







VISION & MISSION STATEMENT

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.















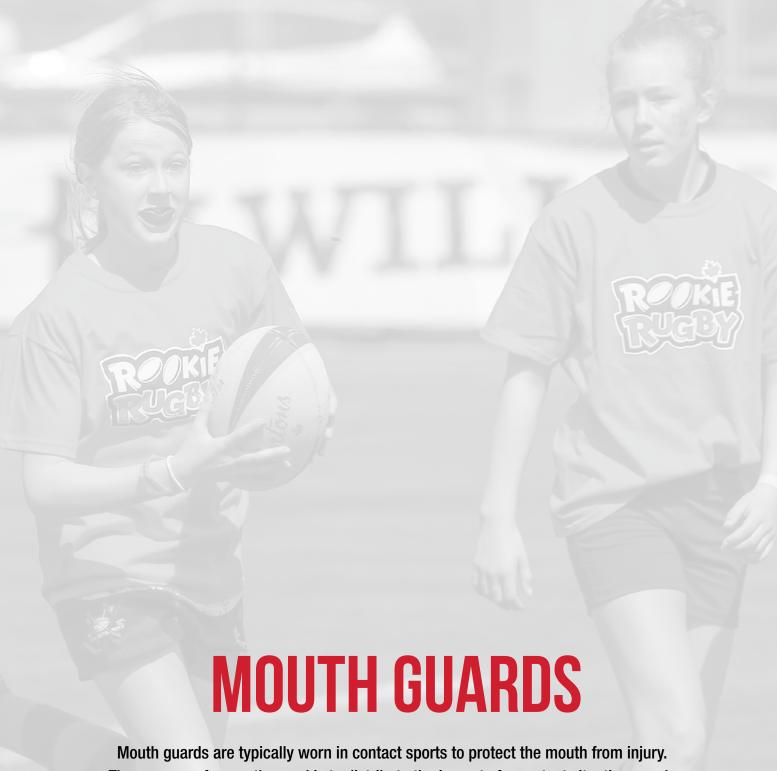












Mouth guards are typically worn in contact sports to protect the mouth from injury. The purpose of a mouth guard is to distribute the impact of a contact situation evenly throughout the mouth, potentially reducing the chances of injury. Previous studies have indicated that the wearing of mouth guards 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).



ROOKIE RUGBY UNDER 7 AND 8

Time Singl		
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Maximum Time Per Half -Festival

7 nin

Maximum playing time for players per day / event

60 (T)

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

Maul

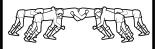
No

Squeeze Ball

No

Scrum

No / Tap & Pass Instead



Lineout

Tap & Pass from the mark where the ball exited play



Referee/Game Coach

No

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 S

Knock-On

Play on Where Possible





























ROOKIE RUGBY UNDER 9 AND 10

Maximum Time Per Half - Single Game 15 min	Maximum Time Per Half - Festival 7 min	Maximum playing time for players per day / event	Size 3	Numbers Per Team Recommended 6 Maximum 8
Safety Zone	Size of Playing Area	Restart/Kick Off	Tackle	Offside
between Playing Areas 5	6 v 6 (35m x 25m) 8 v 8 (35m x 25m) Excluding In-Goal	Tap & Pass at Half (Punt / Drop Kick permitted if league agrees)	Flag is Pulled	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	Goal Kicking	Kicking in Open Play	Rucks	Maul
No	(Conversion / Penalties)	No	No	No
Squeeze Ball	Scrum	Lineout	Referee/Game Coach	Penalties
No	No / Tap & Pass Instead	Tap & Pass from the mark where the ball exited play	Game Manager	Tap & Pass
Substitutions	Coaches on field	Yellow Card	Red Card	
Rolling Subs	(not including Game Manager) Permitted on field if	Time Out (2min) Player sits out for a short period to get coaches feedback on foul play (1 earning	No _	











on field if

needed



play (Learning opportunity).

Player to be













replaced for equal numbers



ROOKIE RUGBY UNDER 11 AND 12 (TRANSITION TO CONTACT)

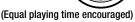
Maximum Time Per Half -**Single Game**



Maximum Time Per Half -**Festival**



Maximum playing time for players per day / event



Ball Size



Numbers Per Team

Recommended

Maximum

Hand-Off

Safety Zone between **Playing Areas**

Size of Playing Area

Festival 35m x 30m **Single Game** 60m x 35m

Excluding In-Goal

Restart/Kick Off

Kicking team cannot advance until ball has travelled 7m. Unsuccessful kicks result in a Free Kick to the opposition at centre. **Tackle** Yes -**Below Waist**

(Ball Carrier and tackler to place ball and roll away)



No

Goal Kicking (Conversion / **Penalties**)



Kicking in Open Play

Kicking from hand permitted so long as the ball lands in the field of play. Sanction = free kick to opposition from where ball was

Rucks

YES - 1 v 1 Contested Rucks

(No pick and go from support players)

Offside

At the back foot of the ruck

Maul

No

Squeeze Ball

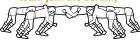
No

Scrum

kicked

YES - 3 v 3 Uncontested

(No Push and opposing 9 does not challenge) (Nearest 4 players from each team join the scrum)



Lineout



2 receivers from each team uncontested.



Referee/Game Coach





Penalties

Tap & Pass



Substitutions

Rolling Subs



Coaches on field (not including **Game Manager)**

Recommend not. but permitted on field if needed

Yellow Card

Time Out **Festival 2min Single Game 5min**

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



















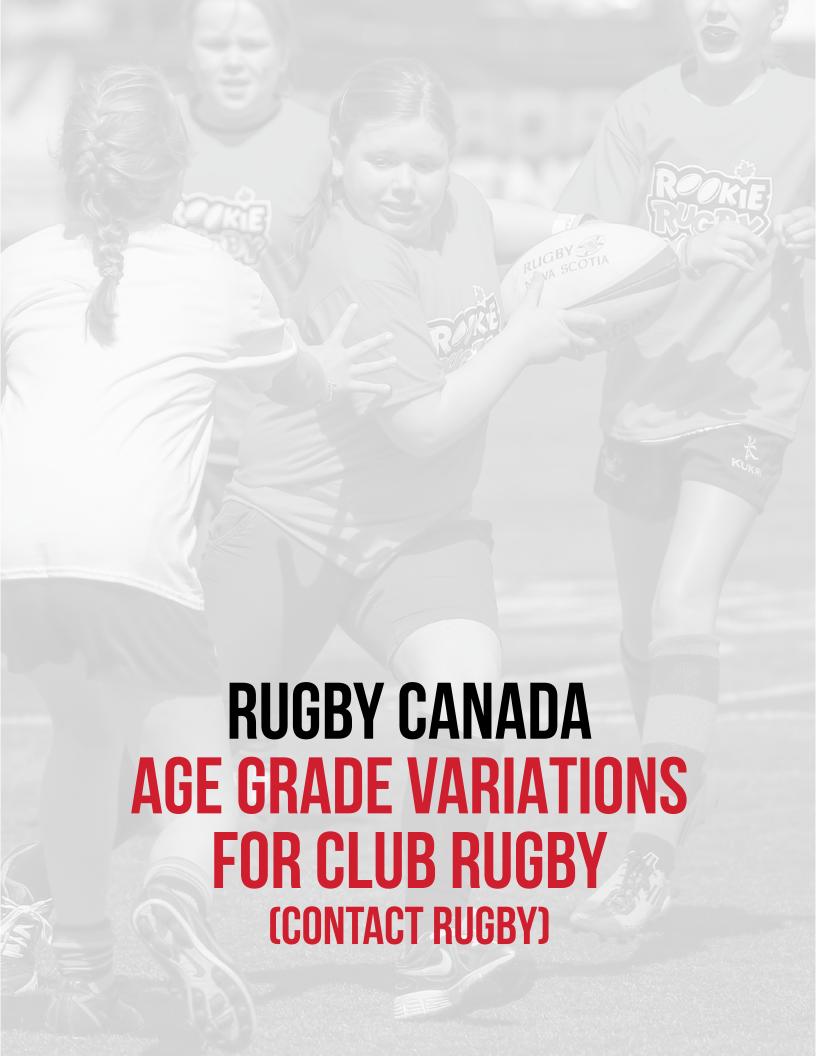














UNDER 13 AND 14

Maximum Time Per Half - Single Game

25 min

12.5min quarter where required for player welfare

Maximum Time Per Half -Festival

15 min



Maximum playing time for players per day / event

70 min



Ball Size

Size 4 or 5



Maximum Number Per Team

13

Number of Forwards

6

Number of Backs

7

Safety Zone between Playing Areas

Apply World Rugby Laws of the Game **Size of Playing Area**

90m x60m

(Play to 5m lines)

Restart/Kick Off Drop-Kick

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

Tackle

Yes -Below Waist



Hand-Off

No contact to the head or neck permitted Goal Kicking (Conversion)

In front of posts (Both drop kick and kicking off Tee encouraged). Within 1 min in festival matches **Kicking in Open Play**

Kicking from hand permitted so long as the ball lands in the field of play. Sanction = free kick to opposition from where ball was

Rucks

Apply World Rugby Laws of the Game

Maul

Apply World Rugby Laws of the Game

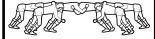
Use or Lose Application to limit length of time of Maul **Squeeze Ball**

No

Scrum

6 v 6

(Hookers contest but no push) (9 in posession must pass & Opposing 9 does not challenge- no 8 pick)



Lineout

kicked

6 v 6

Contested (jump) with no support. Ref to mark 3m for front of lineout)



Referee or Coach

Games to be officiated by a certified referee if possible



Penalties

Tap & Pass

Kicking out of hand is permitted within the 22m line of defending line.
Ball must land in field of play

Substitutions

Rolling Subs



Coaches on Field (not including Game Manager)

No

Yellow Card

Time Out
Festival 2min
Single Game 5min

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**

Yes

Player is removed from the remainder of the game but must be replaced to keep equal numbers



























UNDER 15 AND 16

Maximum Time Per Half - Single Game

30 min

15min quarter where required for player welfare

Maximum Time Per Half -Festival ___

20 min



Maximum playing time for players per day / event

90 min



Ball Size

Size 4
Recommended
Size 5
Acceptable

Maximum # Per Team

15

Number of Forwards

8

Number of Backs

7

Safety Zone between Playing Areas

Apply World Rugby Laws of the Game **Size of Playing Area**

Full Field

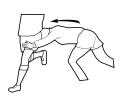


Restart / Kick Off
Drop Kick

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

Tackle

Yes



Hand-Off

No contact to the head or neck permitted Goal Kicking (Conversions)

Yes - Inside
15m line if
scored out wide.
(Both drop kick and
kicking off Tee encouraged)

Kicking in Open Play

Ball must land in the field of play. Sanction = free kick to opposition from where ball was kicked. Exception: kicks from penalties

Rucks

Apply World Rugby Laws of the Game

Maul

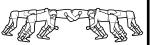
Apply World Rugby Laws of the Game

Use or Lose Application to limit length of time of Maul Squeeze Ball | Scrum

No

8 v 8 Contested

(1.5m Push)



Lineout

Apply World Rugby Laws of the Game

All infringements are Free Kicks at 15m, except foul play **Match Official**

Games to be officiated by a certified referee

Penalties

Apply
World
Rugby
Laws of
the Game



Substitutions

Rolling Subs



Coaches on field (not including Ref)

Coaches <u>not</u> permitted on the field of play during games **Yellow Card**



Red Card

Yes





























UNDER 17, 18 AND 19

Maximum Time Per Half - Single Game

35 min (:

17.5min quarter where required for player welfare

Maximum Time Per Half -Festival ___

20 min



Maximum playing time for players per day / event

90 min



Ball Size

Size 5



Maximum # Per Team

15

Number of Forwards

8

Number of Backs

7

Recommended Squad Size

Subs must include suitably trained front row players (See WR Scrum Ready)

Safety Zone between Playing Areas

Apply World Rugby Laws of the Game **Size of Playing Area**

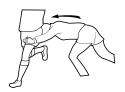
Full Field



Restart / Kick Off Drop Kick

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 **Tackle**

Yes



Hand-Off

No contact to the head or neck permitted Goal Kicking (Conversions)

Apply World Rugby Laws of the Game **Kicking in Open Play**

Apply
World
Rugby
Laws of the Game



Rucks

Apply World Rugby Laws of the Game Maul

Apply World Rugby Laws of the Game

Squeeze Ball

No

Scrum

8 v 8 Contested (1.5m Push)

Lineout Apply World Rugby Laws of

the Game

All infringements are Free Kicks at 15m, except foul play

Match Official

Games to be officiated by a certified referee

Penalties

Apply World Rugby Laws of the Game **Substitutions**

Rolling Subs



Coaches on field (not including Ref)

Coaches not permitted on the field of play during games

Yellow Card

7 min 30min Half = 5min 35min half = 7min

Red Card

Yes





























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.



























RUGBY





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