

QUICK REFERENCE SHEET
Littles, U10 - AGES 9-10, 3RD & 4TH Grade
Max weight limit 115lbs

Kickoff/Restart	Drop Kick
Kicking	No
Conversion	N/A
Drop Goal	N/A
Pass	Backwards
Touch/Tackle	Tackle
Maul	Yes (2 vs. 2; runner, tackler plus 1 from each side)
Ruck	Semi-Contested Ruck, (2 vs. 2; runner, tackler plus 1 from each side), first to establish position – offense favored by ref, some contact allowed but ruck players cannot be taken to the ground)
Scrum	Free pass - 5 M retreat
Line-out	Free pass - 5 M retreat
Lifts in line-out	N/A
Penalties	5 M retreat - Tap and go on ref command
Field Size	70 M X 40 M + two 5 M try zones
Coaching Certification	Level 200 or greater
Players per side	7
Min Referee Resource	Center
Ball Size	4
Game Duration	7 min halves / 14 min full