



**SCOTTISH
RUGBY**

Age Grade Law Variations 24/25

U13 Boys

Leadership • Engagement • Achievement • Enjoyment • Respect

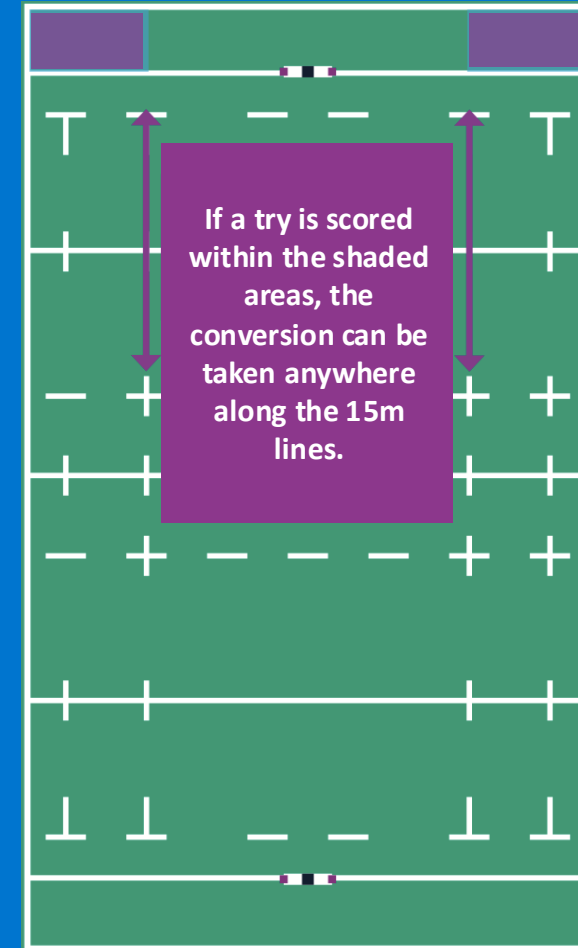
Page	Content
3	Overview of Laws
4	Blueprint
5	Team Size, Game Length, Pitch & Ball Size
6	Starting & Restarting the Game
7	Hand Offs
8	Tackle – Waist & Below
9	The Breakdown
10	Scrum
11	Lineout
12	Kicking

U13 / S1 Boys | Age Grade Law Variations



Overview

Players 13v13 	Pitch Full Pitch	Ball Size 4 	Playing Time Game - Max 45 mins	Scoring 5 points for try 2 points for conversion 3 points for penalties
Tackle Waist & Below 		Hand off Yes – Not to Head or Neck	Breakdown As per World Rugby Laws	
Scrum 6v6 – contested hook w/ 0.5m push	Lineouts Yes – min of Hooker + 4; Uncontested	Kick Off / Restart Kick off - starts with drop kick After Try – team that SCORES starts with drop kick		Kicking Full kicking options – conversions and kicks at goal within 15m lines

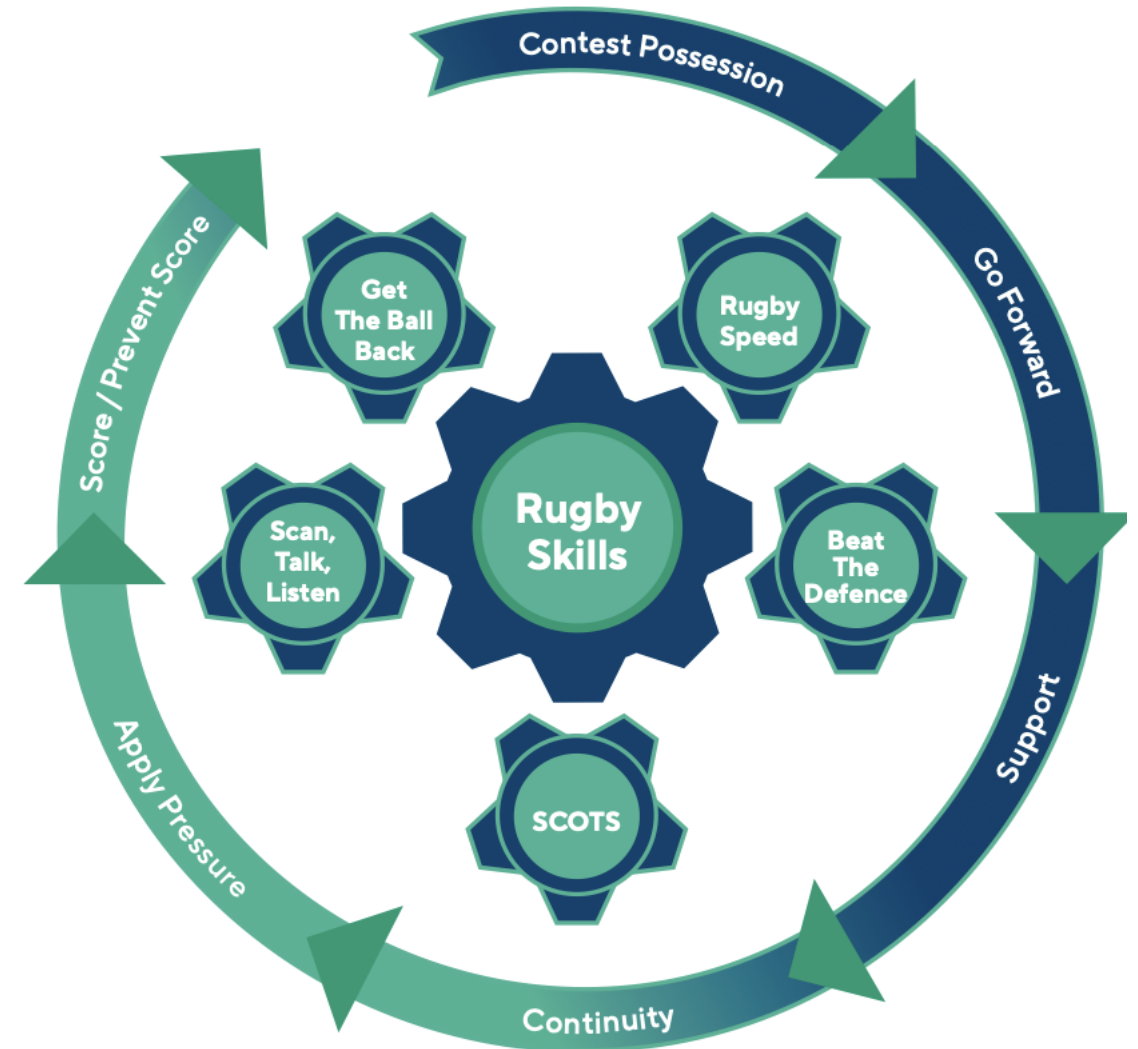


For a full law breakdown and coach/referee guidance, please visit gainline.scottishrugby.org

The Blueprint is the playing and coaching philosophy for Scottish Rugby, aiming to improve the standard of rugby at all levels of the game. The Blueprint has evolved from the original to expand the technical/tactical focus of the game

The key focuses for this stage of rugby, are to:

- Look for the best space in attack, using run, pass or kick skills
- To play with speed and keep the ball alive
- To develop effective low tackle technique
- To develop set piece skills

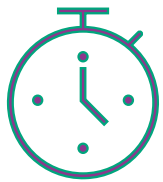


U13 / S1 Boys

Team Size, Game, Pitch & Ball Size



13 v 13



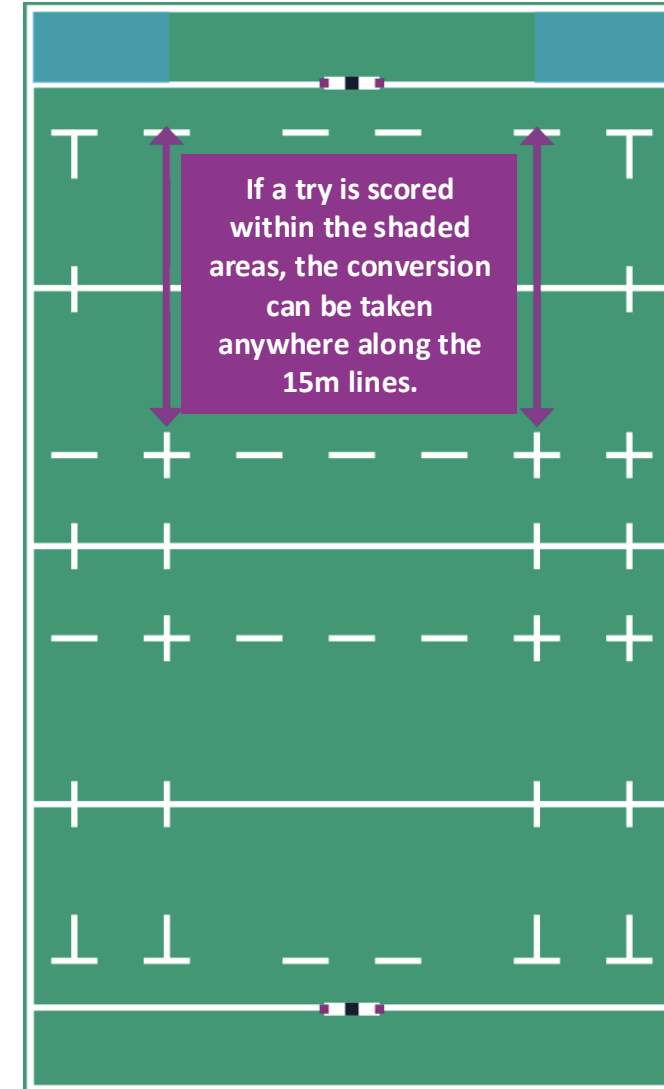
Max. 45 mins per game



Half Game Policy Applies (all players should get equal game time)



Size 4 Ball



Starting / Restarting the Game

At the start of a game – The game starts with a **drop-kick** at the centre of the pitch. The kick should go at least 10m.

The receiving team must be at least 10m back - The kicking team can move forward once the ball has been kicked.

After a try – The team that SCORES restarts with a **drop-kick** – the above parameters apply.

Referee Guidance

Kick offs - Encourage all players to try to take a kick, players are still forming skillsets so it's important that everyone should be able to try.

Sanction – See World Rugby Laws [here](#)

Chasing players in front of the kicker – Scrum to non-kicking team
Ball doesn't go 10m - Option of kick being taken again or a scrum to non-kicking team



Hand Offs	Sanctions	Referee Guidance
<p>Hand Offs – Are ALLOWED. No contact must be made to the head or neck of the player attempting the tackle.</p>	<p>Penalty to the non offending team.</p>	<p>Encourage the ball carrier to hold the ball in two hands to give them greater control of the ball but also, to help them look for offload and passing opportunities.</p> <p>When handing off, encourage the ball carrier to use their evasive footwork to try to beat the defender first</p>



Tackle	Sanctions	Referee Guidance
<p>Tackle Height – All tackles should be on or below the waist or the ball carrier. No targeting of the ball.</p>	<p>Penalty to non-offending team.</p>	<p>As players tire, the height of the tackler may rise – if a tackle is made above the GREEN zone (but not to the head or neck), a referee can play advantage if the ball can still be passed by the ball carrier.</p>
<p>No Swing Tackles – The tackler is responsible for bringing the ball carrier to ground safely – throwing the ball carrier to ground is not permitted.</p>	<p>Penalty to non-offending team.</p>	



Red Zone
High tackle, Free Kick
No Targeting the ball

Green Zone
Waist or below
'Below ball'
'Belly Tackle'
Effective safe tackle

Full Breakdown Laws

As the game progresses to full pitch formats, full World Rugby laws are applied to the breakdown.

Remember to encourage players to keep the ball alive

Referee Guidance

The Tackler – ensure that they release and roll away from the contact area as soon as the tackle is complete.

Arriving players – ensure that players are supporting their body weight when ‘jackaling’ for the ball and that they come through the gate (as per world rugby laws)

The Defence – The offside line is the hindmost point of the breakdown. The defence cannot move until the ball is played.

Sanctions – See World Rugby Laws [here](#)



Scrum

Numbers – 6 players from each team should form the scrum

Formation– 3 front row, 2 second row, 1 Number.8

Contest – Both hookers can CONTEST for the ball (both hookers can strike for the ball) – Maximum Push of 0.5m allowed

Attacking Scrum Half – MUST PASS immediately (No Number 8 Pick & Go)

Defending Scrum Half – Cannot pass the mid-point of the scrum. They can move once the ball has been passed.

Referee Guidance

Brake foot – Try to get the hookers to have a ‘brake foot’ (they start with a ‘split stance’ and slightly bent knees) during the crouch and bind calls – they can then get their feet square on ‘set’ to help with the resisted lean.

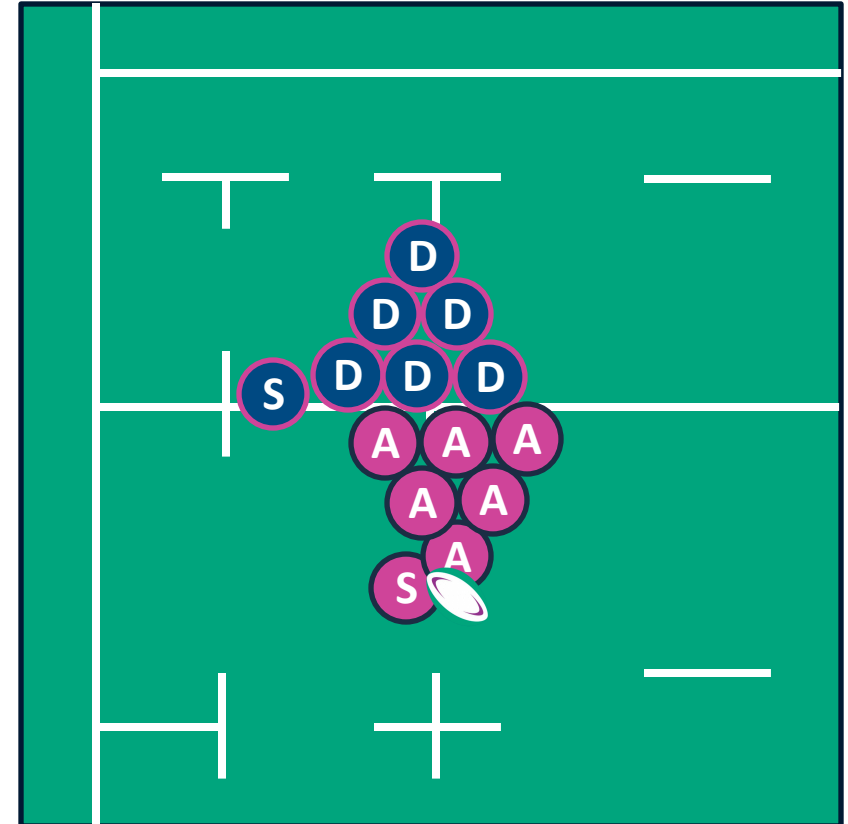
Scrum engagement sequence – Crouch, Bind, Set – on crouch look for them to be ear to ear with heads to the left, on bind look for the props to bind high and long.

Managing the Push – Give a clear call of ‘Stop Pushing’ when one team has pushed 0.5m

Sanctions

Defending Scrum Half going beyond the mid point of the scrum before the ball is out – Penalty to non-offending team at the base of the scrum

Early Push (Before ball leaves the Scrum Half’s Hands) or Team pushes more than 0.5m– Free Kick to non-offending team



The Lineout

Numbers – min of 5 players from each team (Hooker +4).

Contest – UNCOTESTED – team that throws wins the ball.

Catcher (Dark Blue 4) – MUST PASS immediately to the scrum half.

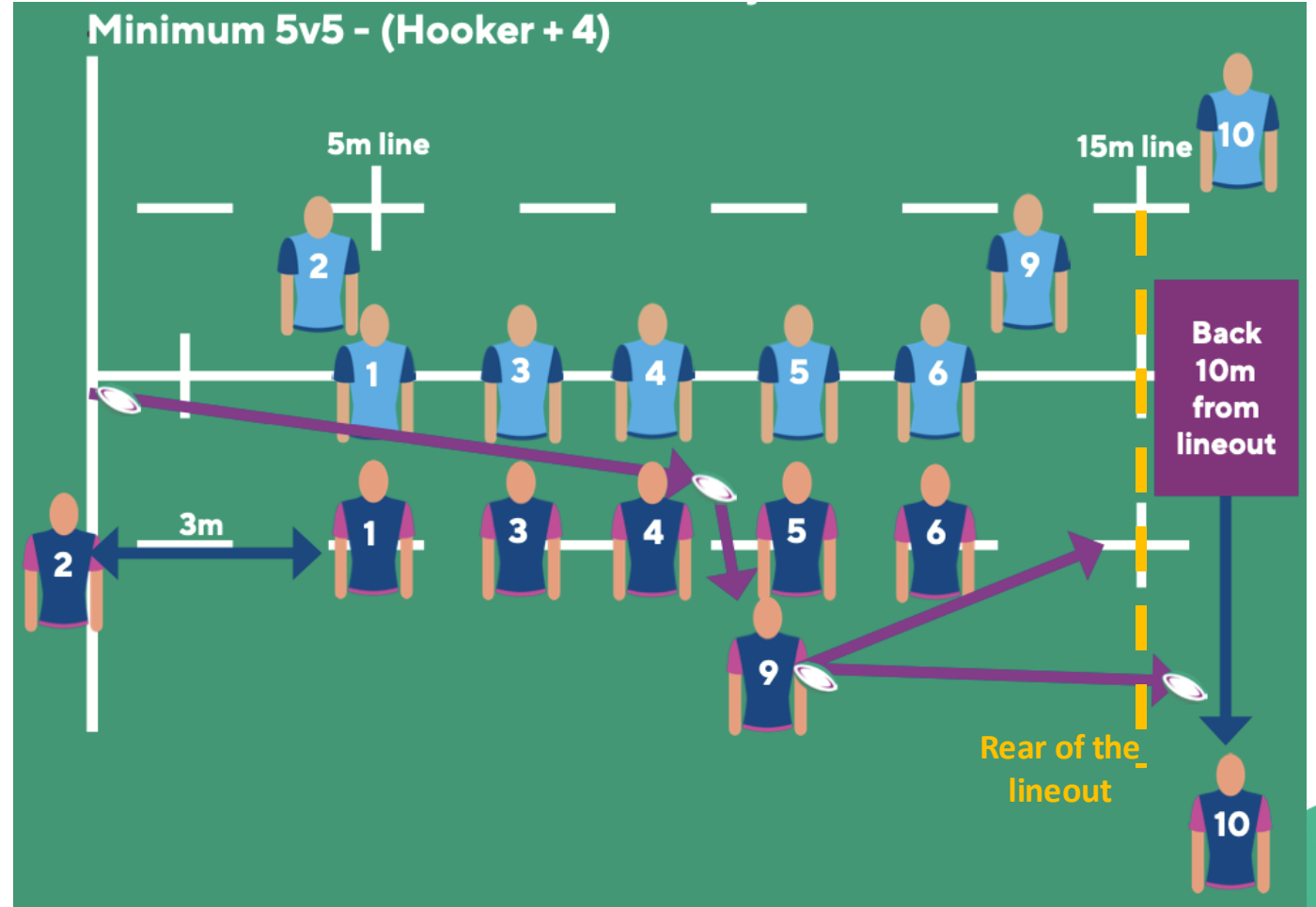
Attacking Scrum Half (Dark Blue 9) – Must pass or run beyond the back of the lineout. CANNOT run through the lineout.

Defending Hooker and Scrum Half (Light Blue 2 & 9) – can stand 2m from middle of the lineout.

Players not in the lineout – Must be 5m back from the lineout. Can move once the ball crosses the rear of the lineout (whether passed or ran by scrum half or overthrown).

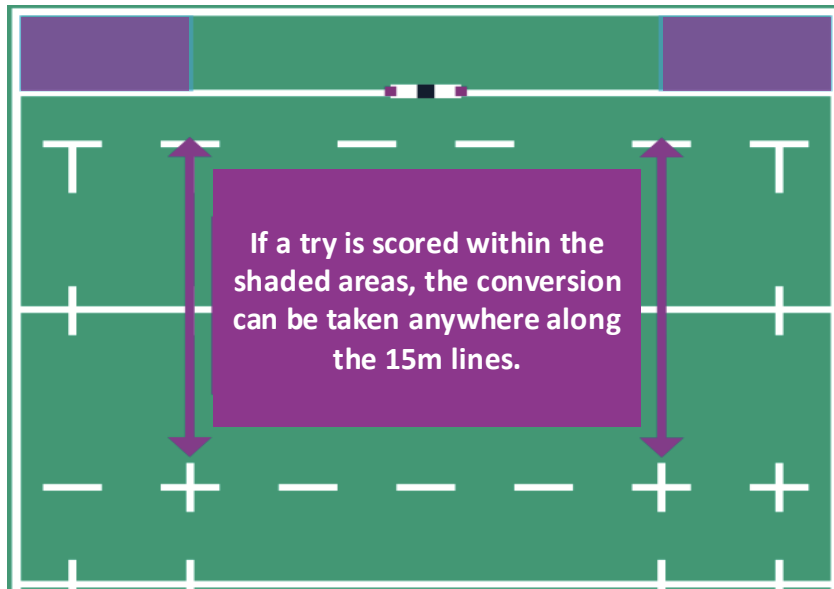
Sanctions

All offences connected with the lineout – Free Kick



Conversions

If a try is scored in the wide channels (from touchline to 15m line) the kicker can bring the ball to anywhere on the 15m line to



Goal Line & 22m drop-outs

Full World Rugby Laws apply regarding Goal Line and 22m drop-outs – See Law 12 [here](#)

Referee Guidance

Goal Line Drop Out - The Ball must go at least 5m. All chasers must be behind the kicker and can move forward once the ball has been kicked. Defending players must be behind the 5m line.

Open Play Kicks

All open kicks permitted including 50:22s