AGE GRADE RUGBY

Important information for the 2022-23 season

- This season is 3rd September 2022 1st May 2023
- New Girls Age Bandings have been introduced with a single age band at U12 then dual band at U14, U16 and U18. Regulations have been updated to reflect this.
- Combining of boys teams at U14-18 can continue for the 2022-23 season.
- CB Approval is required for all playing out of age grade requests.

Important reminders:

- All Age Grade club players need to annually affiliate using GMS.
- Every Age Grade player is guaranteed half a game (www.englandrugby.com/halfgame)
- Players who are 17 may play adult rugby only IF the club and player are approved.
- Avoid player conflict by having a conversation with other coaches/teachers and follow the playing calendar. .

IMPORTANT INKS

Activate – the RFU's injury prevention programme www.englandrugby.com/activate

Headcase – concussion information and training www.englandrugby.com/headcase

RFU Club Support centre and GMS help: help.rfu.com

Age Grade Regulation & rules of play (Regulation 15)www.englandrugby.com/regulations

Age Grade Codes of Practicewww.englandrugby.com/codesofpractice

Find and book a coaching or refereeing course: www.englandrugby.com/coaching www.englandrugby.com/participation/refereeing





Friendlies, Triangulars & Festivals

+ Waterfall Tournaments

England Rugby Coaching Award England Rugby Referee Award

Kids First Tag Rugby Course

Kids First Contact Rugby Cours



Max numbers - 4 Max Pitch Size(m) - 20x12 Max numbers - 6 Max Pitch Size(m) - 45x22 Max mins per half - 10 Max mins per half - 10 Max mins per day - 50 Max mins per day - 50

+ Tag - 6 tags to score



Max numbers - 7 Max Pitch Size(m) - 60x30 Max mins per half - 15 Max mins per day - 60

- + Contact game starts
- + Tackle including hold



Max numbers - 8 Max Pitch Size (m) - 60x35 Max mins per half - 15 Max mins per day - 60

- + 3 player uncontested scrum
- + Ruck and maul -
- 1 support player per team
- + Tackle including hold



Max numbers - 9 Max Pitch Size(m) - 60x43 Max mins per half - 20 Max mins per day - 70

+ Ruck and maul -

+ Kicking - no fly hack

2 support players per team

- + 3 player scrum strike, no push +5 player scrum, strike, no push (boys & girls)
 - +ruck and maul unlimited (boys and
 - + fend off below armpits (boys and

Max numbers - 12 Max Pitch Size(m) - 60x43 Max mins per half - 20 Max mins per day - 70

+Boys 6 player scrum – strike and push (girls U14 option)

+ Boys kicking flyhack (girls U14

Max numbers - 13 Max Pitch Size (m) - 90x60 Max mins per half - 25 Max mins per day - 80

+8 player scrum, number 8 pick and run (boys & girls)

- + Kick at goal (boys & girls)
- +Uncontested lineout (boys & girls)



+ Knock out Tournaments

Max numbers - 1 Max Pitch Size(m) -100x70 Max mins per half - 25 Max mins per day - 80

+Boys uncontested lineout - lift permitted (girls U16 option)

Max numbers - 15

Max Pitch Size(m) - 100x70

Max mins per half - 30 Max mins per day - 90

+ Leagues (Girls U16 Age Band and Boys)

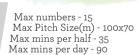


Max numbers - 15 Max Pitch Size(m) - 100x70 Max mins per half - 35 Max mins per day - 90

+ Contested lineout - lift permitted (boys & girls)



Max numbers - 15 Max Pitch Size(m) - 100x70 Max mins per half - 35 Max mins per day - 90



REMEMBER IN AGE GRADE RUGBY, THE RULES OF AN AGE GROUP/BAND ARE THE THRESHOLD TO WHICH YOU CAN PLAY, YOU CAN GO BACK A STAGE OR MORE TO SUPPORT THE DEVELOPMENT OF THE PLAYERS, BUT NOT GO BEYOND THE THRESHOLD.