



THE INTRODUCTION OF THE LINEOUT TO AGE GRADE RUGBY

Age Group	Progression	Development Focus
Boys U13/Girls U12 & below	No Lineout	
Boys & Girls U14	Uncontested Lineout introduced	The throw, jump/land, catch/delivery
Boys U15	Uncontested Lineout – lift permitted	As above plus – the lift
Boys & Girls U16 & above	Contested Lineout	As above plus – the contest

This is a stepping stone approach and it is important that players follow the progressions through Age Grade Rugby (once they are confident, competent and able) to develop these skills at the correct pace, suited to them. Moving into a contested line out at Boys & Girls U16s without this approach would be a big jump for players.

As the Girls age bands go from U14 straight to U16 it is encouraged to introduce the lift at the start of the Girls U16 season and allow confidence and competence to be achieved before introducing the fully contested lineout.

Frequently Asked Questions

	U14 Boys & Girls (Uncontested Lineout – no lift)	U15 Boys (Uncontested Lineout – lift permitted)
When can the non-throwing team contest possession?	The contest for possession can start once the player who catches the ball has safely returned to the ground. The non-throwing team cannot contest possession whilst the ball is in the air.	
When is the Lineout over? When does the ball becomes playable / contestable again?	<p>The lineout ends when:</p> <ul style="list-style-type: none"> • The ball or a player in possession of the ball <ul style="list-style-type: none"> ○ leaves the lineout or ○ enters the area between the touchline and the five-metre line or ○ goes beyond the 15-metre line. • A ruck or maul forms and all of the feet of all of the players in the ruck or maul move beyond the mark of touch. • The ball becomes unplayable. 	

Does the team throwing in always have to win the ball?	Yes - If the ball is thrown straight and assuming a player from the throwing team catches it cleanly. If it is knocked on or not straight, normal laws apply.	
If the ball goes over the intended catcher, what happens?	If the throw in is straight but misses the intended catcher it is still an uncontested line out and throwing in team must still win it (the line out is still in play).	
If the throwing side don't lift, does that mean we (as the non-throwing team) can contest?	n/a	No. Lifting is permitted, not mandatory, and remains uncontested.
What happens if the ball hits the floor?	The lineout is over. Assuming there has been no foul play and that the ball is thrown straight, possession may be contested if the ball hits the ground.	
Can a maul be formed from the lineout?	Yes, but the player must return safely to the ground before the opposition can contest the ball. Normal World Rugby Laws apply.	Yes, but the player must have been returned safely to the ground before the opposition can contest the ball. Normal World Rugby Laws apply.
What happens if a non-throwing team compete for the ball?	Free kick to non-offending team, unless there has been an act of foul play (as detailed by World Rugby) in which case a penalty would be awarded.	
If the throw isn't straight and the non-throwing team catch it what happens?	A lineout is immediately awarded to non-throwing team. If the throw in is not straight again, a scrum will be awarded to the original throwing team on the 15m line. Note: we still want the thrower to develop their skill of throwing under pressure.	Advantage is awarded to non-offending team, if it is safe to do so. Note: we still want the thrower to develop their skill of throwing under pressure.
Do numbers in the lineout have to be equal?	The non-throwing team may not have more players (but may have fewer players) in the lineout than the throwing team.	

How many players can we have in the lineout?	The team throwing in the ball decides the maximum number of players in the lineout. At least two players from each team must form a lineout, with a maximum of thirteen.	
Do we have to lift at U15?	n/a	No – lifting is permitted but not mandatory. If the players are confident and competent then they may lift.
Why should we lift at U15?	n/a	This stage is vital in the progression of the lineout for both teams. This progression allows the opportunity to develop the skill of lifting in a competitive environment, without the pressure of opposing players contesting possession. It also provides a springboard for attacking play.

Please also refer to the following links for further information:

www.englandrugby.com/regulations

www.englandrugby.com/agegraderugby

<http://laws.worldrugby.org/?law=19>