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RFU Regulations - u14s – Season 2026-27

Items in bold indicate a change from last year's u13 rules (or change to Reg 15 appendix for 14s).

	u14s
Number of players	**15 per side**
Length of match	**25mins per half** **Match ends if points difference becomes more than 50**
Ball size	4
Pitch size	**100m x 70m +5m in goal** i.e Normal size pitch
Kick offs & restarts	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: re-kick or scrum on half way Not kicked 10m (and played by kicking side first) – Choice: re-kick or scrum option Kicked directly into touch – Choice: re-kick or accept kick and have l/o on half way **Try Line Drop-outs as per adult law: (if no try when attack carry in) -** • **Ball grounded in in-goal by defence** • **Ball taken in by attack and held up** • **Knock on in in-goal** • **Ball carrier tackled out over touch in goal/dead ball** **22m Drop-outs for:** • **Failed kicks at goal from PK or DG** • **Ball kicked in open play which goes dead through in-goal** **5m scrums for:** • **Knock ons from field of play which go into in-goal - defence throw in** • **Defence play/take/carry ball into own in-goal and the ball doesn't come out - attack throw in**
Scrum	**8 players in 3,4,1 formation** - must be balanced numbers "Crouch, Bind, Set" engagement sequence **'Normal' binding allowed for second rows**

	Both hookers may strike for ball Pushing - 1.5m only (FK for non-compliance). Referees should call "Hold the push/Stop the push" Defending 9 – cannot follow opponent round, must stay in middle Throwing in 9 - puts ball in straight from middle of the gap If turns 45° scrum is reset - original side put in **Number 8 can pick up and run with ball** 9 can pass, pick up and run with ball, or kick 5m backs offside line
Ruck and maul	Normal adult ruck and maul formation, beginning and ending 5 second rules apply when ball secured. Maul: "Use it" call when stationary for 5 seconds. Immediate ball away or turnover scrum. Ruck: "Use it" call then must be played away in 5 seconds before scrum turnover
Lineout	**No 50:22 for u14s - any scenario that would apply is throw-in to non-kicking team** **Uncontested lineout - throwing in side must win ball - (FK if not)** **Can be up to 13 in the lineout** **No lifting/binding/supporting of jumping players** **Competition for possession can begin when catcher has safely returned to the ground with the ball.(Pen)** **Non-participants must be 10m back** **If not straight, other side have a lineout** **If that then isn't straight, scrum to original l/o team** **Ends when the ball or a player carrying it leaves the lineout, or the ball goes +15m or into 5m channel <u>or when the attackers support players bind on the catcher. Defenders can engage ball carrier to form maul when ball is brought to chest height</u>**

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Fly hacking (kicking loose ball on floor)	Fly hack allowed
Kicking	**Kicks at goal - penalties/conversions - permitted** **Box kicks and drop goals permitted** Balls kicked into touch - usual laws apply on gain in ground (but no 50:22) Ball kicked dead or kicked into in-goal and grounded by defence = 22DO
Penalties	FKs for: Squeeze ball or diving off feet Pens for: Foul play, High tackle (above sternum), Offside, Tackle not release/roll away **Hand off - permitted (any height)** **High tackle = anything above base of sternum (belly/tummy 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 an opponent.**
Sin bin length	5 mins
Subs	Rolling subs – unlimited allowed Half Game rule should be in operation

Correct as at 1 August 2026

Author: Keith Lewis - with info taken from Regulation 15 Appendix 8 - u14s and additional clarity from RFU relating to in-goal restarts:

https://www.englandrugby.com/run/rules-governance/rfu-rules-and-regulations/regulation-15-age-grade-rugby/regulation-15-appendix-8-u14-rules-of-play

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