



RUGBY CANADA

AGE GRADE

LAW VARIATIONS FOR

COMMUNITY RUGBY

RUGBY CANADA



INTEGRITY ~ RESPECT ~ SOLIDARITY ~ PASSION ~ DISCIPLINE



**PLAY
SMART**
PUTTING PLAYERS FIRST

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



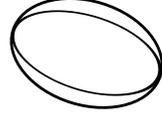
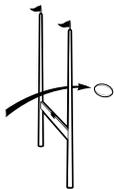
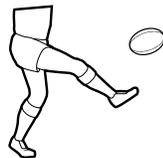
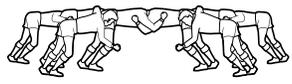
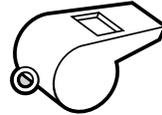
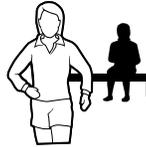
MOUTH GUARDS

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

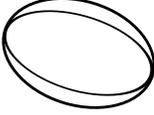
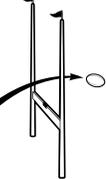
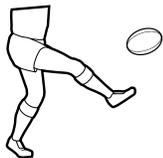
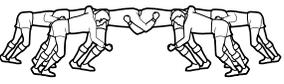
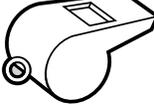
Time Per Half - Single Game 7-10 min 	Maximum Time Per Half - Festival 7 min 	Maximum playing time for players per day / event 60 min 	Ball Size Size 3 	Numbers Per Team Recommended 4 Maximum 6
Safety Zone between Playing Areas 5m	Size of Playing Area 4 v 4 (20m x 15m) 6 v 6 (25m x 20m) Excluding In-Goal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





AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

ROOKIE RUGBY UNDER 9

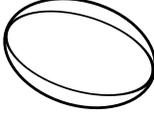
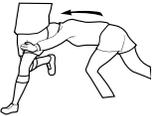
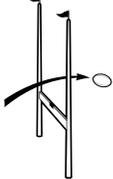
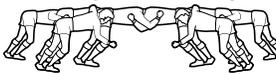
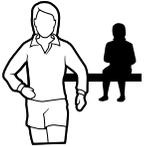
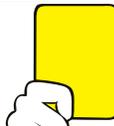
Maximum Time Per Half - Single Game 15 min 	Maximum Time Per Half - Festival 7 min 	Maximum playing time for players per day / event 60 min 	Ball Size Size 3 	Numbers Per Team Recommended 6 Maximum 8
Safety Zone between Playing Areas 5m	Size of Playing Area 6 v 6 (35m x 25m) 8 v 8 (35m x 25m) Excluding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



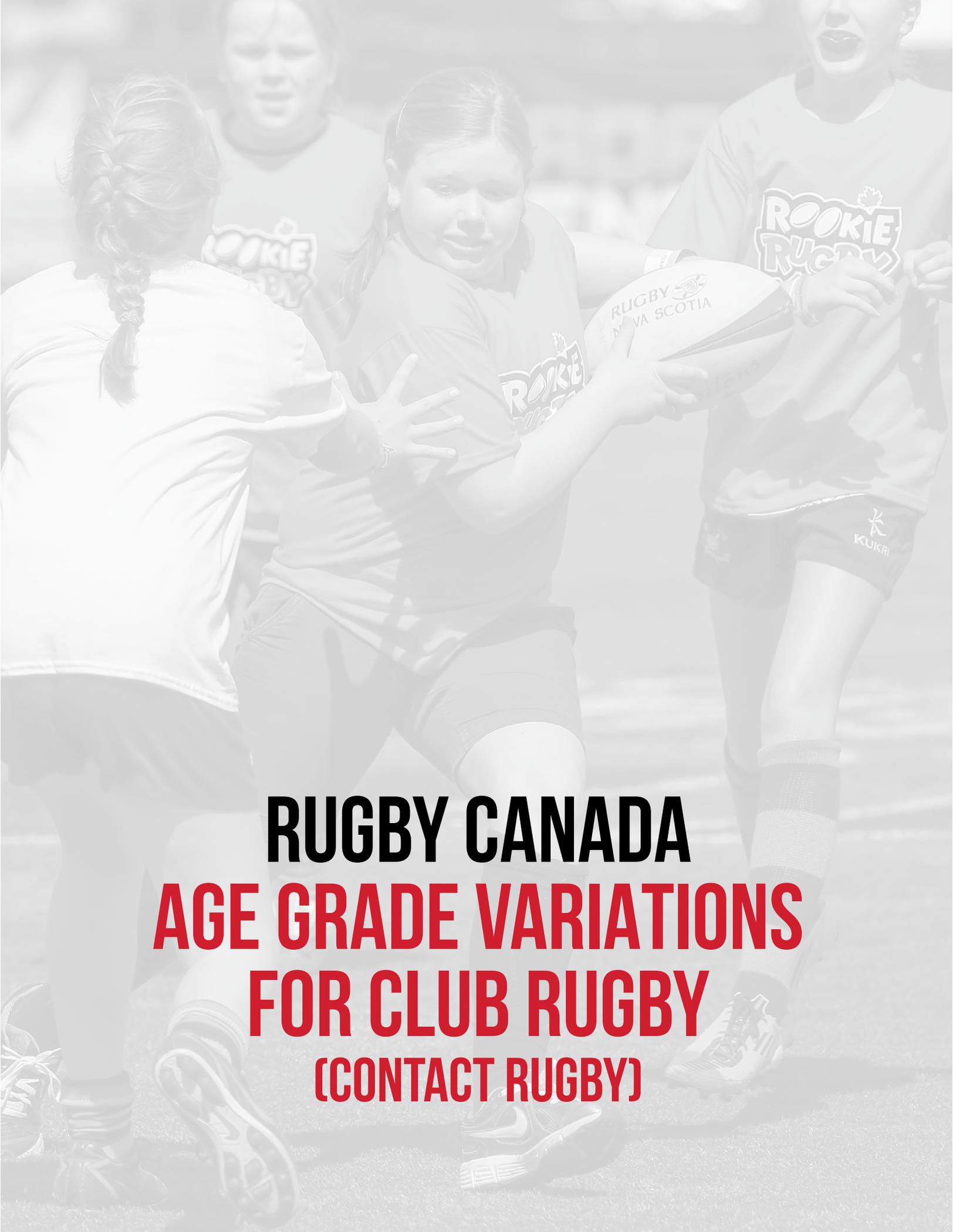


AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

ROOKIE RUGBY UNDER 11 (TRANSITION TO CONTACT)

<p>Maximum Time Per Half - Single Game</p> <p>20 min </p>	<p>Maximum Time Per Half - Festival</p> <p>10 min </p>	<p>Maximum playing time for players per day / event</p> <p>70 min </p> <p>(Equal playing time encouraged)</p>	<p>Ball Size</p> <p>Size 3 or 4</p> 	<p>Numbers Per Team Recommended</p> <p>8</p> <p>Maximum 9</p>
<p>Safety Zone between Playing Areas</p> <p>5m</p>	<p>Size of Playing Area</p> <p>Festival 35m x 30m</p> <p>Single Game 60m x 35m</p> <p>Excluding In-Goal</p>	<p>Restart/Kick Off</p> <p>Kicking team cannot advance until ball has travelled 7m. Unsuccessful kicks result in a Free Kick to the opposition at centre.</p>	<p>Tackle Yes - Below Waist</p> <p>(Ball Carrier and tackler to place ball and roll away)</p> 	<p>Hand-Off</p> <p>No</p>
<p>Goal Kicking (Conversion / Penalties)</p> <p>No </p>	<p>Kicking in Open Play</p> <p>Kicking from hand permitted so long as the ball lands in the field of play. Sanction = free kick to opposition from where ball was kicked</p> 	<p>Rucks</p> <p>YES - 1 v 1 Contested Rucks</p> <p>(No pick and go from support players)</p>	<p>Offside</p> <p>At the back foot of the ruck</p>	<p>Maul</p> <p>No</p>
<p>Squeeze Ball</p> <p>No</p>	<p>Scrum</p> <p>YES - 3 v 3 Uncontested</p> <p>(No Push and opposing 9 does not challenge)</p> <p>(Nearest 4 players from each team join the scrum)</p> 	<p>Lineout</p> <p>Yes</p> <p>2 receivers from each team uncontested.</p> 	<p>Referee/Game Coach</p> <p>Game Manager</p> 	<p>Penalties</p> <p>Tap & Pass</p> 
<p>Substitutions</p> <p>Rolling Subs</p> 	<p>Coaches on field (not including Game Manager)</p> <p>Recommend not, but permitted on field if needed</p>	<p>Yellow Card </p> <p>Time Out</p> <p>Festival 2min</p> <p>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>Red Card</p> <p>No </p>	



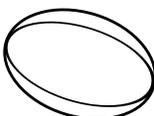
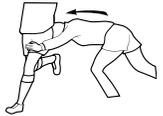
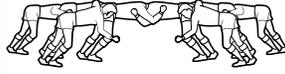
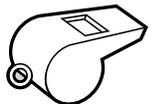
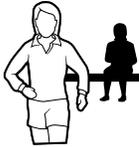


RUGBY CANADA
AGE GRADE VARIATIONS
FOR CLUB RUGBY
(CONTACT RUGBY)



AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

UNDER 13

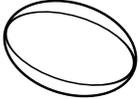
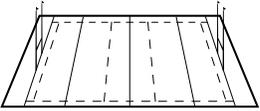
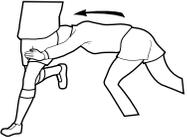
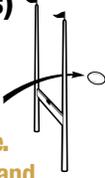
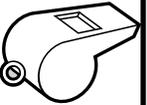
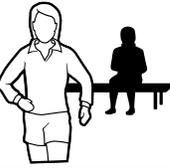
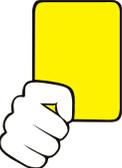
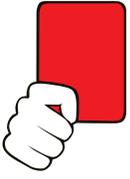
<p>Maximum Time Per Half - Single Game</p> <p>25 min</p> <p>12.5min quarter where required for player welfare</p> 	<p>Maximum Time Per Half - Festival</p> <p>15 min</p> 	<p>Maximum playing time for players per day / event</p> <p>70 min</p> 	<p>Ball Size</p> <p>Size 4 or 5</p> 	<p>Maximum Number Per Team</p> <p>13</p>
<p>Number of Forwards</p> <p>6</p>	<p>Number of Backs</p> <p>7</p>	<p>Safety Zone between Playing Areas</p> <p>Apply World Rugby Laws of the Game</p>	<p>Size of Playing Area</p> <p>70m x 60m</p> <p>(Play to 5m lines)</p>	<p>Restart/Kick Off</p> <p>Drop-Kick</p> <p>Ball must land between the 10m and 22m line. Allow one re-kick if not successful, then sanction if requires with Free Kick from half to opposition</p>
<p>Tackle</p> <p>Yes - Below Waist</p> 	<p>Hand-Off</p> <p>Yes</p> <p>No contact to the head or neck permitted</p>	<p>Goal Kicking (Conversion)</p> <p>In front of posts (Both drop kick and kicking off Tee encouraged). Within 1min in festival matches</p> 	<p>Kicking in Open Play</p> <p>Kicking from hand permitted so long as the ball lands in the field of play. Sanction = free kick to opposition from where ball was kicked</p> 	<p>Rucks</p> <p>Apply World Rugby Laws of the Game</p>
<p>Maul</p> <p>Apply World Rugby Laws of the Game</p> <p>Use or Lose Application to limit length of time of Maul</p>	<p>Squeeze Ball</p> <p>No</p>	<p>Scrum</p> <p>6 v 6</p> <p>(Hookers contest but no push) (9 in possession must pass & Opposing 9 does not challenge- no 8 pick)</p> 	<p>Lineout</p> <p>6 v 6</p> <p>Contested (jump) with no support. Ref to mark 3m for front of lineout)</p> 	<p>Referee or Coach</p> <p>Games to be officiated by a certified referee if possible</p> 
<p>Penalties</p> <p>Tap & Pass</p> <p>Kicking out of hand is permitted within the 22m line of defending line. Ball must land in field of play</p> 	<p>Substitutions</p> <p>Rolling Subs</p> 	<p>Coaches on Field (not including Game Manager)</p> <p>No</p>	<p>Yellow Card</p> <p>Time Out</p> <p>Festival 2min</p> <p>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>Red Card</p> <p>Yes</p> <p>Player is removed from the remainder of the game but must be replaced to keep equal numbers</p> 





AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

UNDER 15

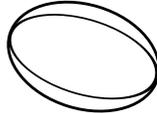
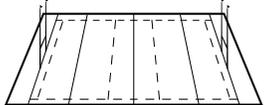
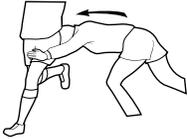
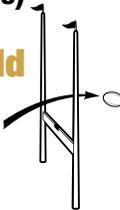
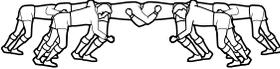
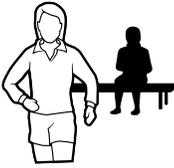
<p>Maximum Time Per Half - Single Game</p> <p>30 min</p>  <p>15min quarter where required for player welfare</p>	<p>Maximum Time Per Half - Festival</p> <p>20 min</p> 	<p>Maximum playing time for players per day / event</p> <p>90 min</p> 	<p>Ball Size</p> <p>Size 4 Recommended</p> <p>Size 5 Acceptable</p> 	<p>Maximum # Per Team</p> <p>15</p>
<p>Number of Forwards</p> <p>8</p>	<p>Number of Backs</p> <p>7</p>	<p>Safety Zone between Playing Areas</p> <p>Apply World Rugby Laws of the Game</p>	<p>Size of Playing Area</p> <p>Full Field</p> 	<p>Restart / Kick Off</p> <p>Drop Kick</p> <p>Ball must land between the 10m and 22m line. Allow one re-kick if not successful, then sanction if requires with Free Kick from half to opposition</p>
<p>Tackle</p> <p>Yes</p> <p>Below Waist</p> 	<p>Hand-Off</p> <p>Yes</p> <p>No contact to the head or neck permitted</p>	<p>Goal Kicking (Conversions)</p> <p>Yes - Inside 15m line if scored out wide. (Both drop kick and kicking off Tee encouraged)</p> 	<p>Kicking in Open Play</p> <p>Yes</p> <p>Ball must land in the field of play. Sanction = free kick to opposition from where ball was kicked. Exception: kicks from penalties</p> 	<p>Rucks</p> <p>Apply World Rugby Laws of the Game</p>
<p>Maul</p> <p>Apply World Rugby Laws of the Game</p> <p>Use or Lose Application to limit length of time of Maul</p>	<p>Squeeze Ball</p> <p>No</p>	<p>Scrum</p> <p>8 v 8 Contested (1.5m Push)</p> 	<p>Lineout</p> <p>Ref to mark 3m for front of lineout. All infringements are Free Kicks at 15m, except foul play</p>	<p>Match Official</p> <p>Games to be officiated by a certified referee</p> 
<p>Penalties</p> <p>Apply World Rugby Laws of the Game</p> 	<p>Substitutions</p> <p>Rolling Subs</p> 	<p>Coaches on field (not including Ref)</p> <p>Coaches not permitted on the field of play during games</p>	<p>Yellow Card</p> <p>5 min</p> 	<p>Red Card</p> <p>Yes</p> 





AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

UNDER 17

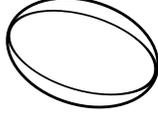
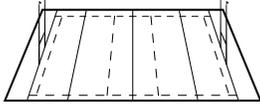
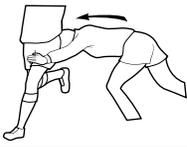
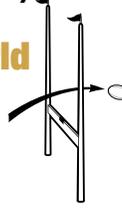
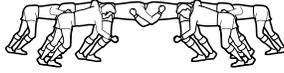
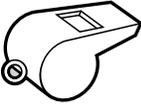
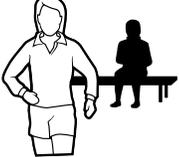
<p>Maximum Time Per Half - Single Game</p> <p>35 min</p> <p>17.5min quarter where required for player welfare</p> 	<p>Maximum Time Per Half - Festival</p> <p>20 min</p> 	<p>Maximum playing time for players per day / event</p> <p>90 min</p> 	<p>Ball Size</p> <p>Size 5</p> 	<p>Maximum # Per Team</p> <p>15</p>
<p>Number of Forwards</p> <p>8</p>	<p>Number of Backs</p> <p>7</p>	<p>Recommended Squad Size</p> <p>20 Players</p> <p>Subs must include suitably trained front row players (See WR Scrum Ready)</p>	<p>Safety Zone between Playing Areas</p> <p>Apply World Rugby Laws of the Game</p>	<p>Size of Playing Area</p> <p>Full Field</p> 
<p>Restart / Kick Off</p> <p>Drop Kick</p> <p>Ball must land between the 10m and 22m line. Allow one re-kick if not successful, then sanction if requires with Free Kick from half to opposition</p>	<p>Tackle</p> <p>Yes</p> <p>Below Waist</p> 	<p>Hand-Off</p> <p>Yes</p> <p>No contact to the head or neck permitted</p>	<p>Goal Kicking (Conversions)</p> <p>Apply World Rugby Laws of the Game</p> 	<p>Kicking in Open Play</p> <p>Apply World Rugby Laws of the Game</p> 
<p>Rucks</p> <p>Apply World Rugby Laws of the Game</p>	<p>Maul</p> <p>Apply World Rugby Laws of the Game</p>	<p>Squeeze Ball</p> <p>No</p>	<p>Scrum</p> <p>8 v 8 Contested</p> <p>(1.5m Push)</p> 	<p>Lineout</p> <p>Apply World Rugby Laws of the Game</p> <p>All infringements are Free Kicks at 15m, except foul play</p>
<p>Match Official</p> <p>Games to be officiated by a certified referee</p> 	<p>Penalties</p> <p>Apply World Rugby Laws of the Game</p> 	<p>Substitutions</p> <p>Rolling Subs</p> 	<p>Coaches on field (not including Ref)</p> <p>Coaches not permitted on the field of play during games</p>	<p>Yellow Card</p> <p>7 min</p> <p>30min Half = 5min 35min half = 7min</p> 
				<p>Red Card</p> <p>Yes</p> 





AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

UNDER 19

<p>Maximum Time Per Half - Single Game</p> <p>35 min</p> <p>17.5min quarter where required for player welfare</p> 	<p>Maximum Time Per Half - Festival</p> <p>20 min</p> 	<p>Maximum playing time for players per day / event</p> <p>90 min</p> 	<p>Ball Size</p> <p>Size 5</p> 	<p>Maximum # Per Team</p> <p>15</p>
<p>Number of Forwards</p> <p>8</p>	<p>Number of Backs</p> <p>7</p>	<p>Maximum Squad Size</p> <p>No limit for season.</p> <p>25 for playoffs</p>	<p>Safety Zone between Playing Areas</p> <p>Apply World Rugby Laws of the Game</p>	<p>Size of Playing Area</p> <p>Full Field</p> 
<p>Restart / Kick Off</p> <p>Drop Kick</p> <p>Ball must land between the 10m and 22m line. Allow one re-kick if not successful, then sanction if requires with Free Kick from half to opposition</p>	<p>Tackle</p> <p>Yes</p> <p>Below Waist</p> 	<p>Hand-Off</p> <p>Yes</p> <p>No contact to the head or neck permitted</p>	<p>Goal Kicking (Conversions)</p> <p>Apply World Rugby Laws of the Game</p> 	<p>Kicking in Open Play</p> <p>Apply World Rugby Laws of the Game</p> 
<p>Rucks</p> <p>Apply World Rugby Laws of the Game</p>	<p>Maul</p> <p>Apply World Rugby Laws of the Game</p>	<p>Squeeze Ball</p> <p>No</p>	<p>Scrum</p> <p>8 v 8 Contested</p> <p>(1.5m Push)</p> 	<p>Lineout</p> <p>Apply World Rugby Laws of the Game</p> <p>All infringements are Free Kicks at 15m, except foul play</p>
<p>Match Official</p> <p>Games to be officiated by a certified referee</p> 	<p>Penalties</p> <p>Apply World Rugby Laws of the Game</p> 	<p>Substitutions</p> <p>Rolling Subs</p> 	<p>Coaches on field (not including Ref)</p> <p>Coaches not permitted on the field of play during games</p>	<p>Yellow Card</p> <p>7 min</p> <p>30min Half = 5min 35min half = 7min</p> 
				<p>Red Card</p> <p>Yes</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.



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