

AGE GRADE RUGBY

Age Grade Rugby is the framework for 6-18 year olds in clubs, schools and colleges. Its purpose is to prepare players for adult rugby in clubs through the game being player centred, development driven and completion supported.

This guide highlights the key pieces of information for the Age Grade game.

New for 2019/20:

Every player is now guaranteed at least half a game as the Half Game Rule comes into regulation www.englandrugby.com/halfgame

The process for 17 year olds to play adult rugby has changed with the club and the player needing approval. www.englandrugby.com/regulations

Players who are U7, U8, and U16-18 in clubs need to register via parents on the Game Management System (GMS) – speak to your club registrar for more info.

Male U17 and U18 players may be grouped together, if in the best interests of the players.

KEEP IN LINE WITH REGULATION

- Visit Regulation 15 www.englandrugby.com/regulations
- This year's season is 6th September 2019 – 10th May 2020.
- Competition must be in the correct playing window and approved by your county.
- Mixed gender rugby is not permitted after U11.
- Please raise any concerns about regulation with your Constituent Body or County Schools Union

Month	yr	Sunday	Under 16 Male Competitions	Under 18 Male Competitions
Aug	18	18		
Aug	19	25		
Aug	26	1	Organisers plan any SCHOOL comps in BLUE weeks only	Organisers plan any SCHOOL comps in BLUE weeks only
Sep	2	8		
Sep	9	15		
Sep	16	22	Organisers plan any CLUB comps in ORANGE weeks only	Organisers plan any CLUB comps in ORANGE weeks only
Sep	23	29		
Sep	30	6		
Oct	7	13		
Oct	14	20		
Oct	21 (1st term)	27		
Oct	28	3		
Nov	4	10		
Nov	11	17		
Nov	18	24		
Nov	25	1		
Dec	2	8		

HOW TO HELP PLAYERS AND BE PLAYER CENTRED

- Have a conversation with other teachers and coaches.
- Read and commit to the Age Grade Codes of Practice www.englandrugby.com/codesofpractice
- If your club / school has players aged 6-13, take the Quilter Kids First pledge on www.englandrugby.com/kidsfirst
- Keep up-to-date with training and CPD www.englandrugby.com/olcb
- Follow **Activate** the RFU's Injury Prevention Exercise Programme www.englandrugby.com/activate
- Don't be a **Headcase** – visit www.englandrugby.com/concussion and complete Headcase

DON'T BE A HEADCASE STOP! CHECK FOR CONCUSSION

RECOGNISE Know the symptoms and signs of concussion.

REMOVE any player you suspect has got a concussion IMMEDIATELY. Arrange for further assessment by a health care professional.

RECOVER give players time to recover fully as you would with any other injury.

RETURN all players must follow a step-wise Graduated Return to Play (GRTPI) and must not go back to rugby/sport until they have been cleared to do so by a doctor.

RECOGNISE. REMOVE AND IF IN DOUBT SIT THEM OUT!

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#AGEGRADERUGBY
ENGLANDRUGBY.COM/AGEGRADERUGBY

To find out more go to englandrugby.com/agegraderugby

COMPETITIVE MENU

Friendlies, Triangulars & Festivals

+ Waterfall Tournaments

+ Knock out Tournaments

+ Leagues (Boys only)

(+ Girls U18 Age Band)



Quilter Kids First Rugby

PLAYER PROGRESSION



<p>Max numbers - 4 Max Pitch Size(m) - 20x12 Max mins per half - 10 Max mins per day - 50</p> <p>U7</p> <p>+ Tag</p>	<p>Max numbers - 6 Max Pitch Size(m) - 45x22 Max mins per half - 10 Max mins per day - 50</p> <p>U8</p> <p>+ Tag - 6 tags to score</p>	<p>Max numbers - 7 Max Pitch Size(m) - 60x30 Max mins per half - 15 Max mins per day - 60</p> <p>U9</p> <p>+ Contact game starts + Tackle including hold</p>	<p>Max numbers - 8 Max Pitch Size (m) - 60x35 Max mins per half - 15 Max mins per day - 60</p> <p>U10</p> <p>+ 3 player uncontested scrum + Ruck and maul - 1 support player per team + Tackle not hold</p>	<p>Max numbers - 9 Max Pitch Size(m) - 60x43 Max mins per half - 20 Max mins per day - 70</p> <p>U11</p> <p>+ 3 player scrum - strike, no push + Ruck and maul - 2 support players per team + Kicking - no fly hack</p>	<p>Max numbers - 12 Max Pitch Size(m) - 60x43 Max mins per half - 20 Max mins per day - 70</p> <p>U12</p> <p>+ 5 player scrum - strike, no push + Ruck and maul - unlimited + Fend-off below armpits</p>	<p>Max numbers - 13 (girls 12) Max Pitch Size (m) - 90x60 (girls 60x43) Max mins per half - 25 Max mins per day - 80</p> <p>U13</p> <p>+ Boys 6 player scrum - strike and push + Boys kicking - flyhack + Girls as for U11 but with 5 player scrum - strike, no push</p>	<p>Max numbers - 15 Max Pitch Size(m) - 100x70 Max mins per half - 25 Max mins per day - 80</p> <p>U14</p> <p>+ 8 player scrum - Number 8 pick up and run + Kicking at goal + Uncontested lineout</p>	<p>Max numbers - 15 Max Pitch Size(m) - 100x70 Max mins per half - 30 Max mins per day - 90</p> <p>U15</p> <p>+ Boys & girls uncontested lineout - lift permitted</p>	<p>Max numbers - 15 Max Pitch Size(m) - 100x70 Max mins per half - 35 Max mins per day - 90</p> <p>U16</p> <p>+ Contested lineout - lift permitted</p>	<p>Max numbers - 15 Max Pitch Size(m) - 100x70 Max mins per half - 35 Max mins per day - 90</p> <p>U17</p>	<p>Max numbers - 15 Max Pitch Size(m) - 100x70 Max mins per half - 35 Max mins per day - 90</p> <p>U18</p>
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Mixed Rugby

Boys play single age band rugby. Girls play joint age band rugby at U13, U15 and U18.