

QUICK REFERENCE SHEET
Middle School, U14 - 13 & 14 YR OLDS, GRADE 7TH – 8TH
Open weight. No weight restrictions.

Kickoff/Restart	Drop Kick
Kicking	Yes
Conversion	Yes
Drop Goal	Yes
Pass	Backwards
Touch/Tackle	Tackle
Maul	Yes
Ruck	Contested (2 v 2)
Scrum	Contested Scrum
Line-out	Contested Lineout
Lifts in line-out	Yes
Penalties	10 M retreat - Tap and go on ref command
Field Size	100 M X 70 M + two 10 M try zones
Coaching Certification	Level 200
Players per side	7
Min Referee Resource	Center + two touch judges
Ball Size	5
Game Duration	7 min halves / 14 min full