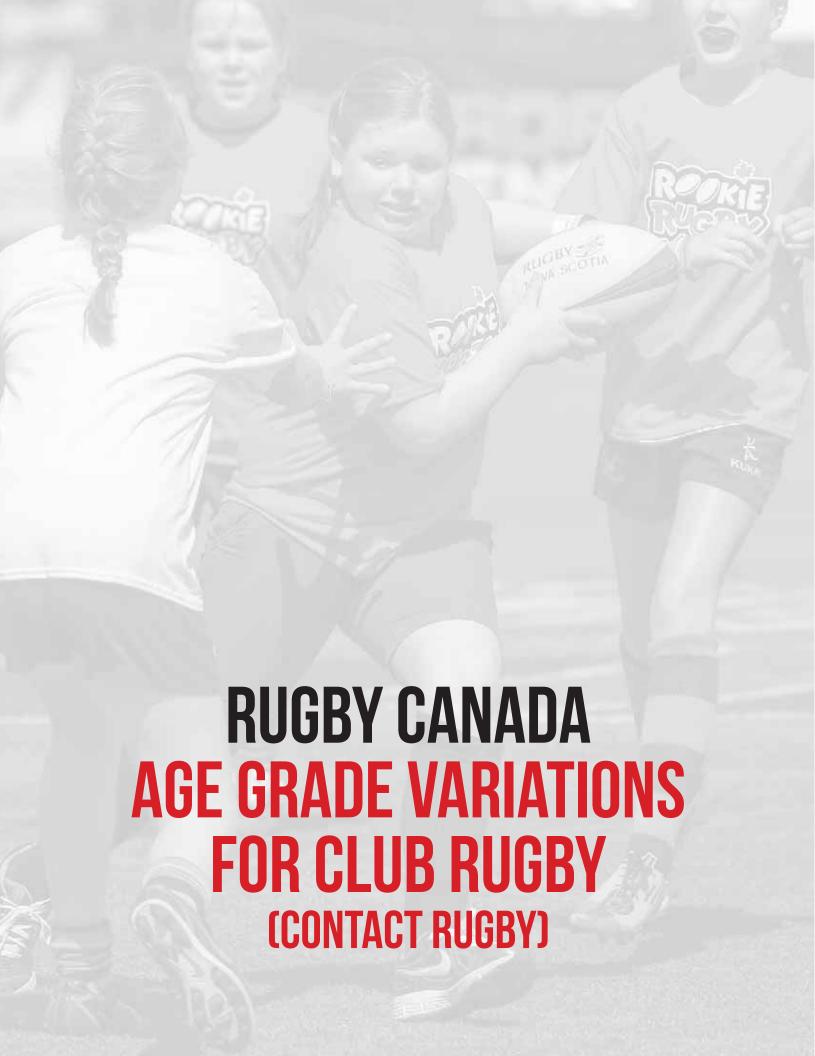














#### UNDER 13

OHDEN 10				
Maximum Time Per Half - Single Game	Maximum Time Per Half - Festival	Maximum playing time for players per day / event	Ball Size	Recommended Squad Size
25 min	15 min	70 min	4	13
# of Forwards	# of Backs	Safety Zone between	Size of Playing Area	Restart/Kick Off
6	7	Playing Areas  As Per Laws  of the Game	70m x 60m (play to 5m lines)	Punt or Drop-Kick
Tackle	Fend-Off	Goal Kicking	Kicking in Open Play	Rucks
Yes -		(Conversion)		
Below Shoulders	Not Allowed	In front of Posts	Yes - Ilnside the 22m when defending	As Per Laws of the Game
Maul	Squeeze Ball	Scrum	Lineout	Referee
YES	Not	<b>6 V 6</b> (Hookers contest but no push) (Opposing 9 does	6 v 6 Max No Lift	By Referee if possible
Use or Lose Application	Allowed	not challenge no 8 pick)		
Penalties	Subs	Coaches on field	Yellow Card	Red Card
Tap & Pass	<b>Rolling Subs</b>	(not including Ref)	Time Out (2min) Player sits out for	Yes
Kick is permitted inside defending team's 22m kick zone	*	No	a short period to get coaches feedback on foul play (Learning opportunity)	Player is removed from the remainder of the game but must be replaced to keep equal numbers



























## **GIRLS UNDER 13**

Maximum Time Per Half - Single Game 20 min	Maximum Time Per Half - Festival  10 min	Maximum playing time for players per day / event 70 min	Ball Size	Maximum # Per Team
Number of	Number of	Maximum	Safety Zone	Size of Playing Area
Forwards	Backs	Squad Size	between Playing Areas	
3	Л	12		40m x 30m
	_		6m	Excluding In-Goal
Kick Restarts	Tackle	Goal Kicking	Kicking in Open Play	Rucks
Punt or	Yes - Below Shoulders	(Conversions)	Yes -	
Drop- Kick	Below Shoulders	No 100	Inside 5m zone (see diagram)	<b>2 v 2</b> (plus carrier and tackler)
Maul	Scrum	Lineout	Match Official	Penalties
Yes - Use or Lose	3 v 3 Contested (1.5m Push)	Contested - No Lift	Games to be officiated by an appointed	As Per Laws of the
Application			accredited referee	Game
Subs	Coaches on field	Yellow Card	Red Card	
<b>Rolling Subs</b>	(not including Ref)	Time Out (2min) Player sits out for	Yes	
	Coaches not permitted on the field of play during	a short period to get coaches feedback on foul play	Player is removed from the remainder of the game but must be replaced	



























#### **UNDER 15**

Maximum Time
Per Half Single Game
30
min

Number of
Forwards

Maximum Time Per Half -Festival

20 nin

Maximum playing time for players per day / event

90 min



**Ball Size** 

4 or 5



Maximum # Per Team

15

8

Number of Backs

7

Maximum Squad Size

22

Safety Zone between Playing Areas

**As Per Laws** of the Game

**Size of Playing Area** 





**Kick Restarts** 

**Drop Kick** 



**Tackle** 

**165** Below Shoulders



Hand-Off

**Allowed** 

Goal Kicking (Conversions)

Yes - Inside 15m line if scored out wide. (Both drop kick and kicking off encouraged) **Kicking in Open Play** 

Both drop kick and kicking off encouraged



**Rucks** 

As Per Laws of the Game

Maul

YES

Use or Lose Application

**Squeeze Ball** 

Not Allowed Scrum

8 v 8 Contested (1.5m Push)



Lineout

Lifting Permitted with no Contested -Pre-bind on shorts



**Match Official** 

Games to be officiated by an appointed accredited referee

**Penalties** 

As Per Laws of the Game



Subs

As Per Laws of the Game



Coaches on field (not including Ref)

Coaches not permitted on the field of play during games

Yellow Card



**Red Card** 

Yes





























## UNDER 17

Maximum Time Per Half - Single Game 35 min	Maximum Time Per Half - Festival  20 min	Maximum playing time for players per day / event 90 min	Ball Size  5	Maximum # Per Team  15
Number of Forwards	Number of Backs	Maximum Squad Size	Safety Zone between	Size of Playing Area
roi wai us			Playing Areas	<b>Full Field</b>
8	7	<b>25</b>	As Per Laws of the Game	
Kick Restarts	Tackle	Hand-Off	Goal Kicking (Conversions)	Kicking in Open Play
Drop Kick	As Per Laws of the Game	Allowed	As Per Laws of the Game	As Per Laws of the Game
Rucks	Maul	Squeeze Ball	Scrum	Lineout
<b>As Per Laws</b>	<b>As Per Laws</b>	Not	8 v 8 Contested	As Per Laws of the Game
of the Game	of the Game	Allowed	(1.5m Push)	
Match Official	Penalties	Subs	Coaches on field	Yellow Card
Games to be officiated by an appointed	As Per Laws	As Per Laws of the Game	(not including Ref)  Coaches not	7 min
accredited referee	of the		permitted on the field of play	Red Card
	Game		during games	Yes S



























## UNDER 19

Maximum Time Per Half - Single Game 35 min	Maximum Time Per Half - Festival  20 min	Maximum playing time for players per day / event	Ball Size  5	Maximum # Per Team
Number of Forwards	Number of Backs	Maximum Squad Size 25	Safety Zone between Playing Areas As Per Laws of the Game	Size of Playing Area  Full Field
Kick Restarts  Drop Kick	Tackle As Per Laws of the Game	Hand-Off  Allowed	Goal Kicking (Conversions)  As Per Laws of the Game	As Per Laws of the Game
As Per Laws of the Game	As Per Laws of the Game	Not Allowed	Scrum  8 v 8  Contested  (1.5m Push)	Lineout As Per Laws of the Game
Match Official  Games to be officiated by an appointed accredited referee	Penalties  As Per Laws of the Game	Subs As Per Laws of the Game	Coaches on field (not including Ref)  Coaches not permitted on the field of play during games	Yellow Card 7 min  Red Card Yes

























# RUGBYCANADA





