



## RFU Regulations - U16-u18s – Season 2025-26

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

	<b>u16s-u18s</b>
<b>Number of players</b>	15
<b>Length of match</b>	<b>35 mins per half</b> - Match ends if points difference rises to more than 50
<b>Ball size</b>	<b>5</b>
<b>Pitch size</b>	100m x 70m - i.e Normal size pitch
<b>Kick offs &amp; restarts</b>	Usual WR laws for kicks and restarts inc:  Try-line drop out when <ul style="list-style-type: none"> <li>- 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;</li> <li>- 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.</li> <li>- An attacking player knocks on in the opponents’ in-goal.</li> </ul>
<b>Scrum</b>	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 <b>Defending 9 – must stay at tunnel - cannot follow round (new WR Global Law trial for all rugby)</b>
<b>Ruck and maul</b>	Normal WR laws - including new <b>Global Law Trials around protection for player acting as scrum half as ball being passed away</b>
<b>Lineout</b>	<b>Contested lineout – lifting &amp; supporting permitted for both sides</b> (WR Laws apply - including <b>Global Law Trial where deemed play on if not straight and no defenders contest in the air</b> )  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
<b>Fly hacking (kicking loose ball on floor)</b>	Fly hack allowed
<b>Kicking</b>	Kicks at goal permitted Box kicks and drop goals permitted



<b>Penalties</b>	WR Laws of the Game except:  No squeezeball - Penalty  <b>High tackle = base of sternum (tummy/belly 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 opponent.</b>
<b>Sin bin length</b>	<b>7 mins</b>
<b>Subs</b>	Rolling subs – unlimited Half Game rule applies

Correct as at 1 August 2025

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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