

U8 Tag/Touch rugby

Pitch size 	Ball size 	Number of players 5 	Substitute players 1 	Boys/Girls 	Game time 
12x22	3	Max 5 Min 3	Free during game inter.	Mixed	2x7 min
Scrum/players/Backs 	Kick 	Hand off 	Kick off/Restart 	Distance kick off 	Drop 22/GLD 
-	No kicks	No	Free pass	3m	Free pass
Tackle 	Ruck 	Maul 	Throw in 	Scrum 	Offside scrumhalf 
No, TAG/Touch	No	No	Free pass	Free pass	-



U10 Introduction to tackles

Pitch size  22x35	Ball size  3	Number of players 7  Max 7 Min 4	Substitute players 5  Free during game inter.	Boys/Girls  Mixed	Game time  2x10 min
Scrumplayers/Backs  -	Kick  No kicks	Hand off  No	Kick off/Restart  Free kick and Pass	Distance kick off  5m	Drop 22/GLD  Free kick and Pass
Tackle  Under sternum	Ruck  No	Maul  No	Throw in  Free kick and Pass	Scrum  Free kick and Pass	Offside scrumhalf  -



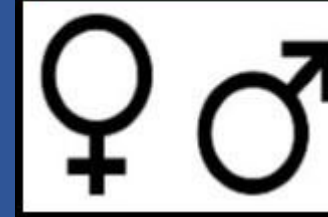









U12 Introduction to ruck, maul and scrum

Pitch size  30x50	Ball size  4	Number of players 9  Max 9 Min 5	Substitute players 7  Free during game inter.	Boys/Girls  Mixed	Game time  2x12/2x15 min
Scrumplayers/Backs  3 / 6	Kick  No kicks	Hand off  Under sternum	Kick off/Restart  Free kick and Pass	Distance kick off  7m	Drop 22/GLD  Free kick and Pass
Tackle  Under sternum	Ruck  2 + 2 players max	Maul  2 + 2 players max	Throw in  Scrum	Scrum  Non contesting, hook the ball	Offside scrumhalf  Centre of the scrum



U14 Introduction to lineout and Kick

Pitch size  45x55	Ball size  4	Number of players 12  Max 12 Min 7	Substitute players 7  Free during game inter.	Boys/Girls  Mixed	Game time  2x12/2x15/2x20 min
Scrumplayers/Backs  5 / 7	Kick  Inside own 22, penalty	Hand off  Under sternum	Kick off/Restart  Dropkick	Distance kick off  7m	Drop 22/GLD  Dropkick 22 and GLD
Tackle  Under sternum	Ruck  3 + 3 players max	Maul  3 + 3 players max	Throw in  Lineout 2 + 2, no lifting	Scrum  3 / 5 players WR U19	Offside scrumhalf  Centre of scrum /WR U19

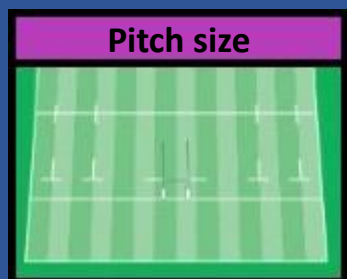


G15 Introduction to lineout and Kick

Pitch size  45x55	Ball size  4	Number of players 7  Max 7 Min 6	Substitute players 5  Free during game inter.	Boys/Girls  Girls	Game time  2x7 min
Scrumplayers/Backs  3 / 4	Kick  Inside own 22, penalty	Hand off  Under sternum	Kick off/Restart  Dropkick	Distance kick off  7m	Drop 22/GLD  Dropkick 22 and GLD
Tackle  Under sternum	Ruck  3 + 3 players max	Maul  3 + 3 players max	Throw in  Lineout 2 + 2, no lifting	Scrum  3 players WR U19 laws	Offside scrumhalf  Centre of scrum



B16 World Rugby U19 laws and full sized pitch



Pitch size

65x100



Ball size

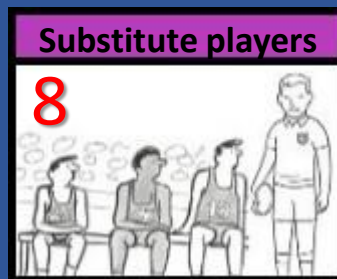
5



Number of players

15

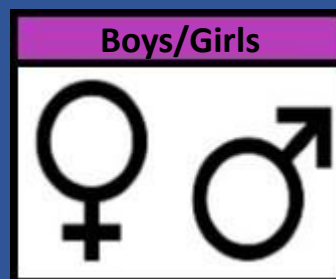
Max 15 Min 12



Substitute players

8

Free during game inter.



Boys/Girls

Boys



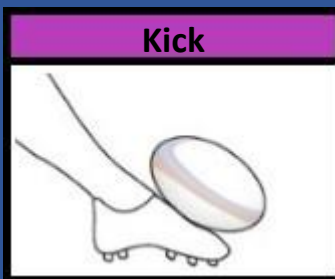
Game time

2x12/2x20/2x30 min



Scrumplayers/Backs

WR U19



Kick

WR laws



Hand off

WR laws



Kick off/Restart

WR laws



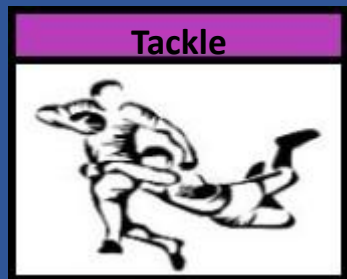
Distance kick off

WR laws



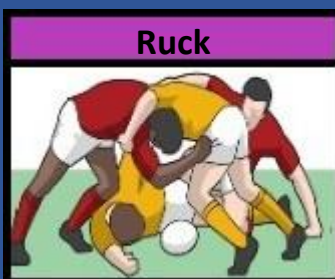
Drop 22/GLD

WR laws



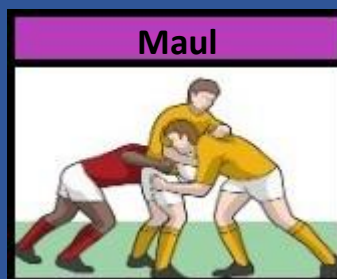
Tackle

WR laws



Ruck

WR laws



Maul

WR laws



Throw in

WR laws



Scrum

WR U19 laws

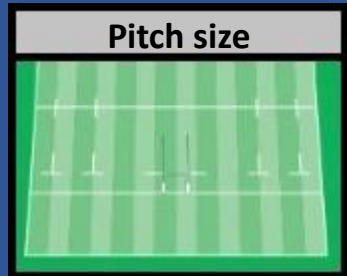


Offside scrumhalf

WR laws

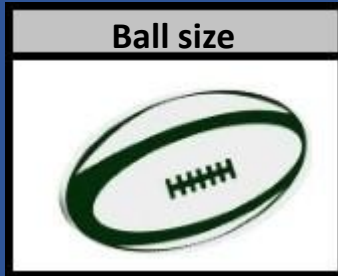


G18/B16/B18 World Rugby U19 laws 7's and 10's



Pitch size

65x100



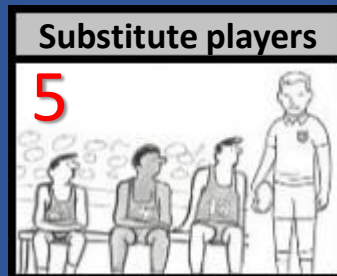
Ball size

5



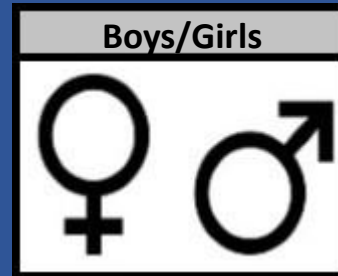
Number of players

Max 7/10 Min 6/9



Substitute players

Free during game inter.



Boys/Girls

Seperated



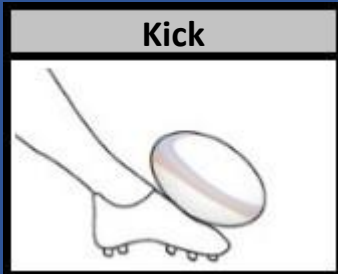
Game time

2x7/2x10 min



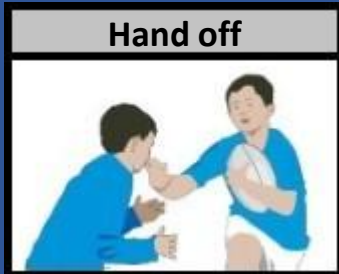
Scrumplayers/Backs

WR U19 laws



Kick

WR laws



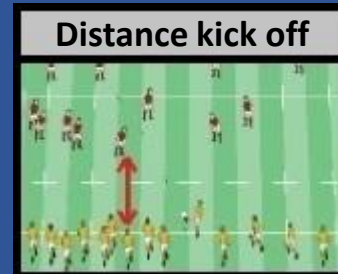
Hand off

WR laws



Kick off/Restart

WR laws



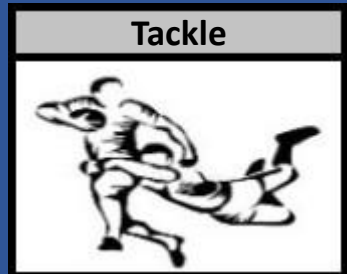
Distance kick off

WR laws



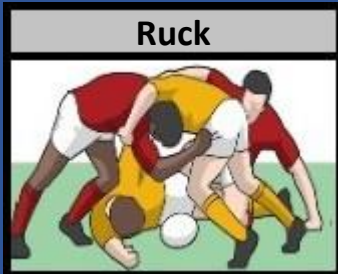
Drop 22/GLD

WR laws



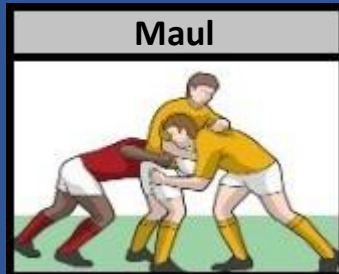
Tackle

WR laws



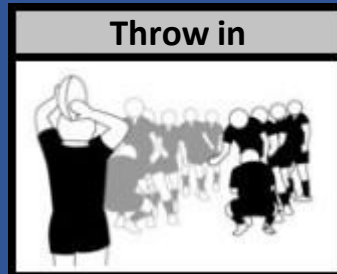
Ruck

WR laws



Maul

WR laws



Throw in

WR laws



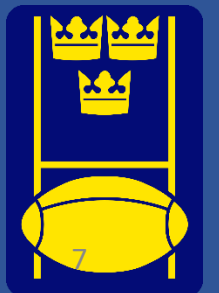
Scrum

WR U19 laws

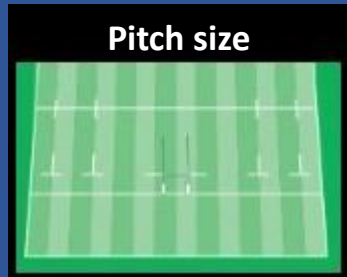


Offside scrumhalf

WR laws



G18/B18 World Rugby U19 laws 15's



Pitch size

65x100



Ball size

5



Number of players

15

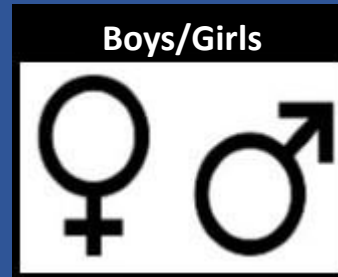
Max 15 Min 12



Substitute players

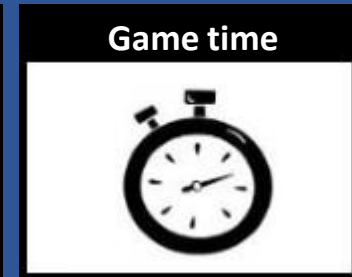
8

Free during game inter.



Boys/Girls

Seperated



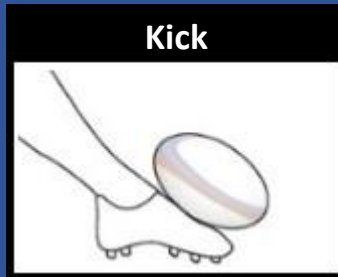
Game time

2x15/2x25/2x35 min



Scrumplayers/Backs

WR U19 laws



Kick

WR laws



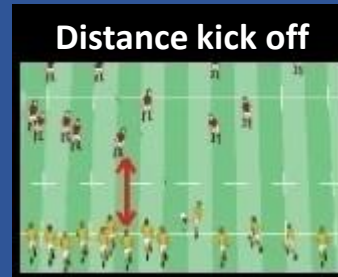
Hand off

WR laws



Kick off/Restart

WR laws



Distance kick off

WR laws



Drop 22/GLD

WR laws



Tackle

WR laws



Ruck

WR laws



Maul

WR laws



Throw in

WR laws



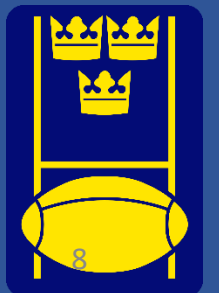
Scrum

WR U19 laws



Offside scrumhalf

WR laws



Tacklingszoner Ungdomsrugby

