

## **England Rugby Age Grade rules: 2025-26 season**

The below are variations to World Rugby u19 laws. If something isn't specified below, then it should default to WR u19 laws. Exception: the GLDO and 50:22 laws do NOT apply until u15 rugby in England. World Rugby u19: <a href="https://passport.world.rugby/laws-of-the-game/">https://passport.world.rugby/laws-of-the-game/</a> and select 'Variations – u19' These include all the new Global Law Trials for 2025.

nins per half	8 15mins per half	9	12	13	15	45	
nins per half			12	13	15	4.5	
·	15mins per half	2000 in a non half			13	15	15
·	15mins per half	20					
tch ends = try		20mins per half	20mins per half	25mins per half	25mins per half	30mins per half	35mins per half
	Match ends = try difference more than six	Match ends = try difference more than six	Match ends = try difference more than six	Match ends = try difference more than six	Match ends = points diff more than 50	Match ends = points diff more than 50	Match ends = points diff more than 50
4	4	4	4	4	4	5	5
	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
enders 7m back  Franciscopies of the second	Restarts are via a free pass No crash	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	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	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	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	WR Laws apply GLDO applies	WR laws apply GLDO applies
e p end	pass for all ders 7m back ash unning onto	six  4  60 metres x 35 metres  Asss for all ders 7m back  ash sunning onto  Six  A six  A six  B six  A six  B six  A six  B six	six  4  4  60 metres x 35 metres  60 m x 43m (+5m in goal) i.e Half a normal pitch  15m zone (similar function to 22m line and referenced below as '22')  pass for all ders 7m back Restarts are via a free pass unning onto  No crash ball/running onto pass  No crash ball/running onto pass  No crecive the restart  Players in front — scrum on half way  Kicked into in-goal	six  4  4  4  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')  bass for all ders 7m back  Restarts are via a free pass unning onto  No crash ball/running onto  No crash ball/running onto  Players in front – scrum on half way  six  4  4  60m x 43m (+5m in goal) i.e Half a normal pitch  15m zone (similar function to 22m line and referenced below as '22')  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	Six   Six	Six   Six	six

 u9s	u10s	u11s	u12s	u13s	u14s	u15s	u16s
		made dead – re kick	made dead – re kick	made dead – re kick	made dead – Choice:		
		or scrum on half way	or scrum on half way	or scrum on half way	re-kick or scrum on		
					half way		
		Not kicked 7m (and	Not kicked 7m (and	Not kicked 10m (and	Not kicked 10m (and		
		played by kicking	played by kicking	played by kicking	played by kicking		
		side first) or kicked	side first) or kicked	side first) or kicked	side first) – Choice:		
		into touch – re-kick	into touch – re-kick	into touch – re-kick	re-kick or scrum		
		or scrum option	or scrum option	or scrum option	option		
		No Goal Line	No Goal Line	No Goal Line	Kicked directly into		
		Drop-outs:	Drop-outs: '22m'	Drop-outs: '22m'	touch – Choice:		
		'22m' restarts for	restarts for ball	restarts for ball	re-kick or accept kick		
		ball kicked dead or	kicked dead or	kicked dead or	and have I/o on half		
		kicked into in-goal	kicked into in-goal	kicked into in-goal	way		
		and grounded by	and grounded by	and grounded by			
		defence	defence	defence	No Goal Line		
					Drop-outs:		
		5m scrum for	5m scrum for	5m scrum for	'22m' restarts for		
		attacking ball carrier	attacking ball carrier	attacking ball carrier	ball kicked dead or		
		taken into in-goal &	taken into in-goal &	taken into in-goal &	kicked into in-goal		
		held up	held up	held up	and grounded by		
					defence		
					F		
					5m scrum for attacking ball carrier		
					taken into in-goal &		
					held up		
					Tield up		
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	u9s	u10s	u11s	u12s	u13s	u14s	u15s	u16s
Scrum	None	3 players – nearest	3 players – nearest	5 players – nearest	6 players in 3-2-1	8 players in 3,4,1	8 players in 3,4,1	8 players in 3,4,1
		the stoppage	the stoppage	the stoppage – set	formation	formation - must be	formation.	formation.
				up in 3-2 formation		balanced numbers	"Crouch, Bind, Set"	"Crouch, Bind, Set"
		"Crouch, Bind, Set"	"Crouch, Bind, Set"		"Crouch, Bind, Set"		engagement	engagement
		engagement	engagement	"Crouch, Bind, Set"	engagement	"Crouch, Bind, Set"		
				engagement		engagement	Both hookers may	Both hookers may
		Only putting in	Both hookers may		Second rows - no		strike for ball	strike for ball
		hooker can strike	strike for ball	Both hookers may	crutch bind - must	'Normal' binding		
				strike for ball	bind round hips of	allowed for second	Pushing - 1.5m only	Pushing - 1.5m only
		No pushing	No pushing		prop	rows and #8	(FK for	(FK for
				No pushing			non-compliance).	non-compliance).
		Throwing in 9 - puts	Throwing in 9 - puts		Both hookers may	Both hookers may	Referees should call	Referees should cal
		ball in straight from	ball in straight from	Throwing in 9 - puts	strike for ball	strike for ball	"Hold the push/Stop	"Hold the push/Sto
		middle of the gap	middle of the gap	ball in straight from			the push"	the push"
				middle of the gap	Pushing - 1.5m only	Pushing - 1.5m only		
		9 must pass ball	9 must pass ball		(FK for	(FK for	If turns 45° scrum is	If turns 45° scrum is
		away, not run	away, not run	9 must pass ball	non-compliance).	non-compliance).	reset (no turnover)	reset (no turnover)
				away, not run	Referees should call	Referees should call		
		Defending 9 must	Defending 9 must		"Hold the push/Stop	"Hold the push/Stop	Throwing in 9 - puts	Throwing in 9 - put
		stay behind their	stay behind their	5m backs offside line	the push"	the push"	ball with left	ball with left
	scrum	scrum				shoulder on middle	shoulder on middle	
				If turns 45° scrum is	Defending 9 – cannot	line	line	
		5m backs offside line	5m backs offside line	Defending 9 – cannot	reset	follow opponent		
				follow round, must		round, must stay in	Defending 9 – cannot	Defending 9 – cann
				stay in middle	"Number 8" cannot	middle	follow round, must	follow round (this i
					pick up ball		stay in middle	a change for 25-26
						Throwing in 9 - puts		due to WR Global
					9 can pass or pick	ball in straight from		Law Trial)
					ball up and run with	middle of the gap		
					it			
						If turns 45° scrum is		
					Throwing in 9 - puts	reset - original side		
					ball in straight from	put in		
					middle of the gap	'		
						Number 8 can pick		
					5m backs offside line	up and run with ball		
					Defending 9 – cannot	9 can pass, pick up		
					_	and run with ball, or		
					stay in middle	kick		
					ota,aaic	····o··		
						5m backs offside line		
						Sin backs on side line		
	u9s	u10s	u11s	u12s	u13s	u14s	u15s	u16s 🌈
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	u9s	u10s	u11s	u12s	u13s	u14s	u15s	u16s
Tackle, Ruck and maul	No rucks/mauls (Free pass)	Ball ripped - must be passed	Ball ripped - must be passed	Ball ripped - can run or pass	Normal tackle, ruck and maul laws	Normal adult ruck and maul formation, beginning and	WR Laws of the Game	WR Laws of the Game
						and maul formation,		



	u9s	u10s	u11s	u12s	u13s	u14s	u15s	u16s
Touch &	No lineout - Free	No lineouts	No 50:22 or lineouts	No 50:22 or lineouts	No 50:22	No 50:22	50:22 applies	50:22 applies
Lineout	pass				No lineouts			
Lilleout		Play restarts with	Play restarts with	Play restarts with		Uncontested lineout	Uncontested lineout	Contested lineout –
		free pass 5m from	free pass 5m from	free pass 5m from	Play restarts with	(ie throwing in side	(ie throwing in side	lifting & supporting
		touch. Ball must be	touch. Ball must be	touch. Ball must be	free pass 10m from	must win ball - (FK if	must win ball - (FK if	permitted
		passed before	passed before	passed before	touch. Ball must be	not))	not))	
		anyone runs (i.e. no	anyone runs (i.e. no	anyone runs (i.e. no	passed before			
		charging onto a pass)	charging onto a pass)	charging onto a pass)	anyone runs (i.e. no	Contest for	Lifting & supporting	
					charging onto a pass)	possession can start	permitted	
		Other side 7m back	Ball kicked from	Ball kicked from		when catcher has		
			hand – normal rules	hand – normal rules	Ball kicked from	safely returned to	Contest for	
			apply if kicked from	apply if kicked from	hand – normal rules	the ground.(Pen)	possession can start	
			inside/outside '15'	inside/outside '15'	apply if kicked from	A. 1:6: /	when catcher has	
			zone, or if passed	zone, or if passed	inside/outside 22m	No lifting/	safely returned to	
			back into 15 and not touched/tackled/ma	back into 15 and not touched/tackled/ma	zone, or if passed back into 22 and not	binding/supporting	the ground (Pen)	
			ul formed.	ul formed. No 50:22	touched/tackled/ma	Non-participants		
			ui iorinea.	ui formed. No 50:22	ul formed. No 50:22	must be 10m back		
			A quick throw can be	A quick throw can be	ui ioiiilea. No 50.22	iliust be Tolli back		
			taken rather than a	taken rather than a	A quick throw can be	If not straight, other		
			free pass (if same	free pass (if same	taken rather than a	side have a lineout		
			ball, not been	ball, not been	free pass (if same	Side fidve a liftedat		
			touched by a	touched by a	ball, not been	If that isn't straight,		
			non-player)	non-player)	touched by a	scrum to original I/o		
					non-player)	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		
		1						



	u9s	u10s	u11s	u12s	u13s	u14s	u15s	u16s
Fly hacking –	No fly hacking	No fly hacking	No fly hacking	No fly hacking	Fly hack allowed	Fly hack allowed	Fly hack allowed	Fly hack allowed
kicking loose								
ball on floor								
Kicking	No kicking	No kicking	No box kicks or	No box kicks or	No box kicks or	Kicks at goal	Kicks at goal	Kicks at goal
			dropped goals	dropped goals	dropped goals	permitted	permitted	permitted
			Tactical kicking OK	Players are offside if	Players are offside if	Box kicks and drop	Box kicks and drop	Box kicks and drop
			ractical kicking Ok	they are in front of	they are in front of	goals permitted	goals permitted	goals permitted
			A 'Mark' can be	kicker – must stay	kicker	godis permitted	godis permitted	godis permitted
			called anywhere on	still or retire (if		Balls kicked into	50:22 applies	50:22 applies
			pitch from an open	within 7m of landing	Balls kicked into	touch - usual laws		
			play kick (not kick	spot)	touch - usual laws	apply on gain in	Offside at kicks as	Offside at kicks as
			off/22 restart) – Free		apply on gain in	ground	per WR laws	per WR laws
			Kick restart	No 50:22 or GLDO	ground			
						No 50:22 or GLDO		
			A 'knock on' by a		N = 50:33 = : CLDO	Officials at higher as		
			player trying to catch a kick in open play		No 50:22 or GLDO	Offside at kicks as per WR laws		
			kick will result in a			per whitaws		
			scrum to the player					
			trying to catch it					
Penalties	Free pass awarded	Free pass awarded	Free kick awarded	Free kick awarded	Free kick awarded	FKs for squeeze ball	WR Laws of the	WR Laws of the
T CHARLES	for kicking ball, a	for kicking ball, a	for a fend with ball,	for foul play, offside,	for foul play, offside,	and for diving off	Game except:	Game except:
	fend with ball, or	fend with ball, or	or hand off, foul play,	squeeze ball, diving	squeeze ball, diving	feet		
Note: up to	hand off, foul play, or	hand off, foul play,	offside, squeeze ball,	off feet, pushing in	off feet, pushing in		High tackle = base of	High tackle = base of
u13s, Free kicks	pulling ball from	offside, squeeze ball,	diving off feet,	scrum, high tackle	scrum, high tackle	Pens for	sternum	sternum
used rather	opponent ball carrier	diving off feet,	pushing in scrum,	0	0	Foul play	(tummy/belly or	(tummy/belly or
than penalties	No hand offs/fend	pushing in scrum, high tackle (= above	high tackle	Opponents go back 7m	Opponents go back 10m	Offside Tackle no release/roll	below)	below)
=	No fiana offs/fena	sternum)	Opponents go back	7111	10111	away	Ball carrier must not	Ball carrier must not
to prevent	High tackle =	Sterrium	7m	Hand off – permitted	Hand off – permitted	away	go into contact with	go into contact with
kicking to	anything above base	Opponents to be		– below armpit	– below armpit	Hand off – permitted	shoulders below	shoulders below
touch to gain	of sternum	back 7m	No hand offs/fend	'	'	– no restrictions but	hips; dip down late	hips; dip down late
free pass in lieu	(belly/tummy or			High tackle =	High tackle =	must be safe	and low; or put their	and low; or put their
of lineout	below)	No hand offs/fend	High tackle =	anything above base	anything above base		head into the	head into the
or inicout		l	anything above base	of sternum	of sternum	High tackle =	headspace of	headspace of
	Ball carrier must not	High tackle =	of sternum	(belly/tummy or	(belly/tummy or	anything above base	opponent.	opponent.
	go into contact with	anything above base	(belly/tummy or	below)	below)	of sternum	Dan fan Cawaaala - II	Dan fan Cawaanah - II
	shoulders below	of sternum (belly/tummy or	below)	Ball carrier must not	Pall carrier must not	(belly/tummy or	Pen for Squeezeball	Pen for Squeezeball
	hips; dip down late and low; or put their	below)		go into contact with	Ball carrier must not go into contact with	below)		
	and low, or put their	neiow)		go milo comaci Willi	go milo comaci Willi			

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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	Ball carrier must not go into contact with shoulders below	shoulders below hips; dip down late and low; or put their	shoulders below hips; dip down late and low; or put their	Ball carrier must not go into contact with shoulders below		
	орронент.	shoulders below hips; dip down late and low; or put their head into the headspace of opponent.	hips; dip down late and low; or put their head into the headspace of opponent.	head into the headspace of opponent.	head into the headspace of opponent.	hips; dip down late and low; or put their head into the headspace of opponent.		
Sin bin length	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
Subs	Rolling subs – unlimited allowed (unless specified in individual competition/cup regs)  Half Game rule applies							

All information gathered is correct as at 1 August 2025, 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: <a href="https://www.englandrugby.com/participation/coaching/age-grade-rugby">https://www.englandrugby.com/participation/coaching/age-grade-rugby</a>



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