SWEDISH AGE GRADE LAW VARIATIONS

An update of the laws adapted for Swedish youth rugby 2024

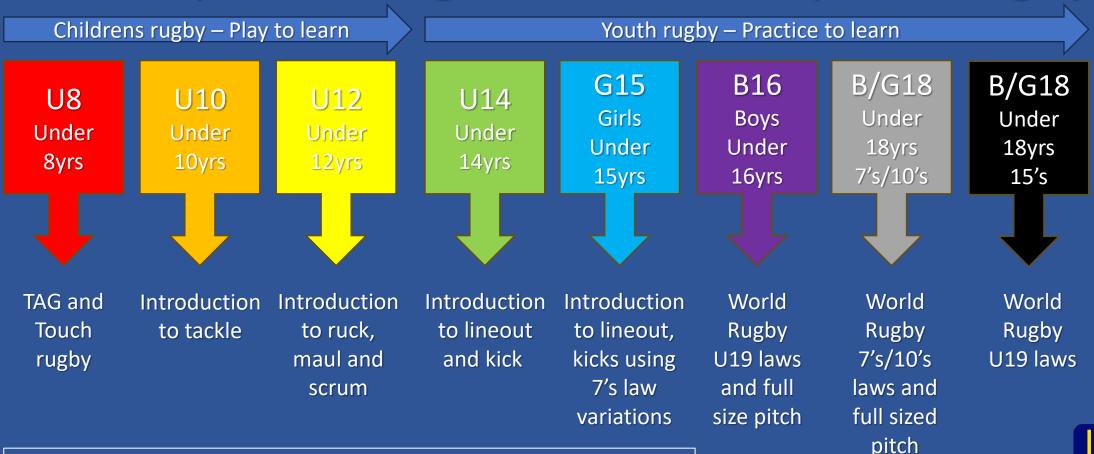
Focus on safety, joy and inclusion

Clarification of some adaptations

 A small step closer to the age grade adaptations you have in the Nordic countries



Development stages for Swedish youth rugby



Adapted pitch size according to age



U8 Tag/Touch rugby

Conditions		Game		Other/miscellaneous
Pitch size (m)	12x22	Kick	No	 Turnover ball after a maximum of 7 tag/touch. No competition for the ball.
Ball size	3	Hand off	No	You must not intentionally run into a player when you have the ball.
Number of players max	5	Kick off/Restart	Free Pass*	Free pass* • Free pass means passing to a teammate.
Number of players min	3	Who kicks off	Non scoring team	No free pass for tap forward if the same player picks it up.
Number of substitutes	1	Distance kick off/ Restart	3 m	Also awarded if a player other than the one who dropped it forward picks up the ball.
Player substitutions	Free substitution during game interruption	Drop kick 22/ Goal Line Dropout	Free Pass* 2m in on the pitch from the tryline	 Forward pass not ok, free pass awarded. With Free Pass, the game starts when the ball is passed after the referee's signal "Play".
Boys/Girls	Mixed	Tackle	No, TAG/Touch	TAGS
Game time Single game	2x7	Ruck	No	 The tag must be placed one on each hip. When a player has taken a tag, the player places it straight down on the ground.
Game time Tournament	2x7	Maul	No	Pass the ball when you are tagged immediately, 3 seconds or 3 steps.
Game time Triangle games	2x7	Throw in	Free Pass*, 2 m in on the pitch from the touchline	A player may not rejoin the game until the player has collected their tag and placed it on
Max gametime/day	60 min	Scrum	Free Pass *	their belt. Offside
Scrumplayers/Backs	-	Offside for scrumhalf	-	 The offside line is where the pass is made from a tagged player.



U10 Introduction to tackles

Conditions		Game		Other/miscellaneous
Pitch size (m)	22x35	Kick	No	 Turnover ball after a maximum of 7 tackles or holds. No competition for the ball.
Ball size Number of players max	7	Hand off Kick off/Restart	No Free kick and pass*	Free kick and pass* The player touches the ball with his foot and then passes to a teammate.
Number of players min	4	Who kicks off	Non scoring team	Tackle • Just one tackler.
Number of substitutes		Distance kick off/ Restart	5 m	 The ball must be placed immediately by the tackled player. First connecting player to the tackle must
Player substitutions	Free substitution during game interruption	Drop kick 22/ Goal Line Dropout	Free kick and Pass* 2m in on the pitch from the tryline	pass the ball immediately when it is placed on the ground, preferably within 3 seconds.
Boys/Girls	Mixed	Tackle	Tackles or holding under sternum	In the event of a tackle, "pick and go" is not allowed. The state of the stat
Game time Single game	2x10	Ruck	No	The referee calls/says "Tackle" Holding tackle
Game time Tournament	2x10	Maul	No	 The referee calls/says "tackle and release" if a player is held upright for more than 3
Game time Triangle games	2x10	Throw in	Free kick and Pass* 2m in on the pitch from the touchline	 seconds or 5 meters The player then immediately passes or places the ball to a scrum half which then passes on
Max gametime/day	60 min	Scrum	Free kick and pass*	to a fellow player.
Scrumplayers/Backs	-	Offside for scrumhalf	-	



U12 Introduction to ruck, maul and scrum

Conditions		Game		Other/miscellaneous
Pitch size (m)	30x50	Kick	No	Free kick and pass* The player touches the ball with his foot and then passes to a teammate.
Ball size Number of players max	9	Hand off Kick off/Restart	Yes**** Free kick and Pass*	Ruck and maul** • Max 2 players from each team over the ball, on feet - bound under control.
Number of players min	5	Who kicks off Avstånd avspark/	Non scoring team	 Max 2 players from each team on their feet - bound under control. If the ball does not come out of the ruck/maul, it is lost.
Number of substitutes Player substitutions	7 Free substitution during game interruption	Omstart Drop kick 22/ Goal Line Dropout	7 m Free kick and Pass* 5m in on the pitch from the tryline	 The team that sends in more players than allowed loses the ball. Scrum***
Boys/Girls	Mixed	Tackle	Yes, under sternum	 The scrum is formed by the 3 closest playe 4th player becomes scrum half. No pushing in the scrum. In a scrum, both teams' hookers get to hoo for the ball.
Game time Single game	2x15	Ruck	Yes**	
Game time Tournament	2x12	Maul	Yes**	Hand off**** • Hand off takes place with a straight arm
Game time Triangle games	2x15	Throw in	Scrum, 5 m in on the pitch from the touchline	against the body. Not higher than tackle height.
Max gametime/day	90 min	Scrum	Non contesting, hook the ball***	 Not with excessive force or impact. Open hand, not closed fist.
Scrumplayers/Backs	3/6	Offside for scrumhalf	The centre of the scrum SOLIDARITET DISCIPLIN RESPEKT	



U14 Introduction to lineout and Kick

Conditions		Game		Other/miscellaneous
Pitch size (m)	45x55	Kick	Controlled kick inside 22 and at penalty. No conversions	Ruck and maul* Ruck, max 3 players from each team over the ball, on their feet - bound under control.
Ball size	4	Hand off	Yes**	 Maul, max 3 players from each team on their feet - bound under control.
Number of players max	12	Kick off	Dropkick	If the ball does not come out of the ruck/maul, it is lost. The transfer of the ruck and the ruck are t
Number of players min	7	Who kicks off	Non scoring team	The team that sends in more players than allowed loses the ball.
Number of substitutes	7	Avstånd avspark/ Omstart	7 m	Hand off** • Hand off takes place with a straight arm
Player substitutions	Free substitution during game interruption	Drop kick 22/ Goal Line Dropout	Dropkick 22 and GLD	 against the body. Not higher than tackle height, sternum. Not with excessive force or impact.
Boys/Girls	Mixed	Tackle	Yes, under sternum	Open hand, not closed fist.
Game time Single game	2x20	Ruck	Yes*	Sin bin at yellow card • 2 minutes.
Game time Tournament	2x12	Maul	Yes*	WR U19 laws • https://www.world.rugby/the-
Game time Triangle games	2x15	Throw in	Lineout, 2 players/team, no lifting	game/laws/variations/19/u19/
Max gametime/day	90 min	Scrum	3 or 5-man scrum, contesting WR U19 Laws	
Scrumplayers/Backs	5/7	Offside for scrumhalf	5-man scrum, WR U19 Laws 3-man scrum, centre of scrum	



G15 Introduction to lineout and Kick

Conditions		Game		Other/miscellaneous
Pitch Size (m)	45x55	Kick	Controlled kick inside 22 and at penalty. No conversions	Ruck and Maul* Ruck, max 3 players from each team over the
Ball size Number of Players	7	Hand off Kick off	Yes**	 ball, on their feet - bound under control. Maul, max 3 players from each team on their feet - bound under control. If the ball does not come out of the Ruck/Maul, it is lost.
Number of Players min	6	Who kicks off	Dropkick Non scoring team	The team that sends in more players than allowed loses the ball.
Number of substitutes	5	Avstånd avspark/ Omstart	7 m	Hand off** Hand off takes place with a straight arm
Player substitutions	Free substitution during game interruption	Drop kick 22/ Goal Line Dropout	Dropkick 22 and GLD	 against the body. Not higher than tackle height, sternum. Not with excessive force or impact.
Boys/Girls	Girls	Tackle	Yes, under sternum	Open hand, not close fist.
Game time Single game	2x7	Ruck	Yes*	Sin bin at yellow card 2 minutes.
Game time Tournament	2x7	Maul	Yes*	WR U19 laws https://www.world.rugby/the-
Game time Triangle games	2x7	Throw in	Lineout, 2 spelare per lag, inga lyft	game/laws/variations/19/u19/
Max gametime/day	90 min	Scrum	3-man scrum, contesting (WR U19 Laws)	
Scrumplayers/Backs	3/4	Offside for scrumhalf	Centre of scrum	



B16 World Rugby U19 laws and full sized pitch

Conditions		Game		Other/miscellaneous
Pitch size (m)	65x100	Kick	WR Laws	Scrum* • Front row according to U19 law 3.5.
Ball size Number of players	5	Hand off	WR Laws	Sin bin at yellow card 2 minutes at tournament.
max Number of players	15	Kick off	WR Laws	5 minutes in single matches. WR U19 laws
min	12	Who kicks off	WR Laws, Non scoring team	https://www.world.rugby/the- game/laws/variations/19/u19/
Number of substitutes	8	Distance kick off	WR Laws	
Player substitutions	Free substitution during game interruption*	Drop kick 22/ Goal Line Dropout	WR Laws	
Boys/Girls	Boys	Tackle	WR Laws	
Game time Single game	2x30	Ruck	WR Laws	
Game Time Tournament	2x12	Maul	WR Laws	
Game time Triangle games	2x20	Throw in	WR Laws	
Max gametime/day	90 min	Scrum	WR U19 Laws*	
Scrumplayers/Backs	WR U19 Laws	Offside for scrumhalf	WR Laws	



G18/B16/B18 World Rugby U19 laws 7's and 10's

Conditions		Game		Other/miscellaneous
Pitch size (m)	65x100	Kick	WR Laws	Max game time/day* 80 min for 10's. 60 min for 7's.
Ball size	5	Hand off	WR Laws	WR U19 laws
Number of players max	7/10	Kick off	WR Laws	https://www.world.rugby/the- game/laws/variations/19/u19/
Number of players min	6/9	Who kicks off	WR Laws, Scoring team	WR 7's laws • https://www.world.rugby/the-
Number of substitutes		Distance kick off	WR Laws	game/laws/variations/19/sevens/
Player substitutions	Free substitution during game interruption	Drop kick 22/ Goal Line Dropout	WR Laws	WR 10's laws https://www.world.rugby/the- game/laws/variations/19/tens/
Boys/Girls	Seperated	Tackle	WR Laws	
Game time Single game	2x7/2x10	Ruck	WR Laws	
Game time Tournament	2x7/2x10	Maul	WR Laws	
Game time Triangle games	2x7/2x10	Throw in	WR Laws	
Max gametime/day	100 min*	Scrum	WR U19 Laws	
Scrumplayers/Backs	WR U19 Laws	Offside for scrumhalf	WR Laws	



G18/B18 World Rugby U19 laws 15's

Conditions		Game		Other/miscellaneous
Bitch size (sa)	CF 400	W.d.	MDI	Scrum*
Pitch size (m)	65x100	Kick	WR Laws	• Front row according to U19 Law 3.5
Ball size	5	Hand Off	WR Laws	 https://www.world.rugby/the- game/laws/law/3
Number of players				
max	15	Kick off	WR Laws	Sin bin at yellow card
Number of players				2 minutes at tournament.
min	12	Who kicks off	WR Laws, Non scoring team	• 5 minutes in single matches.
Number of substitutes		Distance kick off	WR Laws	WR U19 laws
	Free substitution during	Drop kick 22/		• https://www.world.rugby/the-
Player substitutions	game interruption*	Goal Line Dropout	WR Laws	game/laws/variations/19/u19/
Boys/Girls	Seperated	 Tackle	WR Laws	
Game time	Seperated	Tackic	VIII Edwa	
Single game	2x35	Ruck	WR Laws	
Game time				
Tournament	2x15	Maul	WR Laws	
Game time				
Triangle games	2x25	Throw in	WR Laws	
Max gametime/day	100 min	Scrum	WR U19 Laws*	
Scrumplayers/Backs	WR U19 Laws	Offside for scrumhalf	WR Laws	



Tackle zone in youthrugby



