

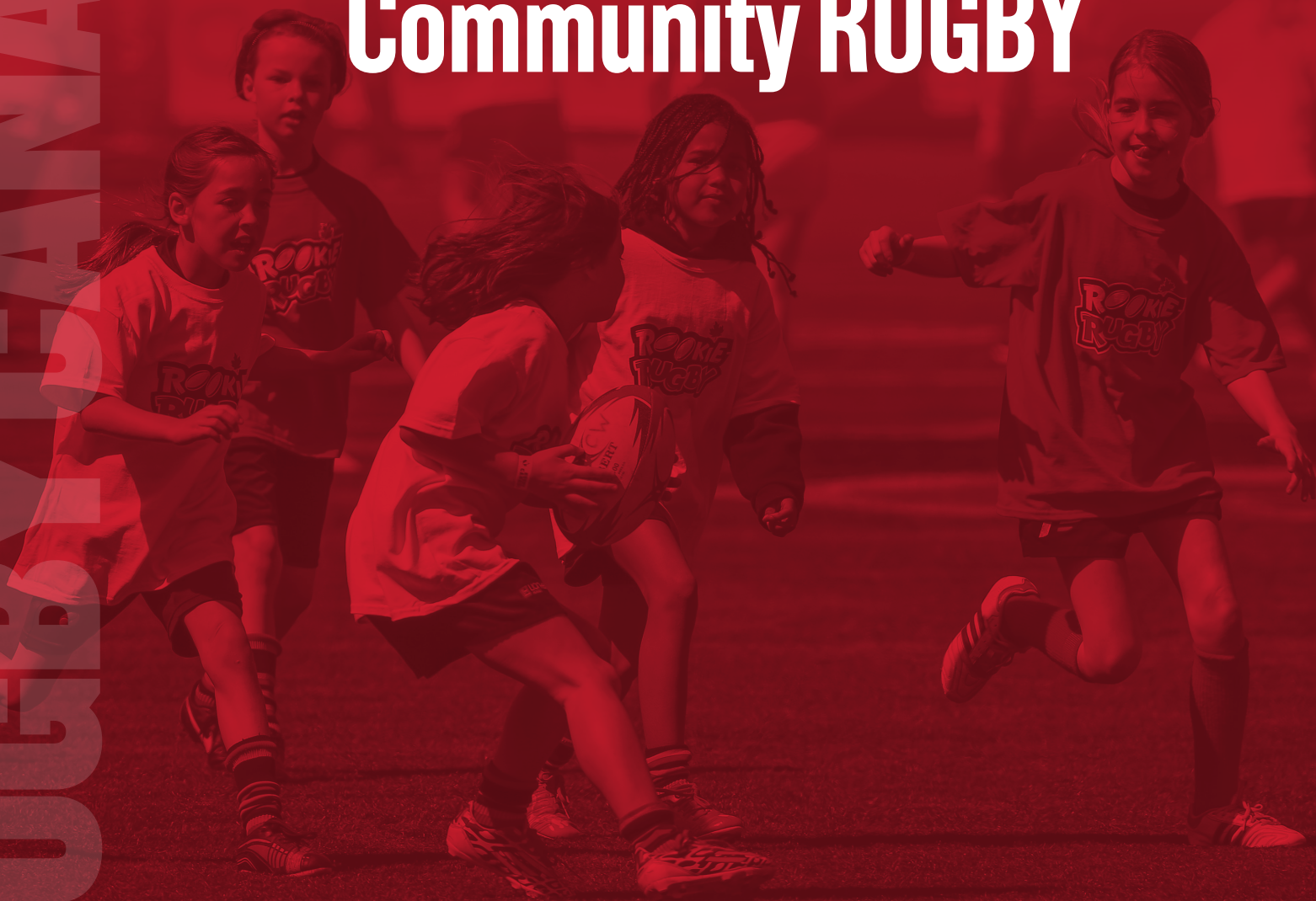


Rugby Canada

AGE GRADE

Law VARIATIONS FOR Community RUGBY

RUGBY CANADA



Integrity ~ Respect ~ Solidarity ~ Passion ~ Discipline



**PLAY
SMART**
PUTTING PLAYERS FIRST

rugby.ca



Vision & Mission Statement

RUGBY CANADA

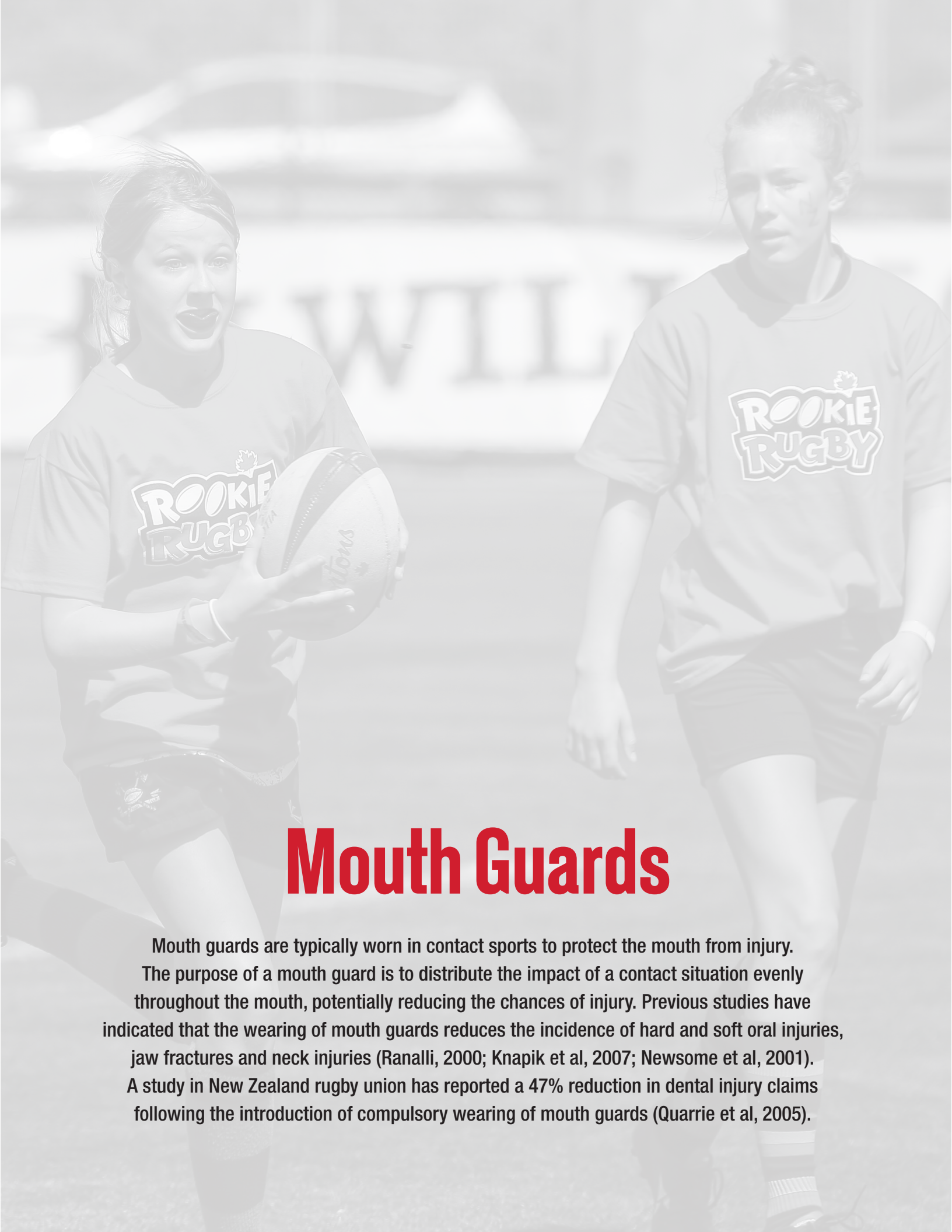
Vision

To foster an inclusive, welcoming environment so that players of every shape, size, gender, age, ability, and skill level are able to participate in developmentally appropriate, controlled, competitive and enjoyable games. Use the game as the best teacher for teamwork, co-operation and respect between participants, coaches, players, officials, parents, and fans.

Mission

Use a player-centred, developmentally driven and competition supported model to continually assess, adapt and improve age and developmentally appropriate law variations across Canada. We seek to ensure integrity, passion, solidarity, discipline and respect are central tenants for all considerations, decisions and variations made.





Mouth Guards

Mouth guards are typically worn in contact sports to protect the mouth from injury. The purpose of a mouth guard is to distribute the impact of a contact situation evenly throughout the mouth, potentially reducing the chances of injury. Previous studies have indicated that the wearing of mouth guards reduces the incidence of hard and soft oral injuries, jaw fractures and neck injuries (Ranalli, 2000; Knapik et al, 2007; Newsome et al, 2001). A study in New Zealand rugby union has reported a 47% reduction in dental injury claims following the introduction of compulsory wearing of mouth guards (Quarrie et al, 2005).



Age Grade Law Variations for Community Rugby

Rookie Rugby Under 7 and 8

Size of Playing Area 4 v 4 (20m x 15m) 6 v 6 (25m x 20m) Excluding In-Goal	Safety Zone between Playing Areas 5m	Ball Size Size 3 	Numbers Per Team Recommended 4 Maximum 6	Substitutions Rolling Subs
Time per Half – Single Game 7-10 min 	Maximum Time Per Half - Festival 7 min 	Maximum playing time for players per day / event 60 min 	Match Official Game Manager 	Coaches on field (not including Game Manager) Yes
Goal Kicking (Conversion / Penalties) No 	Yellow Card Time Out (2min) Player sits out for a short period to get coaches feedback on foul play (Learning opportunity). Player to be replaced for equal numbers 	Red Card No 	Offside 3m from Tap and pass restart 1m from where the ball carrier stops after the flag pull – not where the flag is pulled (Max 3 steps)	Knock-On Play on Where Possible
Restart Tap & Pass at Halfway Point	Tackle One Flag is Pulled	Ruck N/A	Maul N/A	Lineout Tap & Pass from the mark where the ball exited play
Scrum No / Tap & Pass Instead 	Kicking in Open Play No 	Fending/ Hand-Off No	Penalties Tap & Pass 	





Age Grade Law Variations for Community Rugby

Rookie Rugby Under 9 and 10

Size of Playing Area 6 v 6 (35m x 25m) 8 v 8 (35m x 25m) Excluding In-Goal	Safety Zone between Playing Areas 5m	Ball Size Size 3 	Numbers Per Team Recommended 6 Maximum 8	Substitutions Rolling Subs
Time per Half – Single Game 15 min	Maximum Time Per Half - Festival 7 min	Maximum playing time for players per day / event 60 min	Match Official Game Manager 	Coaches on field (not including Game Manager) Permitted if needed
Goal Kicking (Conversion / Penalties) No	Yellow Card Time Out (2min) Player sits out for a short period to get coaches feedback on foul play (Learning opportunity). Player to be replaced for equal numbers	Red Card No	Offside 3m from Tap and pass restart 1m from where the ball carrier stops after the flag pull – not where the flag is pulled (Max 3 steps)	Penalties Tap & Pass
Restart Tap & Pass at Halfway Point	Tackle One Flag is Pulled	Ruck N/A	Maul N/A	Lineout Tap & Pass from the mark where the ball exited play
Scrum No / Tap & Pass Instead	Kicking in Open Play No	Fending/ Hand-Off No	Penalties Tap & Pass	





Age Grade Law Variations for Community Rugby

Rookie Rugby Under 11 and 12

(TRANSITION TO CONTACT)

<p>Size of Playing Area</p> <p>Festival 35m x 30m</p> <p>Single Game 60m x 35m</p> <p>Excluding In-Goal</p>	<p>Safety Zone between Playing Areas</p> <p>5m</p>	<p>Ball Size</p> <p>Size 3 or 4</p>	<p>Numbers Per Team</p> <p>Recommended 8</p> <p>Maximum 9</p>	<p>Substitutions</p> <p>Rolling Subs</p>
<p>Time per Half – Single Game</p> <p>20 min</p>	<p>Maximum Time Per Half - Festival</p> <p>10 min</p>	<p>Maximum playing time for players per day / event</p> <p>70 min</p>	<p>Match Official</p> <p>Game Manager</p>	<p>Coaches on field (not including Game Manager)</p> <p>Not Recommended</p> <p>Permitted if needed</p>
<p>Goal Kicking (Conversion / Penalties)</p> <p>No</p>	<p>Yellow Card</p> <p>Time Out Festival 2min Single Game 5min</p> <p>Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) Player to be replaced for equal numbers</p>	<p>Red Card</p> <p>No</p>	<p>Offside</p> <p>7 meters at a Tap & Pass</p> <p>At the back foot of the ruck</p>	<p>Penalties</p> <p>Tap & Pass</p>
<p>Restart</p> <p>A punt or drop-kick from the halfway mark</p> <p>The kicking team may not advance until the ball has traveled 7m. Unsuccessful kicks result in a Free Kick to the opposition at the halfway mark</p>	<p>Tackle</p> <p>Yes - Below Waist</p> <p>(The ball cannot be ripped)</p>	<p>Ruck</p> <p>YES - 1 v 1 Contested Rucks</p> <p>(No pick and go from support players)</p>	<p>Maul</p> <p>No</p>	<p>Lineout</p> <p>Yes</p> <p>2 receivers from each team uncontested.</p>
<p>Scrum</p> <p>YES - 3 v 3 Uncontested</p> <p>(No Push and opposing 9 does not challenge)</p> <p>(Nearest 4 players from each team join the scrum)</p>	<p>Kicking in Open Play</p> <p>From Hand Only</p>	<p>Fending/ Hand-Off</p> <p>No</p>	<p>Squeeze Ball</p> <p>No</p>	





Rugby Canada
AGE GRADE VARIATIONS
FOR CLUB RUGBY
(Contact Rugby)



Age Grade Law Variations for Community Rugby

Under13 and 14 (13s)

Size of Playing Area 90m x 60m (Play to 5m lines Excluding In-Goal)	Safety Zone between Playing Areas 5m	Ball Size Size 4 or 5 	Numbers Per Team 13 Forwards 6 Backs 7	Substitutions Rolling Subs
Time per Half – Single Game 25 min Optional 12.5min quarters	Maximum Time Per Half - Festival 15 min	Maximum playing time for players per day / event 80 min	Match Official Certified and appointed Match Official where possible	Coaches on field (not including Match Official) No
Goal Kicking (Conversion) In front of posts within 1 min of a try being scored	Yellow Card Time Out Festival 2min Single Game 5min Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) Player to be replaced for equal numbers	Red Card Yes Offending player is removed and replaced to maintain equal numbers	Offside Apply World Rugby Laws of the Game	Penalties Tap Ball Kicking out of hand is permitted if the defending team is awarded a penalty within their 22
Restart A punt or drop-kick from the halfway mark	Tackle Apply World Rugby Laws of the Game	Ruck Apply World Rugby Laws of the Game	Maul No	Lineout Yes 6 receivers from each team. Contested with no lift.
Scrum Yes – 6 v 6 Hookers Contest (No push. 9 in possession must pass. Opposing 9 does not challenge. No 8 Pick)	Kicking in Open Play Apply World Rugby Laws of the Game	Fending/ Hand-Off Yes No contact to the head or neck permitted	Squeeze Ball No	Scoring Zone 5 7 15 If a try is scored in the middle 10m award 7 points. If scored outside of the middle 10m award 5. (if not kicking for posts)





Age Grade Law Variations for Community Rugby

Under 13 and 14 (7s)

Size of Playing Area 60m x 40m (Excluding In-Goal)	Safety Zone between Playing Areas 5m	Ball Size Size 4 or 5 	Numbers Per Team 7	Substitutions Rolling Subs
Time per Half – Single Game 7 min	Maximum Time Per Half - Festival 7 min	Maximum playing time for players per day / event 70 min	Match Official Certified and appointed Match Official where possible	Coaches on field (not including Match Official) No
Goal Kicking (Conversion/ Penalties) No	Yellow Card Time Out Festival 2min Single Game 5min Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) Player to be replaced for equal numbers	Red Card Yes Offending player is removed and replaced to maintain equal numbers	Offside Apply World Rugby Laws of the Game	Penalties Tap Ball
Restart A punt or drop-kick from the halfway mark	Tackle Apply World Rugby Laws of the Game	Ruck Apply World Rugby Laws of the Game	Maul No	Lineout Yes 2 receivers from each team. Contested with no lift.
Scrum Yes – 3 v 3 Hookers Contest (No push. 9 in possession must pass. Opposing 9 does not challenge.) 	Kicking in Open Play Apply World Rugby Laws of the Game	Fending/ Hand-Off Yes No contact to the head or neck permitted	Squeeze Ball No	Scoring Zone 5 7 15 If a try is scored in the middle 10m award 7 points. If scored outside of the middle 10m award 5.





Age Grade Law Variations for Community Rugby

Under 15 and 16 (15)

<p>Size of Playing Area</p> <p>Full Field</p>	<p>Safety Zone between Playing Areas</p> <p>5m</p>	<p>Ball Size</p> <p>Size 4 or 5</p>	<p>Numbers Per Team</p> <p>15</p> <p>Forwards 8</p> <p>Backs 7</p>	<p>Substitutions</p> <p>Rolling Subs</p>
<p>Time per Half – Single Game</p> <p>30 min</p> <p>Optional 15min quarters</p>	<p>Maximum Time Per Half - Festival</p> <p>20 min</p>	<p>Maximum playing time for players per day / event</p> <p>90 min</p>	<p>Match Official</p> <p>Certified and appointed Match Official where possible</p>	<p>Coaches on field (not including Match Official)</p> <p>No</p>
<p>Goal Kicking (Conversion)</p> <p>Yes</p> <p>Option to bring the ball to the 15m line if try is scored between 15m and the sideline.</p>	<p>Yellow Card</p> <p>Yes</p> <p>5 min</p>	<p>Red Card</p> <p>Yes</p>	<p>Offside</p> <p>Apply World Rugby Laws of the Game</p>	<p>Penalties</p> <p>Apply World Rugby Laws of the Game</p>
<p>Restart</p> <p>Apply World Rugby Laws of the Game</p>	<p>Tackle</p> <p>Apply World Rugby Laws of the Game</p>	<p>Ruck</p> <p>Apply World Rugby Laws of the Game</p>	<p>Maul</p> <p>Apply World Rugby Laws of the Game</p>	<p>Lineout</p> <p>Apply World Rugby U19 Laws of the Game</p>
<p>Scrum</p> <p>8 v 8 Contested (1.5m Push)</p> <p>Apply World Rugby U19 Laws of the Game</p>	<p>Kicking in Open Play</p> <p>Apply World Rugby Laws of the Game</p>	<p>Fending/ Hand-Off</p> <p>Yes</p> <p>No contact to the head or neck permitted</p>	<p>Squeeze Ball</p> <p>No</p>	





Age Grade Law Variations for Community Rugby

Under 15, 16, 17, 18 & 19 (7s)

Size of Playing Area Full Field 	Safety Zone between Playing Areas 5m	Ball Size Size 4 or 5 	Numbers Per Team 7 Forwards 3 Backs 4	Substitutions Rolling Subs
Time per Half – Single Game 7 min	Maximum Time Per Half - Festival 7 min	Maximum playing time for players per day / event 90 min	Match Official Certified and appointed Match Official where possible	Coaches on field (not including Match Official) No
Goal Kicking (Conversion) Apply World Rugby Laws of the Game Sevens Variations	Yellow Card Yes 2 min	Red Card Yes	Offside Apply World Rugby Laws of the Game	Penalties Apply World Rugby Laws of the Game Sevens Variations
Restart/Kickoff Apply World Rugby Laws of the Game Sevens Variations	Tackle Apply World Rugby Laws of the Game	Ruck Apply World Rugby Laws of the Game Sevens Variations	Maul Apply World Rugby Laws of the Game	Lineout Apply World Rugby U19 Laws of the Game Sevens Variations
Scrum Yes Apply World Rugby U19 Sevens Laws of the Game 	Kicking in Open Play Apply World Rugby Laws of the Game	Fending/ Hand-Off Yes No contact to the head or neck permitted	Squeeze Ball No	





Age Grade Law Variations for Community Rugby

Under 17, 18 and 19 (15s)

Size of Playing Area Full Field 	Safety Zone between Playing Areas 5m	Ball Size Size 4 or 5 	Numbers Per Team 15 Forwards 8 Backs 7	Substitutions Rolling Subs
Time per Half – Single Game 35 min	Maximum Time Per Half - Festival 20 min	Maximum playing time for players per day / event 90 min	Match Official Certified and appointed Match Official where possible	Coaches on field (not including Match Official) No
Goal Kicking (Conversion) Apply World Rugby Laws of the Game	Yellow Card Yes 7 min	Red Card Yes	Offside Apply World Rugby Laws of the Game	Penalties Apply World Rugby Laws of the Game
Restart/Kickoff Apply World Rugby Laws of the Game	Tackle Apply World Rugby Laws of the Game	Ruck Apply World Rugby Laws of the Game	Maul Apply World Rugby Laws of the Game	Lineout Apply World Rugby U19 Laws of the Game
Scrum 8 v 8 Contested (1.5m Push) Apply World Rugby U19 Laws of the Game 	Kicking in Open Play Apply World Rugby Laws of the Game	Fending/ Hand-Off Yes No contact to the head or neck permitted	Squeeze Ball No	





First Aid

All Age grade games in Canada should have appropriate first aid staff on site supported by and Emergency Action Plan. Rugby Canada and its provincial unions offer the World Rugby First Aid In Rugby (FAIR) certification.

For interested parties, please contact your provincial union for more details.



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