



# England Rugby Age Grade rules: 2024-25 season

The below are variations to [World Rugby u19 laws](#). If something isn't specified below, then it should follow u19 laws. **Exception: the GLDO and 50:22 World Rugby laws do NOT apply until u15 rugby in England. World Rugby u19: <https://passport.world.rugby/laws-of-the-game/> and select 'Variations – u19'**

|                                 | u9s   | u10s  | u11s   | u12s   | u13s  | u14s   | u15s   | u16-18s  |
|---------------------------------|---|---|--|--|---|--|--|--|
| <b>Players per team</b>         | 7   | 8   | 9  | 12   | 13  | 15   | 15   | 15   |
| <b>Length of match</b>          | 15mins per half<br><br>Match ends = try difference more than six              | 15mins per half<br><br>Match ends = try difference more than six                  | 20mins per half<br><br>Match ends = try difference more than six   | 20mins per half<br><br>Match ends = try difference more than six   | 25mins per half<br><br>Match ends = try difference more than six  | 25mins per half<br><br>Match ends = points diff more than 50   | 30mins per half<br><br>Match ends = points diff more than 50 | 35mins per half<br><br>Match ends = points diff more than 50 |
| <b>Ball size</b>                | 3   | 4   | 4  | 4  | 4   | 4  | 5  | 5  |
| <b>Pitch size</b>               | 60m x 30m   | 60 metres x 35 metres   | 60m x 43m (+5m in goal)<br>i.e Half a normal pitch<br><br>15m zone (similar function to 22m line and referenced below as '22')   | 60m x 43m (+5m in goal)<br>i.e Half a normal pitch<br><br>15m zone (similar function to 22m line and referenced below as '22')   | 90m x 60m (+5m in goal)<br>i.e pitch is within the 5m lines on normal size pitch<br><br>22m line in play (and referenced below as '22')   | 100m x 70m (+5m in goal)<br>i.e Normal size pitch  | 100m x 70m<br>i.e Normal size pitch                          | 100m x 70m<br>i.e Normal size pitch                          |
| <b>Kick offs &amp; restarts</b> | Free pass for all<br>Defenders 7m back<br><br>No crash ball/running onto pass | No kicking<br><br>Restarts are via a free pass<br>No crash ball/running onto pass | Drop kicks used - Must go 7m (If not = re-kick/scrum option)<br><br>After a score, non-scoring side chose to either kick or receive the restart<br><br>Players in front – scrum on half way<br><br>Kicked into in-goal area and goes or is | Drop kicks used - Must go 7m (If not = re-kick/scrum option)<br><br>After a score, non-scoring side chose to either kick or receive the restart<br><br>Players in front – scrum on half way<br><br>Kicked into in-goal area and goes or is | Drop kicks used - Must go 10m (If not = re-kick/scrum option)<br><br>After a score, non-scoring side chose to either kick or receive the restart<br><br>Players in front – scrum on half way<br><br>Kicked into in-goal area and goes or is | Drop kicks used to start play - Must go 10m (If not = re-kick/scrum option)<br><br>After a score, non-scoring side kicks off<br><br>Players in front – scrum on half way<br><br>Kicked into in-goal area and goes or is made dead – Choice: re-kick or scrum on half way | WR Laws apply<br><br>GLDO applies                            | WR laws apply<br><br>GLDO applies                            |

|  | u9s | u10s | u11s   | u12s   | u13s  | u14s   | u15s | u16s |
|--|-----|------|--|--|---|--|------|------|
|  |     |      | <p>made dead – re kick or scrum on half way</p> <p>Not kicked 7m (and played by kicking side first) or kicked into touch – re-kick or scrum option</p> <p>No Goal Line Drop-outs: '22m' restarts for ball kicked dead or kicked into in-goal and grounded by defence</p> <p>5m scrum for attacking ball carrier taken into in-goal &amp; held up</p> | <p>made dead – re kick or scrum on half way</p> <p>Not kicked 7m (and played by kicking side first) or kicked into touch – re-kick or scrum option</p> <p>No Goal Line Drop-outs: '22m' restarts for ball kicked dead or kicked into in-goal and grounded by defence</p> <p>5m scrum for attacking ball carrier taken into in-goal &amp; held up</p> | <p>made dead – re kick or scrum on half way</p> <p>Not kicked 10m (and played by kicking side first) or kicked into touch – re-kick or scrum option</p> <p>No Goal Line Drop-outs: '22m' restarts for ball kicked dead or kicked into in-goal and grounded by defence</p> <p>5m scrum for attacking ball carrier taken into in-goal &amp; held up</p> | <p>Not kicked 10m (and played by kicking side first) – Choice: re-kick or scrum option</p> <p>Kicked directly into touch – Choice: re-kick or accept kick and have l/o on half way</p> <p>No Goal Line Drop-outs: '22m' restarts for ball kicked dead or kicked into in-goal and grounded by defence</p> <p>5m scrum for attacking ball carrier taken into in-goal &amp; held up</p> |      |      |

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|              | u9s  | u10s  | u11s   | u12s   | u13s  | u14s   | u15s  | u16s  |
|--------------|------|---|--|--|---|--|---|---|
| <b>Scrum</b> | None | <p>3 players – nearest the stoppage</p> <p>“Crouch, Bind, Set” engagement</p> <p>Only putting in hooker can strike</p> <p>No pushing</p> <p>Throwing in 9 - puts ball in straight from middle of the gap</p> <p>9 must pass ball away, not run</p> <p>Defending 9 must stay behind their scrum</p> <p>5m backs offside line</p> | <p>3 players – nearest the stoppage</p> <p>“Crouch, Bind, Set” engagement</p> <p>Both hookers may strike for ball</p> <p>No pushing</p> <p>Throwing in 9 - puts ball in straight from middle of the gap</p> <p>9 must pass ball away, not run</p> <p>Defending 9 must stay behind their scrum</p> <p>5m backs offside line</p> | <p>5 players – nearest the stoppage – set up in 3-2 formation</p> <p>“Crouch, Bind, Set” engagement</p> <p>Both hookers may strike for ball</p> <p>No pushing</p> <p>Throwing in 9 - puts ball in straight from middle of the gap</p> <p>9 must pass ball away, not run</p> <p>5m backs offside line</p> <p>Defending 9 – cannot follow round, must stay in middle</p> | <p>6 players in 3-2-1 formation</p> <p>“Crouch, Bind, Set” engagement</p> <p>Second rows - no crutch bind - must bind round hips of prop</p> <p>Both hookers may strike for ball</p> <p>Pushing - 1.5m only (FK for non-compliance). Referees should call “Hold the push/Stop the push”</p> <p>If turns 45° scrum is reset</p> <p>“Number 8” cannot pick up ball</p> <p>9 can pass or pick ball up and run with it</p> <p>Throwing in 9 - puts ball in straight from middle of the gap</p> <p>5m backs offside line</p> <p>Defending 9 – cannot follow round, must stay in middle</p> | <p>8 players in 3,4,1 formation - must be balanced numbers</p> <p>“Crouch, Bind, Set” engagement</p> <p>‘Normal’ binding allowed for second rows and #8</p> <p>Both hookers may strike for ball</p> <p>Pushing - 1.5m only (FK for non-compliance). Referees should call “Hold the push/Stop the push”</p> <p>Defending 9 – cannot follow opponent round, must stay in middle</p> <p>Throwing in 9 - puts ball in straight from middle of the gap</p> <p>If turns 45° scrum is reset - original side put in</p> <p>Number 8 can pick up and run with ball</p> <p>9 can pass, pick up and run with ball, or kick</p> <p>5m backs offside line</p> | <p>8 players in 3,4,1 formation.</p> <p>“Crouch, Bind, Set” engagement</p> <p>Both hookers may strike for ball</p> <p>Pushing - 1.5m only (FK for non-compliance). Referees should call “Hold the push/Stop the push”</p> <p>If turns 45° scrum is reset (no turnover)</p> <p>Throwing in 9 - puts ball with left shoulder on middle line</p> <p>Defending 9 – cannot follow round, must stay in middle</p> | <p>8 players in 3,4,1 formation.</p> <p>“Crouch, Bind, Set” engagement</p> <p>Both hookers may strike for ball</p> <p>Pushing - 1.5m only (FK for non-compliance). Referees should call “Hold the push/Stop the push”</p> <p>If turns 45° scrum is reset (no turnover)</p> <p>Throwing in 9 - puts ball with left shoulder on middle line</p> <p>Defending 9 – can follow round</p> |

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|                              | u9s   | u10s  | u11s  | u12s   | u13s  | u14s   | u15s                | u16s                |
|------------------------------|---|---|---|--|---|--|---------------------|---------------------|
| <b>Tackle, Ruck and maul</b> | <p>No rucks/mauls (Free pass)</p> <p>Supporting player may rip ball and must then pass</p> <p>Tackler cannot rip</p> <p>Supporting player may pick ball up from floor but must pass</p> <p>If ball carrier stays up but is stopped - call "Tackle" - must pass in 3 seconds</p> <p>Cannot score after 'tackle' call</p> <p>6 tackles per team in possession - ball is turned over on 7th tackle</p> <p>7th tackle - can step and score if 1m from tryline</p> | <p>Ball ripped - must be passed</p> <p>Rucks – only 2 players from each side can form a ruck (ball carrier/tackler +1)</p> <p>Maul - No more than 2 players from each side can be in a maul</p> <p>When ball secured, referee will call "use it" – 5 seconds to do so otherwise free pass to other side</p> | <p>Ball ripped - must be passed</p> <p>Rucks – only 3 players from each side can form a ruck (ball carrier/tackler +2)</p> <p>Maul - No more than 3 players from each side can be in a maul</p> <p>When ball secured, referee will call "use it" – 5 seconds to do so otherwise scrum to other side</p> | <p>Ball ripped - can run or pass</p> <p>Normal ruck and maul laws</p> <p>Maul = 3 players – ball carrier + 1 from each side</p> <p>Ruck = at least 1 from each side on feet over ball</p> <p>No limit on participants</p> <p>When ball secured, referee will call "use it" – 5 seconds to do so otherwise scrum to other side</p> <p>'9' can pass, or pick and go but not box kick</p> | <p>Normal tackle, ruck and maul laws</p> <p>Maul = 3 players – ball carrier + 1 from each side</p> <p>Ruck = at least 1 from each side on feet over ball</p> <p>No limit on participants</p> <p>When ball secured, referee will call "use it" – 5 seconds to do so otherwise scrum to other side</p> <p>'9' can pass, or pick and go but not box kick</p> | <p>Normal adult ruck and maul formation, beginning and ending</p> <p>5 second rules apply when ball secured. Maul - "Use it" call when stationary. Immediate ball away or turnover scrum.</p> <p>Ruck: "Use it" call then must be played away in 5 seconds before scrum turnover '9' can pass, or pick or box kick</p> | WR Laws of the Game | WR Laws of the Game |

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|                            | u9s                    | u10s   | u11s   | u12s  | u13s   | u14s   | u15s  | u16s  |
|----------------------------|------------------------|--|--|---|--|--|---|---|
| <b>Touch &amp; Lineout</b> | No lineout - Free pass | No lineouts<br><br>Play restarts with free pass 5m from touch. Ball must be passed before anyone runs (i.e. no charging onto a pass)<br><br>Other side 7m back | No 50:22 or lineouts<br><br>Play restarts with free pass 5m from touch. Ball must be passed before anyone runs (i.e. no charging onto a pass)<br><br>Ball kicked from hand – normal rules apply if kicked from inside/outside ‘15’ zone, or if passed back into 15 and not touched/tackled/maul formed.<br><br>A quick throw can be taken rather than a free pass (if same ball, not been touched by a non-player) | No 50:22 or lineouts<br><br>Play restarts with free pass 5m from touch. Ball must be passed before anyone runs (i.e. no charging onto a pass)<br><br>Ball kicked from hand – normal rules apply if kicked from inside/outside ‘15’ zone, or if passed back into 15 and not touched/tackled/maul formed. No 50:22<br><br>A quick throw can be taken rather than a free pass (if same ball, not been touched by a non-player) | No 50:22<br>No lineouts<br><br>Play restarts with free pass 10m from touch. Ball must be passed before anyone runs (i.e. no charging onto a pass)<br><br>Ball kicked from hand – normal rules apply if kicked from inside/outside 22m zone, or if passed back into 22 and not touched/tackled/maul formed. No 50:22<br><br>A quick throw can be taken rather than a free pass (if same ball, not been touched by a non-player) | No 50:22<br><br>Uncontested lineout (ie throwing in side must win ball - (FK if not))<br><br>Contest for possession can start when catcher has safely returned to the ground.(Pen)<br><br>No lifting/binding/supporting<br><br>Non-participants must be 10m back<br><br>If not straight, other side have a lineout<br><br>If that isn’t straight, scrum to original l/o thrower<br><br>Ends when the ball or a player carrying it leaves the lineout, or the ball goes +15m or into 5m channel or when the attackers support players bind on the catcher | 50:22 applies<br><br>Uncontested lineout (ie throwing in side must win ball - (FK if not))<br><br>Lifting & supporting permitted<br><br>Contest for possession can start when catcher has safely returned to the ground (Pen) | 50:22 applies<br><br>Contested lineout – lifting & supporting permitted |

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|---|--|---|---|--|---|--|--|--|
| <b>Fly hacking – kicking loose ball on floor</b>  | No fly hacking   | No fly hacking  | No fly hacking  | No fly hacking   | Fly hack allowed  | Fly hack allowed   | Fly hack allowed   | Fly hack allowed   |
| <b>Kicking</b>  | No kicking   | No kicking  | No box kicks or dropped goals<br><br>Tactical kicking OK<br><br>A 'Mark' can be called anywhere on pitch from an open play kick (not kick off/22 restart) – Free Kick restart<br><br>A 'knock on' by a player trying to catch a kick in open play will result in a scrum to the player trying to catch it | No box kicks or dropped goals<br><br>Players are offside if they are in front of kicker – must stay still or retire (if within 7m of landing spot)<br><br>No 50:22 or GLDO   | No box kicks or dropped goals<br><br>Players are offside if they are in front of kicker<br><br>Balls kicked into touch - usual laws apply on gain in ground<br><br>No 50:22 or GLDO   | Kicks at goal permitted<br><br>Box kicks and drop goals permitted<br><br>Balls kicked into touch - usual laws apply on gain in ground<br><br>No 50:22 or GLDO<br><br>Offside at kicks as per WR laws   | Kicks at goal permitted<br><br>Box kicks and drop goals permitted<br><br>50:22 applies<br><br>Offside at kicks as per WR laws  | Kicks at goal permitted<br><br>Box kicks and drop goals permitted<br><br>50:22 applies<br><br>Offside at kicks as per WR laws  |
| <b>Penalties</b><br><br><b>Note: up to u13s, Free kicks used rather than penalties to prevent kicking to touch to gain free pass in lieu of lineout</b> | Free pass awarded for kicking ball, a fend with ball, or hand off, foul play, or pulling ball from opponent ball carrier<br><br>No hand offs/fend<br><br>High tackle = anything above base of sternum (belly/tummy or below)<br><br>Ball carrier must not go into contact with shoulders below hips; dip down late | Free pass awarded for kicking ball, a fend with ball, or hand off, foul play, offside, squeeze ball, diving off feet, pushing in scrum, high tackle (= above sternum)<br><br>Opponents to be back 7m<br><br>No hand offs/fend<br><br>High tackle = anything above base of sternum | Free kick awarded for a fend with ball, or hand off, foul play, offside, squeeze ball, diving off feet, pushing in scrum, high tackle<br><br>Opponents go back 7m<br><br>No hand offs/fend<br><br>High tackle = anything above base of sternum (belly/tummy or below)                                     | Free kick awarded for foul play, offside, squeeze ball, diving off feet, pushing in scrum, high tackle<br><br>Opponents go back 7m<br><br>Hand off – permitted – below armpit<br><br>High tackle = anything above base of sternum (belly/tummy or below) | Free kick awarded for foul play, offside, squeeze ball, diving off feet, pushing in scrum, high tackle<br><br>Opponents go back 10m<br><br>Hand off – permitted – below armpit<br><br>High tackle = anything above base of sternum (belly/tummy or below) | FKs for squeeze ball and for diving off feet<br><br>Pens for Foul play<br>Offside<br>Tackle no release/roll away<br><br>Hand off – permitted – no restrictions but must be safe<br><br>High tackle = anything above base of sternum (belly/tummy or below) | WR Laws of the Game except:<br><br>High tackle = base of sternum (tummy/belly or below)<br><br>Ball carrier must not go into contact with shoulders below hips; dip down late and low; or put their head into the headspace of opponent. | WR Laws of the Game except:<br><br>High tackle = base of sternum (tummy/belly or below)<br><br>Ball carrier must not go into contact with shoulders below hips; dip down late and low; or put their head into the headspace of opponent. |

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|                       | u9s   | u10s  | u11s  | u12s  | u13s  | u14s  | u15s   | u16s   |
|-----------------------|---|---|---|---|---|---|--------|--------|
|                       | and low; or put their head into the headspace of opponent.  | (belly/tummy or below)<br>Ball carrier must not go into contact with shoulders below hips; dip down late and low; or put their head into the headspace of opponent. | Ball carrier must not go into contact with shoulders below hips; dip down late and low; or put their head into the headspace of opponent. | Ball carrier must not go into contact with shoulders below hips; dip down late and low; or put their head into the headspace of opponent. | Ball carrier must not go into contact with shoulders below hips; dip down late and low; or put their head into the headspace of opponent. | Ball carrier must not go into contact with shoulders below hips; dip down late and low; or put their head into the headspace of opponent. |        |        |
| <b>Sin bin length</b> | Non - referee to manage issues with particular players/actions with coaches<br>Sides remain equal                       | Non - referee to manage issues with particular players/actions with coaches<br>Sides remain equal   | Non - referee to manage issues with particular players/actions with coaches<br>Sides remain equal   | Non – referee to manage issues with particular players/actions with coaches<br>Sides remain equal   | 5 mins  | 5 mins  | 6 mins | 7 mins |
| <b>Subs</b>           | Rolling subs – unlimited allowed (unless specified in individual competition/cup regs)<br><u>Half Game</u> rule applies |   |   |   |   |   |        |        |

All information gathered is correct as at 1 August 2024, sourced from England Rugby Age Grade Regulation 15 and with verbal clarity from RFU on 50:22/GLDO below u15s which still aren't mentioned in regulations/appendices : <https://www.englandrugby.com/governance/rules-and-regulations/regulations>

For more information on RFU/England Rugby Age-Grade information: <https://www.englandrugby.com/participation/coaching/age-grade-rugby>



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