



USM - Rules of the game

	U8	U10	U12	U14	F15	P16	F18	P18
Pitch size (m)	12x22	22x35	30x50	45x55	45x55	65x100	65x100	65x100
Ball size	3	3	4	4	4	5	5	5
Number of players (max)	5	7	9	12	7	15	7	15
Number of players (min)	3	4	5	7	6	12	6	12
Reserves		5	7	7	5	8	5	8
Forwards/Backs	-	-	3/6	5/7	3/4	WR U19 Laws	3/4	WR U19 Laws
Player substitutions	Free substitution during game interruption	Free substitution during game interruption. Front row according to U19 Law 3.5	Free substitution during game interruption	Free substitution during game interruption. Front row according to U19 Law 3.5				
Boys / girls	Mixed	Mixed	Mixed	Mixed	Girls	Boys	Girls	Boys
Game time	2x7	2x10	2x12	2x12	2x7	2x12	2x7	2x15
Max play time / day	60 min	60 min	90 min	90 min	90 min	90 min	100 min*	100 min
Kickoff	Freepass	Tap and pass	Tap and pass	Dropkick 7 m	Dropkick 7 m	WR laws	WR laws	WR laws
Team to kickoff	Non scoring team	Non scoring team	Non scoring team	WR Laws (Non scoring team)	WR Laws (Scoring team)	WR Laws (Non scoring team)	WR Laws (Scoring team)	WR Laws (Non scoring team)
Distance at kickoff (m)	5	5	7	7	7	WR laws	WR laws	WR laws

Kick	No	No	No	Controlled kick inside 22 and at penalty	Controlled kick inside 22 and at penalty	WR laws	WR laws	WR laws
Drop 22	Freepass	Tap and pass	Tap and pass	Dropkick 10 m	Dropkick 10 m	WR laws	WR laws	WR laws
Free kick	-	-	7 m	7 m	7 m	WR laws	WR laws	WR laws
Handoff	No	No	No	WR laws	WR laws	WR laws	WR laws	WR laws
Tackle	TAG/Touch	Tackling or holding (under the sternum)	Yes, under sternum	Yes, under sternum	Yes, under sternum	WR laws	WR laws	WR laws
Ruck	-	-	Max 2 players from each team over the ball, on their feet - bound in	Max 3 players from each team over the ball, on their feet - bound in	Max 3 players from each team over the ball, on their feet - bound in	WR laws	WR laws	WR laws
Maul	-	-	Max 2 players from each team on their feet - bound in	Max 3 players from each team on their feet - bound in	Max 3 players from each team on their feet - bound in	WR laws	WR laws	WR laws
Lineout formation	Freepass, 2 m from touchline	Free kicks, 2 m from touchline	Scrum, 5 m from touchline	2 players/team, no lifting	3 players/team, no lifting	WR laws	WR laws	WR laws
Scrum	Freepass	Freekick	Nearest 3 players, 4th player is scrumhalf, non-contesting hook the ball	5 people scrum, contesting (WR U19 Laws)	3 people scrum, contesting	WR U19 Laws	3 people scrum, contesting	WR U19 Laws
Offside for scrumhalf at scrum	-	-	The hindmost foot of the scrum	Centre of scrum	Centre of scrum	WR laws (the ball)	WR laws (the ball)	WR laws (the ball)
Offside scrum (not including scrum halv)	-	-	3 m	3 m	3 m	WR laws	WR laws	WR laws

Offside for line out / penalty	-	-	7 m	7 m	7 m	WR laws	WR laws	WR laws
Offside ruck/ maul	The hindmost foot	The hindmost foot	The hindmost foot	The hindmost foot	The hindmost foot	WR laws	WR laws	WR laws
Conversions	No	No	No	No	No	Yes	Yes	Yes
Other/miscellaneous	- Ball lost after 7 TAG/touch - No free kick for ball lost forward - The game starts when the ball is played after the referee's call "Play"	- Ball lost after 7 Tackles/holding at "Tackle" - No contest for the ball - One tackler only - Scrumhalf to play the ball without delay when placed on ground	- Ball lost if unplayable or too many players in the breakdown	- Ball lost if unplayable or too many players in the breakdown				*80 min for 10s, 60 min for 7s

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