



## England Rugby Age Grade rules: 2024-25 season

The below are variations to [World Rugby u19 laws](#). If something isn't specified below, then it should follow u19 laws. **Exception: the GLDO and 50:22 World Rugby laws do NOT apply until u15 rugby in England. World Rugby u19: <https://passport.world.rugby/laws-of-the-game/> and select 'Variations – u19'**

	u9s	u10s	u11s	u12s	u13s	u14s	u15s	u16-18s
<b>Players per team</b>	7	8	9	12	13	15	15	15
<b>Length of match</b>	15mins per half  Match ends = try difference more than six	15mins per half  Match ends = try difference more than six	20mins per half  Match ends = try difference more than six	20mins per half  Match ends = try difference more than six	25mins per half  Match ends = try difference more than six	25mins per half  Match ends = points diff more than 50	30mins per half  Match ends = points diff more than 50	35mins per half  Match ends = points diff more than 50
<b>Ball size</b>	3	4	4	4	4	4	5	5
<b>Pitch size</b>	60m x 30m	60 metres x 35 metres	60m x 43m (+5m in goal) i.e Half a normal pitch  15m zone (similar function to 22m line and referenced below as '22')	60m x 43m (+5m in goal) i.e Half a normal pitch  15m zone (similar function to 22m line and referenced below as '22')	90m x 60m (+5m in goal) i.e pitch is within the 5m lines on normal size pitch  22m line in play (and referenced below as '22')	100m x 70m (+5m in goal) i.e Normal size pitch	100m x 70m i.e Normal size pitch	100m x 70m i.e Normal size pitch
<b>Kick offs &amp; restarts</b>	Free pass for all Defenders 7m back  No crash ball/running onto pass	No kicking  Restarts are via a free pass No crash ball/running onto pass	Drop kicks used - Must go 7m (If not = re-kick/scrum option)  After a score, non-scoring side chose to either kick or receive the restart  Players in front – scrum on half way  Kicked into in-goal area and goes or is	Drop kicks used - Must go 7m (If not = re-kick/scrum option)  After a score, non-scoring side chose to either kick or receive the restart  Players in front – scrum on half way  Kicked into in-goal area and goes or is	Drop kicks used - Must go 10m (If not = re-kick/scrum option)  After a score, non-scoring side chose to either kick or receive the restart  Players in front – scrum on half way  Kicked into in-goal area and goes or is	Drop kicks used to start play - Must go 10m (If not = re-kick/scrum option)  After a score, non-scoring side kicks off  Players in front – scrum on half way  Kicked into in-goal area and goes or is made dead – Choice:	WR Laws apply  GLDO applies	WR laws apply  GLDO applies

	u9s	u10s	u11s	u12s	u13s	u14s	u15s	u16s
			<p>made dead – re kick or scrum on half way</p> <p>Not kicked 7m (and played by kicking side first) or kicked into touch – re-kick or scrum option</p> <p>No Goal Line Drop-outs: '22m' restarts for ball kicked dead or kicked into in-goal and grounded by defence</p> <p>5m scrum for attacking ball carrier taken into in-goal &amp; held up</p>	<p>made dead – re kick or scrum on half way</p> <p>Not kicked 7m (and played by kicking side first) or kicked into touch – re-kick or scrum option</p> <p>No Goal Line Drop-outs: '22m' restarts for ball kicked dead or kicked into in-goal and grounded by defence</p> <p>5m scrum for attacking ball carrier taken into in-goal &amp; held up</p>	<p>made dead – re kick or scrum on half way</p> <p>Not kicked 10m (and played by kicking side first) or kicked into touch – re-kick or scrum option</p> <p>No Goal Line Drop-outs: '22m' restarts for ball kicked dead or kicked into in-goal and grounded by defence</p> <p>5m scrum for attacking ball carrier taken into in-goal &amp; held up</p>	<p>re-kick or scrum on half way</p> <p>Not kicked 10m (and played by kicking side first) – Choice: re-kick or scrum option</p> <p>Kicked directly into touch – Choice: re-kick or accept kick and have l/o on half way</p> <p>No Goal Line Drop-outs: '22m' restarts for ball kicked dead or kicked into in-goal and grounded by defence</p> <p>5m scrum for attacking ball carrier taken into in-goal &amp; held up</p>		

u9s

u10s

u11s

u12s

u13s

u14s

u15s



u16s

	u9s	u10s	u11s	u12s	u13s	u14s	u15s	u16s
<b>Scrum</b>	None	<p>3 players – nearest the stoppage</p> <p>“Crouch, Bind, Set” engagement</p> <p>Only putting in hooker can strike</p> <p>No pushing</p> <p>Throwing in 9 - puts ball in straight from middle of the gap</p> <p>9 must pass ball away, not run</p> <p>Defending 9 must stay behind their scrum</p> <p>5m backs offside line</p>	<p>3 players – nearest the stoppage</p> <p>“Crouch, Bind, Set” engagement</p> <p>Both hookers may strike for ball</p> <p>No pushing</p> <p>Throwing in 9 - puts ball in straight from middle of the gap</p> <p>9 must pass ball away, not run</p> <p>Defending 9 must stay behind their scrum</p> <p>5m backs offside line</p>	<p>5 players – nearest the stoppage – set up in 3-2 formation</p> <p>“Crouch, Bind, Set” engagement</p> <p>Both hookers may strike for ball</p> <p>No pushing</p> <p>Throwing in 9 - puts ball in straight from middle of the gap</p> <p>9 must pass ball away, not run</p> <p>5m backs offside line</p> <p>Defending 9 – cannot follow round, must stay in middle</p>	<p>6 players in 3-2-1 formation</p> <p>“Crouch, Bind, Set” engagement</p> <p>Second rows - no crutch bind - must bind round hips of prop</p> <p>Both hookers may strike for ball</p> <p>Pushing - 1.5m only (FK for non-compliance). Referees should call “Hold the push/Stop the push”</p> <p>If turns 45° scrum is reset</p> <p>“Number 8” cannot pick up ball</p> <p>9 can pass or pick ball up and run with it</p> <p>Throwing in 9 - puts ball in straight from middle of the gap</p> <p>5m backs offside line</p> <p>Defending 9 – cannot follow round, must stay in middle</p>	<p>8 players in 3,4,1 formation - must be balanced numbers</p> <p>“Crouch, Bind, Set” engagement</p> <p>‘Normal’ binding allowed for second rows and #8</p> <p>Both hookers may strike for ball</p> <p>Pushing - 1.5m only (FK for non-compliance). Referees should call “Hold the push/Stop the push”</p> <p>Defending 9 – cannot follow opponent round, must stay in middle</p> <p>Throwing in 9 - puts ball in straight from middle of the gap</p> <p>If turns 45° scrum is reset - original side put in</p> <p>Number 8 can pick up and run with ball</p> <p>9 can pass, pick up and run with ball, or kick</p> <p>5m backs offside line</p>	<p>8 players in 3,4,1 formation.</p> <p>“Crouch, Bind, Set” engagement</p> <p>Both hookers may strike for ball</p> <p>Pushing - 1.5m only (FK for non-compliance). Referees should call “Hold the push/Stop the push”</p> <p>If turns 45° scrum is reset (no turnover)</p> <p>Throwing in 9 - puts ball with left shoulder on middle line</p> <p>Defending 9 – cannot follow round, must stay in middle</p>	<p>8 players in 3,4,1 formation.</p> <p>“Crouch, Bind, Set” engagement</p> <p>Both hookers may strike for ball</p> <p>Pushing - 1.5m only (FK for non-compliance). Referees should call “Hold the push/Stop the push”</p> <p>If turns 45° scrum is reset (no turnover)</p> <p>Throwing in 9 - puts ball with left shoulder on middle line</p> <p>Defending 9 – can follow round</p>
	u9s	u10s	u11s	u12s	u13s	u14s	u15s	u16s

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<b>Tackle, Ruck and maul</b>	<p>No rucks/mauls (Free pass)</p> <p>Supporting player may rip ball and must then pass</p> <p>Tackler cannot rip</p> <p>Supporting player may pick ball up from floor but must pass</p> <p>If ball carrier stays up but is stopped - call "Tackle" - must pass in 3 seconds</p> <p>Cannot score after 'tackle' call</p> <p>6 tackles per team in possession - ball is turned over on 7th tackle</p> <p>7th tackle - can step and score if 1m from tryline</p>	<p>Ball ripped - must be passed</p> <p>Rucks – only 2 players from each side can form a ruck (ball carrier/tackler +1)</p> <p>Maul - No more than 2 players from each side can be in a maul</p> <p>When ball secured, referee will call "use it" – 5 seconds to do so otherwise free pass to other side</p>	<p>Ball ripped - must be passed</p> <p>Rucks – only 3 players from each side can form a ruck (ball carrier/tackler +2)</p> <p>Maul - No more than 3 players from each side can be in a maul</p> <p>When ball secured, referee will call "use it" – 5 seconds to do so otherwise scrum to other side</p>	<p>Ball ripped - can run or pass</p> <p>Normal ruck and maul laws</p> <p>Maul = 3 players – ball carrier + 1 from each side</p> <p>Ruck = at least 1 from each side on feet over ball</p> <p>No limit on participants</p> <p>When ball secured, referee will call "use it" – 5 seconds to do so otherwise scrum to other side</p> <p>'9' can pass, or pick and go but not box kick</p>	<p>Normal tackle, ruck and maul laws</p> <p>Maul = 3 players – ball carrier + 1 from each side</p> <p>Ruck = at least 1 from each side on feet over ball</p> <p>No limit on participants</p> <p>When ball secured, referee will call "use it" – 5 seconds to do so otherwise scrum to other side</p> <p>'9' can pass, or pick and go but not box kick</p>	<p>Normal adult ruck and maul formation, beginning and ending</p> <p>5 second rules apply when ball secured. Maul - "Use it" call when stationary. Immediate ball away or turnover scrum.</p> <p>Ruck: "Use it" call then must be played away in 5 seconds before scrum turnover '9' can pass, or pick or box kick</p>	WR Laws of the Game	WR Laws of the Game

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	u9s	u10s	u11s	u12s	u13s	u14s	u15s	u16s
<b>Touch &amp; Lineout</b>	No lineout - Free pass	No lineouts Play restarts with free pass 5m from touch. Ball must be passed before anyone runs (i.e. no charging onto a pass)  Other side 7m back	No 50:22 or lineouts Play restarts with free pass 5m from touch. Ball must be passed before anyone runs (i.e. no charging onto a pass)  Ball kicked from hand – normal rules apply if kicked from inside/outside '15' zone, or if passed back into 15 and not touched/tackled/maul formed.  A quick throw can be taken rather than a free pass (if same ball, not been touched by a non-player)	No 50:22 or lineouts Play restarts with free pass 5m from touch. Ball must be passed before anyone runs (i.e. no charging onto a pass)  Ball kicked from hand – normal rules apply if kicked from inside/outside '15' zone, or if passed back into 15 and not touched/tackled/maul formed. No 50:22  A quick throw can be taken rather than a free pass (if same ball, not been touched by a non-player)	No 50:22 No lineouts Play restarts with free pass 10m from touch. Ball must be passed before anyone runs (i.e. no charging onto a pass)  Ball kicked from hand – normal rules apply if kicked from inside/outside 22m zone, or if passed back into 22 and not touched/tackled/maul formed. No 50:22  A quick throw can be taken rather than a free pass (if same ball, not been touched by a non-player)	No 50:22 Uncontested lineout (ie throwing in side must win ball - (FK if not))  Contest for possession can start when catcher has safely returned to the ground.(Pen)  No lifting/binding/supporting  Non-participants must be 10m back  If not straight, other side have a lineout  If that isn't straight, scrum to original l/o thrower  Ends when the ball or a player carrying it leaves the lineout, or the ball goes +15m or into 5m channel or when the attackers support players bind on the catcher	50:22 applies Uncontested lineout (ie throwing in side must win ball - (FK if not))  Lifting & supporting permitted  Contest for possession can start when catcher has safely returned to the ground (Pen)	50:22 applies Contested lineout – lifting & supporting permitted

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	u9s	u10s	u11s	u12s	u13s	u14s	u15s	u16s
<b>Fly hacking – kicking loose ball on floor</b>	No fly hacking	No fly hacking	No fly hacking	No fly hacking	Fly hack allowed	Fly hack allowed	Fly hack allowed	Fly hack allowed
<b>Kicking</b>	No kicking	No kicking	No box kicks or dropped goals  Tactical kicking OK  A 'Mark' can be called anywhere on pitch from an open play kick (not kick off/22 restart) – Free Kick restart  A 'knock on' by a player trying to catch a kick in open play kick will result in a scrum to the player trying to catch it	No box kicks or dropped goals  Players are offside if they are in front of kicker – must stay still or retire (if within 7m of landing spot)  No 50:22 or GLDO	No box kicks or dropped goals  Players are offside if they are in front of kicker  Balls kicked into touch - usual laws apply on gain in ground  No 50:22 or GLDO	Kicks at goal permitted  Box kicks and drop goals permitted  Balls kicked into touch - usual laws apply on gain in ground  No 50:22 or GLDO  Offside at kicks as per WR laws	Kicks at goal permitted  Box kicks and drop goals permitted  50:22 applies  Offside at kicks as per WR laws	Kicks at goal permitted  Box kicks and drop goals permitted  50:22 applies  Offside at kicks as per WR laws
<b>Penalties</b>  <b>Note: up to u13s, Free kicks used rather than penalties to prevent kicking to touch to gain free pass in lieu of lineout</b>	Free pass awarded for kicking ball, a fend with ball, or hand off, foul play, or pulling ball from opponent ball carrier  No hand offs/fend  High tackle = anything above base of sternum (belly/tummy or below)  Ball carrier must not go into contact with shoulders below hips; dip down late and low; or put their	Free pass awarded for kicking ball, a fend with ball, or hand off, foul play, offside, squeeze ball, diving off feet, pushing in scrum, high tackle (= above sternum)  Opponents to be back 7m  No hand offs/fend  High tackle = anything above base of sternum (belly/tummy or below)	Free kick awarded for a fend with ball, or hand off, foul play, offside, squeeze ball, diving off feet, pushing in scrum, high tackle  Opponents go back 7m  No hand offs/fend  High tackle = anything above base of sternum (belly/tummy or below)	Free kick awarded for foul play, offside, squeeze ball, diving off feet, pushing in scrum, high tackle  Opponents go back 7m  Hand off – permitted – below armpit  High tackle = anything above base of sternum (belly/tummy or below)  Ball carrier must not go into contact with	Free kick awarded for foul play, offside, squeeze ball, diving off feet, pushing in scrum, high tackle  Opponents go back 10m  Hand off – permitted – below armpit  High tackle = anything above base of sternum (belly/tummy or below)  Ball carrier must not go into contact with	FKs for squeeze ball and for diving off feet  Pens for Foul play Offside Tackle no release/roll away  Hand off – permitted – no restrictions but must be safe  High tackle = anything above base of sternum (belly/tummy or below)	WR Laws of the Game except:  High tackle = base of sternum (tummy/belly or below)  Ball carrier must not go into contact with shoulders below hips; dip down late and low; or put their head into the headspace of opponent.	WR Laws of the Game except:  High tackle = base of sternum (tummy/belly or below)  Ball carrier must not go into contact with shoulders below hips; dip down late and low; or put their head into the headspace of opponent.

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	u9s	u10s	u11s	u12s	u13s	u14s	u15s	u16s
	head into the headspace of opponent.	Ball carrier must not go into contact with shoulders below hips; dip down late and low; or put their head into the headspace of opponent.	Ball carrier must not go into contact with shoulders below hips; dip down late and low; or put their head into the headspace of opponent.	shoulders below hips; dip down late and low; or put their head into the headspace of opponent.	shoulders below hips; dip down late and low; or put their head into the headspace of opponent.	Ball carrier must not go into contact with shoulders below hips; dip down late and low; or put their head into the headspace of opponent.		
<b>Sin bin length</b>	Non - referee to manage issues with particular players/actions with coaches Sides remain equal	Non - referee to manage issues with particular players/actions with coaches Sides remain equal	Non - referee to manage issues with particular players/actions with coaches Sides remain equal	Non – referee to manage issues with particular players/actions with coaches Sides remain equal	5 mins	5 mins	6 mins	7 mins
<b>Subs</b>	Rolling subs – unlimited allowed (unless specified in individual competition/cup regs) <u>Half Game</u> rule applies							

All information gathered is correct as at 1 August 2024, sourced from England Rugby Age Grade Regulation 15 and with verbal clarity from RFU on 50:22/GLDO below u15s which still aren't mentioned in regulations/appendices :

<https://www.englandrugby.com/governance/rules-and-regulations/regulations>

For more information on RFU/England Rugby Age-Grade information: <https://www.englandrugby.com/participation/coaching/age-grade-rugby>



If this has been a help, you can thank us by buying us a coffee.  
Scan this with your mobile phone camera!

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