



RFU Regulations - U16s – Season 2024-25

Note – **Items in bold** indicate a change from last season's u15s rules.

	u16s-u18s
Number of players	15
Length of match	35 mins per half - Match ends if points difference rises to more than 50
Ball size	5
Pitch size	100m x 70m - i.e Normal size pitch
Kick offs & restarts	Usual WR laws for kicks and restarts inc: Goal line drop out when <ul style="list-style-type: none">- ball is played or taken into in-goal by an attacking player and is then held up, grounded or otherwise made legally dead by an opponent;- An attacking kick, other than a kick-off, restart kick following a score, drop goal, drop-out or penalty attempt, is grounded or made dead in in-goal by the defending team.- An attacking player knocks on in the opponents' in-goal.
Scrum	Pushing - 1.5m only (FK for non-compliance). Referees should call "Hold the push/Stop the push" Throwing in 9 - throws ball in with left shoulder on middle point Defending 9 – can follow round, the ball is their offside line (WR adult law)
Ruck and maul	Normal WR laws
Lineout	Contested lineout – lifting & supporting permitted for both sides (WR Laws apply) The 50:22 is allowed - when a side kicking from their own half kick the ball and it bounces into touch in their opponents 22m area, the kicking side throw into the lineout. If the ball is passed back into the half and there hasn't been a tackle, ruck, maul or an opponent has touched the ball, the defending side throw the ball into the subsequent lineout
Fly hacking (kicking loose ball on floor)	Fly hack allowed
Kicking	Kicks at goal permitted Box kicks and drop goals permitted



Penalties	WR Laws of the Game except: No squeezeball - Penalty High tackle = base of 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	7 mins
Subs	Rolling subs – unlimited Half Game rule applies

Correct as at 1 August 2024

Author: Keith Lewis - with info taken from Regulation 15 Appendix 9:

<https://www.englandrugby.com/run/rules-governance/rfu-rules-and-regulations/regulation-15-age-grade-rugby/regulation-15-appendix-9-u15-u18-variations-to-the-laws-of-the-game>

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