

|                                     | U7                           | U8                        | U9                        | U10                     | U11                     | U12             | U13              | U13 (G)                 |
|-------------------------------------|------------------------------|---------------------------|---------------------------|-------------------------|-------------------------|-----------------|------------------|-------------------------|
| Players                             | 4                            | 6                         | 7                         | 8                       | 9                       | 12              | 13               | 12                      |
| Pitch Size                          | 20x12                        | 45x22                     | 60x30                     | 60x35                   | 60x43                   | 60x43           | 90x60            | 60x43                   |
| Mins Per Half                       | 10                           | 10                        | 15                        | 15                      | 20                      | 20              | 25               | 20                      |
| Ball Size                           | 3                            | 3                         | 3                         | 4                       | 4                       | 4               | 4                | 4                       |
| Tackle                              | ∞ tags                       | 6 tags                    | Tackle + hold             | Below Armpit            | Below Armpit            | Below Armpit    | Below Armpit     | Below Armpit            |
| Scrum players strike? push? Scr 1/2 | Knock-on - Play can continue | Knock-on - Free pass (7m) | Knock-on - Free pass (7m) | 3<br>X                  | 3<br>✓                  | 5<br>✓          | 6<br>✓           | 5<br>✓                  |
| Ruck/Mall support/team              | On feet to score             |                           |                           | Back, Pass<br>1 SH Pass | Back, Pass<br>2 SH Pass | Mid, Pass<br>✓  | Middle<br>✓      | Back, Pass<br>2 SH Pass |
| Kicking                             | -                            | -                         | -                         | -                       | Hand                    | Hand            | Hand & Fly-Hack  | -                       |
| Restarts offside line               | Free pass (3m)               | Free pass (7m)            | Free pass (7m)            | Free pass (7m)          | DK & FK (7m)            | DK & FK (7m)    | DK & FK (10m)    | DK & FK (7m)            |
| Line-out contest lift               | Free pass from side          | Free pass from side       | Free pass 5m in           | Free pass 5m in         | Free pass 5m in         | Free pass 5m in | Free pass 10m in | Free pass 5m in         |
| Hand off                            | -                            | -                         | -                         | -                       | -                       | Fend Armpit     | Below Armpit     | -                       |
| Sin-Bin                             | -                            | -                         | -                         | -                       | -                       | -               | 5                | -                       |

|                                     | U14          | U15          | U16  | U17          | U18          | U19          | U15 (G)      | U18 (G)      |          |
|-------------------------------------|--------------|--------------|--|--------------|--------------|--------------|--------------|--------------|----------|
| Players                             | 15           | 15           | 15   | 15           | 15           | 15           | 15           | 15           |          |
| Pitch Size                          | 100 x 70     |              |  |              |              |              |              |              |          |
| Mins Per Half                       | 25           | 30           | 35   | 35           | 35           | 35           | 30           | 35           |          |
| Ball Size                           | 4            | 5            | 5  | 5            | 5            | 5            | 4            | 5            |          |
| Tackle                              | Below Armpit | Below Armpit | Below Armpit   | Below Armpit | Below Armpit | Below Armpit | Below Armpit | Below Armpit |          |
| Scrum players strike? push? Scr 1/2 | 8<br>✓<br>✓  | 8<br>✓<br>✓  | U19 Variations<br>Max Wheel 45%, Max push 1.5M<br>Equal nos.<br>Ball must not be held in scrum |              |              |              | 8<br>✓<br>✓  | Middle       | U19 Var. |
| Ruck/Mall support/team              | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Kicking                             | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Restarts DK,FK & PK                 | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Line-out contest lift               | X<br>X       | X<br>✓       | ✓  | ✓            | ✓            | ✓            | X<br>✓       | ✓            |          |
| Hand off                            | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Sin-Bin                             | 5            | 6            | 7  | 7            | 7            | 10           | 6            | 7            |          |

|                                     | U7                           | U8                        | U9                        | U10                     | U11                     | U12             | U13              | U13 (G)                 |
|-------------------------------------|------------------------------|---------------------------|---------------------------|-------------------------|-------------------------|-----------------|------------------|-------------------------|
| Players                             | 4                            | 6                         | 7                         | 8                       | 9                       | 12              | 13               | 12                      |
| Pitch Size                          | 20x12                        | 45x22                     | 60x30                     | 60x35                   | 60x43                   | 60x43           | 90x60            | 60x43                   |
| Mins Per Half                       | 10                           | 10                        | 15                        | 15                      | 20                      | 20              | 25               | 20                      |
| Ball Size                           | 3                            | 3                         | 3                         | 4                       | 4                       | 4               | 4                | 4                       |
| Tackle                              | ∞ tags                       | 6 tags                    | Tackle + hold             | Below Armpit            | Below Armpit            | Below Armpit    | Below Armpit     | Below Armpit            |
| Scrum players strike? push? Scr 1/2 | Knock-on - Play can continue | Knock-on - Free pass (7m) | Knock-on - Free pass (7m) | 3<br>X                  | 3<br>✓                  | 5<br>✓          | 6<br>✓           | 5<br>✓                  |
| Ruck/Mall support/team              | On feet to score             |                           |                           | Back, Pass<br>1 SH Pass | Back, Pass<br>2 SH Pass | Mid, Pass<br>✓  | Middle<br>✓      | Back, Pass<br>2 SH Pass |
| Kicking                             | -                            | -                         | -                         | -                       | Hand                    | Hand            | Hand & Fly-Hack  | -                       |
| Restarts offside line               | Free pass (3m)               | Free pass (7m)            | Free pass (7m)            | Free pass (7m)          | DK & FK (7m)            | DK & FK (7m)    | DK & FK (10m)    | DK & FK (7m)            |
| Line-out contest lift               | Free pass from side          | Free pass from side       | Free pass 5m in           | Free pass 5m in         | Free pass 5m in         | Free pass 5m in | Free pass 10m in | Free pass 5m in         |
| Hand off                            | -                            | -                         | -                         | -                       | -                       | Fend Armpit     | Below Armpit     | -                       |
| Sin-Bin                             | -                            | -                         | -                         | -                       | -                       | -               | 5                | -                       |

|                                     | U14          | U15          | U16  | U17          | U18          | U19          | U15 (G)      | U18 (G)      |          |
|-------------------------------------|--------------|--------------|--|--------------|--------------|--------------|--------------|--------------|----------|
| Players                             | 15           | 15           | 15   | 15           | 15           | 15           | 15           | 15           |          |
| Pitch Size                          | 100 x 70     |              |  |              |              |              |              |              |          |
| Mins Per Half                       | 25           | 30           | 35   | 35           | 35           | 35           | 30           | 35           |          |
| Ball Size                           | 4            | 5            | 5  | 5            | 5            | 5            | 4            | 5            |          |
| Tackle                              | Below Armpit | Below Armpit | Below Armpit   | Below Armpit | Below Armpit | Below Armpit | Below Armpit | Below Armpit |          |
| Scrum players strike? push? Scr 1/2 | 8<br>✓<br>✓  | 8<br>✓<br>✓  | U19 Variations<br>Max Wheel 45%, Max push 1.5M<br>Equal nos.<br>Ball must not be held in scrum |              |              |              | 8<br>✓<br>✓  | Middle       | U19 Var. |
| Ruck/Mall support/team              | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Kicking                             | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Restarts DK,FK & PK                 | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Line-out contest lift               | X<br>X       | X<br>✓       | ✓  | ✓            | ✓            | ✓            | X<br>✓       | ✓            |          |
| Hand off                            | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Sin-Bin                             | 5            | 6            | 7  | 7            | 7            | 10           | 6            | 7            |          |

|                                     | U7                           | U8                        | U9                        | U10                     | U11                     | U12             | U13              | U13 (G)                 |
|-------------------------------------|------------------------------|---------------------------|---------------------------|-------------------------|-------------------------|-----------------|------------------|-------------------------|
| Players                             | 4                            | 6                         | 7                         | 8                       | 9                       | 12              | 13               | 12                      |
| Pitch Size                          | 20x12                        | 45x22                     | 60x30                     | 60x35                   | 60x43                   | 60x43           | 90x60            | 60x43                   |
| Mins Per Half                       | 10                           | 10                        | 15                        | 15                      | 20                      | 20              | 25               | 20                      |
| Ball Size                           | 3                            | 3                         | 3                         | 4                       | 4                       | 4               | 4                | 4                       |
| Tackle                              | ∞ tags                       | 6 tags                    | Tackle + hold             | Below Armpit            | Below Armpit            | Below Armpit    | Below Armpit     | Below Armpit            |
| Scrum players strike? push? Scr 1/2 | Knock-on - Play can continue | Knock-on - Free pass (7m) | Knock-on - Free pass (7m) | 3<br>X                  | 3<br>✓                  | 5<br>✓          | 6<br>✓           | 5<br>✓                  |
| Ruck/Mall support/team              | On feet to score             |                           |                           | Back, Pass<br>1 SH Pass | Back, Pass<br>2 SH Pass | Mid, Pass<br>✓  | Middle<br>✓      | Back, Pass<br>2 SH Pass |
| Kicking                             | -                            | -                         | -                         | -                       | Hand                    | Hand            | Hand & Fly-Hack  | -                       |
| Restarts offside line               | Free pass (3m)               | Free pass (7m)            | Free pass (7m)            | Free pass (7m)          | DK & FK (7m)            | DK & FK (7m)    | DK & FK (10m)    | DK & FK (7m)            |
| Line-out contest lift               | Free pass from side          | Free pass from side       | Free pass 5m in           | Free pass 5m in         | Free pass 5m in         | Free pass 5m in | Free pass 10m in | Free pass 5m in         |
| Hand off                            | -                            | -                         | -                         | -                       | -                       | Fend Armpit     | Below Armpit     | -                       |
| Sin-Bin                             | -                            | -                         | -                         | -                       | -                       | -               | 5                | -                       |

|                                     | U14          | U15          | U16  | U17          | U18          | U19          | U15 (G)      | U18 (G)      |          |
|-------------------------------------|--------------|--------------|--|--------------|--------------|--------------|--------------|--------------|----------|
| Players                             | 15           | 15           | 15   | 15           | 15           | 15           | 15           | 15           |          |
| Pitch Size                          | 100 x 70     |              |  |              |              |              |              |              |          |
| Mins Per Half                       | 25           | 30           | 35   | 35           | 35           | 35           | 30           | 35           |          |
| Ball Size                           | 4            | 5            | 5  | 5            | 5            | 5            | 4            | 5            |          |
| Tackle                              | Below Armpit | Below Armpit | Below Armpit   | Below Armpit | Below Armpit | Below Armpit | Below Armpit | Below Armpit |          |
| Scrum players strike? push? Scr 1/2 | 8<br>✓<br>✓  | 8<br>✓<br>✓  | U19 Variations<br>Max Wheel 45%, Max push 1.5M<br>Equal nos.<br>Ball must not be held in scrum |              |              |              | 8<br>✓<br>✓  | Middle       | U19 Var. |
| Ruck/Mall support/team              | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Kicking                             | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Restarts DK,FK & PK                 | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Line-out contest lift               | X<br>X       | X<br>✓       | ✓  | ✓            | ✓            | ✓            | X<br>✓       | ✓            |          |
| Hand off                            | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Sin-Bin                             | 5            | 6            | 7  | 7            | 7            | 10           | 6            | 7            |          |

|                                     | U7                           | U8                        | U9                        | U10                     | U11                     | U12             | U13              | U13 (G)                 |
|-------------------------------------|------------------------------|---------------------------|---------------------------|-------------------------|-------------------------|-----------------|------------------|-------------------------|
| Players                             | 4                            | 6                         | 7                         | 8                       | 9                       | 12              | 13               | 12                      |
| Pitch Size                          | 20x12                        | 45x22                     | 60x30                     | 60x35                   | 60x43                   | 60x43           | 90x60            | 60x43                   |
| Mins Per Half                       | 10                           | 10                        | 15                        | 15                      | 20                      | 20              | 25               | 20                      |
| Ball Size                           | 3                            | 3                         | 3                         | 4                       | 4                       | 4               | 4                | 4                       |
| Tackle                              | ∞ tags                       | 6 tags                    | Tackle + hold             | Below Armpit            | Below Armpit            | Below Armpit    | Below Armpit     | Below Armpit            |
| Scrum players strike? push? Scr 1/2 | Knock-on - Play can continue | Knock-on - Free pass (7m) | Knock-on - Free pass (7m) | 3<br>X                  | 3<br>✓                  | 5<br>✓          | 6<br>✓           | 5<br>✓                  |
| Ruck/Mall support/team              | On feet to score             |                           |                           | Back, Pass<br>1 SH Pass | Back, Pass<br>2 SH Pass | Mid, Pass<br>✓  | Middle<br>✓      | Back, Pass<br>2 SH Pass |
| Kicking                             | -                            | -                         | -                         | -                       | Hand                    | Hand            | Hand & Fly-Hack  | -                       |
| Restarts offside line               | Free pass (3m)               | Free pass (7m)            | Free pass (7m)            | Free pass (7m)          | DK & FK (7m)            | DK & FK (7m)    | DK & FK (10m)    | DK & FK (7m)            |
| Line-out contest lift               | Free pass from side          | Free pass from side       | Free pass 5m in           | Free pass 5m in         | Free pass 5m in         | Free pass 5m in | Free pass 10m in | Free pass 5m in         |
| Hand off                            | -                            | -                         | -                         | -                       | -                       | Fend Armpit     | Below Armpit     | -                       |
| Sin-Bin                             | -                            | -                         | -                         | -                       | -                       | -               | 5                | -                       |

|                                     | U14          | U15          | U16  | U17          | U18          | U19          | U15 (G)      | U18 (G)      |          |
|-------------------------------------|--------------|--------------|--|--------------|--------------|--------------|--------------|--------------|----------|
| Players                             | 15           | 15           | 15   | 15           | 15           | 15           | 15           | 15           |          |
| Pitch Size                          | 100 x 70     |              |  |              |              |              |              |              |          |
| Mins Per Half                       | 25           | 30           | 35   | 35           | 35           | 35           | 30           | 35           |          |
| Ball Size                           | 4            | 5            | 5  | 5            | 5            | 5            | 4            | 5            |          |
| Tackle                              | Below Armpit | Below Armpit | Below Armpit   | Below Armpit | Below Armpit | Below Armpit | Below Armpit | Below Armpit |          |
| Scrum players strike? push? Scr 1/2 | 8<br>✓<br>✓  | 8<br>✓<br>✓  | U19 Variations<br>Max Wheel 45%, Max push 1.5M<br>Equal nos.<br>Ball must not be held in scrum |              |              |              | 8<br>✓<br>✓  | Middle       | U19 Var. |
| Ruck/Mall support/team              | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Kicking                             | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Restarts DK,FK & PK                 | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Line-out contest lift               | X<br>X       | X<br>✓       | ✓  | ✓            | ✓            | ✓            | X<br>✓       | ✓            |          |
| Hand off                            | ✓            | ✓            | ✓  | ✓            | ✓            | ✓            | ✓            | ✓            |          |
| Sin-Bin                             | 5            | 6            | 7  | 7            | 7            | 10           | 6            | 7            |          |

