RugbyReferee.net

RFU Regulations - U10s – Season 2026-27

Note – the TLDO laws do NOT apply until u14s rugby in England. 50:22 does not apply until u15s.
Items in bold indicate a change from the u9s rules last season

	U10s
Number of players	**8**
Length of match	15 mins - Match ends if score difference rises to more than six tries
Ball size	**4**
Pitch size	60 metres x **35 metres**
Kick offs & restarts	No kicking Restarts are via a free pass (defenders 7m back)
Scrum	**3 players – nearest the stoppage** **"Crouch, Bind, Set" engagement sequence** **Throwing in 9 - puts ball in straight from middle of the gap** **Only putting in hooker can strike** **No pushing** **9 must pass ball away, not run** **Defending 9 must stay behind their scrum** **5m backs offside line**
Tackle, Ruck and Maul	Ball must be played away from the contact area if ball carrier remains on feet and has stopped moving forward **Ball can be ripped - must be passed** Rucks – only 2 players from each side can form a ruck (ball carrier/tackler +1) Maul - No more than 2 players from each side can be in a maul When ball secured, referee will call "use it" – 5 seconds to do so otherwise free pass to other side

RugbyReferee.net

Lineout	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
Fly hacking (kicking loose ball on floor)	No fly hacking
Kicking	No kicking
Penalties	Free pass awarded for kicking ball, a fend with ball, or hand off, foul play, offside, squeeze ball, diving off feet, pushing in scrum, No hand off or fending **High tackle = sternum (tummy/belly or below)** **Ball carrier must not go into contact with shoulders below hips, or dip down late and low, or otherwise place their head into the headspace of opponent.** Defenders need to be back 7m
Sin bin length	Non - referee to manage issues with particular players/actions with coaches Sides remain equal
Subs	Rolling subs – unlimited allowed Half Game rule applies

Correct as at 1 August 2026
Author: Keith Lewis - with info taken from Regulation 15 Appendix 4 - u10s:
https://www.englandrugby.com/run/rules-governance/rfu-rules-and-regulations/regulation-15-age-grade-rugby/regulation-15-appendix-4-u10-rules-of-play

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