

5 UNDER 11 & UNDER 12 MIDI RUGBY (STAGE 3)

This Section contains the rules of play, regulations and recommendations (including modifications to the IRB Laws of the Game) which apply to players in the Under 11 and Under 12 age grades.

RULES OF PLAY

Players and match officials must endeavour to ensure the IRB Laws of the Game, modified by the following playing rules, are observed when playing Midi Rugby at Under 11 and Under 12:

5.1 OBJECT:

The object of the game is to score a try (5 points) and conversion (2 points).

5.2 TEAMS:

The game is played between teams having a maximum of twelve players, five of whom will be forwards and form the scrum, with the remaining players forming the back line. Each side can have an agreed number of substitutes. Substituted players can be re-used at any time. Substitutions may only take place when the ball is 'dead' or at half time and always with the referee's knowledge.

5.3 STARTS:

- (a) A drop kick from the centre line will be used to start the game, the second half, and for all restarts after a score. The kicker's team must be behind the ball until it has been kicked and the receiving team must be at least 7 metres back from the ball.
- (b) If, from the kick-off, the ball is kicked directly into touch, the opposition has the choice of:
 - (1) the kick-off being taken again; or
 - (2) their put-in to a scrum at the centre spot; or
 - (3) accepting the kick and contesting a line-out at the half-way line.
- (c) If the ball is kicked into in-goal without having touched or been touched by a player and is then immediately touched down or made "dead", or the ball goes into touch in goal the opposition has the choice of:
 - (1) the kick-off to be taken again; or
 - (2) their put-in to a scrum at the centre of the half way line.
- (d) If the ball is carried, or kicked, into the in-goal area by the opposition and the ball is made dead by going into touch in goal or over the dead ball line, or the ball is grounded by a defender, the game is restarted by the defending side with a drop kick on a line 15 metres out from the goal line.
- (e) Following an infringement for:

- (1) offside;
- (2) high or late tackle;
- (3) hand off/fend off (*a hand off being the placing of an open palmed hand by the ball carrier against an opponent's face or body while a fend off is an outstretched arm by the ball carrier towards an opponent to discourage that person making a tackle*);
- (4) kicking (including fly-hacking ie kicking a loose ball on the ground); or
- (5) obstruction;

the game is restarted at the point at which the infringement occurred with a penalty kick to the non-offending team. Note that players should be encouraged to carry the ball in two hands to reduce the temptation to hand-off/fend off with a free hand.

- (f) After any stoppage not covered elsewhere in this Section, the match restarts with a scrum to the team moving forward or, if neither team was moving forward, to the team last in possession of the ball.

5.4 GENERAL PLAY:

- (a) In general play, the ball can only be passed sideways or backwards - defined as 'towards the player's own try line'. If the ball is passed forward or knocked on, a scrum is awarded to the opposition.
- (b) Offside in general play is penalised in accordance with the IRB Laws of the Game. A player offside in general play is to be penalised for being offside unless that player is making an obvious attempt to return to an onside position. **Penalty:** A penalty kick restart to the non-offending side.
- (c) If a player carrying the ball goes to ground in general play or if a player goes to ground to gather the ball in general play, the player must immediately do one of three things (or he will be penalised):
 - (1) get up with the ball;
 - (2) pass the ball to another player; or
 - (3) release the ball for another player to pick up.

Note, however, that if a player releases the ball by placing it on the ground and his team mates drive over the ball to prevent the opposition gaining possession, a ruck will generally be formed and in this case the ball may not be picked up by hand until the ball has left the ruck, as described in Section 5.7. **Penalty:** penalty kick.

5.5 TACKLING:

- (a) Any player who has the ball and is on their feet (except in a maul) can be tackled. Following a tackle:

- (1) The tackler must immediately release the tackled player and get up or move away from the tackled player and the ball. The tackler must get up before playing the ball.

Note 1: Any tackle level with or above the armpit is to be considered a high tackle.

Note 2: The scrag-type tackle (i.e. swinging the player round by the shirt) must be considered dangerous play and must be penalised.

- (2) The tackled player must immediately pass or release the ball and must get up or move away from the ball. The tackled player may put the ball on the ground in any direction, or may push the ball along the ground in any direction, except forward (towards the opposition try line), providing this is done immediately.
- (3) At a tackle, or near to a tackle, other players who play the ball must do so from behind the ball and from behind the tackled player, or the tackler closest to those players' goal-line.
- (4) Any player who first gains possession of the ball at the tackle or near to it may be tackled by an opposition player, providing that player does so from behind the ball and from behind the tackled player or tackler nearest that player's goal-line.

Infringement of any of the above will result in a penalty kick being awarded to the non-infringing team.

- (b) If, after a tackle, the ball becomes unplayable, a scrum is awarded. The scrum is awarded to the team that was moving forward immediately prior to the tackle or, if no team was moving forward, to the attacking team (the team in the opponents' half of the pitch).
- (c) No player shall use the technique known or referred to as 'Squeezeball' and no person involved in the teaching or coaching of Mini-Midi Rugby may teach or coach or encourage Under 11 or Under 12 players to use the 'Squeezeball' technique.
Penalty: penalty kick.

Note: 'Squeezeball' is a technique where the ball carrier goes to ground, head forward (touching or close to the ground), irrespective of immediate contact with opponents, usually keeping parallel to the touchline, holding and protecting the ball close to the chest and, when on the ground, pushes the ball back between the legs.

- (d) It is illegal for any player to voluntarily fall on or over a player lying on the ground with the ball in his possession or to voluntarily fall on or over players lying on the ground with the ball between them, or near them. **Penalty:** penalty kick.

Note:

- (1) no advantage shall be played;
- (2) a player is assumed to have fallen voluntarily unless the referee is absolutely certain the fall was accidental;

- (3) in the very rare instances when the fall is accidental, play must be stopped and a scrum awarded to the side previously in possession.

The object is to keep players on their feet and to prevent them from falling to the ground, thus removing a dangerous area of play. This will create proper rucks and mauls through encouraging players from each team to remain on their feet.

5.6 MAULS:

- (a) A maul occurs when a player carrying the ball is held by one or more opponents and one or more of the ball-carrier's team-mates bind on to the ball-carrier. It is helpful if the referee calls 'maul formed'. All the players involved are on their feet.
- (b) Once a maul is formed, other players may only join the maul from behind the foot of their hindmost team-mate in the maul. Players joining the maul from in front of this eg from the side are offside and should be penalised. **Penalty:** penalty kick.
- (c) A maul ends successfully when either the ball or a player with the ball leaves the maul or the ball is on the ground or the maul is on or over the goal line (when the ball may be grounded for a try).
- (d) A maul ends unsuccessfully if the ball becomes unplayable or the maul collapses (not as a result of foul play) and a scrum is awarded. Should a maul collapse, the referee must immediately act to prevent a pile-up from developing.
- (e) When a maul remains stationary or has stopped moving forward for more than 5 seconds, but the ball is being moved and the referee can see it, a reasonable time is allowed for the ball to emerge. If it does not emerge within a reasonable time, a scrum is ordered. It is helpful in all maul situations if the referee calls "use it or lose it" prior to awarding a scrum.
- (f) When a maul has stopped moving forward it may start moving forward again providing it does so within 5 seconds. If the maul stops moving forward for a second time, and if the ball is being moved and the referee can see it, a reasonable time is allowed for the ball to emerge. A scrum is awarded if it does not emerge within a reasonable time.
- (g) In the case of a scrum following maul the team not in possession of the ball when the maul began will throw the ball in at the subsequent scrum. If the referee cannot decide which team had possession, the team moving forward before the maul stopped throws in the ball. If neither team was moving forward, the attacking team throws in the ball.
- (h) Any player at any stage in a maul who has or causes an opponent to have, his shoulders lower than his hip joint must immediately be penalised by awarding a penalty kick. The object of this rule is to prevent the collapse of a maul. It is to help the coach to teach good technique and the referee to penalise bad technique. Any player who has his shoulders lower than his hip joint can only move downwards unless he has very great strength. The force through the shoulders should be directed forwards and upwards; all players should remain on their feet, thus preventing a pile-up and possible injury.

5.7 RUCKS:

- (a) A ruck occurs where one or more players from each team, who are on their feet, in physical contact, close over the ball on the ground. It is helpful if the referee calls "ruck formed". Players are rucking when they are in a ruck and using their feet to try to win or keep possession of the ball, without being guilty of foul play.
- (b) Once a ruck is formed, other players may only join the ruck from behind the foot of their hindmost team-mate in the ruck. a player may join alongside this hindmost player. Players joining the ruck from in front of this eg from the side are offside and should be penalised. **Penalty:** penalty kick.
- (c) Players must not use their hands to pick up the ball while it is still in the ruck. **Penalty:** penalty kick.
- (d) A ruck ends successfully when the ball leaves the ruck, or when the ball is on or over the goal-line (when the ball may be touched down for a try).
- (e) A ruck ends unsuccessfully when the ball becomes unplayable and a scrum is awarded. Should a ruck collapse, the referee must immediately act to prevent a pile-up from developing.
- (f) Scrum following ruck: The team that was moving forward immediately before the ball became unplayable in the ruck throws in the ball. If neither team was moving forward, or if the referee cannot decide which team was moving forward before the ball became unplayable in the ruck, the team that was moving forward before the ruck began throws in the ball. If neither team was moving forward, then the attacking team throws in the ball. Before the referee blows the whistle for a scrum, the referee allows a reasonable amount of time for the ball to emerge. If the ruck stops moving or if the referee decides that the ball will probably not emerge within a reasonable time, the referee must order a scrum.
- (g) Any player at any stage in a ruck who has or causes an opponent to have, his shoulders lower than his hip joint must immediately be penalised by awarding a penalty kick. The object of this rule is to prevent the collapse of a ruck. It is to help the coach to teach good technique and the referee to penalise bad technique. Any player who has his shoulders lower than his hip joint can only move downwards unless he has very great strength. The force through the shoulders should be directed forwards and upwards; all players should remain on their feet, thus preventing a pile-up and possible injury.

5.8 SCRUMS:

- (a) The scrum will be made up of five players from each team - the front row (a row of three players, i.e. a prop on either side of the hooker) and two locks forming the second row. The locks must bind to each other using the inside arm, with the outside arm around the hips (not between the legs) of the front row (props). Neither of the locks may unbind to pick up the ball at the rear of the scrum but must remain bound onto the scrum until the ball is carried or passed out by the scrum half. **Penalty:** Penalty kick.
- (b) The front rows from each team will bind together approximately half a metre apart,

and the locks will bind to each other and to the props. Each prop will touch the upper arm of his opponent, and then pause before the engagement. The referee will talk the players through the engagement procedure in the sequence **Crouch, Touch, Pause, and Engage**. On the grounds of safety, it is important that the referee manages the engagement of every scrum in this way. There must be no downward pressure exerted by hands or arms.

(c) Although scrums are contested at Under 11 and Under 12, under no circumstances is the scrum to be:

(1) pushed more than 1.5 metres towards either try line **Penalty:** A penalty kick at the original spot against the side that has pushed the scrum;

(2) wheeled more than 45 degrees **Penalty:** If a team intentionally wheels a scrum, a penalty kick will be awarded against that side. If the scrum is wheeled more than 45 degrees without a penalty kick award, the scrum will be reset with the same team throwing the ball in.

(d) Front rows must not be allowed to charge at each other. If they start to engage too close together and with necks and backs bent, they must be stopped and the scrum reformed. Props' body positions must be parallel to the touchline (not boring in). There must be no downward pressure exerted by hands or arms. Shoulders must always be above the level of the hips.

(e) If the scrum collapses, the whistle must immediately be blown and the appropriate penalty awarded, or the scrum reset. If a player is persistently involved in collapsing or illegal binding they must be replaced. If a player's lack of technique or strength is a danger then they must be replaced.

(f) A non-contested scrum must replace a contested scrum in any of the following circumstances (on safety grounds):

(1) if a player in a scrum has to be replaced and there is no adequate replacement;

(2) if players involved in a scrum have not been properly trained;

(3) if one side is obviously stronger and more experienced than the other and the referee has been unable to get the stronger side to reduce their push to take this into account.

In a non-contested scrum the teams do not contest for the ball. The team putting the ball in must win it. Neither team is allowed to push the other team away from the mark.

(g) Any player at any stage in a scrum who has or causes an opponent to have, his shoulders lower than his hip joint must immediately be penalised by awarding a penalty kick. The object of this rule is to prevent the collapse of a scrum. It is to help the coach to teach good technique and the referee to penalise bad technique. Any player who has his shoulders lower than his hip joint can only move downwards unless he has very great strength. The force through the shoulders should be directed forwards and upwards; all players should remain on their feet, thus preventing a pile-up and possible injury.

- (h) The back lines of both teams must remain behind the hindmost foot of their respective scrums until the ball emerges or the scrum-half places his hands on it. If a scrum is awarded within 5 metres of the goal-line, the scrum is to be taken at a mark such that the middle line of the scrum is 5 metres from the goal-line. In this case the defending backs must stay on or behind the goal line.
- (i) The scrum-half not throwing the ball into the scrum may remain directly alongside his opponent, however, he/she must not move beyond the middle line of the scrum until the ball has emerged from the scrum or an opponent has placed their hands on the ball. In the event of a strike against the head (the side putting the ball in losing the ball in the scrum), the scrum-half who has thrown the ball into the scrum is similarly restricted.

5.9 LINEOUTS:

- (a) If the ball or player carrying the ball goes out of play, a contested line-out at the point at which the ball or players crossed the touchline will take place. If a lineout is awarded within 5 metres of the goal-line, the lineout is to be taken at a mark such that the line of touch parallel to the goal-line is no closer than 5 metres from the goal-line. The opponents of the team who carried or last touched the ball before it went into touch throw the ball in. A quick throw-in is not permitted.
- (b) The line-out will be made up of four players from each team (who stand between 2 and 10 metres from the touchline) plus the player throwing the ball in and an immediate opponent (who must stand within 2 metres of the touchline) and one player from either side in a position to receive the ball (i.e. scrum-half). Both the thrower-in and his immediate opponent are able to take an active role in the lineout as soon as the ball has been touched by one of the players in the line-out. Players not taking part in the lineout must stay behind the offside line until the lineout ends.
- (c) The line-out will extend from 2 to 10 metres from the touchline. Should the ball be thrown beyond 10 metres, the opposition will be awarded the throw. Should the opposition then throw beyond 10 metres, a scrum will be awarded to the side originally throwing in. The scrum will be formed 10 metres in from touch opposite the point where the ball went into touch.
- (d) The line-out begins when the ball leaves the hands of the player throwing it in. The line-out ends when the ball or a player carrying it leaves the line-out. This includes the following:
 - (1) when the ball is thrown or knocked out of the line-out;
 - (2) when a line-out player hands the ball to a player who is peeling close to and parallel to the line;
 - (3) when a ruck or maul develops in a line-out, and both feet of all the players in the ruck or maul move beyond the line-of-touch; and
 - (4) the ball has been passed or carried out of the lineout or if the catcher decides to drive through the lineout.
- (e) When the ball becomes unplayable in a line-out, play restarts with a scrum to the

team moving forward or, if neither team was moving forward, to the team last in possession of the ball. The scrum will take place 7 metres in from the touchline opposite the point where the lineout took place.

- (f) All 'peeling off' movements must be close to and parallel with the line-out. Players must keep moving. Lifting/supporting is prohibited at this level (i.e. a player may not bind to a jumper until they return to the ground). The player designated to receive the ball (i.e. the scrum half) may not enter the lineout to compete for the ball. "Peeling off" occurs when a player leaves the lineout to catch the ball knocked or passed back by a team mate.
- (g) The offside line for all players not participating in the line-out (all players other than those described under Section 5.9(b)) is 7 metres back from the line of touch, parallel to the goal-line, and they must remain behind that offside line until the line-out has ended. If the lineout is closer than 7 metres to the touchline, the goal-line is the offside line.

5.10 KICKING:

- (a) All the IRB Laws of the Game pertaining to kicking in open play will apply, with the following exceptions:
 - (1) Players may only kick the ball out of their hands
 - (2) The offside zone ahead of the kicker is 7, rather than 10 metres.
 - (3) Kicking a loose ball when it is on the ground (often called fly hacking) is not permitted.

Penalty: A penalty kick.

- (b) After a try has been scored, the team can attempt to convert the try into a goal. The kick at goal may take place from anywhere in front of the posts.
- (c) When an infringement occurs, a penalty or penalty kick will be awarded in accordance with the IRB Laws of the Game. The referee will make a mark for the kick. The opposition will retire quickly to 7 metres from the mark. If the kick is taken so quickly that opponents have no opportunity to retire, they will not be penalised for this. However, they must continue to retire, until a team-mate who was standing 7 metres from the mark has run in front of them. The opposing team must not do anything to delay the penalty kick or obstruct the kicker. Any infringement by the opposing team results in a second penalty 7 metres in front of the mark for the first kick. On the second occasion the kick will not be taken until all opponents have retired 7 metres. No penalty or penalty kick can be taken within 5 metres of the goal-line.
- (d) Following the award of a penalty, a kick at goal or drop goal is not permitted. Should the side awarded the penalty opt to kick to touch and do so directly they will be awarded the subsequent throw in at the lineout.
- (e) Drop goals are not permitted.

5.11 COACHING:

- (a) The RFU recommends that at a Fixture, a coaching session precedes each match.
- (b) All matches should be used as an extension of the coaching session with the emphasis being on the quality of performance rather than the result.
- (c) During the match, coaches can direct and develop play, in a coaching sense, from the touchline.
- (d) The emphasis must be on enjoyment and the players must be encouraged to enjoy the physical skills of running, passing and evasion.
- (e) During the half-time interval, coaches must take time to talk to, encourage, coach and explain the game to the players.
- (f) Mismatches can be avoided by talking to the coach in charge of the opposition before the game.

REGULATIONS

Failure by Clubs or Schools, their match officials and coaches to observe the following regulations may invalidate the compulsory insurance cover provided by the RFU:

5.12 FIXTURES & FESTIVALS:

In the Rugby Continuum:

- (a) A Fixture is the playing of Midi Rugby between teams of different Schools or Clubs, not more than three Schools or Clubs being involved together on any one day. Where three Clubs or Schools are involved, these are sometimes referred to as "Triangular Fixtures".
- (b) A Festival is the playing of Midi Rugby between more than three teams of different Schools or Clubs, normally to establish a winner, all matches being part of one event.
- (c) A Tour is considered to be a Fixture or Festival according to the number of teams involved.
- (d) Fixtures and Festivals must all comply with the regulations contained in the Rugby Continuum, however, Festival organisers may impose additional conditions on participation including maximum squad sizes which should not be less than 17 players (although this should not prevent teams from participating with less than this number should they so wish).

5.13 THE SEASON:

- (a) The Midi Rugby season starts on 1st September each year. Fixtures and Festivals for Under 11's and Under 12's may only take place during the period 1st October to 30th April each season unless a special dispensation has been granted by the RFU. Outside this period players may only participate in training and recruitment initiatives. Applications for special dispensations should be submitted to the RFU Community Rugby & Operations Director.

5.14 UNDER 11 AGE GRADES:

- (a) A player's age grade is determined by their age on 1st September at the beginning of the season. An Under 11 player will therefore only turn 11 during the course of the season.
- (b) During the course of a season players may only play rugby with other Under 11 players unless they are permitted to play with players from a different age grade under a dispensation referred to in Section 5.15.
- (c) When participating in Fixtures or Festivals, the Club/School must inform the coaches and match officials of opposing teams of any dispensation being applied and identify each player concerned.

5.15 UNDER 11 AGE GRADE DISPENSATIONS:

The following general dispensations apply as exceptions to the age grade rules contained in Section 5.14. Particular attention is drawn to the need to ensure that player safety is not compromised when applying any of these dispensations since players of different age grades and development will be playing together and the duty of care owed to players means it may not always be appropriate to allow a player to take advantage of a dispensation.

- (a) **Team Dispensation:** Under 12 players may play down in an Under 11 team if Clubs or Schools do not have enough players to complete an Under 11 team, however, this dispensation is subject to strict observance of the following qualifications:
 - (1) the maximum numbers of players allowed to play down is two; and
 - (2) no Under 13 players or above may play in an Under 11 team in any circumstances.

This dispensation will also apply if a Club or School does have one or more full Under 11 teams, but needs extra players to field a further Under 11 team.

- (b) **Training Dispensation:** During internal Club/School training players permitted by the Rugby Continuum to play in Under 11 and Under 12 squads may train together and play internal training matches together.
- (c) **Special Dispensation:** The vast majority of children, with correct coaching, can play in their correct age grades but in exceptional cases where child safety may be compromised due to a developmental disability (physical or behavioural); application to the RFU may be made for an individual dispensation permitting a player to play down one age grade. Such dispensation will only last for one season. Application for such a dispensation should be submitted to the RFU Community Rugby & Operations Director and should be accompanied by documentary evidence or signed statements confirming the player's disability. For the avoidance of doubt, special RFU dispensations to play outside of their true age grade will not be granted to players merely because they appear to have skills inferior or superior to their team mates.

5.16 UNDER 12 AGE GRADES:

- (a) A player's age grade is determined by their age on 1st September at the beginning of the season. An Under 12 player will therefore only turn 12 during the course of the season.
- (b) During the course of a season players may only play rugby with other Under 12 players unless they are permitted to play with players from a different age grade under a dispensation referred to in Section 5.17.
- (c) When participating in Fixtures or Festivals, the Club/School must inform the coaches and match officials of opposing teams of any dispensation being applied and identify each player concerned.

5.17 UNDER 12 AGE GRADE DISPENSATIONS:

The following general dispensations apply as exceptions to the age grade rules contained in Section 5.16. Particular attention is drawn to the need to ensure that player safety is not compromised when applying any of these dispensations since players of different age grades and development will be playing together and the duty of care owed to players means it may not always be appropriate to allow a player to take advantage of a dispensation.

- (a) **Team Dispensation:** Under 12 players may play down in an Under 11 team if Clubs or Schools do not have enough players to complete an Under 11 team, however, this dispensation is subject to strict observance of the following qualifications:
 - (1) the maximum numbers of players allowed to play down is two; and
 - (2) no Under 13 players or above may play in an Under 11 team in any circumstances.

This dispensation will also apply if a Club or School does have one or more full Under 11 teams, but needs extra players to field a further team.

- (b) **Specific Under 12 Dispensation:** As well as the Team Dispensation allowed for above, where a Club or School does not have enough players to form an Under 12 team, Under 12s may play with an Under 13 side but only with written parental consent. No Under 11 player or below can play in an Under 13 side and no Under 13s or above may play down an age grade in any circumstances. This dispensation will also apply if a Club or School does have one or more full Under 12 teams, but needs extra players to play in the Under 13 age grade.

Clarification: If short of U11s two Under 12s may play down; if short of Under 13s, Under 12s may play up.

- (c) **Training Dispensation:** During internal Club/School training players permitted by the Rugby Continuum to play in Under 11 and Under 12 squads may train together and play internal training matches together. No Under 13 player is permitted to train with Under 11 or Under 12 players in any circumstances.
- (d) **Special Dispensation:** The vast majority of children, with correct coaching, can play in their correct age grades but in exceptional cases where child safety may be compromised due to a developmental disability (physical or behavioural); application to the RFU may be made for an individual dispensation permitting a player to play

down one age grade. Such dispensation will only last for one season. Application for such a dispensation should be submitted to the RFU Community Rugby & Operations Director and should be accompanied by documentary evidence or signed statements confirming the player's disability. For the avoidance of doubt, special RFU dispensations to play outside of their true age grade will not be granted to players merely because they appear to have skills inferior or superior to their team mates.

5.18 LIMITATIONS ON FIXTURES:

- (a) Each players in the Under 11 and Under 12 age grades is limited to playing in not more than:
 - (1) 17 Club Fixtures and/or Festivals during a season in addition to any Fixtures and/or Festivals played by them for their Schools;
 - (2) 17 School Fixtures and/or Festivals during a season in addition to any Fixtures and/or Festivals played by them for their Club;
 - (3) one Festival during the same weekend; and
 - (4) 5 games at a Festival.
- (b) Clubs and Schools must maintain a record of how many Fixtures and Festivals are played by each Under 11 and each Under 12 player during a season to ensure they are not exceeding these limits.
- (c) Where Clubs or Schools have large squads, additional Fixtures/Festivals may be arranged, provided that no player plays in more than the maximum number referred to in Section 5.18(a).

5.19 MATCH DURATIONS:

A match is made up of two-halves with half-time lasting 2 minutes. Matches are limited to the following durations:

- (a) Fixture (2 Clubs or Schools present): 20 minutes each way, 1 game = 40 minutes;
- (b) Fixture (3 Clubs or Schools present): 15 minutes each way, 2 games = 60 minutes;
- (c) Festival: 7 minutes each way, Maximum of 5 games = 70 minutes.

No extra time is permitted in any match, except that added for injury time. Matches must be brought to an end if the points difference rises to more than 30.

5.20 DURATION OF COACHING OR TRAINING SESSIONS:

Fixtures, coaches and training sessions must last no longer than 120 minutes, inclusive of time devoted to match play. At a Festival, time spent on training and matches must not total more than 120 minutes.

5.21 EQUIPMENT:

- (a) A size 4 ball should be used.
- (b) Players may only use studs and other clothing during training sessions and matches that are in accordance with the IRB Laws of the Game. Spectacles may not be worn during training or in matches.

5.22 PITCH SIZES:

The maximum pitch size for Under 11s is 60 metres x 43 metres, plus 5 metres for each in-goal area. Reduced pitch sizes are acceptable provided this is agreed between the officiating referee and coaches and the smaller pitches will not materially increase the risk of injury to players. Adjacent pitches should be no closer than 5 metres. Provision should be made to indicate the position of the line 15 metres out from each goal line, serving a similar purpose to the 22 metre line in the IRB Laws of the Game.

RECOMMENDATIONS

Recommendations represent best practice and Clubs, Schools, their match officials and coaches must endeavour to follow these:

5.23 THE GOOD MATCH OFFICIAL'S CODE:

Match Officials should:

- (a) Recognise the importance of fun and enjoyment when officiating players.
- (b) Provide positive verbal feedback in a constructive and encouraging manner during games.
- (c) Emphasise the spirit of the game.
- (d) Appreciate the needs of the players before the needs of the sport.
- (e) Understand the physical and behavioural development of players.
- (f) Be a positive role model. Set an example, and as such, comments should be positive and supportive.
- (g) Look to self-improvement e.g. participation in training courses.
- (h) Recognise that the safety of players is paramount.
- (i) Explain decisions - all players are still learning and parents will understand the game better.
- (j) Always penalise foul play.
- (k) Play advantage whenever possible in order to let the game flow.
- (l) Show empathy for the age and ability of players.
- (m) Be consistent and objective.

- (n) Be familiar with the Good Spectators Code and ensure ensure that verbal abuse from players, coaches or spectators is not tolerated and is dealt with by club officials immediately.
- (o) Be aware of, and abide by, the RFU Child Protection Guidance policies and procedures.
- (p) Officiate to the rules laid down in the Rugby Continuum and keep themselves updated on rule changes.
- (q) Check that the home Club or School has provided a qualified first aider, ambulance access has not been obstructed and that appropriate equipment is available along with someone trained in its use before starting play.
- (r) Before training sessions and matches check that studs and other clothing are in accordance with the IRB Laws of the Game.

5.24 THE GOOD COACHES' CODE:

Coaches of players should:

- (a) Recognise the importance of fun and enjoyment when coaching players.
- (b) Understand that most learning is achieved through doing.
- (c) Appreciate the needs of the players before the needs of the sport.
- (d) Be a positive role model - think what this implies.
- (e) Keep winning and losing in perspective - encourage players to behave with dignity in all circumstances.
- (f) Respect all referees and the decisions they make, even if they appear to make a mistake, (remember it could be you refereeing next week) and ensure that the players recognise that they must do the same.
- (g) Provide positive verbal feedback in a constructive and encouraging manner to all players, both during coaching sessions and matches.
- (h) Provide rugby experience which are matched to the players' ages and abilities, as well as their physical and behavioural development.
- (i) Ensure all players are coached in a safe environment, with adequate first aid readily to hand.
- (j) Avoid the overplaying of the best players by using a squad system which gives everybody a satisfactory amount of playing time.
- (k) Never allow a player to train or play when injured.
- (l) Ensure good supervision of players, both on and off the field.

- (m) Recognise that players should never be exposed to extremes of heat, cold or unacceptable risk of injury.
- (n) Develop an awareness of nutrition as part of an overall education in lifestyle management.
- (o) Recognise that it is illegal for players under 18 to drink alcohol and those under 16 to smoke. Coaches should actively discourage both.
- (p) Ensure that their knowledge and coaching strategies are up to date and in line with RFU philosophy.
- (q) Be aware of, and abide by, the RFU recommended procedures for taking young people on residential tours at home and abroad.
- (r) Be aware of and abide by the policies and procedures outlined in the Policy and Procedures for the Welfare of Young People in Rugby Union.
- (s) Coach to the rules laid down in the Rugby Continuum and keep themselves updated on rule changes.

5.25 THE GOOD PLAYER'S CODE:

Players should be encouraged to:

- (a) Recognise and appreciate the efforts made by coaches, parents, match officials and administrators in providing the opportunity to play the game and enjoy the rugby environment.
- (b) Understand the values of loyalty and commitment to adults and team mates.
- (c) Recognise that every player has a right to expect their involvement in rugby to be safe and free from all types of abuse.
- (d) Understand that if an individual or group of players feel they are not being treated in a manner that is acceptable, then they should tell an adult either at the Club or School or outside of the game.
- (e) Play because they want to do so, not to please coaches or parents.
- (f) Remember that skill development, fun and enjoyment are the most important parts of the game.
- (g) Be attentive at all training and coaching sessions.
- (h) Work equally hard for themselves and their team - both will then benefit.
- (i) Recognise good play by all players on their team and by their opponents.
- (j) Be a sportsman - win with dignity, lose with grace.
- (k) Play to the IRB Laws of the Game and accept, without question, all referees' decisions even if they appear to make a mistake.

- (l) Control their emotions. Verbal or physical abuse of team mates, opponents, coaches, match officials or spectators is not acceptable.
- (m) Treat all players, as they would like to be treated themselves. Do not interfere with, bully or take advantage of any player.

5.26 DANGEROUS PLAY:

- (a) Dangerous play can cause injury. Coaches and match officials must be particularly vigilant to prevent it.
- (b) There will always be knocks and bumps in rugby, but if dangerous play is eliminated, then many serious injuries will never happen.
- (c) After a stoppage for injury, restart play with a scrum to the team moving forward, or, if neither team was moving forward, to the team that was last in possession of the ball immediately prior to the stoppage.

5.27 DISCIPLINE:

- (a) If the referee decides that a player must cease to participate in a match, they must stop the match, call the individual player aside from the other players and invite the coach of that player on to the field. The referee must explain to the coach and the player why they feel the player's behaviour is unacceptable and instruct the coach to provide a substitute player. That player is to take no further part in that Festival or Fixture. It is the responsibility of the coach to speak to and educate the player as to why such action was taken.
- (b) Clubs and Schools complying with Section 2 of the Rugby Continuum will have both a Child Protection Policy (which conforms to the RFU's recommendations) and a player disciplinary procedure. While player indiscipline (including physical and verbal abuse and actions contravening the Rugby Continuum) will in most cases be dealt with in accordance with the player disciplinary procedure it should be recognized that there will be some instances where the relevant actions also fall within the scope of the Child Protection Policy.
- (c) In the case of actions on the part of adults involved in Midi Rugby which contravene the Codes of Practice (for parents, spectators, match officials or coaches) contained in the Rugby Continuum, the recommended procedure is as follows:
 - (1) The match or training session should be stopped and the match officials and coaches should confer and agree on a course of action appropriate to the circumstances. This may include the match officials and relevant coach warning the adult concerned or requesting the relevant adult to vacate the vicinity of the pitch before recommencing the match or training. In extreme cases or where the adult refuses to cooperate, the match or training should be abandoned.
 - (2) The match officials and coaches should notify the incident to the Chairmen of the Mini-Midi Sections of their respective Clubs or to the Head of Games in the case of Schools for further consideration. In extreme cases this may include banning the relevant adult from attending matches and/or training

sessions for a period and/or submission of a complaint to the relevant Constituent Body.

- (3) Where the relevant actions fall within the Child Protection Policy, Clubs and Schools should also institute the procedures contained in such policy.
- (d) In all cases where a disciplinary matter has been referred to a Constituent Body, the Constituent Body may require either Club or Schools to provide additional information on the incident including confirmation of the action taken and may in exceptional cases refer the matter to the RFU for further consideration and sanctions.

1.28 SAFETY:

- (a) The development of all contact (contested or uncontested scrums and line outs) must be introduced using the techniques contained in current RFU coaching manuals. Tackling is a skill that needs to be taught and must be introduced progressively as shown in the current RFU Coaching Course materials. Similarly, the formation of the scrum must be introduced in a progressive way following the stages described in current RFU Coaching Course materials.
- (b) The RFU strongly recommends the wearing of mouth guards in case of accidental collision. Ideally mouth guards should be custom made from a dental impression of the teeth. The RFU also strongly recommends the wearing of shin guards.
- (c) If a player appears injured, the referee must blow the whistle and stop play immediately. Obviously the referee must use judgment - players don't want to stop for every slight knock - but it is usually possible to tell when a player is hurt. Where possible, invite the player to get up. If it hurts them to move, let them stay where they are (if this will not worsen their injury) and send for expert help. In all cases it is essential that other people/players are stopped from rushing in and hauling the player to their feet. They may mean well, but they could make the damage even worse. In summary, take no chances: act fast but act with caution.
- (d) If referees find themselves in an injury situation, they must concentrate on the vital things. If there is difficulty breathing remove the player's mouthguard and ensure the player hasn't swallowed their tongue: if they have, hook it out at once. If they seem stunned, they may be concussed: if so, they must leave the field and have a medical examination. If there is any bleeding, the player must leave the field for treatment.

For further information on the interpretation of these rules, regulations and recommendations contact the Community Rugby and Operations Department at the RFU.