

Rugby P a t h w a y

**Season
2003-2004**



chwarae teg

For All Players Under 8 to Under 19



**Welsh Rugby Union –
Undeb Rygbi Cymru**





WELSH RUGBY UNION

Rugby Pathway

Amended for
SEASON
2003-2004

**For all players
aged Under 8
to Under 19**

*Rugby Pathway endorses
the Welsh Rugby Union's
recognition of the need for
age grade games*



15-a-Side
RUGBY
Rugby
Cymru

**UNDER 19 INTERNATIONAL
RUGBY BOARD LAWS APPLY**

National
Curriculum
Key Stage 3-4



15-a-Side
RUGBY
Rugby
Cymru

**Scrum: Both Hookers may strike for the ball
- NO PUSHING**

**Passive Scrums. Tackling. Contestable Lineouts.
Kicking: in own 22m only.**

National
Curriculum
Key Stage 3

Swinging a
player
around by
his jersey
is dangerous
and must
be penalised
with a
penalty



15-a-Side
RUGBY
Rugby
Cymru

Full hand-off.

Scrum Half:

MUST FEED AND PICK-UP FROM THE SCRUM.

National
Curriculum
Key Stage 3



*10-a-Side
RUGBY

**Tackling. Passive Scrums. Contestable Lineouts
3m from touch. Kicking: in own 22m only. No hand-off
on any part of the body. All forwards must take part in
the lineout. *See pages 21 & 22**

National
Curriculum
Key Stage 2

If a player
is sent off
then he
will be
replaced
by an
appropriate
substitute.
If there is
no substitute
available
then that
team will
be
disadvantaged.
The
non-offending
team does not
lose a player



10-a-Side
RUGBY

**Tackling. Uncontestable Scrums. Non Contestable
Lineouts 3m from touch. Kicking: in own 22m only.
No hand-off on any part of the body.
All forwards must take part in the lineout.**

National
Curriculum
Key Stage 2

**Dragon
Rugby
for
Clubs
and
Schools
if
they
so wish**



Up to 10-a-Side
RUGBY

**Tackling. No Scrums. No Lineouts.
No Kicking in General Play - own 22m only.
No hand-off on any part of the body.**

National
Curriculum
Key Stage 2



Up to 10-a-Side
DRAGON RUGBY

**No Tackling. No Scrums. No Lineouts. No Kicking.
Two handed touch. Ball carrier to roll the ball through
legs immediately. 6 touch turnover rule.
Infringements: Tap penalty at place of infringement.**



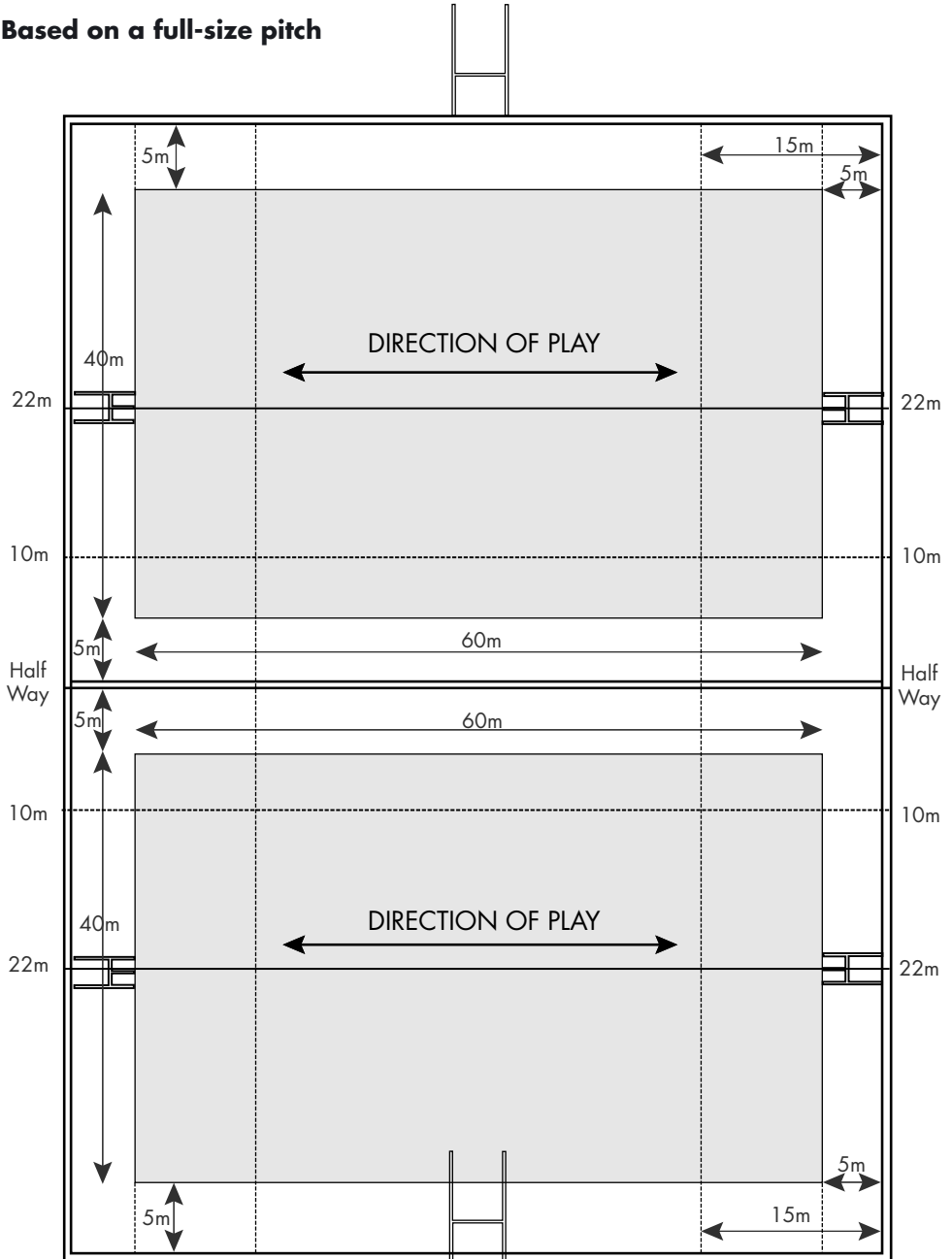
National
Curriculum
Key Stage 2

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RECOMMENDED FIELD FOR 10-A-SIDE GAMES

Based on a full-size pitch



RUGBY PATHWAY FOR PLAYERS UNDER 19 YEARS

Aim 1:

To present Welsh Rugby as:

- EXCITING
- ENJOYABLE

Aim 2:

To Promote:

- SKILL
- SPORTSMANSHIP
- TEAMWORK
- CONFIDENCE
- SELF DISCIPLINE
- SAFETY

Aim 3:

To provide a series of modified games for specified age groups that will progressively develop the individual skills, fitness and team work of all players in accordance with their physical maturity and understanding of the game, in their progress to play the 15-a-Side game under the laws of the International Rugby Board.

WELSH RUGBY UNION POLICY

1. It must be clearly understood that the Welsh Rugby Union's Rugby Pathway is to be observed by all member clubs and affiliated bodies with effect from SEPTEMBER 2003.
2. The Welsh Rugby Union is most grateful to the many who are giving freely of their time, enthusiasm and expertise in organising and encouraging the game of rugby football in Wales, but emphasises that GAMES are a means of coaching and encouraging young players to improve their skills with the object of them playing rugby correctly, effectively, safely and in an enterprising manner.
3. Affiliated Bodies administering Under 19 rugby are asked to oversee the administration of the game at this level and ensure that all affiliated clubs and schools comply with the rules, laws and playing regulations laid down by the Welsh Rugby Union. The attention of all participants is drawn to the WRU Discipline Structure for U19 Rugby.
4. All coaches of very young players must be qualified to WRU Preliminary Award and must strive to improve the performances of each individual player and to this end a correct balance between coaching players and their participation in competition must be maintained.
5. All referees must have the following qualifications:
 - U8 to U19 age groups WRU Level 1 Referees Award.



*While competition is the essence of the game,
total emphasis should be placed on:*

- **Enjoyment**
- **Fun**
- **Running with the Ball**
- **Evasion**
- **Running in support of the
Ball Carrier**
- **Passing**
- **Running to Touch/Tackle the
Ball Carrier**



chwarae teg

It is absolutely vital, particularly during the development phases of young players in the playing of the game, that Acknowledged Standards of Sportsmanship are encouraged and maintained. The following elements are therefore to be regarded as the minimum standards necessary to ensure that rugby football in Wales is played by young players in a manner befitting the National heritage and traditions of the Welsh Game. Coaches, parents players and spectators should therefore:

- *Display courtesy, friendliness and sportsmanship to the opposing team and the referee at all times.*
- *Applaud the opposition for good play.*
- *Deplore foul play and abusive language. Report all incidents to the appropriate body.*

Young players value highly the fun and enjoyment of the game and their membership of a team. Whilst they should always be encouraged to play with a strong, competitive spirit, they must also be coached to play within the laws and rules of the game and always with respect for their opponents. Coaches of young players should encourage and concentrate on enjoyment and development of skills – results are of secondary importance. Young players only enjoy competition on their terms and when it becomes too serious or intense, the outcomes can diminish their enthusiasm for the game.

It is strongly recommended that coaches and referees are sensitive to the scores so that one side is not overwhelmed. Enjoyment and development must be the priority at this stage.





COACH RESPONSIBILITIES

- *Develop in all players a love of interest in, rugby.*
- *Develop each player's maximum potential.*
- *Encourage and deliberately boost the confidence of all players.*
- *DO NOT ridicule or over criticise.*
- *Ensure each coaching session is well prepared with the coaching emphasis being placed on the development and acquisition of skill, decision making and an understanding of the game.*
- *Maintain the highest standards of personal discipline and courtesy during matches irrespective of the result and be a perfect role model for the young people.*

PARENT RESPONSIBILITIES:

- *Set an example to your child:*
 - *Applaud good play by your team and by members of the opposing team.*
 - *Be friendly to parents of the opposition.*
 - *Do not question publicly the referee's decision.*
 - *Support all efforts to remove verbal and physical abuse.*
 - *Recognise and value the importance of coaches.*
- *Do not force an unwilling child to participate in rugby, their enjoyment is paramount.*
- *Encourage your child to play by the Laws/Rules.*
- *Teach your child the importance of effort and teamwork.*
- *Help your child to improve skills and to learn a positive attitude to the game.*

PLAYER RESPONSIBILITIES:

- *Play Rugby within the Laws and the Sporting Spirit of the Game.*
- *Support and cooperate with fellow team members to ensure the team plays to its maximum capability.*
- *Respect the opposition without whom the match would not take place.*
- *Respect the referee and accept all decisions without dissension.*

DRAGON RUGBY

A POSITIVE GROUNDING FOR TRADITIONAL RUGBY

BACKGROUND

Dragon Rugby has been developed to promote a basic understanding of rugby by young boys and girls, and principally to encourage the learning of ball skills and teamwork before going on to other aspects of the game.

HOW CHILDREN LEARN RUGBY:

When children are learning to develop concepts about rugby, they first need to learn the basic and most important aspects of the game. Ball skills and learning to be part of a team are placed in this category. Research supports the following points:

1. In most children up to the age of eight, the brain can handle information only in a particular way. They can acquire only one aspect of a skill at a time. When teaching ball skills, children learn first to throw the ball indiscriminately, then they learn where to pass it and to whom to pass it.
2. If children are overloaded in learning new skills, they cannot cope with the information and become discouraged. They then resort to instinctive behaviour such as grabbing the ball, hanging onto it, never touching the ball or just running after the pack.
3. Ball skills learned at an early age are instilled permanently in a way that is never lost. The earlier the children develop hand-eye ball coordination in a particular sport, the better they develop in the total sport content at later ages.
4. If ball skills are not taught and learned early, the task of acquiring them becomes much more difficult as they grow older.

POSITIVE ASPECTS OF FOLLOWING THE DRAGON RUGBY STYLE:

Rugby is a ball game played in company with others and these points need to be established as a basic attitude in the minds of children, parents and coaches. Children like to play and run with the ball, but at the same time they need to learn to control and redirect their energies from grabbing the ball and holding it, towards running and passing the ball. The full game of rugby football for young children tends to encourage the acquisition of habits which are secondary to the game's modern approach and at the expense of developing good, basic individual and team ball skills.

continued:—

DRAGON RUGBY (continued):

THE ISSUE OF TACKLING:

The criticism most often heard against Dragon Rugby is that the children do not learn to tackle. There is no justification whatever for teaching younger players to tackle and Dragon Rugby is right in omitting it. Once again, the reasons given are based on knowledge of the way children develop and what they are capable of learning at different stages of their development. Tackling is not only a skill issue, but also one of confidence and emotional capability.

Children develop differently in both the areas of confidence and emotional capability. Teaching children to tackle at a young age does not automatically develop confidence (and overcome fear of being hurt) or the skills required for later play.

Because of the developmental nature of children in the 5-8 age group, they tend to be uncoordinated and often physically uncontrolled. Most of them would not be able to be taught to tackle properly without potential for some body injuries and head knocks.

In addition, the introduction of tackling at a young age:

1. encourages those with poor coordination and poor ball skills to avoid learning these which are fundamental to the game;
2. takes the emphasis off ball skills and teamwork as the basis for the game;
3. encourages parents and frequently coaches, to find fault with the game at an age when children are very easily influenced;
4. encourages many parents and coaches to continue with outmoded ideas about the game (i.e. that physical contact is the prime component).

SUMMARY

Dragon Rugby is, therefore, designed to enable young children to learn the ball skills, hand-eye coordination and teamwork of rugby football and also to develop their interest in physical fitness and social values of a team sport without the threat of physical contact and the possibility of injury and hurt. Dragon Rugby is about fun and enjoyment. It can be played by boys and girls of all ages and all sizes, indoors and outdoors on hard or soft surfaces. Dragon Rugby is the ideal platform from which to introduce young children to the game of rugby football.

UNDER 8'S – DRAGON RUGBY

- AGE:** Under 8 as on the 1st September at the start of the season.
- TEAM SIZE:** Up to 10 players maximum.
The WRU requires that both teams shall field the same number of players throughout the game.
- PERIODS OF PLAY:** 2 halves each of up to 10 minutes playing time – no extra time.
- PLAYING AREA:** 60m (L) x 40m (W) maximum.
45m (L) x 30m (W) minimum.
- BALL SIZE:** Size 3.
- COACH QUALIFICATION:** WRU Preliminary Award;
WRU Level 1 Coach Award recommended.
- REFEREE QUALIFICATION:** WRU Level 1 Referees' Award.
- GAMES, MATCHES, COMPETITIONS, FESTIVALS:** No Inter Club / Inter School Leagues. Where teams have entered Festivals/Tournaments (which start and finish on the same day) it is recommended that each game should not exceed 7 minutes (maximum) each half.

UNDER 8'S – 10-A-SIDE DRAGON RUGBY – RULES

THE GAME:

Play is continuous, only stopping when:

- points are scored
- infringements occur
- ball goes out of play
- advantage should be played as often as possible.
- there is no kicking

The game is about **CATCHING, PASSING, RUNNING, SUPPORT** and **TEAM PLAY**.

KICK OFFS:

A Free kick is taken from the centre of the half way line by the team starting each half of the game and by the team which has just had a try scored against it. The receiving team must stand 10 metres from the half way line.

22m drop outs to be taken as a free kick on a line 15 metres from the goal line (with the opposition 10 metres away).

METHODS OF SCORING:

Tries Only.

A try is scored when the ball is grounded on or over the goal line.

No conversions.

Each try should be counted as 1 try NOT 5 points.

PENALTY:

Advantage should always be played.

All penalties are free kicks

Free kick/Penalty the ball must be propelled from the hands.

Penalties are awarded for:-

- a defending player preventing the ball carrier from playing the ball
- holding, pulling or pushing the ball carrier
- ball carrier fails to roll the ball through their legs immediately after a touch tackle.

Restriction, on players:

- the offending team must retire 10 metres from the mark before the ball is played. If not - the penalty is moved forward 10 metres.

continued:—

UNDER 8s 10-A-SIDE DRAGON RUGBY RULES (continued):**TACKLE:**

A tackle is made when the player touches the ball carrier with two handed touch between shoulders and thighs.

The touched player must immediately roll the ball through their legs.

The ball carrier must not attempt to make any further ground, but some forward momentum is permissible.

The referee should call “*tackle*” when the player is touched.

Referees are to encourage players to play the ball immediately once they are touched.

Rule 1:—Once in possession of the ball the Attacking Team would control it for 6 touches. On the sixth touch the ball is returned to the opposition for ‘tap’ start for their 6 touches.

After every touch, the Defending Side must make every effort to retire 3 metres (this includes the player making the last touch).

If during the six touches an ‘infringement’ takes place by the Attacking Team, they lose possession.

All infringements:—

—*Free Kick from place of infringement;*

A player carrying the ball puts a foot on or over the touchline:—

—*Free Kick to the non-offending side 15m in from touch.*

After a try the referee must allow all players to get back to their respective sides before the restart.

Actions near attacking goal line:—

When a touch is effected within five metres of the attacking goal line, the player in possession may move directly behind the mark a distance of up to five metres to restart with a roll ball (through the legs).

**If a player is sent off then he will be replaced by a substitute.
The non-offending team does not lose a player.**

**Swinging a player around by his jersey is dangerous and
must be penalised with a penalty**

UNDER 9'S – 10-A-SIDE RUGBY

AGE:	Under 9 as on the 1st September at the start of the season.
TEAM SIZE:	Up to 10 players maximum. The WRU requires that both teams shall field the same number of players throughout the game.
PERIODS OF PLAY:	2 halves each of up to 10 minutes playing time – no extra time.
PLAYING AREA:	60m (L) x 40m (W) maximum. 45m (L) x 30m (W) minimum.
BALL SIZE:	Size 3.
COACH QUALIFICATION:	WRU Preliminary Award; WRU Level 1 Coach Award recommended.
REFEREE QUALIFICATION:	WRU Level 1 Referees' Award.
GAMES, MATCHES, COMPETITIONS, FESTIVALS:	No Inter Club/ Inter School Leagues. Where teams have entered Festivals/Tournaments (which start and finish on the same day) it is recommended that each game should not exceed 7 minutes (maximum) each half.

**If a player is sent off then he will be replaced by an appropriate substitute. If there is no substitute available then that team will be disadvantaged.
The non-offending team does not lose a player.**

Swinging a player around by his jersey is dangerous and must be penalised with a penalty

UNDER 9'S – 10-A-SIDE RUGBY – RULES

KICKING:

Within a players own 22m area, normal laws apply to kicking the ball out of the hand and on the ground in general play, free kicks and penalty kicks.

In all other areas of the field (outside a players own 22m area) kicking the ball out of the hand or on the ground in general play is not allowed. All penalty kicks and free kicks in areas of the field outside a players own 22m area are to be taken as free kicks.

Penalty: free kick.

HAND OFF /

A player must not hand off/fend off an opponent in any way to the

FEND OFFS:

head, face, neck or any other part of the body.

Penalty: penalty kick:

Definition: A hand off/fend off is: *Any movement of the hand or arm to ward off an opponent.*

KICK OFFS:

A tap penalty shall be awarded to the non scoring team from the centre of the half way line – on the referee's command and when both teams are ready.

22m drop outs equals free kick; i.e. same as the kick off rule, and are taken at a point on a line 15m from the goal line.

All infringements:–

–*Free Kick from place of infringement;*

A player carrying the ball puts a foot on or over the touchline:–

–*Free Kick to the non-offending side 5m in from touch.*

After a try the referee must allow all players to get back to their respective sides before the restart.

METHOD OF SCORING:

Tries only

A try is scored when the ball is grounded on or over the try line.

No conversions.

Each try equals 1 point or 1 try NOT 5 points.

PENALTY:

All penalties are free kicks – the ball must be propelled from the hands.

UNDER 10'S – 10-A-SIDE RUGBY

- AGE:** Under 10 as on the 1st September at the start of the season.
- TEAM SIZE:** 10 players: 5 forwards maximum – 3:2 formation
5 backs maximum
The WRU requires that both teams shall field the same number of players throughout the game.
- PERIODS OF PLAY:** 2 halves each of up to 15 minutes playing time – no extra time.
- PLAYING AREA:** 60m (L) x 40m (W) maximum.
45m (L) x 30m (W) minimum.
- BALL SIZE:** Size 3.
- COACH QUALIFICATION:** WRU Preliminary Award;
WRU Level 1 Coach Award recommended.
- REFEREE QUALIFICATION:** WRU Level 1 Referees' Award.
- GAMES, MATCHES, COMPETITIONS, FESTIVALS:** No Inter Club / Inter School Leagues. Where teams have entered Festivals/Tournaments (which start and finish on the same day) it is recommended that each game should not exceed 7 minutes (maximum) each half.

UNDER 10'S – 10-A-SIDE RUGBY – RULES

IRB Under 19 Laws apply apart from:

SCRUMS:

A non-contested scrummage will be awarded at all times;

i.e. no contest for the ball;

the team putting in the ball must win it;

neither team is permitted to push.

Both scrummages must be of the same formation

10 a side: 5 forwards (maximum) 3:2 formation

A player who is a member of a scrum cannot pick up a ball from a scrum.

Penalty: penalty kick.

SCRUM HALF:

The Offside line for the scrum half at a scrum is the mid line of the scrummage

The scrum half must not follow his opposite number round the scrum until the ball is out

Penalty: penalty kick.

LINEOUT:

Both teams must have the same number in the lineout.

10-a-Side: 5 forwards: 4 players from each side (maximum) in the lineout—*i.e.* all forwards must be involved in the lineout.

Rule 2:—The jumpers must attempt to win the ball unaided. On landing players may bind around the jumper.

Penalty: penalty kick 15m in from touch.

KICKING:

Within a players own 22m area, normal laws apply to kicking the ball out of hand and on the ground in general play, free kicks and penalty kicks.

In all other areas of the field (outside a players own 22mm area) kicking the ball out of the hand or on the ground in general play is not allowed. All penalty kicks and free kicks in areas of the field outside a players own 22m area are to be taken as free kicks.

Penalty: free kick.

PENALTY:

All penalties are free kicks – the ball must be propelled from the hands.

continued:.....

UNDER 10s 10-A-SIDE RUGBY RULES (continued):

HAND OFF/ FEND OFF:

A player must not hand off/fend off an opponent in any way to the head, face, neck or any other part of the body.

Penalty: penalty kick:

Definition: A hand off/fend off is: “Any movement of the hand or arm to ward off an opponent.”

METHOD OF SCORING:

Tries and conversions only

Notes:–

(i) if goal posts are available on the mini-pitch, conversions are to be taken as normal.

(ii) if goal posts are available only on the full size pitch, conversions are to be taken in front of the goal post.

After a try the referee must allow all players to get back to their respective sides before the restart.

**If a player is sent off then he will be replaced by an appropriate substitute. If there is no substitute available then that team will be disadvantaged.
The non-offending team does not lose a player.**

**Swinging a player around by his jersey is dangerous and
must be penalised with a penalty**

UNDER 11'S – 10-A-SIDE RUGBY

- AGE:** Under 11 as on the 1st September at the start of the season.
- TEAM SIZE:** Up to 10 players: 5 forwards maximum – 3:2 formation
5 backs maximum
The WRU requires that both teams shall field the same number of players throughout the game.
- PERIODS OF PLAY:** 2 halves each of up to 20 minutes playing time – no extra time.
- PLAYING AREA:** 60m (L) x 40m (W) maximum.
45m (L) x 30m (W) minimum.
- BALL SIZE:** Size 3.
- COACH QUALIFICATION:** WRU Preliminary Award;
WRU Level 1 Coach Award, recommended.
- REFEREE QUALIFICATION:** WRU Level 1 Referees' Award.

UNDER 11'S – 10-A-SIDE RUGBY – RULES

IRB Under 19 Laws apply apart from:

SCRUMS:

A passive scrummage will be awarded at all times: (*i.e.no pushing*);

Both hookers may strike for the ball

Both scrummages must be of the same formation

10 a side: 5 forwards (maximum) 3:2 formation

A player who is a member of a scrum cannot pick up a ball from a scrum.

Penalty: penalty kick.

SCRUM HALF:

The Offside line for the scrum half at a scrum is the mid line of the scrummage

The scrum half must not follow his opposite number round the scrum until the ball is out

Penalty: penalty kick.

LINEOUT:

Contestable Lineout: IRB Laws with the exception of Rule 2—

The jumpers must attempt to win the ball unaided. On landing players may bind around the jumper.

Penalty: free kick – 15m in from touch.

KICKING:

Within a players own 22m area, normal laws apply to kicking the ball out of the hand and on the ground in general play, and from free kicks and penalty kicks.

In all other areas of the field (outside a players own 22mm area) kicking the ball out of the hand or on the ground in general play is not allowed. All penalty kicks and free kicks in areas of the field outside a players own 22m area are to be taken as free kicks.

HAND OFF/ FEND OFF:

A player must not hand off/fend off an opponent in any way to the head, face, neck or any part of the body.

Penalty: free kick:

Definition: A hand off/fend off is: “*Any movement of the hand or arm to ward off an opponent.*”

PENALTY:

All penalties are free kicks – the ball must be propelled from the hands.

continued:.....

UNDER 11s 10-A-SIDE RUGBY RULES (continued):

METHOD OF SCORING:

Tries and conversions only

Notes:—

- (i) *if goal posts are available on the mini-pitch, conversions are to be taken as normal*
- (ii) *if goal posts are available only on the full size pitch, conversions are to be taken in front of the goal post.*

**If a player is sent off then he will be replaced by an appropriate substitute. If there is no substitute available then that team will be disadvantaged.
The non-offending team does not lose a player.**

Swinging a player around by his jersey is dangerous and must be penalised with a penalty

U11 GAME – RYGBI CYMRU

INTER DISTRICT SCHOOLS (15-a-Side)

AGE: Under 11 as on the 1st September at the start of the season.

TEAM SIZE: 15 players: 8 forwards maximum
7 backs maximum

The WRU requires that both teams field the same number of players throughout the game, however if a player is sent off that team is disadvantaged.

PERIODS OF PLAY: 2 halves each of up to 25 minutes playing time – no extra time.

PLAYING AREA: A full size field (100m x 70m maximum).

BALL SIZE: Size 3.

COACH WRU Level 1 Coach Award

QUALIFICATION: WRU Level 2 Coach Award recommended.

REFEREE

QUALIFICATION: WRU level 1 Referees' Award.

U11 GAME – RYGBI CYMRU – RULES

INTER DISTRICT SCHOOLS (15-a-Side)

IRB Under 19 Laws apply apart from:

Same rules as the Under 11 – 10-a-Side Club / School game except:

SCRUM HALF: Can follow round the scrum as IRB Laws.

ALL OTHER RULES THE SAME AS 10-A-SIDE U11 GAME

**If a player is sent off then he will be replaced by an appropriate substitute. If there is no substitute available then that team will be disadvantaged.
The non-offending team does not lose a player.**

Swinging a player around by his jersey is dangerous and must be penalised with a penalty

UNDER 12'S (15-A-SIDE) – RYGBI CYMRU

- AGE:** Under 12 as on the 1st September at the start of the season.
- TEAM SIZE:** 15 players: 8 forwards maximum
7 backs maximum
- The WRU requires that both teams shall field the same number of players throughout the game, however if a player is sent off that team is disadvantaged.
- PERIODS OF PLAY:** 2 halves of up to 25 minutes playing time – no extra time.
- PLAYING AREA:** A full size field (100m x 70m maximum).
- BALL SIZE:** Size 4.
- COACH QUALIFICATION:** WRU Level 1 Coach Award.
WRU Level 2 Coach Award recommended.
- REFEREE QUALIFICATION:** WRU Level 1 Referees' Award.

Swinging a player around by his jersey is dangerous and must be penalised with a penalty

UNDER 12'S (15-A-SIDE) – RYGBI CYMRU – RULES**IRB Under 19 Laws apply apart from:****SCRUMS:**

A passive scrummage will be awarded at all times:

(i.e. no pushing);

Both hookers may strike for the ball

Both scrummages must be 3-4-1 formation

i.e. 8 forwards maximum

A player who is a member of a scrum cannot pick up a ball from a scrum.

Penalty: penalty kick.

SCRUM HALF:

Can follow round the scrum in accordance with normal IRB Laws.

LINEOUT:

Contestable Lineout: IRB Laws with the exception of Rule 2—
The jumpers must attempt to win the ball unaided. On landing players may bind around the jumper.

Penalty: free kick 15m in from touch.

KICKING:

Within a players own 22m area, normal laws apply to kicking the ball out of the hand and on the ground in general play, free kicks and penalty kicks.

In all other areas of the field (outside a players own 22mm area) kicking the ball out of the hand or on the ground in general play is not allowed. However, the ball can be kicked to touch from penalties inside one's own half.

Penalty: free kick.

PENALTY:

Penalties/free kicks the ball must be propelled from the hands.

WELSH WOMENS RUGBY UNION:

**No girls are permitted to play mixed rugby once they have left primary school.
This ruling applies to schools and clubs.**

UNDER 13'S (15-A-SIDE) – RYGBI CYMRU

AGE: Under 13 as on the 1st September at the start of the season.

TEAM SIZE: 15 players: 8 forwards maximum
7 backs maximum

The WRU requires that both teams shall field the same number of players throughout the game, however if a player is sent off that team is disadvantaged.

PERIODS OF PLAY: 2 halves each of up to 25 minutes playing time – no extra time.

PLAYING AREA: A full size field (100m x 70m maximum).

BALL SIZE: Size 4.

COACH WRU Level 1 Coach Award.

QUALIFICATION: WRU Level 2 Coach Award recommended.

REFEREE

QUALIFICATION: WRU Level 1 Referees' Award.

Swinging a player around by his jersey is dangerous and must be penalised with a penalty

UNDER 13'S (15-A-SIDE) – RYGBI CYMRU – RULES**IRB Under 19 Laws apply apart from:****SCRUMS:**

A passive scrummage will be awarded at all times:

(i.e. no pushing);

Both hookers may strike for the ball

Both scrummages must be 3-4-1 formation

i.e. 8 forwards maximum

A player who is a member of a scrum cannot pick up a ball from a scrum.

Penalty: free kick.

SCRUM HALF:

Can follow round the scrum in accordance with normal IRB Laws.

LINEOUT:

Contestable Lineout: IRB Laws with the exception of Rule 2—
The jumper must attempt to win the ball unaided. On landing players may bind around the jumper.

Penalty: free kick.

KICKING:

Within a players own 22m area, normal laws apply to kicking the ball out of the hand and on the ground in general play, free kicks and penalty kicks.

In all other areas of the field (outside a players own 22mm area) kicking the ball out of the hand or on the ground in general play is not allowed. However, the ball can be kicked to touch from penalties inside one's own half.

Penalty: free kick:

UNDER 14'S TO UNDER 19'S – LAWS

15-a-Side

UNDER 19 LAWS APPLY

INTERNATIONAL RUGBY BOARD LAWS

UNDER 19 VARIATIONS

AGE:	<p>U14 means Under 14 as on 1st September at the start of the season.</p> <p>U15 means Under 15 as on 1st September at the start of the season.</p> <p>U16 means Under 16 as on 1st September at the start of the season.</p> <p>U19 means Under 19 as on 1st September at the start of the season.</p>
TEAM SIZE:	<p>15 players: 8 forwards maximum</p> <p>7 backs maximum</p> <p>The WRU requires that both teams shall field the same number of players throughout the game, however if a player is sent off that team is disadvantaged.</p>
PERIODS OF PLAY:	<p>2 halves each of up to 30 minutes playing time – no extra time, for Under 14 and 15 players.</p> <p>2 halves each of up to 35 minutes playing time – no extra time, for U16-U19 players.</p>
PLAYING AREA:	A full size field (100m x 70m maximum).
BALL SIZE:	<p>Size 4 (Under 14s).</p> <p>Size 5 (Under 15s – Under 19s).</p>
COACH QUALIFICATION:	<p>WRU Level 1 Coach Award.</p> <p>WRU Level 2 Coach Award recommended.</p>
REFEREE QUALIFICATION:	WRU Level 1 Referees' Award.

IRB LAWS – UNDER 19 VARIATIONS

LAW 3: NUMBER OF PLAYERS – THE TEAM

- (5) (d) If a team nominates 22 players, it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose-head prop, hooker and tight-head prop.
- (5) (e) If a team nominates more than 22 players it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose-head prop, hooker and tight-head prop. There must also be three players who can play in lock position.
- (13) (b) A player who has been substituted may replace an injured player.

LAW 5: TIME

Each half of an Under-19 match lasts 35 minutes playing time. Play in a match lasts no longer than 70 minutes. After a total of 70 minutes playing time, the referee must not allow extra time to be played in the case of a drawn match in a knock-out competition.

LAW 20: SCRUM

- (1) (f) In an 8 person scrum the formation must be 3-4-1, with the single player (normally the Number 8) shoving on the 2 locks. The locks must pack with their heads on either side of the hooker.

Exception: A team must have fewer than eight players in its scrum when **either** the team cannot field a complete team, **or** a player is sent off for Foul Play, or a player leaves the field because of injury.

Even allowing for this exception, each team must always have at least five players in a scrum.

If a team is incomplete, the scrum formation must be as follows:

If a team is without one player, then both teams must use a 3-4 formation (i.e. no No.8).

If a team is without two players, then both teams must use a 3-2-1 formation (i.e. no flankers).

If a team is without three players, then both teams must use a 3-2 formation (i.e. only front rows and locks).

When a normal scrum takes place, the players in the three front row positions and the two lock positions must have been suitably trained for these positions.

If a team cannot field such suitably trained players because:

either they are not available, **or**

a player in one of those five positions is injured **or**

has been sent off for Foul Play and no suitably trained replacement is available, then the referee must order uncontested scrums.

IRB LAWS – UNDER 19 VARIATIONS (cont.)

In an uncontested scrum, the teams do not compete for the ball. The team putting in the ball must win it. Neither team is allowed to push the other team away from the mark.

Front rows coming together. Each prop touches the opponent's upper arm and then pauses before the front rows meet. The sequence should be: crouch, touch, pause, engage.

No wheeling. A team must not intentionally wheel a scrum.

Penalty: free kick.

If a wheel reaches 45 degrees, the referee must stop play. If the wheel is unintentional, the referee orders another scrum at the place where the scrum is stopped.

WRU ruling, the ball is thrown in by the team that previously threw it in.

Maximum 1.5 metres push. A team in the scrum must not push the scrum more than 1.5 metres towards their opponents' goal line.

Penalty: free kick.

Ball must be released from scrum. A player must not intentionally keep the ball in the scrum once the player's team has heeled the ball and controls it at the base of the scrum.

Penalty: free kick.

WRU CODE OF CONDUCT FOR PARTICIPANTS IN RUGBY UNION FOOTBALL

General – All Participants (Advisors, Club Officials, Players, Referees and Team Managers).

1. A Participant shall not make any public criticism of any other Participant, but he will have recourse to the complaints procedure of the Union and which procedure should be adhered to.
2. A Participant shall conduct himself at all times in an ethical and professional manner and shall observe the highest standards of integrity and fair dealing.
3. A Participant shall take all possible steps to promote the reputation of the game of Rugby Union Football and to prevent it being brought into disrepute.

Team Manager / Club Official

1. A Team Manager / Club Official shall comply with the Laws of the Game, the Regulations of the WRU, the Rules of any competition in which his Club participates and his Club Rules. A Team Manager shall not encourage or incite any person (including other employees of his Club) to act in breach of the same but shall take all possible steps to ensure that they comply with them.
2. A Team Manager / Club Official shall use best endeavours to ensure that there is in force at his Club a fair and effective disciplinary policy applicable to Players and other employees under his control and that it is applied consistently.
3. A Team Manager / Club Official shall take all reasonable steps to ensure that players and/or other employees under his control accept and observe the authority and decisions of match officials.

Referees

1. A Referee shall attain, and subsequently maintain, a level of fitness to the standards set by the WRU.
2. Referees will endeavour to apply the Laws of the Game fairly and to an agreed interpretation as specified by the WRU and to provide the style of play as determined by the WRU.
3. Referees must wear the agreed kit and adhere to any sponsorship agreement as determined by the WRU.
4. Referees are expected to attend disciplinary hearings involving them personally whenever possible. The reason for non-attendance must be given to the WRU's Administration Executive in advance of the hearing.
5. Referees are expected, whenever practicable, to attend all training sessions arranged by the Director or Referees. The same would apply should these training sessions be incorporated into monthly District referee meetings.

SANCTIONS FOR A BREACH OF THIS CODE WILL BE APPLIED IN ACCORDANCE WITH BY-LAW 29.

WRU PROTOCOL FOR RUGBY UNION GAMES IN WALES

Before the game:

1. Clubs are responsible for notifying match officials of date, venue, kick-off time and team colours at least 72 hours before the game.
2. Match officials will arrive at the venue at least 60 minutes before kick-off. Clubs should make their arrangements based on this.
3. Clubs are responsible for the safety of match officials during the time they are at the match in question. Where possible a referee liaison person should be appointed by the home Club to be responsible for match officials.
4. Match officials will be available up to 30 minutes prior to kick-off to club captains and coaches for discussions regarding laws, kit, etc.
5. Access to the match officials dressing room is restricted to persons who have a legitimate reason for seeing them.
6. Clubs will submit their team and replacements to the referee before taking to the field for kick-off, indicating the replacement front row players. Once this has been submitted no changes should be made without the permission of the referee.
7. The referee will ensure that the two captains are available to toss up prior to taking the field before kick-off. Stud and padding inspection will take place immediately following the toss up.
8. The match balls should be available for inspection by the match officials a minimum of 15 minutes prior to kick-off.
9. The Home club shall be responsible for ensuring that the playing area / enclosure is fit to play on and is free of all materials / substances that would prevent the game starting at the allocated time, e.g. broken glass, animal droppings, etc.

During the Game

1. Clubs must restrict entry to the playing enclosure to all but players, match officials, ball boys, replacements in agreed areas, medical support personnel, coaches and where necessary television personnel.
2. Coaching staff, team personnel or replacements will not be allowed to move along the touch line or remain in the playing enclosure unless they are warming up as agreed, treating injured players or supplying drinks in the agreed manner.
3. Clubs will provide an area clearly indicated for medical support personnel and coaches. Clubs will provide a seated area for replacements on the same side of the ground, where applicable under the control of the fourth match official.
4. Replacements will remain seated at all times during the match unless they are warming up in the agreed area or are going onto the playing area as a replacement. Where no seating is available replacements should remain outside the playing enclosure.

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5. Prior to kick-off, depending on the ground, an agreed warm up area will be designated following consultation between the clubs and match officials.
6. Replacements will only enter the field of play at the halfway line after the player being replaced has left the field. Replacements will only be allowed during a stoppage of play and when the referee has clearly signalled the replacement.
7. Clubs will provide boards with numbers thereon clearly showing who is being replaced.
8. Drinks will be permitted during a stoppage in play. Drinks must not be taken in front of a player who is kicking at goal.
9. Where match officials leave the field at half time, Clubs must ensure that there is no entry to their dressing room during that period by any player, coach, administrator or spectator.

After the Game

1. At the end of the game, Clubs should ensure that match officials are not harassed by players, coaches, club officials or spectators and are escorted safely to their dressing room.
2. There should be no unauthorised entry to the match officials' dressing room area after the end of the match. Players, coaches and club officials should not attempt to enter this area unless with the express permission of the match officials.
3. Clubs are responsible for ensuring that match officials leave the clubhouse and ground safely without any harassment from players, coaches, club officials or spectators.

THE CHWARAE TEG CHARTER



The Chwarae Teg/Fair Play campaign is the initiative aimed at improving attitudes in Welsh Rugby.

Y mae ymgyrch Chwarae Teg yw y cynllun sy'n analu at wella agweddau yn rygbi Cymru.

The main objective of the campaign is to restore the balance between the desire to win and the traditional moral values of the Game. It is vital, during the development of young players that fair play is encouraged and maintained. The initiative is designed to ensure that a 'win at all costs' attitude does not hinder the positive aspects of the game.

Prif nod yr ymgyrch yw adfer y cydbwysedd rhwng yr awydd i ennill a gwerthoed moesol traddodiadol y gêm. Mae hi'n hanfodol yn ystod datblygiad chwaraewyr ifainc annog Chwarae Teg a'i gadw.

PLAYER RESPONSIBILITIES:

- Play Rugby within the Laws and the Sporting Spirit of the Game.
- Support and co-operate with fellow team members to ensure your team plays to its maximum capability.
- Respect the opposition without whom the match would not take place.
- Respect the referee and accept all decisions without question.

COACH RESPONSIBILITIES:

- Encourage and deliberately boost the confidence of all players.
- DO NOT ridicule or over criticise.
- Maintain the highest standards of personal discipline and courtesy during matches irrespective of the result.

PARENT RESPONSIBILITIES:

- Encourage your child to play by the Laws/Rules.
- Teach your child the importance of effort and teamwork.
- Applaud good play by your team and by members of the opposing team.
- Support all efforts to remove verbal and physical abuse.
- Do not criticise your child or other players publicly.

Young players only enjoy competition on their terms and when it becomes too serious or intense, the outcomes can diminish their enthusiasm for the game.

CYFRIFOLDEBAU CHWARAEWYR:

- Chwarae Rygbi o fewn y rheolau ac ysbryd y gêm.
- Cefnogi a chydchwarae ag aelodau eich tîm er mwyn sicrhau bod y tîm yn Chwarae hyd at eu gallu eithaf.
- Parchu'r wrthwynebwy'r na fyddai'r ornest yn digwydd hebddynt.
- Parchu'r dyfarnwy'r a derbyn ei holl benderfyniadau'n ddigwestiwn.

CYFRIFOLDEBAU HYFFORDDWYR:

- Annog a hybu o fwriad hyder yr holl chwaraewyr.
- PEIDIO a gwneud hwyl na gorfeirniadu.
- Cadw safon uchaf hunan ddisgyblaeth a chwarteisi yn ystod yr ornest, waeth beth fydd y canlyniad.

CYFRIFOLDEBAU RHINIENI:

- Cymell eich plant i Chwarae o fewn y rheolau.
- Dysgu i'ch plant bwysigrwydd ymdrech a chydchwarae.
- Canmol chwarae da gan eich tîm a chan y gwrthwynebwy'r.
- Cefnogi pob ymdrech i ddileu iaith ac ymddygiad difriol.
- Peidio a beirniadu eich plant na chwaraewyr eraill ar foedd.

Bydd chwaraewyr ifainc yn mwynhau cystadlu'n unig ar eu telerau'n hunain, a phan fydd hi'n rhy ddifrifol neu'n rhy ddwys, gall y canlyniadau leihau eu brwdfrydedd am y gêm.

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