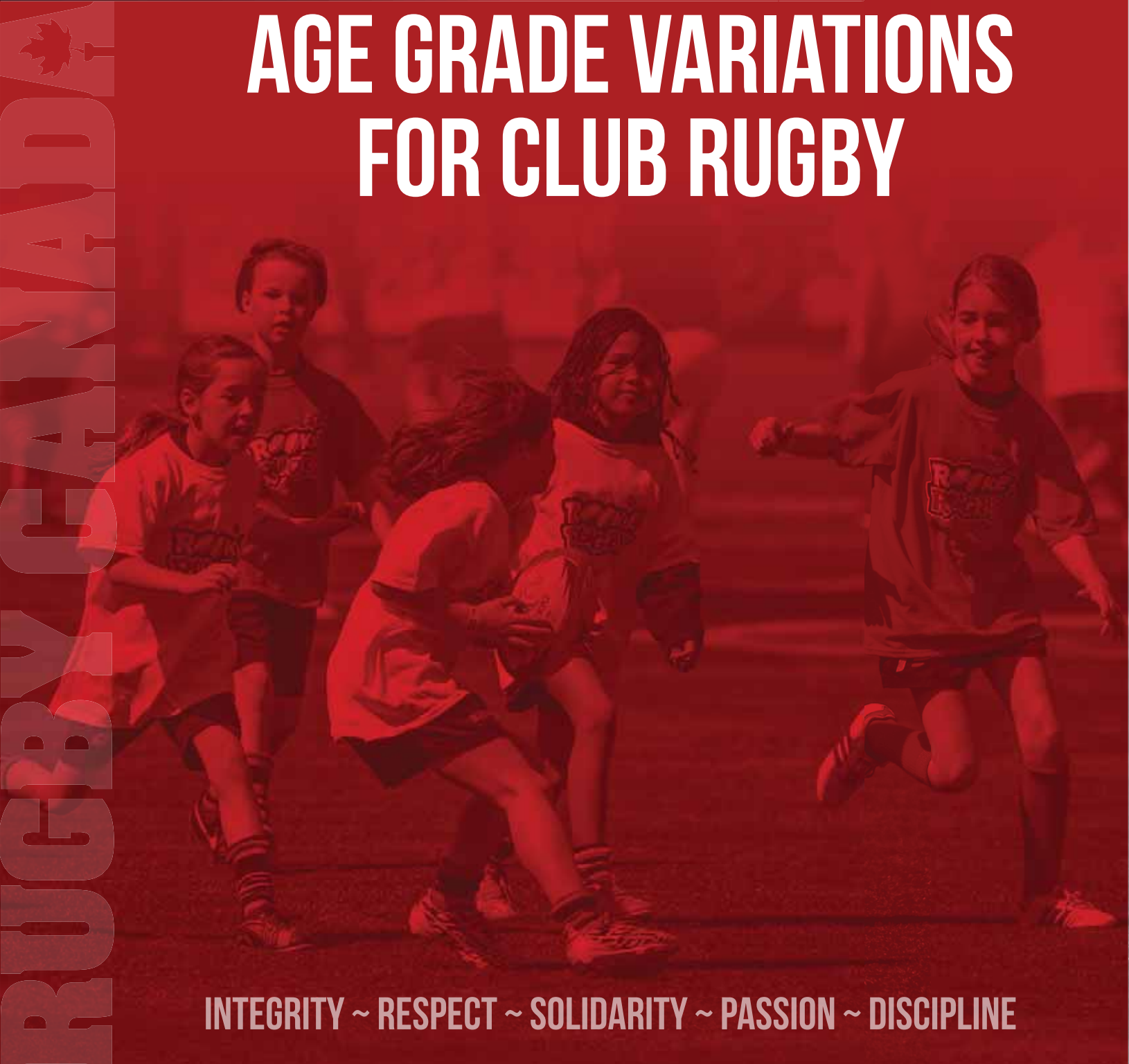




# RUGBY CANADA

## AGE GRADE VARIATIONS FOR CLUB RUGBY



INTEGRITY ~ RESPECT ~ SOLIDARITY ~ PASSION ~ DISCIPLINE



[WWW.RUGBYCANADA.CA](http://WWW.RUGBYCANADA.CA)





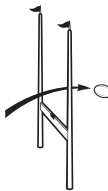
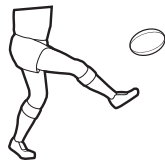
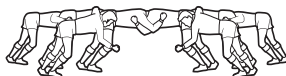

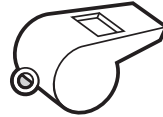


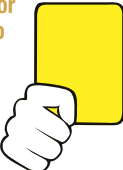



# MOUTH GUARDS

**As per World Rugby and Rugby Canada mouth guard policies,  
all age grade players playing contact rugby are required to wear mouth guards.**




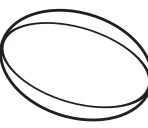
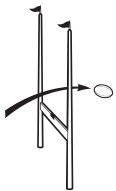

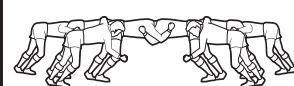






# AGE GRADE VARIATIONS FOR CLUB RUGBY

## ROOKIE RUGBY UNDER 7

<b>Maximum Time Per Half - Single Game</b> <b>10 min</b> 	<b>Maximum Time Per Half - Festival</b> <b>7 min</b> 	<b>Maximum playing time for players per day / event</b> <b>60 min</b> 	<b>Ball Size</b> <b>3</b> 	<b>Maximum # Per Team</b> <b>Modified 4 v 4</b> game recommended however games up to 6 v 6 permitted
<b>Safety Zone between Playing Areas</b> <b>6m</b>	<b>Size of Playing Area</b> <b>4 v 4</b> (20m x 15m) <b>6 v 6</b> (30m x 25m) Excluding In-Goal	<b>Restart/Kick Off</b> <b>Tap &amp; Pass at Half</b>	<b>Tackle</b> <b>Flag is Pulled</b>	<b>Offside</b> Where the ball carrier stops after the flag pull – not where the flag is pulled (Max 3 steps)
<b>Fend-Off</b> <b>Not Allowed</b>	<b>Goal Kicking (Conversion)</b> <b>No</b> 	<b>Kicking in Open Play</b> <b>No</b> 	<b>Rucks</b> <b>None</b>	<b>Maul</b> <b>None</b>
<b>Squeeze Ball</b> <b>Not Allowed</b>	<b>Scrum</b> <b>No / Tap &amp; Pass Instead</b> 	<b>Lineout</b> <b>No / Tap &amp; Pass Instead</b> 	<b>Referee</b> <b>By Coach</b> 	<b>Penalties</b> <b>Tap &amp; Pass</b> 
<b>Subs</b> <b>Rolling Subs</b> 	<b>Coaches on field (not including Ref)</b> <b>Yes</b>	<b>Yellow Card</b> <b>Time Out (2min)</b> Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) 	<b>Red Card</b> <b>No</b> 	






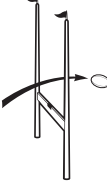
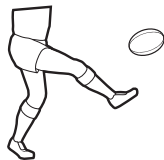


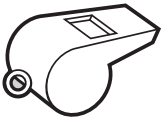




# AGE GRADE VARIATIONS FOR CLUB RUGBY

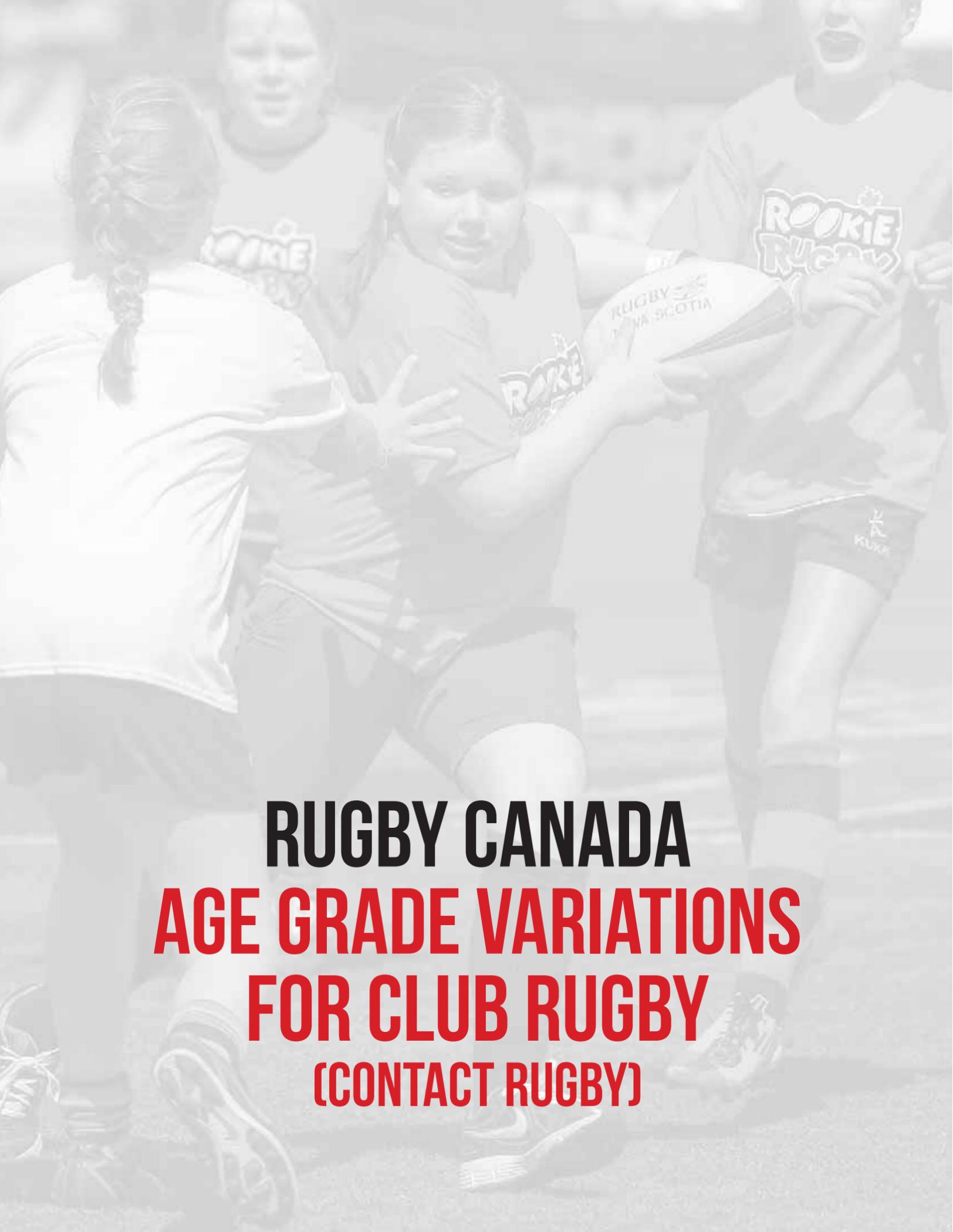
## ROOKIE RUGBY UNDER 9

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

# AGE GRADE VARIATIONS FOR CLUB RUGBY

## ROOKIE RUGBY UNDER 11 **Transition to Contact**





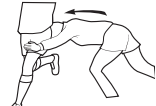
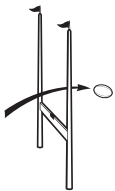



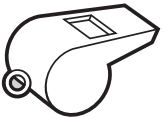


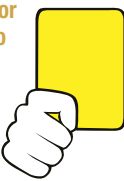
<b>Maximum Time Per Half - Single Game</b> <b>20 min</b> 	<b>Maximum Time Per Half - Festival</b> <b>10 min</b> 	<b>Maximum playing time for players per day / event</b> <b>70 min</b>  <small>(Equal playing time encouraged)</small>	<b>Ball Size</b> <b>3 or 4</b> 	<b>Maximum # Per Team</b> <b>8</b>
<b>Number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



**RUGBY CANADA**  
**AGE GRADE VARIATIONS**  
**FOR CLUB RUGBY**  
**(CONTACT RUGBY)**




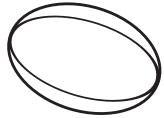
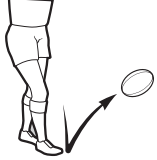
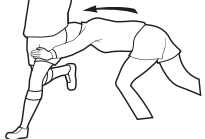
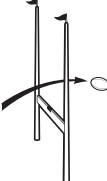

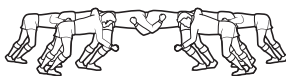

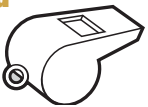

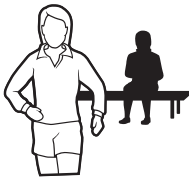
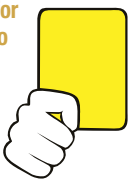

# AGE GRADE VARIATIONS FOR CLUB RUGBY

## UNDER 13

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





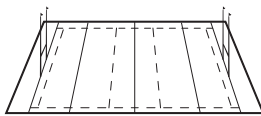
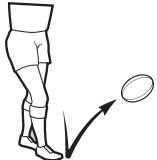
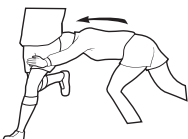
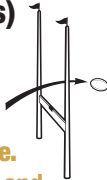

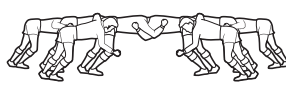





# AGE GRADE VARIATIONS FOR CLUB RUGBY

## GIRLS UNDER 13

<b>Maximum Time Per Half - Single Game</b>  <b>20 min</b> 	<b>Maximum Time Per Half - Festival</b>  <b>10 min</b> 	<b>Maximum playing time for players per day / event</b>  <b>70 min</b> 	<b>Ball Size</b>  <b>4</b> 	<b>Maximum # Per Team</b>  <b>7</b>
<b>Number of Forwards</b>  <b>3</b>	<b>Number of Backs</b>  <b>4</b>	<b>Maximum Squad Size</b>  <b>12</b>	<b>Safety Zone between Playing Areas</b>  <b>6m</b>	<b>Size of Playing Area</b>  <b>40m x 30m</b> Excluding In-Goal
<b>Kick Restarts</b>  <b>Punt or Drop- Kick</b> 	<b>Tackle</b>  <b>Yes - Below Shoulders</b> 	<b>Goal Kicking (Conversions)</b>  <b>No</b> 	<b>Kicking in Open Play</b>  <b>Yes - Inside 5m zone</b> (see diagram) 	<b>Rucks</b>  <b>2 v 2</b> (plus carrier and tackler)
<b>Maul</b>  <b>Yes - Use or Lose Application</b>	<b>Scrum</b>  <b>3 v 3 Contested</b> (1.5m Push) 	<b>Lineout</b>  <b>Contested - No Lift</b> 	<b>Match Official</b>  <b>Games to be officiated by an appointed accredited referee</b> 	<b>Penalties</b>  <b>As Per Laws of the Game</b> 
<b>Subs</b>  <b>Rolling Subs</b> 	<b>Coaches on field (not including Ref)</b>  <b>Coaches not permitted on the field of play during games</b>	<b>Yellow Card</b>  <b>Time Out (2min)</b> Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) 	<b>Red Card</b>  <b>Yes</b> Player is removed from the remainder of the game but must be replaced to keep equal numbers 	




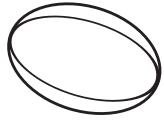
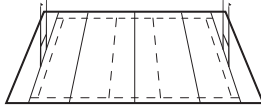
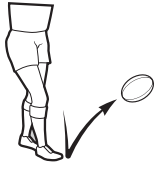
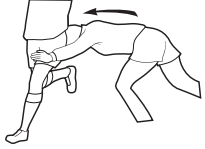
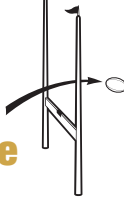
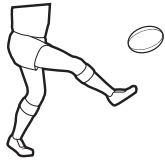
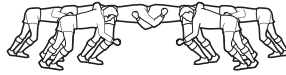

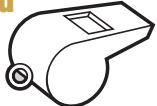




# AGE GRADE VARIATIONS FOR CLUB RUGBY

## UNDER 15

<b>Maximum Time Per Half - Single Game</b> <b>30 min</b> 	<b>Maximum Time Per Half - Festival</b> <b>20 min</b> 	<b>Maximum playing time for players per day / event</b> <b>90 min</b> 	<b>Ball Size</b> <b>4 or 5</b> 	<b>Maximum # Per Team</b> <b>15</b>
<b>Number of Forwards</b> <b>8</b>	<b>Number of Backs</b> <b>7</b>	<b>Maximum Squad Size</b> <b>22</b>	<b>Safety Zone between Playing Areas</b> <b>As Per Laws of the Game</b>	<b>Size of Playing Area</b> <b>Full Field</b> 
<b>Kick Restarts</b> <b>Drop Kick</b> 	<b>Tackle</b> <b>Yes</b> <b>Below Shoulders</b> 	<b>Hand-Off</b> <b>Allowed</b>	<b>Goal Kicking (Conversions)</b>  <p><b>Yes - Inside 15m line if scored out wide. (Both drop kick and kicking off encouraged)</b></p>	<b>Kicking in Open Play</b> <b>Both drop kick and kicking off encouraged</b> 
<b>Rucks</b> <b>As Per Laws of the Game</b>	<b>Maul</b> <b>YES</b> <b>Use or Lose Application</b>	<b>Squeeze Ball</b> <b>Not Allowed</b>	<b>Scrum</b> <b>8 v 8 Contested</b> <b>(1.5m Push)</b> 	<b>Lineout</b> <b>Lifting Permitted with no Contested - Pre-bind on shorts</b> 
<b>Match Official</b> <b>Games to be officiated by an appointed accredited referee</b> 	<b>Penalties</b> <b>As Per Laws of the Game</b> 	<b>Subs</b> <b>As Per Laws of the Game</b> 	<b>Coaches on field (not including Ref)</b> <b>Coaches not permitted on the field of play during games</b>	<b>Yellow Card</b>  <b>5 min</b> <b>Red Card</b>  <b>Yes</b>




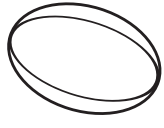
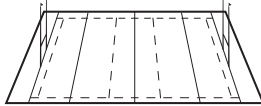
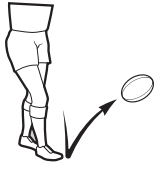
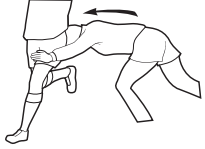
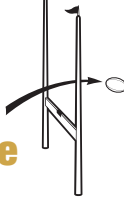
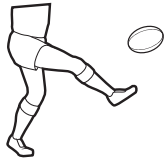
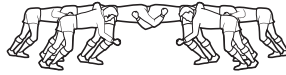

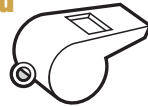




# AGE GRADE VARIATIONS FOR CLUB RUGBY

## UNDER 17

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

# AGE GRADE VARIATIONS FOR CLUB RUGBY

## UNDER 19

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



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