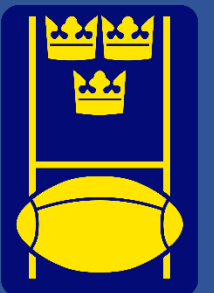
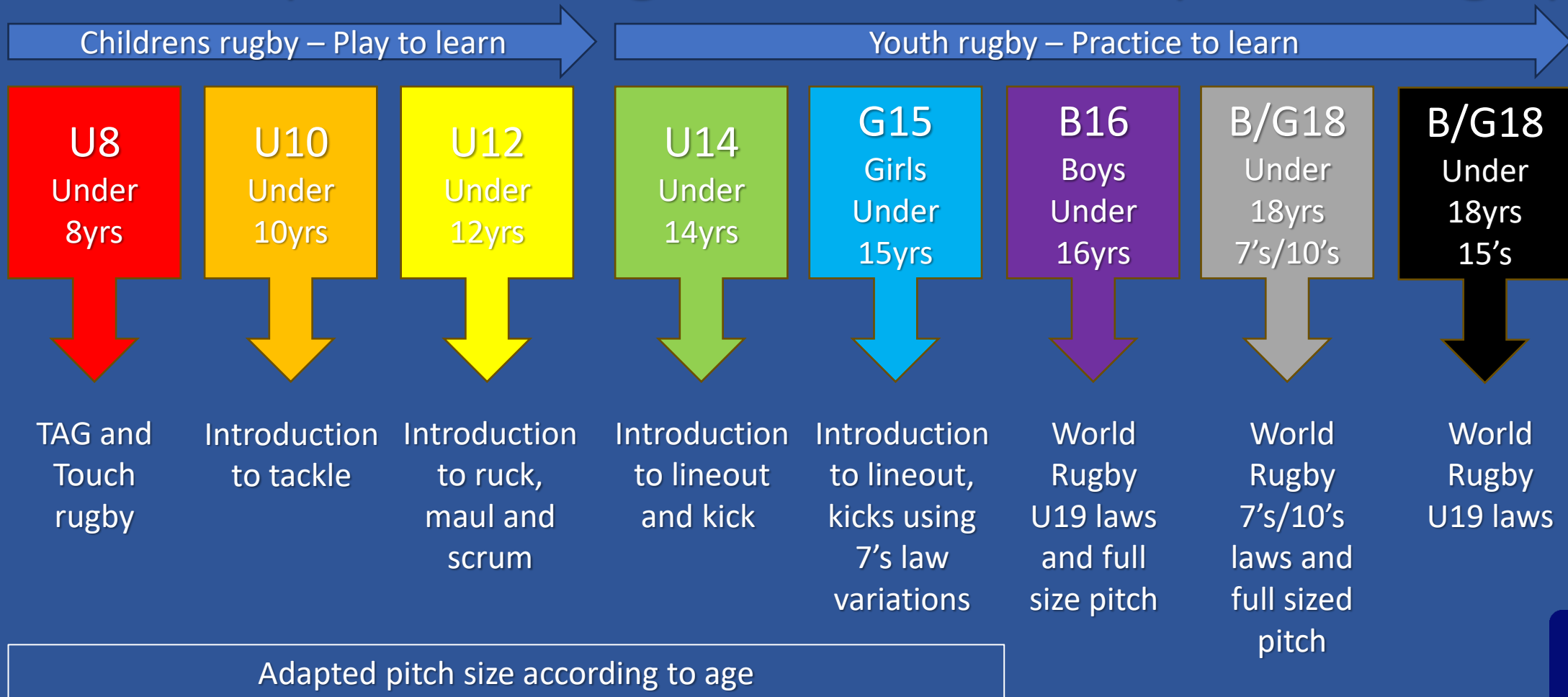


SWEDISH AGE GRADE LAW VARIATIONS

- 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



U8 Tag/Touch rugby

Conditions		Game		Other/miscellaneous
Pitch size (m)	12x22	Kick	No	<ul style="list-style-type: none"> • Turnover ball after a maximum of 7 tag/touch. • No competition for the ball. • You must not intentionally run into a player when you have the ball.
Ball size	3	Hand off	No	
Number of players max	5	Kick off/Restart	Free Pass*	
Number of players min	3	Who kicks off	Non scoring team	
Number of substitutes	1	Distance kick off/Restart	3 m	
Player substitutions	Free substitution during game interruption	Drop kick 22/Goal Line Dropout	Free Pass* 2m in on the pitch from the tryline	
Boys/Girls	Mixed	Tackle	No, TAG/Touch	
Game time Single game	2x7	Ruck	No	
Game time Tournament	2x7	Maul	No	
Game time Triangle games	2x7	Throw in	Free Pass*, 2 m in on the pitch from the touchline	
Max gametime/day	60 min	Scrum	Free Pass *	TAGS <ul style="list-style-type: none"> • 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. • Pass the ball when you are tagged immediately, 3 seconds or 3 steps. • A player may not rejoin the game until the player has collected their tag and placed it on their belt.
Scrumplayers/Backs	-	Offside for scrumhalf	-	
				Offside <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Turnover ball after a maximum of 7 tackles or holds. • No competition for the ball. Free kick and pass* <ul style="list-style-type: none"> • The player touches the ball with his foot and then passes to a teammate. Tackle <ul style="list-style-type: none"> • Just one tackler. • The ball must be placed immediately by the tackled player. • First connecting player to the tackle must pass the ball immediately when it is placed on the ground, preferably within 3 seconds. • In the event of a tackle, "pick and go" is not allowed. • The referee calls/says "Tackle" Holding tackle <ul style="list-style-type: none"> • The referee calls/says "tackle and release" if a player is held upright for more than 3 seconds or 5 meters • The player then immediately passes or places the ball to a scrum half which then passes on to a fellow player.
Ball size	3	Hand off	No	
Number of players max	7	Kick off/Restart	Free kick and pass*	
Number of players min	4	Who kicks off	Non scoring team	
Number of substitutes	5	Distance kick off/Restart	5 m	
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	
Boys/Girls	Mixed	Tackle	Tackles or holding under sternum	
Game time Single game	2x10	Ruck	No	
Game time Tournament	2x10	Maul	No	
Game time Triangle games	2x10	Throw in	Free kick and Pass* 2m in on the pitch from the touchline	
Max gametime/day	60 min	Scrum	Free kick and pass*	
Scrumplayers/Backs	-	Offside for scrumhalf	-	



U12 Introduction to ruck, maul and scrum

Conditions		Game		Other/miscellaneous
Pitch size (m)	30x50	Kick	No	<p>Free kick and pass*</p> <ul style="list-style-type: none"> The player touches the ball with his foot and then passes to a teammate. <p>Ruck and maul**</p> <ul style="list-style-type: none"> Max 2 players from each team over the ball, on feet - bound under control. 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. The team that sends in more players than allowed loses the ball. <p>Scrum***</p> <ul style="list-style-type: none"> The scrum is formed by the 3 closest players, 4th player becomes scrum half. No pushing in the scrum. In a scrum, both teams' hookers get to hook for the ball. <p>Hand off****</p> <ul style="list-style-type: none"> Hand off takes place with a straight arm against the body. Not higher than tackle height. Not with excessive force or impact. Open hand, not closed fist.
Ball size	4	Hand off	Yes****	
Number of players max	9	Kick off/Restart	Free kick and Pass*	
Number of players min	5	Who kicks off	Non scoring team	
Number of substitutes	7	Avstånd avspark/ Omstart	7 m	
Player substitutions	Free substitution during game interruption	Drop kick 22/ Goal Line Dropout	Free kick and Pass* 5m in on the pitch from the tryline	
Boys/Girls	Mixed	Tackle	Yes, under sternum	
Game time Single game	2x15	Ruck	Yes**	
Game time Tournament	2x12	Maul	Yes**	
Game time Triangle games	2x15	Throw in	Scrum, 5 m in on the pitch from the touchline	
Max gametime/day	90 min	Scrum	Non contesting, hook the ball***	
Scrumplayers/Backs	3/6	Offside for scrumhalf	The centre of the scrum	



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* <ul style="list-style-type: none"> Ruck, max 3 players from each team over the 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. The team that sends in more players than allowed loses the ball. Hand off** <ul style="list-style-type: none"> Hand off takes place with a straight arm against the body. Not higher than tackle height, sternum. Not with excessive force or impact. Open hand, not closed fist. Sin bin at yellow card <ul style="list-style-type: none"> 2 minutes. WR U19 laws <ul style="list-style-type: none"> https://www.world.rugby/the-game/laws/variations/19/u19/
Ball size	4	Hand off	Yes**	
Number of players max	12	Kick off	Dropkick	
Number of players min	7	Who kicks off	Non scoring team	
Number of substitutes	7	Avstånd avspark/ Omstart	7 m	
Player substitutions	Free substitution during game interruption	Drop kick 22/ Goal Line Dropout	Dropkick 22 and GLD	
Boys/Girls	Mixed	Tackle	Yes, under sternum	
Game time Single game	2x20	Ruck	Yes*	
Game time Tournament	2x12	Maul	Yes*	
Game time Triangle games	2x15	Throw in	Lineout, 2 players/team, no lifting	
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	



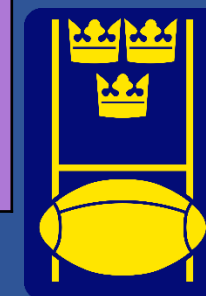
G15 Introduction to lineout and Kick

Conditions		Game		Other/miscellaneous
Pitch Size (m)	45x55	Kick	Controlled kick inside 22 and at penalty. No conversions	Ruck and Maul* <ul style="list-style-type: none"> • Ruck, max 3 players from each team over the 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. • The team that sends in more players than allowed loses the ball. Hand off** <ul style="list-style-type: none"> • Hand off takes place with a straight arm against the body. • Not higher than tackle height, sternum. • Not with excessive force or impact. • Open hand, not close fist. Sin bin at yellow card <ul style="list-style-type: none"> • 2 minutes. WR U19 laws <ul style="list-style-type: none"> • https://www.world.rugby/the-game/laws/variations/19/u19/
Ball size	4	Hand off	Yes**	
Number of Players max	7	Kick off	Dropkick	
Number of Players min	6	Who kicks off	Scoring team	
Number of substitutes	5	Avstånd avspark/ Omstart	7 m	
Player substitutions	Free substitution during game interruption	Drop kick 22/ Goal Line Dropout	Dropkick 22 and GLD	
Boys/Girls	Girls	Tackle	Yes, under sternum	
Game time Single game	2x7	Ruck	Yes*	
Game time Tournament	2x7	Maul	Yes*	
Game time Triangle games	2x7	Throw in	Lineout, 2 spelare per lag, inga lyft	
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* <ul style="list-style-type: none"> • Front row according to U19 law 3.5. Sin bin at yellow card <ul style="list-style-type: none"> • 2 minutes at tournament. • 5 minutes in single matches. WR U19 laws <ul style="list-style-type: none"> • https://www.world.rugby/the-game/laws/variations/19/u19/
Ball size	5	Hand off	WR Laws	
Number of players max	15	Kick off	WR Laws	
Number of players min	12	Who kicks off	WR Laws	
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* <ul style="list-style-type: none"> • 80 min for 10's. • 60 min for 7's. WR U19 laws <ul style="list-style-type: none"> • https://www.world.rugby/the-game/laws/variations/19/u19/ WR 7's laws <ul style="list-style-type: none"> • https://www.world.rugby/the-game/laws/variations/19/sevens/ WR 10's laws <ul style="list-style-type: none"> • https://www.world.rugby/the-game/laws/variations/19/tens/
Ball size	5	Hand off	WR Laws	
Number of players max	7/10	Kick off	WR Laws	
Number of players min	6/9	Who kicks off	WR Laws	
Number of substitutes	5	Distance kick off	WR Laws	
Player substitutions	Free substitution during game interruption	Drop kick 22/ Goal Line Dropout	WR Laws	
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
Pitch size (m)	65x100	Kick	WR Laws	Scrum* <ul style="list-style-type: none"> • Front row according to U19 Law 3.5 • https://www.world.rugby/the-game/laws/law/3 Sin bin at yellow card <ul style="list-style-type: none"> • 2 minutes at tournament. • 5 minutes in single matches. WR U19 laws <ul style="list-style-type: none"> • https://www.world.rugby/the-game/laws/variations/19/u19/
Ball size	5	Hand Off	WR Laws	
Number of players max	15	Kick off	WR Laws	
Number of players min	12	Who kicks off	WR Laws	
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	Seperated	Tackle	WR Laws	
Game time 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

