



AGE GRADE LAW VARIATION

Boys U13 (S1)



Our Game: Ethos & Values

Rugby is a game for everyone; all ages, levels of experience and body types. Young people can prosper through rugby in an environment where having fun, learning and building confidence are prioritised.

It is the responsibility of all adults in the game to create an environment that is player-centred, development-driven and competition-supported. This applies to coaches, teachers, parents, volunteers and supporters.

Half Game Rule

To ensure ALL players have the opportunity to develop and enjoy rugby, the 'Half Game Rule' will continue this season – encouraging all clubs and schools to give at least HALF GAME to ALL players in a squad. Clubs and Schools are encouraged to:

- Put the players at the heart of everything they do and the decisions they make.
- Encourage enjoyment on the pitch through realistic expectations of the players.
- Build the skills adults in the game to provide a safe, healthy and respectful environment.
- Champion Scottish Rugby's core values of Leadership, Engagement, Achievement, Enjoyment and Respect.

Age Grade Law Variation (AGLV) Trials

AGLVs exist to make rugby safe, enjoyable and appropriate for a player's development. The AGLVs for the mini and boys' youth game were introduced in the 2018/19 season. Analysis will be carried out to measure the impact of the AGLVs on the development of the fundamental skills of the players in line with the Technical Blueprint.

Managing Mismatches

Sometimes, a game may become one sided due to a disparity in the experience and ability of the players on the respective teams. Should a game have a 30-point lead (3 points for a try) think about ways improve the playing environment and play the remaining game-time as a development match. Options available include but are not limited to:

- Rest stronger players and provide more game-time to less experienced players.
- Play players out of position to help develop different skills.
- Asking individual players to play for the opposition, or mixing teams completely, can provide a different challenge and help develop communication skills.
- Ask the referee to introduce law variations to condition games e.g., minimum number of passes/phases, certain players not allowed to score.

Putting player first

5 steps to player welfare

**IF IN
DOUBT,
SIT
THEM
OUT.**

If in doubt, sit them out!

If a player is suspected of having a concussion, they must be immediately removed from play.

- A concussion is a brain injury.
- All concussions are serious.



Train to prevent injuries

- Nurture players returning from injury - they are at increased risk of injury.
- Undertake high risk training (contact, sprints) at low risk times (when not fatigued).
- Injury prevention: it's in the balance (exercises).



If they are on the deck, think about the neck

- Don't shake them, don't roll them, don't sit them up.
- Think about the spine, keep it in line and take your time.
- Stop the game and ask about pain.
- An unconscious player has a neck injury until proven otherwise.



Be a lifesaver; know your A-B-C

- A: Airway, B: Breathing, C: Circulation
- Saving a life always starts with A
- If you don't have an A you won't have a B or C
- Airway: open it, clear it, maintain it



Kick infection into touch

- Don't share your blood on clothes and towels; blood spreads infection; wash it or dispose of it
- A wound neglected is a wound infected
- The solution to pollution is dilution - wash the wound with large amounts of water

Active, Purposeful, Enjoyable & Safe

How does this look in practice

APES Key Points		Top Tips
		Youth
Activity	<p>Keep high levels of activity in the session.</p> <p>Ensure every player is receiving the same opportunity to take part.</p>	<p>Avoid Queues.</p> <p>When running skill or technique zone activities, try to minimise the number of people waiting in a queue. Use multiple stations where possible.</p>
Purpose	<p>Have a clear purpose to your session, and stick to the plan.</p> <p>Share this with your players, fellow coaches and parents.</p>	<p>Core skills at the heart of training.</p> <p>Use the Technical Blueprint to ensure you develop competence of core skills before progressing.</p>
Enjoyment	<p>Most of all, above anything else, we need to create a rugby experience which is enjoyed by everyone.</p> <p>Set appropriate levels of challenge for players – too much and it won't be enjoyable, too little and they'll be bored.</p>	<p>Understand your players.</p> <p>Players may be under pressures out with rugby – remember that this might be their release. Keep training fun to make sure players stick with rugby.</p>
Safe	<p>Safety is paramount. Do everything you can to minimise the risk of injuries. Ensure there is a safe environment within the team to value everyone as an individual.</p>	<p>ACTIVATE programme.</p> <p>Use the activate warm-up programme to develop players' physical competence and reduce injury risks.</p>

Remember – If in doubt, sit them out!

Overview

U13/S1 Boys Rugby is the first step towards 'full pitch rugby'. It sees the continued development of the core skills of rugby. In the scrum, there is the addition of a number 8, and players have opportunities to kick for goal.

The key focus of this age is to allow players to experience a variety of different positions, whilst also experiencing defending and attacking bigger spaces, afforded by the scrum and lineouts.

Players	13
Pitch Size	Full Pitch
Ball Size	4
Max. Game Length	45 minutes
Scoring	5 points per Try, 2 points per conversion, 3 points for Penalty Kicks and Drop Goals
Tackle	Yes – Below Waist
Handoff	Yes - Not to Head or Neck
Breakdown	As per World Rugby Laws
Scrum	6 players, Contested hook, 0.5m push, 9 must pass
Lineout	Uncontested, minimum of 5 per team (Hooker + 4). Team that throws in, wins the ball
Kick Off/ Restarts	Drop Kick to start each half. Drop Kick or Tap & Pass to the team that conceded
Open Play Kicking	Full kicking options – conversions to be taken within 15m lines



Tackle

- All tackles should be on or below the waist (belly button) of the ball player.
 - **Sanction: Free Kick to non-offending team.**
- No swing tackles: The tackler is responsible for safely bring the ball carrier to the ground – throwing the ball carrier to ground is not permitted.
 - **Sanction: Free Kick to non-offending team.**

Referee Guidance:

- As players tire, tackle height may increase – if a tackle is made in the AMBER zone (between armpits and waist) a referee can play on as long as the ball isn't prevented from being played (targeting the ball)



Handoff

- Handoff Permitted – no contact to be made to the head or neck of the defending player.
 - o **Sanction: Free Kick to the non-offending team.**

Referee Guidance:

- o Encourage the Ball Carrier to hold the ball in two hands in and near contact situations – this will allow them to have greater control of the ball to pass and offload.
- o Encourage the Ball Carrier to use evasive footwork.

Breakdown

The breakdown is refereed to full World Rugby Laws - including the new World Rugby Law surrounding the jackler

When is the breakdown over?

- As per full World Rugby Laws

Referee Guidance

- Ball Player
 - o Encourage the Ball Carrier to look for an offload but if the tackle is complete, to present the ball back as far as possible
- Players entering the breakdown
 - o To arrive through the 'gate'
 - o **Sanction: Penalty to the non-offending team**
 - o To arrive on their feet, supporting their own bodyweight (no hands on the ground)
 - o **Sanction: Penalty to the non-offending team**
 - o To not play the ball with hands or feet (kick)
 - o **Sanction: Penalty to the non-offending team**
 - o Cleanout and safety of the 'jackler' (defined as the first arriving team-mate of the tackler, who must remain on their feet to contest directly onto the ball. If previously involved in the tackle, they must first clearly release the ball carrier before contesting for the ball) - clean outs which target or drop weight onto the lower limbs are no longer permitted.
 - o **Sanction: Penalty to the non-offending team**

Scrum

- 6 players from each team should form the scrum (3-2-1 formation)
- Scrum is CONTESTED:
 - o The ball must be hooked backwards;
 - o Each front row can push a maximum of 0.5m and must not push until the ball leaves the scrum half's hands
 - o **Sanction: Free Kick to non-offending team**
- Scrum half can stand with their left shoulder in line with the midpoint of the scrum before feeding the ball in. Ball must be fed in straight.

- **Sanction: Free Kick to non-offending team**
- Scrum half must pass (Scrum half can take a couple of steps to help generate power on the pass). Defending Scrum Half can follow but cannot go past the back feet of the second rows
 - **Sanction: If the defending scrum half interferes with the attacking scrum half from an offside position, free kick**
- No No. 8 pick up
- Each team must be 5m back from the hindmost point of the scrum
- Defending team can move forward once the ball has been passed by the scrum half
 - **Sanction: Penalty to attacking team at point where the defence were offside**

Lineout

Set Up

- Each team must have at least 5 players in the lineout (Hooker + 4 others) - defending team must match
- The first player in the lineout to set 3m from the touchline

Actions

- The lineout is uncontested - the team that throws the ball must be allowed to catch
- The catcher must pass the ball to scrum half - no maul permitted
- The scrum half must pass or run beyond the rear of the lineout
- Defenders in the lineout cannot leave until the ball has passed the rear of the lineout
 - **Sanction: Free Kick to the non-offending team at the place where the offence was committed**

When is the lineout over?

- If the ball is thrown by the hooker over the last player in the lineout
- Once the scrum half or the ball passes the last player in the lineout
- If the catcher knocks on, play advantage to if the opposition regather possession. If no advantage - scrum to opposition.

Players not in the lineout

- All players, attacking and defending, not involved in the lineout must be at least 10m back from the midpoint of the lineout
- Players can move forward once the lineout is over (see 'When is the lineout over?')

Restarting the Game

Kick Offs

- Each half starts with a Drop Kick from the centre of the pitch
- The kick must travel 10m
- Attacking players must be behind the kicker at the time when the kick is taken
- Defending players must be at least 10m back when the kick is taken

Restarting After a Try

- After a try is scored, the team that conceded the try starts with the ball.
- This team can either choose to take a drop kick or a tap and pass
- If tap and pass is chosen, defenders must be 10m back and can move forward once the first receiver touches the ball
 - **Referee Guidance:** Encourage the first receiver to find space via evasive footwork or to pass to a teammate in a better position

Open Play Kicking

Conversions

- If a try is scored within the in-goal area level with the 15m channels the conversion attempt can be moved to the 15m line

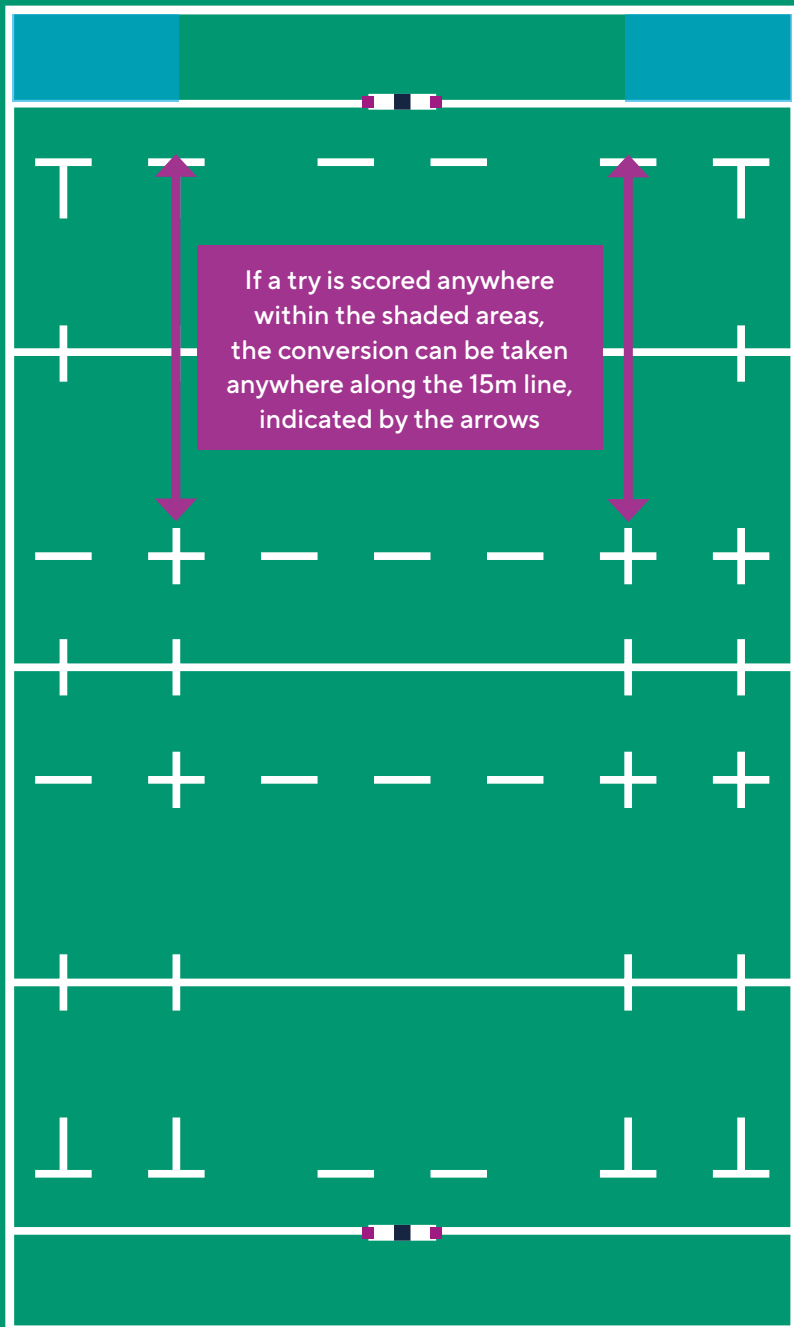
Kicking to Touch

- Full World Rugby Laws
- World Rugby Global Law Trial - 50:22 Rule is applicable - if a player kicks the ball from within their own half and it bounces out in the opposition 22, the kicking team will receive the following lineout.

In-Goal Area

- As per World Rugby Laws
- New World Rugby Law - If ball carrier held up in-goal, attacking kick grounded in-goal by defence or knock on by attacking team in-goal – Goal line drop out to defending team - ball must go at least 5m

Full Pitch Set Up for S1/U13 Boys Rugby



Concussion Management

Any player with a suspected head knock or concussion should be immediately removed from play in a safe manner.

They must not return to activity that day. If a neck injury is suspected, players should be removed under the direction of a healthcare professional.

In all cases of suspected concussion, it is recommended that medical advice is sought early. These may include the players' GP or NHS 24 (Dial 111)

Return to sport, once symptom free, should be graduated. Please refer to Scottish Sports Concussion Guidance for more information or visit [sportscotland.org.uk](https://www.sportscotland.org.uk)



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