

### U7 to U12 Age Band

Boys and girls can play mixed rugby within the Continuum. Playing regulations for these age bands are detailed in the RFU/RFUW's Rugby Continuum, which can be found on the RFU's web site in Community Rugby/Refereeing.

### Girls U12 Rugby

U12 girls may continue to play U12s mixed rugby in the RFU continuum.

U12 girls may apply for a dispensation to play down in the U11 age group of the RFU continuum.

Clubs may field girls only U12s teams against other girls sides. U12 sides can include U12s and U11s girls and will play to the same laws and variations as U10s mini rugby detailed in the RFU Continuum. This includes contact rugby with a maximum of 9 players. Contested scrums (3 a side) and lineouts are permitted where both coaches are satisfied that the players involved have been suitably prepared.

### SAFETY NOTE

Coaches at all times should bear in mind their responsibility for player safety and appropriate introduction to the demands of the game.

Regulations and law variations are available in the RFU handbook and via:

Web: [www.rfu.com/women](http://www.rfu.com/women)

Tel: 020 8831 7996

### Student Rugby

**BUCS Competition** – Premier League will play full IRB laws but can opt to play IRB U19 scrummage regulations; this must be agreed in writing and signed by each team's captain and match referee.

**Tier 1 and below including Trophy knockout** will be played according to IRB U19 scrummage regulations and with the following variations.

- All matches must be played with equal numbers on each team. This must be 15, 14, 13, 12 – a – side.
- For all matches played between 15 and 12-a-side the length of match will remain at 80 minutes.
- The minimum number of players required per team is 10; player matching will not be enforced below 12 players.
- For all matches played between 12 and 10-a-side the length of the match will be reduced to 60 minutes.

### Upper Age Band (U18)

This age band takes into account players aged 15, 16 or 17 on September 1st. The RFUW's U18 matches should be played to the **IRB U19 variations**.

From their 16<sup>th</sup> birthday players may elect to register as a senior player and may participate in senior training sessions and matches as well as U18 training sessions and matches. They will however be restricted in cups and some tournaments to only one category.

### Conditions:

- 1) The age group coach should be qualified and have completed a recognised Child Protection course.
- 2) The coach must discuss with the parents, the differences in physical development of all the children in the proposed age band and how it affects their child before obtaining their consent.
- 3) Players must be registered on the RFU Youth registration scheme.
- 4) Match Day Forms must be completed for every junior match played.

The RFUW will be adopting the IRB's 10 Experimental Law Variations (ELV's) for the 2009/10 Season.

- **The Senior game** – will adopt all 10 ELV's.
- **All U18s Competitions** will play by IRB U19 laws and will adopt all 10 ELV's.
- **All U15s Competitions** will play to the RFU U14 Variations and will trial 8 of the ELV's. They will NOT TRIAL Law 19 number 9 and 10, for Law 19 please refer to the RFU U14 Variations.

### Senior Variations

**Premiership and the Championship** play in accordance with current IRB laws ([www.irb.com](http://www.irb.com)).

**National Challenge Leagues** play in accordance with current U19 IRB laws apart from the following variations:

**National Challenge 2 and below:**

- All matches can be played with reduced numbers and teams either match 15 or 12 a side.
- 12 a side will comprise of 6 forwards and 6 backs (front row, second row, number 8).
- Maximum of 20 players with 10 interchanges allowed using roll on, roll off substitutes.

## Law Guidance Card Women & Girls 2009-2010



### Lower Age Band (U15)

This age band takes into account players aged 12, 13 and 14 on 1<sup>st</sup> September. The RFUW's U15 matches should be played to the RFU U14 variations but with the following difference:

- **13 aside - 6 in scrum & 7 backs.**
- **25 minute halves.**
- **Size 4 ball.**
- **Substituted players can be re-used at anytime.**
- **Festival and Tournament 80 minutes of rugby per day.**
- **Line-out – Law 19.**  
Lifting/supporting is prohibited in these age groups, i.e. a player may not bind to a jumper until that player has returned to the ground.
- **Scrum – Law 20.**  
The scrum half not throwing the ball into the scrum must not move beyond the middle line of the scrum until the ball has emerged from the scrum or an opponent has placed their hands on the ball. In the event of a strike against the head, the scrum-half who has thrown the ball into the scrum is similarly restricted in not following the ball.

**NB** Contested scrums are permitted if both coaches agree. Coaches must ensure that the players have been suitably prepared for contested scrums. If there is any doubt then scrums must be uncontested.