

## IRFU Youth Committee 2009/10

### Regulations for Youth Rugby (15-A-Side)

Regulation	U13	U14/ U15/ U16	U17	U19
Ball size	4	4	5	5
Max time per half	30 min	30 min	30 min	35 min
Max time per half – blitz day	15 min			
Max time allowed to play per day/ event	90 min	90 min	90 min	90 min
Min. ime allowed for half time	5 min	5 min	5 min	5 min
Yellow cards	Applicable	Applicable	Applicable	Applicable
Red cards	<b>* No</b>	Applicable	Applicable	Applicable
Time per yellow card	5 min	5 min	7 min	7 min
Injury time	Allowed	Allowed	Allowed	Allowed
<b>Extra time</b>	<b>Not allowed</b>	<b>Not allowed</b>	<b>Not allowed</b>	<b>Not allowed</b>
Lifting in Line outs	NO	NO	Yes	Yes
Pushing in scrums	1.5 m only	1.5m only	1.5m only	1.5m only

**\* No sending off only compulsory substitutions to ensure same numbers on the pitch at all times.**

#### **Substitutes**

7 Per team as follows:

- 3 x Front row players (LHP/ H/ THP)
- 2 x Utility forwards
- 1 x Scrum half
- 1 x Utility back

#### **Date of Eligibility:**

1st January

An age grade player can play in two age groups in a season – his own age group and 1 year up e.g. 13 year old (in the the U14 age category) can play U14 and U15 and **not** U16. These players can only play for one team on a weekend – they are not allowed to play in two matches on a day or in two matches on a weekend e.g. U14 Saturday and U15 Sunday.

The decision is with the parents/ gaurdians of the player in question and written consent must be obtained prior to players playing in the older age category. Both parties are repsonsible for the decision and must agree that the player is physically able to play in the older category.

## **Child Welfare**

All volunteers involved with age grade (in any capacity) rugby must read the IRFU Child Welfare Policy Document, sign the Declaration of Intent and hand the signed declaration to the Club Child Welfare Officer for record keeping in the club.

All players must be registered with their Club and Branch and must have an IRFU Registration number.

### **Discipline:**

Incidents where yellow or red cards have been issued must be reported to the Branch Youth Committee for disciplinary procedures (if required). Clubs are responsible at all times for the behaviour of their players/ coaches and spectators.

### **Match Officials:**

Any form of abuse towards match officials is not allowed and clubs, players and spectators found guilty of breaching this regulation will be dealt with the Branch Disciplinary Committee.

### **Youth Rugby (U13 to U18)**

#### **Under 13**

Yellow card only – 5 min, no sending off for red card offences compulsory substitution to ensure same numbers on the pitch at all times.

#### **Under 14**

Yellow and red cards allowed. 5 minutes for yellow cards

#### **Under 16**

Yellow and red cards allowed. 7 minutes for yellow cards

#### **Under 18**

Yellow and red cards allowed. 7 minutes for yellow cards

### Transition from Mini Rugby to Youth Rugby (formerly Mini Rugby stage 4)

This is to help players with the transition from mini rugby (10-a-side) to youth rugby (15-a-side), as well as playing across the pitch to using the full pitch.

**Once players gained sufficient experience their coach can progress his/her players to the 15-a-side game.**

Regulation	Stage 4
Suggested age group	U13
Time per half – single match Against Touring Sides Only	25 min
Ball size	4
Time per half – blitz days	15 min
No of matches allowed on blitz days	3
Time allowed for half time – blitz days	1 min
No of players in team	13
No of forwards	6
No of backs	7
Tackle height	Waist
Hand off	Below shoulder only
Time allowed for rucks & mauls	5 sec “use or lose”
No of players allowed in rucks & mauls per side	6
Kicking allowed	Own 22 + other
Start match	Kick-off
Method of scoring	Try + conversion
Minimum no of players on panel (blitz days)	17
Line out	6 Man
Scrum	6 Man

**Start of match and or restarts:** - as per the 15-a-side game and must be on the whistle.

#### **Kicking:**

**Own 22:** allowed

**Other areas:** the team kicking the ball must retain possession, if they fail to do so and there is no advantage for the opposition, a scrum will be awarded to the opposition at the spot where the ball was kicked. **This is to encourage the skill of the grubber kick; chip kick and the cross kick for the wide players e.g. wings.**

#### **The Laws of rugby apply with the following exceptions.**

1. This is to help with the transition from mini rugby to the 15-a-side game and is played on a full size pitch.
2. Teams will consist of 13 players – **6 forwards** (front row; 2<sup>nd</sup> row and no.8) and **7 backs** (scrum half; out half 2 centres, 2 wings and a full back)
3. Full size pitch.
4. Scrums and line-out regulations the same as U19 Laws.
5. No. 8 packs down between 2<sup>nd</sup> rows only.
6. Rucks and mauls 5 seconds – “use it or lose it” to apply.
7. Conversions take after tries between 15m lines.
8. Kicking regulation applies.
9. This stage to be played at U13 only.
10. Restarts same as the 15-a-side game and must be taken on the whistle.
11. Rest of the Laws same as the 15-a-side game.

