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RFU Regulations - u11s – 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** are changes from last year's u10s

	u11s
Number of players	**9 per team**
Length of match	**20 mins per half** - Match ends if score difference becomes more than six tries
Ball size	4
Pitch size	60m x 43m (+5m in goal) i.e Half a normal pitch **15m zone (similar function to 22m line and referenced below as '22')**
Kick offs & restarts	**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 made dead – re kick or scrum on half way** **Not kicked 7m (and played by kicking side first) or kicked into touch – re-kick or scrum option** **'22m' restarts – as per adult law.**
Scrum	3 players – nearest the stoppage "Crouch, Bind, Set" engagement sequence Throwing in 9 - puts ball in straight from middle of the gap **Both hookers** may contest/strike for ball No pushing 9 must pass ball away, not run or kick Defending 9 must stay behind their scrum 5m backs offside line

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Ruck and maul	Upright tackle & ball ripped or ball on ground - must be passed away (no pick and go) Rucks – only **3 players** from each side can form a ruck (ball carrier/tackler +2) Maul - **No more than 3 players** from each side can be in a maul When ball secured, referee will call "use it" – 5 seconds to do so otherwise scrum to other side Ball must be passed away by "9"
Lineout	No lineouts Play restarts with free pass 5m from touch. Ball must be passed before anyone runs (i.e. no crash ball/charging onto a pass) In terms of where pass is given, Normal rules apply if kicked from hand into touch 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)
Fly hacking (kicking loose ball on floor)	No fly hacking
Kicking	No conversions, box kicks or dropped goals Tactical kicking from hand allowed **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 off or kick in open play is not to be deemed a knock on = a scrum to the catching player. Similarly, if catcher tries to catch and it goes backwards, they can still have a scrum if no advantage is gained.** **(Please explain this to parents as this always looks wrong! This is the first season of kicking, so it's about trying to encourage players to attempt to catch the ball. So they shouldn't be penalised if they don't actually catch it successfully. This is only in this u11s age group)**

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Penalties	All offences are Free kicks (not pens) - awarded for a fend with ball, or hand off, foul play, offside, squeeze ball, diving off feet, pushing in scrum, high tackle. No hand off or fend Opponents go back 7m A FK can be kicked into touch, but the free pass is always given to other team. Location of subsequent free pass depends on where kicked from - where ball crossed line (ball bounces out, or if kicked within own 15m area) or in line with where kicked (if goes straight out and ball was kicked outside own 15m area) FK can be tapped properly and player can run with it. **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.**
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 5 - u11s:
https://www.englandrugby.com/run/rules-governance/rfu-rules-and-regulations/regulation-15-age-grade-rugby/regulation-15-appendix-5-u11-rules-of-play

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