



RUGBY CANADA

AGE GRADE VARIATIONS FOR CLUB RUGBY

RUGBY CANADA



INTEGRITY ~ RESPECT ~ SOLIDARITY ~ PASSION ~ DISCIPLINE



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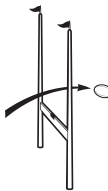
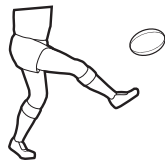
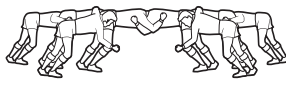

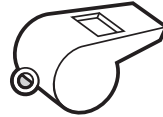

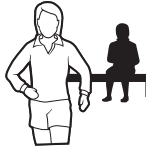
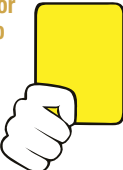



MOUTH GUARDS

As per World Rugby and Rugby Canada mouth guard policies, all age grade players playing contact rugby are required to wear mouth guards.





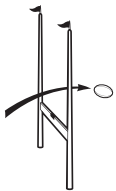

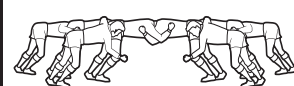

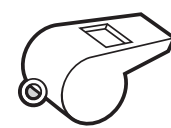

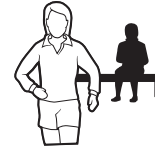


AGE GRADE VARIATIONS FOR CLUB RUGBY

ROOKIE RUGBY UNDER 7

Maximum Time Per Half - Single Game 10 min 	Maximum Time Per Half - Festival 7 min 	Maximum playing time for players per day / event 60 min 	Ball Size 3 	Maximum # Per Team Modified 4 v 4 game recommended however games up to 6 v 6 permitted
Safety Zone between Playing Areas 6m	Size of Playing Area 4 v 4 (20m x 15m) 6 v 6 (30m x 25m) Excluding In-Goal	Restart/Kick Off Tap & Pass at Half	Tackle Flag is Pulled	Offside Where the ball carrier stops after the flag pull – not where the flag is pulled (Max 3 steps)
Fend-Off Not Allowed	Goal Kicking (Conversion) No 	Kicking in Open Play No 	Rucks None	Maul None
Squeeze Ball Not Allowed	Scrum No / Tap & Pass Instead 	Lineout No / Tap & Pass Instead 	Referee By Coach 	Penalties Tap & Pass 
Subs Rolling Subs 	Coaches on field (not including Ref) Yes	Yellow Card Time Out (2min) Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) 	Red Card No 	





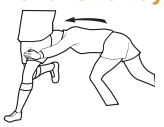
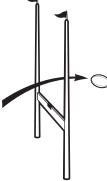
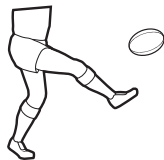


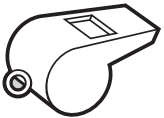




AGE GRADE VARIATIONS FOR CLUB RUGBY

ROOKIE RUGBY UNDER 9

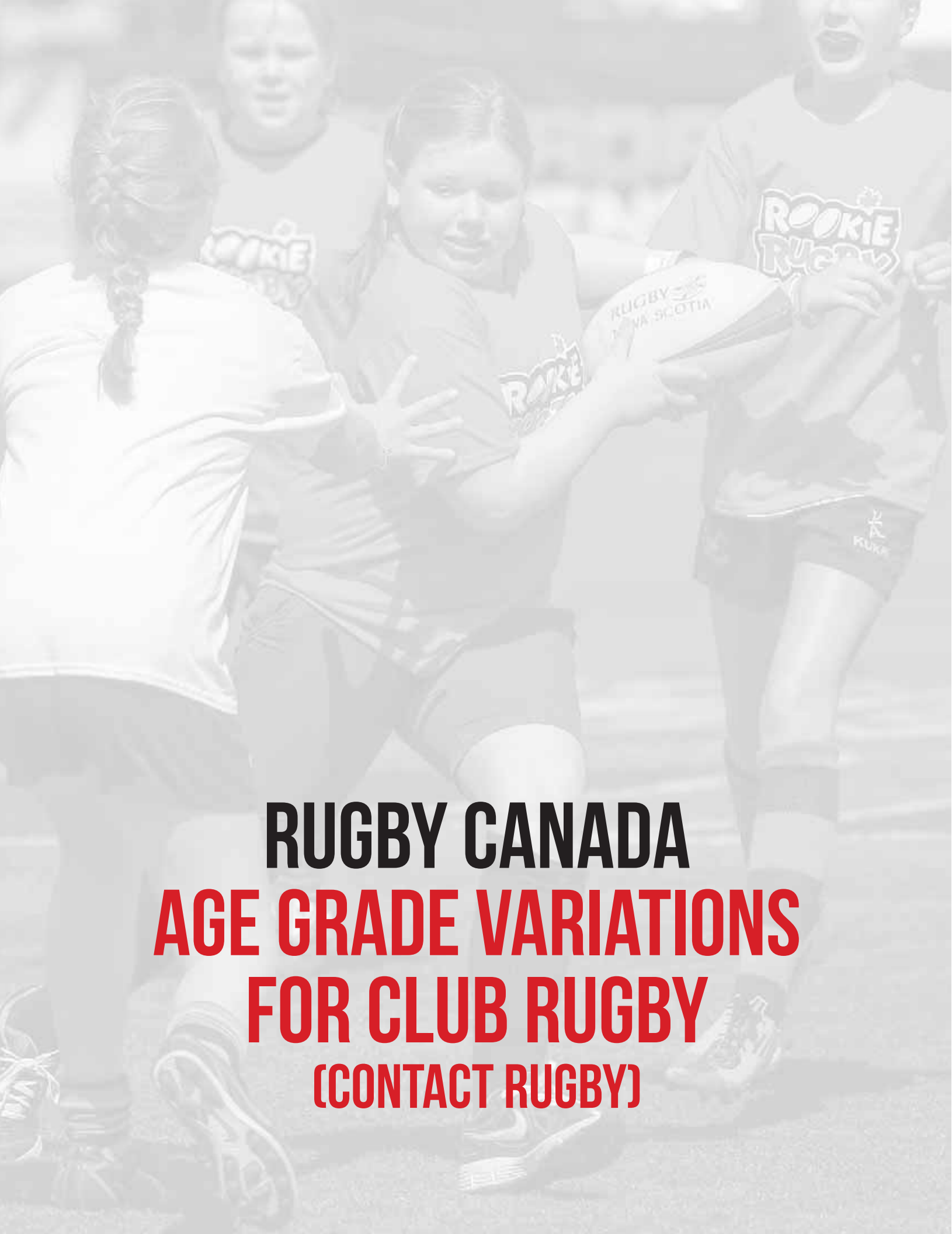
Maximum Time Per Half - Single Game 15 min 	Maximum Time Per Half - Festival 7 min 	Maximum playing time for players per day / event 60 min 	Ball Size 3 	Maximum # Per Team Modified 6 v 6 game recommended however games up to 8 v 8 permitted
Safety Zone between Playing Areas 6m	Size of Playing Area 6 v 6 (35m x 25m) 8 v 8 (45m x 30m) Excluding In-Goal	Restart/Kick Off Tap & Pass at Half	Tackle Flag is Pulled	Offside Where the ball carrier stops after the flag pull – not where the flag is pulled (Max 3 steps)
Fend-Off Not Allowed	Goal Kicking (Conversion) No 	Kicking in Open Play No 	Rucks None	Maul None
Squeeze Ball Not Allowed	Scrum No / Tap & Pass Instead 	Lineout No / Tap & Pass Instead 	Referee By Coach 	Penalties Tap & Pass 
Subs Rolling Subs 	Coaches on field (not including Ref) No	Yellow Card Time Out (2min) Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) 	Red Card No 	

AGE GRADE VARIATIONS FOR CLUB RUGBY

ROOKIE RUGBY UNDER 11 **Transition to Contact**

Maximum Time Per Half - Single Game 20 min 	Maximum Time Per Half - Festival 10 min 	Maximum playing time for players per day / event 70 min  <small>(Equal playing time encouraged)</small>	Ball Size 3 or 4 	Maximum # Per Team 8
Number of Forwards 3	Number of Backs 5	Safety Zone between Playing Areas 6m	Size of Playing Area 45m x 30m <small>Excluding In-Goal</small>	Restart/Kick Off Punt or Drop-Kick
Tackle Yes - Below Shoulders <small>(Ball Carrier to place ball and roll away)</small> 	Fend-Off Not Allowed	Goal Kicking (Conversion) No 	Kicking in Open Play Yes <small>Inside 5m zone</small> 	Rucks 1 Player from each team to bind in contact over the ball (No Push)
Maul None	Squeeze Ball Not Allowed	Scrum YES - 3 v 3 Uncontested <small>(No Push and opposing 9 does not challenge)</small> 	Lineout 1 thrower and 2 receivers from each team (Nearest 3 Players) 	Referee By Coach 
Penalties Tap & Pass <small>Kick is permitted inside defending team's 5m kick zone</small> 	Subs Rolling Subs 	Coaches on field (not including Ref) No	Yellow Card Time Out (2min) <small>Player sits out for a short period to get coaches feedback on foul play (Learning opportunity)</small> 	Red Card No 






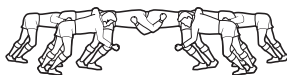






RUGBY CANADA
AGE GRADE VARIATIONS
FOR CLUB RUGBY
(CONTACT RUGBY)

AGE GRADE VARIATIONS FOR CLUB RUGBY




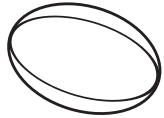
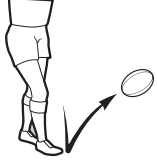
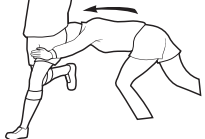
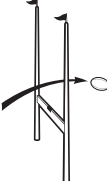

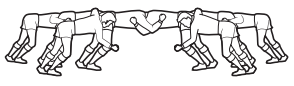

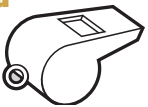

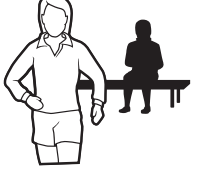
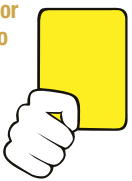

UNDER 13

Maximum Time Per Half - Single Game 25 min 	Maximum Time Per Half - Festival 15 min 	Maximum playing time for players per day / event 70 min 	Ball Size 4 	Recommended Squad Size 13
# of Forwards 6	# of Backs 7	Safety Zone between Playing Areas As Per Laws of the Game	Size of Playing Area 70m x 60m (play to 5m lines)	Restart/Kick Off Punt or Drop-Kick
Tackle Yes - Below Shoulders 	Fend-Off Not Allowed	Goal Kicking (Conversion) In front of Posts 	Kicking in Open Play Yes - Inside the 22m when defending 	Rucks As Per Laws of the Game
Maul YES Use or Lose Application	Squeeze Ball Not Allowed	Scrum 6 v 6 (Hookers contest but no push) (Opposing 9 does not challenge no 8 pick) 	Lineout 6 v 6 Max No Lift 	Referee By Referee if possible 
Penalties Tap & Pass Kick is permitted inside defending team's 22m kick zone 	Subs Rolling Subs 	Coaches on field (not including Ref) No	Yellow Card Time Out (2min) Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) 	Red Card Yes Player is removed from the remainder of the game but must be replaced to keep equal numbers 



AGE GRADE VARIATIONS FOR CLUB RUGBY





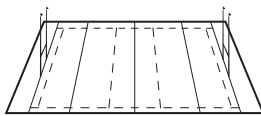
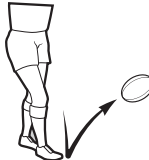
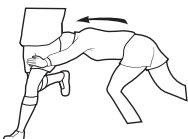
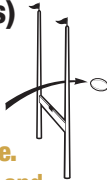

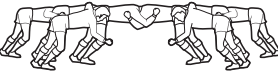






GIRLS UNDER 13

Maximum Time Per Half - Single Game 20 min 	Maximum Time Per Half - Festival 10 min 	Maximum playing time for players per day / event 70 min 	Ball Size 4 	Maximum # Per Team 7
Number of Forwards 3	Number of Backs 4	Maximum Squad Size 12	Safety Zone between Playing Areas 6m	Size of Playing Area 40m x 30m <small>Excluding In-Goal</small>
Kick Restarts Punt or Drop-Kick 	Tackle Yes - Below Shoulders 	Goal Kicking (Conversions) No 	Kicking in Open Play Yes - Inside 5m zone (see diagram) 	Rucks 2 v 2 <small>(plus carrier and tackler)</small>
Maul Yes - Use or Lose Application	Scrum 3 v 3 Contested (1.5m Push) 	Lineout Contested - No Lift 	Match Official Games to be officiated by an appointed accredited referee 	Penalties As Per Laws of the Game 
Subs Rolling Subs 	Coaches on field (not including Ref) Coaches not permitted on the field of play during games	Yellow Card Time Out (2min) <small>Player sits out for a short period to get coaches feedback on foul play (Learning opportunity)</small> 	Red Card Yes <small>Player is removed from the remainder of the game but must be replaced to keep equal numbers</small> 	



AGE GRADE VARIATIONS FOR CLUB RUGBY



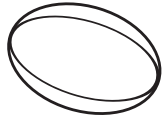
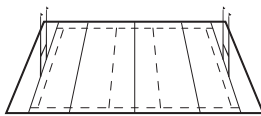
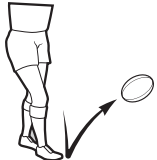
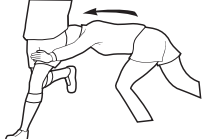
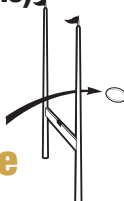
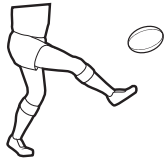
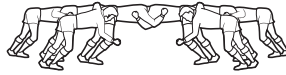

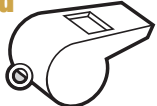




UNDER 15

Maximum Time Per Half - Single Game 30 min 	Maximum Time Per Half - Festival 20 min 	Maximum playing time for players per day / event 90 min 	Ball Size 4 or 5 	Maximum # Per Team 15
Number of Forwards 8	Number of Backs 7	Maximum Squad Size 22	Safety Zone between Playing Areas As Per Laws of the Game	Size of Playing Area Full Field 
Kick Restarts Drop Kick 	Tackle Yes Below Shoulders 	Hand-Off Allowed	Goal Kicking (Conversions) Yes - Inside 15m line if scored out wide. (Both drop kick and kicking off encouraged) 	Kicking in Open Play Both drop kick and kicking off encouraged 
Rucks As Per Laws of the Game	Maul YES Use or Lose Application	Squeeze Ball Not Allowed	Scrum 8 v 8 Contested (1.5m Push) 	Lineout Lifting Permitted with no Contested - Pre-bind on shorts 
Match Official Games to be officiated by an appointed accredited referee 	Penalties As Per Laws of the Game 	Subs As Per Laws of the Game 	Coaches on field (not including Ref) Coaches not permitted on the field of play during games	Yellow Card 5 min  Red Card Yes 



AGE GRADE VARIATIONS FOR CLUB RUGBY




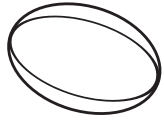
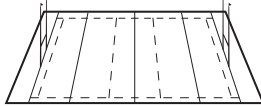
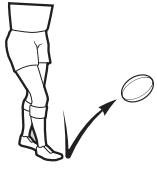
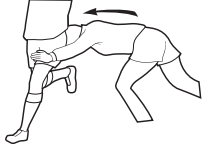
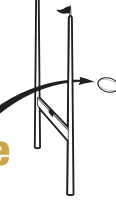





UNDER 17

Maximum Time Per Half - Single Game 35 min 	Maximum Time Per Half - Festival 20 min 	Maximum playing time for players per day / event 90 min 	Ball Size 5 	Maximum # Per Team 15
Number of Forwards 8	Number of Backs 7	Maximum Squad Size 25	Safety Zone between Playing Areas As Per Laws of the Game	Size of Playing Area Full Field 
Kick Restarts Drop Kick 	Tackle As Per Laws of the Game 	Hand-Off Allowed	Goal Kicking (Conversions) As Per Laws of the Game 	Kicking in Open Play As Per Laws of the Game 
Rucks As Per Laws of the Game	Maul As Per Laws of the Game	Squeeze Ball Not Allowed	Scrum 8 v 8 Contested (1.5m Push) 	Lineout As Per Laws of the Game 
Match Official Games to be officiated by an appointed accredited referee 	Penalties As Per Laws of the Game 	Subs As Per Laws of the Game 	Coaches on field (not including Ref) Coaches not permitted on the field of play during games	Yellow Card 7 min  Red Card Yes 



AGE GRADE VARIATIONS FOR CLUB RUGBY

UNDER 19

Maximum Time Per Half - Single Game 35 min 	Maximum Time Per Half - Festival 20 min 	Maximum playing time for players per day / event 90 min 	Ball Size 5 	Maximum # Per Team 15
Number of Forwards 8	Number of Backs 7	Maximum Squad Size 25	Safety Zone between Playing Areas As Per Laws of the Game	Size of Playing Area Full Field 
Kick Restarts Drop Kick 	Tackle As Per Laws of the Game 	Hand-Off Allowed	Goal Kicking (Conversions) As Per Laws of the Game 	Kicking in Open Play As Per Laws of the Game 
Rucks As Per Laws of the Game	Maul As Per Laws of the Game	Squeeze Ball Not Allowed	Scrum 8 v 8 Contested (1.5m Push) 	Lineout As Per Laws of the Game 
Match Official Games to be officiated by an appointed accredited referee 	Penalties As Per Laws of the Game 	Subs As Per Laws of the Game 	Coaches on field (not including Ref) Coaches not permitted on the field of play during games	Yellow Card 7 min  Red Card Yes 





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