



## RFU Regulations - u14s – Season 2024-25

Note – the 50:22/GLDO laws do NOT apply to u14 rugby in England.

Items in **bold** indicate a change from last year's u13 rules.

	<b>u14s</b>
<b>Number of players</b>	<b>15 per side</b>
<b>Length of match</b>	<b>25mins per half</b> <b>Match ends if points difference becomes more than 50</b>
<b>Ball size</b>	4
<b>Pitch size</b>	<b>100m x 70m +5m in goal</b> i.e Normal size pitch
<b>Kick offs &amp; restarts</b>	<p>Drop kicks used to start play - Must go 10m (If not = re-kick/scrum option)</p> <p><b>After a score, non-scoring side kicks off</b></p> <p>Players in front – scrum on half way</p> <p>Kicked into in-goal area and goes or is made dead – Choice: 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 I/o on half way</p> <p><b>No Goal Line Drop-outs</b></p> <p><b>In goal restarts (if no try) -</b>  <b>Ball kicked dead/grounded in in-goal by defence = 22m DO</b>  <b>Ball taken in by attack and held up = scrum 5 attacking put in</b>  <b>Knock on in in-goal = scrum 5 defenders put in</b></p>
<b>Scrum</b>	<p><b>8 players in 3,4,1 formation</b> - must be balanced numbers</p> <p>“Crouch, Bind, Set” engagement sequence</p> <p><b>‘Normal’ binding allowed for second rows</b></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><b>Number 8 can pick up and run with ball</b></p> <p>9 can pass, pick up and run with ball, or kick</p> <p>5m backs offside line</p>
<b>Ruck and maul</b>	<p>Normal adult ruck and maul formation, beginning and ending</p> <p>5 second rules apply when ball secured.</p> <p>Maul: “Use it” call when stationary for 5 seconds. Immediate ball away or turnover scrum.</p> <p>Ruck: “Use it” call then must be played away in 5 seconds before scrum turnover</p>
<b>Lineout</b>	<p><b>No 50:22 for u14s</b></p> <p><b>Uncontested lineout - throwing in side must win ball - (FK if not)</b></p> <p><b>Can be up to 13 in the lineout</b></p> <p><b>No lifting/binding/supporting of jumping players</b></p> <p><b>Competition for possession can begin when catcher has safely returned to the ground with the ball.(Pen)</b></p> <p><b>Non-participants must be 10m back</b></p> <p><b>If not straight, other side have a lineout</b></p> <p><b>If that isn't straight, scrum to original I/o thrower</b></p> <p><b>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</u></b></p>
<b>Fly hacking (kicking loose ball on floor)</b>	<p>Fly hack allowed</p>
<b>Kicking</b>	<p><b>Kicks at goal permitted</b></p> <p><b>Box kicks and drop goals permitted</b></p>



	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
<b>Penalties</b>	FKs for: Squeeze ball or diving off feet  Pens for: Foul play, High tackle (above sternum), Offside, Tackle not release/roll away  <b>Hand off - permitted (any height)</b>  <b>High tackle = anything above base of sternum (belly/tummy or below)</b>  <b>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.</b>
<b>Sin bin length</b>	5 mins
<b>Subs</b>	Rolling subs – unlimited allowed Half Game rule should be in operation

**Correct as at 1 August 2024**

Author: Keith Lewis - with info taken from Regulation 15 Appendix 8 - u14s & additional clarity from RFU on 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>

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

