



# RUGBY CANADA

## AGE GRADE

### LAW VARIATIONS FOR

#### COMMUNITY RUGBY

RUGBY CANADA



INTEGRITY ~ RESPECT ~ SOLIDARITY ~ PASSION ~ DISCIPLINE



**PLAY  
SMART**  
PUTTING PLAYERS FIRST

[RUGBY.CA](http://RUGBY.CA)



# VISION & MISSION STATEMENT

RUGBY CANADA

## VISION

To foster an inclusive, welcoming environment so that players of every shape, size, gender, age, ability, and skill level are able to participate in developmentally appropriate, controlled, competitive and enjoyable games. Use the game as the best teacher for teamwork, co-operation and respect between participants, coaches, players, officials, parents, and fans.

## MISSION

Use a player-centred, developmentally driven and competition supported model to continually assess, adapt and improve age and developmentally appropriate law variations across Canada. We seek to ensure integrity, passion, solidarity, discipline and respect are central tenants for all considerations, decisions and variations made.



INTEGRITY – RESPECT – SOLIDARITY – PASSION – DISCIPLINE



# MOUTH GUARDS

Mouth guards are typically worn in contact sports to protect the mouth from injury. The purpose of a mouth guard is to distribute the impact of a contact situation evenly throughout the mouth, potentially reducing the chances of injury. Previous studies have indicated that the wearing of mouth guards reduces the incidence of hard and soft oral injuries, jaw fractures and neck injuries (Ranalli, 2000; Knapik et al, 2007; Newsome et al, 2001). A study in New Zealand rugby union has reported a 47% reduction in dental injury claims following the introduction of compulsory wearing of mouth guards (Quarrie et al, 2005).



# AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

## ROOKIE RUGBY UNDER 7 AND 8

<b>Size of Playing Area</b> <b>4 v 4</b> (20m x 15m) <b>6 v 6</b> (25m x 20m) Excluding In-Goal	<b>Safety Zone between Playing Areas</b> <b>5m</b>	<b>Ball Size</b> <b>Size 3</b> 	<b>Numbers Per Team</b> <b>Recommended 4</b> <b>Maximum 6</b>	<b>Substitutions</b> <b>Rolling Subs</b> 
<b>Time per Half – Single Game</b> <b>7-10 min</b> 	<b>Maximum Time Per Half - Festival</b> <b>7 min</b> 	<b>Maximum playing time for players per day / event</b> <b>60 min</b> 	<b>Match Official</b> <b>Game Manager</b> 	<b>Coaches on field (not including Game Manager)</b> <b>Yes</b>
<b>Goal Kicking (Conversion / Penalties)</b> <b>No</b> 	<b>Yellow Card Time Out (2min)</b> Player sits out for a short period to get coaches feedback on foul play (Learning opportunity). Player to be replaced for equal numbers 	<b>Red Card</b> <b>No</b> 	<b>Offside</b> <b>3m from Tap and pass restart</b> <b>1m from where the ball carrier stops after the flag pull – not where the flag is pulled (Max 3 steps)</b>	<b>Knock-On</b> <b>Play on Where Possible</b>
<b>Restart</b> <b>Tap &amp; Pass at Halfway Point</b>	<b>Tackle</b> <b>One Flag is Pulled</b>	<b>Ruck</b> <b>N/A</b>	<b>Maul</b> <b>N/A</b>	<b>Lineout</b> <b>Tap &amp; Pass from the mark where the ball exited play</b> 
<b>Scrum</b> <b>No / Tap &amp; Pass Instead</b> 	<b>Kicking in Open Play</b> <b>No</b> 	<b>Fending/ Hand-Off</b> <b>No</b>	<b>Penalties</b> <b>Tap &amp; Pass</b> 	





# AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

## ROOKIE RUGBY UNDER 9 AND 10

<b>Size of Playing Area</b> <b>6 v 6</b> (35m x 25m) <b>8 v 8</b> (35m x 25m) Excluding In-Goal	<b>Safety Zone between Playing Areas</b> <b>5m</b>	<b>Ball Size</b> <b>Size 3</b> 	<b>Numbers Per Team</b> <b>Recommended 6</b> <b>Maximum 8</b>	<b>Substitutions</b> <b>Rolling Subs</b> 
<b>Time per Half – Single Game</b> <b>15 min</b>	<b>Maximum Time Per Half - Festival</b> <b>7 min</b>	<b>Maximum playing time for players per day / event</b> <b>60 min</b>	<b>Match Official</b> <b>Game Manager</b> 	<b>Coaches on field (not including Game Manager)</b> <b>Permitted if needed</b>
<b>Goal Kicking (Conversion / Penalties)</b> <b>No</b>	<b>Yellow Card Time Out (2min)</b> Player sits out for a short period to get coaches feedback on foul play (Learning opportunity). Player to be replaced for equal numbers	<b>Red Card</b> <b>No</b>	<b>Offside</b> <b>3m from Tap and pass restart</b> <b>1m from where the ball carrier stops after the flag pull – not where the flag is pulled (Max 3 steps)</b>	<b>Penalties</b> <b>Tap &amp; Pass</b>
<b>Restart</b> <b>Tap &amp; Pass at Halfway Point</b>	<b>Tackle</b> <b>One Flag is Pulled</b>	<b>Ruck</b> <b>N/A</b>	<b>Maul</b> <b>N/A</b>	<b>Lineout</b> <b>Tap &amp; Pass from the mark where the ball exited play</b> 
<b>Scrum</b> <b>No / Tap &amp; Pass Instead</b>	<b>Kicking in Open Play</b> <b>No</b>	<b>Fending/ Hand-Off</b> <b>No</b>	<b>Penalties</b> <b>Tap &amp; Pass</b>	



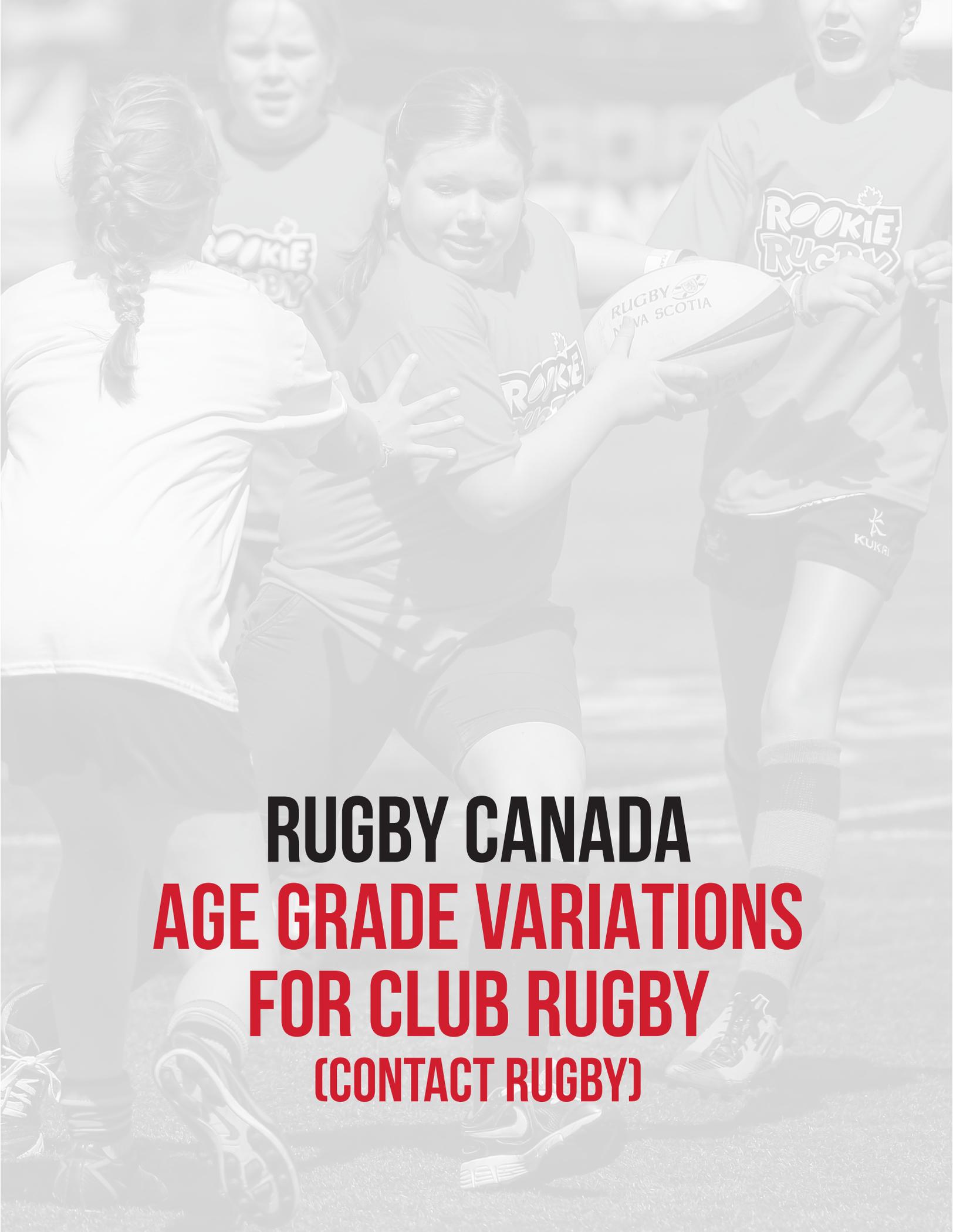


# AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

## ROOKIE RUGBY UNDER 11 AND 12 (TRANSITION TO CONTACT)

<p><b>Size of Playing Area</b></p> <p><b>Festival</b> 35m x 30m</p> <p><b>Single Game</b> 60m x 35m</p> <p>Excluding In-Goal</p>	<p><b>Safety Zone between Playing Areas</b></p> <p><b>5m</b></p>	<p><b>Ball Size</b></p> <p><b>Size 3 or 4</b></p>	<p><b>Numbers Per Team</b></p> <p><b>Recommended 8</b></p> <p><b>Maximum 9</b></p>	<p><b>Substitutions</b></p> <p><b>Rolling Subs</b></p>
<p><b>Time per Half – Single Game</b></p> <p><b>20 min</b></p>	<p><b>Maximum Time Per Half - Festival</b></p> <p><b>10 min</b></p>	<p><b>Maximum playing time for players per day / event</b></p> <p><b>70 min</b></p>	<p><b>Match Official</b></p> <p><b>Game Manager</b></p>	<p><b>Coaches on field (not including Game Manager)</b></p> <p><b>Not Recommended</b></p> <p>Permitted if needed</p>
<p><b>Goal Kicking (Conversion / Penalties)</b></p> <p><b>No</b></p>	<p><b>Yellow Card</b></p> <p><b>Time Out</b> Festival 2min Single Game 5min</p> <p>Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) Player to be replaced for equal numbers</p>	<p><b>Red Card</b></p> <p><b>No</b></p>	<p><b>Offside</b></p> <p><b>7 meters at a Tap &amp; Pass</b></p> <p><b>At the back foot of the ruck</b></p>	<p><b>Penalties</b></p> <p><b>Tap &amp; Pass</b></p>
<p><b>Restart</b></p> <p><b>A punt or drop-kick from the halfway mark</b></p> <p>The kicking team may not advance until the ball has traveled 7m. Unsuccessful kicks result in a Free Kick to the opposition at the halfway mark</p>	<p><b>Tackle</b></p> <p><b>Yes - Below Waist</b></p>	<p><b>Ruck</b></p> <p><b>YES - 1 v 1 Contested Rucks</b></p> <p>(No pick and go from support players)</p>	<p><b>Maul</b></p> <p><b>No</b></p>	<p><b>Lineout</b></p> <p><b>Yes</b></p> <p>2 receivers from each team uncontested.</p>
<p><b>Scrum</b></p> <p><b>YES - 3 v 3 Uncontested</b></p> <p>(No Push and opposing 9 does not challenge)</p> <p>(Nearest 4 players from each team join the scrum)</p>	<p><b>Kicking in Open Play</b></p> <p><b>From Hand Only</b></p>	<p><b>Fending/ Hand-Off</b></p> <p><b>No</b></p>	<p><b>Squeeze Ball</b></p> <p><b>No</b></p>	



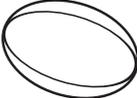
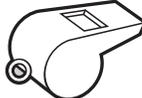
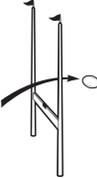
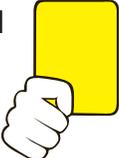
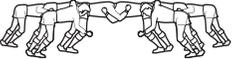


**RUGBY CANADA**  
**AGE GRADE VARIATIONS**  
**FOR CLUB RUGBY**  
**(CONTACT RUGBY)**



# AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

## UNDER 13 AND 14 (13s)

<b>Size of Playing Area</b>  <b>90m x 60m</b> (Play to 5m lines Excluding In-Goal)	<b>Safety Zone between Playing Areas</b>  <b>5m</b>	<b>Ball Size</b>  <b>Size 4 or 5</b> 	<b>Numbers Per Team</b>  <b>13</b> <b>Forwards 6</b> <b>Backs 7</b>	<b>Substitutions</b>  <b>Rolling Subs</b> 
<b>Time per Half – Single Game</b>  <b>25 min</b>  Optional 12.5min quarters	<b>Maximum Time Per Half - Festival</b>  <b>15 min</b> 	<b>Maximum playing time for players per day / event</b>  <b>80 min</b> 	<b>Match Official</b> <b>Certified and appointed Match Official where possible</b> 	<b>Coaches on field (not including Match Official)</b>  <b>No</b>
<b>Goal Kicking (Conversion)</b>  <b>In front of posts within 1 min of a try being scored</b> 	<b>Yellow Card</b>  <b>Time Out</b> <b>Festival 2min</b> <b>Single Game 5min</b> Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) Player to be replaced for equal numbers	<b>Red Card</b>  <b>Yes</b> Offending player is removed and replaced to maintain equal numbers 	<b>Offside</b>  <b>Apply World Rugby Laws of the Game</b>	<b>Penalties</b>  <b>Tap Ball</b>  Kicking out of hand is permitted if the defending team is awarded a penalty within their 22
<b>Restart</b>  <b>A punt or drop-kick from the halfway mark</b>	<b>Tackle</b>  <b>Apply World Rugby Laws of the Game</b>	<b>Ruck</b>  <b>Apply World Rugby Laws of the Game</b>	<b>Maul</b>  <b>No</b>	<b>Lineout</b>  <b>Yes</b> 6 receivers from each team. Contested with no lift. 
<b>Scrum</b> <b>Yes – 6 v 6</b> <b>Hookers Contest</b> (No push. 9 in possession must pass. Opposing 9 does not challenge. No 8 Pick) 	<b>Kicking in Open Play</b>  <b>Apply World Rugby Laws of the Game</b>	<b>Fending/ Hand-Off</b>  <b>Yes</b> <b>No contact to the head or neck permitted</b>	<b>Squeeze Ball</b>  <b>No</b>	<b>Scoring Zone</b>  <b>5   7   15</b> If a try is scored in the middle 10m award 7 points. If scored outside of the middle 10m award 5. (if not kicking for posts)





# AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

## UNDER 13 AND 14 (7s)

<b>Size of Playing Area</b>  <b>60m x 40m</b> (Excluding In-Goal)	<b>Safety Zone between Playing Areas</b>  <b>5m</b>	<b>Ball Size</b>  <b>Size 4 or 5</b>  	<b>Numbers Per Team</b>  <b>7</b>	<b>Substitutions</b>  <b>Rolling Subs</b>  
<b>Time per Half – Single Game</b>  <b>7 min</b>	<b>Maximum Time Per Half - Festival</b>  <b>7 min</b>	<b>Maximum playing time for players per day / event</b>  <b>70 min</b>	<b>Match Official</b> <b>Certified and appointed Match Official where possible</b>	<b>Coaches on field (not including Match Official)</b>  <b>No</b>
<b>Goal Kicking (Conversion/ Penalties)</b>  <b>No</b>	<b>Yellow Card</b> <b>Time Out</b> <b>Festival 2min</b> <b>Single Game 5min</b> Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) Player to be replaced for equal numbers	<b>Red Card</b>  <b>Yes</b> Offending player is removed and replaced to maintain equal numbers	<b>Offside</b>  <b>Apply World Rugby Laws of the Game</b>	<b>Penalties</b>  <b>Tap Ball</b>
<b>Restart</b>  <b>A punt or drop-kick from the halfway mark</b>	<b>Tackle</b>  <b>Apply World Rugby Laws of the Game</b>	<b>Ruck</b>  <b>Apply World Rugby Laws of the Game</b>	<b>Maul</b>  <b>No</b>	<b>Lineout</b>  <b>Yes</b> 2 receivers from each team. Contested with no lift.
<b>Scrum</b> <b>Yes – 3 v 3</b> <b>Hookers Contest</b> (No push. 9 in possession must pass. Opposing 9 does not challenge.) 	<b>Kicking in Open Play</b>  <b>Apply World Rugby Laws of the Game</b>	<b>Fending/ Hand-Off</b>  <b>Yes</b> <b>No contact to the head or neck permitted</b>	<b>Squeeze Ball</b>  <b>No</b>	<b>Scoring Zone</b>  <b>5   7   15</b> If a try is scored in the middle 10m award 7 points. If scored outside of the middle 10m award 5.





# AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

## UNDER 15 AND 16 (15)

<p><b>Size of Playing Area</b></p> <p><b>Full Field</b></p>	<p><b>Safety Zone between Playing Areas</b></p> <p><b>5m</b></p>	<p><b>Ball Size</b></p> <p><b>Size 4 or 5</b></p>	<p><b>Numbers Per Team</b></p> <p><b>15</b></p> <p><b>Forwards 8</b></p> <p><b>Backs 7</b></p>	<p><b>Substitutions</b></p> <p><b>Rolling Subs</b></p>
<p><b>Time per Half – Single Game</b></p> <p><b>30 min</b></p> <p>Optional 15min quarters</p>	<p><b>Maximum Time Per Half - Festival</b></p> <p><b>20 min</b></p>	<p><b>Maximum playing time for players per day / event</b></p> <p><b>90 min</b></p>	<p><b>Match Official</b></p> <p><b>Certified and appointed Match Official where possible</b></p>	<p><b>Coaches on field (not including Match Official)</b></p> <p><b>No</b></p>
<p><b>Goal Kicking (Conversion)</b></p> <p><b>Yes</b></p> <p>Option to bring the ball to the 15m line if try is scored between 15m and the sideline.</p>	<p><b>Yellow Card</b></p> <p><b>Yes</b></p> <p><b>5 min</b></p>	<p><b>Red Card</b></p> <p><b>Yes</b></p>	<p><b>Offside</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Penalties</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>
<p><b>Restart</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Tackle</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Ruck</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Maul</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Lineout</b></p> <p><b>Apply World Rugby U19 Laws of the Game</b></p>
<p><b>Scrum</b></p> <p><b>8 v 8 Contested (1.5m Push)</b></p> <p>Apply World Rugby U19 Laws of the Game</p>	<p><b>Kicking in Open Play</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Fending/ Hand-Off</b></p> <p><b>Yes</b></p> <p>No contact to the head or neck permitted</p>	<p><b>Squeeze Ball</b></p> <p><b>No</b></p>	





# AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

## UNDER 15, 16, 17, 18 & 19 (7s)

<p><b>Size of Playing Area</b></p> <p><b>Full Field</b></p>	<p><b>Safety Zone between Playing Areas</b></p> <p><b>5m</b></p>	<p><b>Ball Size</b></p> <p><b>Size 4 or 5</b></p>	<p><b>Numbers Per Team</b></p> <p><b>7</b></p> <p><b>Forwards 3</b></p> <p><b>Backs 4</b></p>	<p><b>Substitutions</b></p> <p><b>Rolling Subs</b></p>
<p><b>Time per Half – Single Game</b></p> <p><b>7 min</b></p>	<p><b>Maximum Time Per Half - Festival</b></p> <p><b>7 min</b></p>	<p><b>Maximum playing time for players per day / event</b></p> <p><b>90 min</b></p>	<p><b>Match Official</b></p> <p><b>Certified and appointed Match Official where possible</b></p>	<p><b>Coaches on field (not including Match Official)</b></p> <p><b>No</b></p>
<p><b>Goal Kicking (Conversion)</b></p> <p><b>Apply World Rugby Laws of the Game</b></p> <p><b>Sevens Variations</b></p>	<p><b>Yellow Card</b></p> <p><b>Yes</b></p> <p><b>2 min</b></p>	<p><b>Red Card</b></p> <p><b>Yes</b></p>	<p><b>Offside</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Penalties</b></p> <p><b>Apply World Rugby Laws of the Game</b></p> <p><b>Sevens Variations</b></p>
<p><b>Restart/Kickoff</b></p> <p><b>Apply World Rugby Laws of the Game</b></p> <p><b>Sevens Variations</b></p>	<p><b>Tackle</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Ruck</b></p> <p><b>Apply World Rugby Laws of the Game</b></p> <p><b>Sevens Variations</b></p>	<p><b>Maul</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Lineout</b></p> <p><b>Apply World Rugby U19 Laws of the Game</b></p> <p><b>Sevens Variations</b></p>
<p><b>Scrum</b></p> <p><b>Yes</b></p> <p><b>Apply World Rugby U19 Sevens Laws of the Game</b></p>	<p><b>Kicking in Open Play</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Fending/ Hand-Off</b></p> <p><b>Yes</b></p> <p><b>No contact to the head or neck permitted</b></p>	<p><b>Squeeze Ball</b></p> <p><b>No</b></p>	





# AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

## UNDER 17, 18 AND 19 (15s)

<p><b>Size of Playing Area</b></p> <p><b>Full Field</b></p>	<p><b>Safety Zone between Playing Areas</b></p> <p><b>5m</b></p>	<p><b>Ball Size</b></p> <p><b>Size 4 or 5</b></p>	<p><b>Numbers Per Team</b></p> <p><b>15</b></p> <p><b>Forwards 8</b></p> <p><b>Backs 7</b></p>	<p><b>Substitutions</b></p> <p><b>Rolling Subs</b></p>
<p><b>Time per Half – Single Game</b></p> <p><b>35 min</b></p>	<p><b>Maximum Time Per Half - Festival</b></p> <p><b>20 min</b></p>	<p><b>Maximum playing time for players per day / event</b></p> <p><b>90 min</b></p>	<p><b>Match Official</b></p> <p><b>Certified and appointed Match Official where possible</b></p>	<p><b>Coaches on field (not including Match Official)</b></p> <p><b>No</b></p>
<p><b>Goal Kicking (Conversion)</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Yellow Card</b></p> <p><b>Yes</b></p> <p><b>7 min</b></p>	<p><b>Red Card</b></p> <p><b>Yes</b></p>	<p><b>Offside</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Penalties</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>
<p><b>Restart/Kickoff</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Tackle</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Ruck</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Maul</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Lineout</b></p> <p><b>Apply World Rugby U19 Laws of the Game</b></p>
<p><b>Scrum</b></p> <p><b>8 v 8 Contested</b></p> <p><b>(1.5m Push)</b></p> <p><b>Apply World Rugby U19 Laws of the Game</b></p>	<p><b>Kicking in Open Play</b></p> <p><b>Apply World Rugby Laws of the Game</b></p>	<p><b>Fending/ Hand-Off</b></p> <p><b>Yes</b></p> <p><b>No contact to the head or neck permitted</b></p>	<p><b>Squeeze Ball</b></p> <p><b>No</b></p>	





# FIRST AID

All Age grade games in Canada should have appropriate first aid staff on site supported by and Emergency Action Plan. Rugby Canada and its provincial unions offer the World Rugby First Aid In Rugby (FAIR) certification.

For interested parties, please contact your provincial union for more details.



INTEGRITY – RESPECT – SOLIDARITY – PASSION – DISCIPLINE



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