

Rugby Texas Policies & Guidelines for Youth Competitions
PROGRESSION OF PLAY = (PoP) – Updated Nov. 2021

Safety continues to be the top and ongoing priority of Rugby Texas with the updated Progression of Play. We look forward to working within our community to ensure that the Progression of Play is not only understood and implemented, but also reviewed and revised (as needed) on a regular basis to provide the safest and most enjoyable experience for our stakeholders.

The Competitions Committee and the Board of Directors for Rugby Texas look forward to and encourage meaningful dialogue on improving our sport.

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FACILITIES & EQUIPMENT

Grouping (level)	13U	11U	9U	7U	5U
Field of Play (meters)	Full field L:100m-W:70m	L:60m-W:45m	L:60m-W:35m	L:45m-W:22m	L:22m-W:22m
Ball Size	4	4	4	3	3
Barriers	5m (5.5yds) spectator Buffer marked by ROPE or cones if necessary (No spectators on touchline, ever)				

Coaches/Players on one side of pitch and parents/spectators on opposite side of pitch. No one allowed on the Touch Line.

UNIFORM & APPAREL

Grouping (level)	13U	11U	9U	7U	5U
Jersey	Rugby Jersey or similar		Rugby Jersey or Durable shirt		
Shorts	Rugby shorts	Rugby shorts, Athletic shorts (not Basketball type)			
Socks / Shoes	Knee high socks/Rugby or soccer cleats		Crew or knee high socks / soccer cleats or cross trainers		
Padding	World Rugby approved items ONLY (no padded shorts)		Scrum cap only		
Under Garments	Full length leggings are ok.				
Eyewear	World Rugby approved athletic Goggles that are secured to the head by an elastic band				
Head/Hair items	No hair caps or bandanas. Hair must be secured with bands and/or headbands. <i>Athletic Caps permitted in COLD WEATHER ONLY.</i>				
Jewelry	No jewelry, for safety reasons, jewelry must be removed.				

COLD & HOT WEATHER CONDITIONS	<i>Temperatures DO NOT have to be FREEZING for Hypothermia to occur or 100 degrees to overheat.</i>
	Youth are at a GREATER risk of HYPOTHERMIA & over Heating than Adults due to a greater surface-to-mass ratio and less subcutaneous fat.
	When temperatures are below 45°F, or below 50°F with windy or wet conditions, players MUST be allowed to layer clothing and minimize skin exposure. Temps over 90 require multiple water breaks.
	Time of play may also need to be reduced or competition canceled when ambient or wind-chill temperatures are near or at freezing &/or when temps w/ humidity create “feels like” over 95 degrees.

MAXIMAL PLAYING TIME

Grouping (level)	13U	11U	9U	7U	5U
Playing Time / Match	50 mins	40 mins	20 mins	14 mins	14 mins
Playing Time / Day	90 mins	80 mins		70 mins	

VERSION OF PLAY

Grouping (level)	13U	11U	9U	7U	5U
STANDARD Version (# of players on field)	15 a-side Standard/Encouraged		10 a-side Standard/Encouraged		7 a-side Standard / Encouraged
Player Numbers	Need Equal # of players per side, if one team is short, teams SHOULD share players to reach “ standard ” if possible				
Player # Standards	The Standard #'s per side (w/ in an age group) need to be met not only for proper Player Progression but also for Referee Development				
Substitutions	FREE Substitutions / Rolling subs				
Coach Field Placement	Sideline-between THEIR 10m – 22m 5m from Touch	Sideline 22m to 22m 5m from Touch	Sideline Goal to Goal 5m from Touch		On Field Behind Team On Field, free Range

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CONTACT / SET PLAY

Grouping (level)	13U	11U	9U	7U	5U
General	Contact			Non-contact	Non-contact
Tackling	Contact & WRAP MUST be below arm pits No sling tackles!		Contact & WRAP MUST be at or Below the waistline (navel)	2- HAND touch at shorts Waistline / below	
	Wrap MUST be HELD to ground, No grab and pull down				
“Stiff Arming” Fending off a tackle	Hand contact at Arm Pits or below	Ball carrier NOT allowed to fend of the tackle (no stiff arm)			
RUCKS	Opposed			None	
	Regular World Rugby Rules	1 player from each side ONLY (tackler/tacklee, makes the total # in the ruck, 4) (Latching & pre-binding is illegal) {STAY on your FEET}		Ball must be released immediately	
	5 second rule, Use it or lose it				
Safety Considerations	Once tackled, the ball carrier MUST RELEASE the ball in a side lying position, only (i.e. jackknife position) At no time shall a player release the ball back between the legs while on their knees with the head down (i.e. “squeeze ball”)				
MAULS	Opposed				None
	Regular World Rugby rules	No more than 4 from each team which includes the initial ball carrier Max. 5-meter Drive	No more than 4 from each team which includes the initial ball carrier !!! NO DRIVE !!!		
	5 second rule, use it or lose it				
SCRUMS	Allowed			None (touch-step over)	
#’s in scrum	15’s = 8, 12 & 10’s = 5, 7’s = 3		10’s = 5, 7’s = 3	None (step over & scrum half)-reset	
Contest	Yes, unless requested otherwise		NO	NO	
Backline is Back	5 meters			3 meters	
Scrum half	All Options	All Options, No #8 moves	All options, No #8 moves	MUST PASS	
Defending Scrum half	Regular World Rugby rules	Defending scrum half CANNOT go past the Mid-Line and cannot leave the scrum		5m back	3m back
Push Limit	One Step ½ meter No Wheeling	NO push No Wheeling	N/A No Push at all	N/A	
If a Front Row player is sent OFF or Injured, the scrum MUST be uncontested , if not replaced by a trained substitute					
Line-Outs	YES		Receiver must PASS	NONE	
Contest	YES		NO	Reset awarded	
# in Line-Out	World Rugby rules apply (min 2)		Maximum of 2	Reset awarded	
Lifting	NO			N/A	
Front player distance from touch	5 meters		3 meters	N/A	
15-meter line	YES	NO		N/A	
Back line is back	10 meters		5 meters	N/A	

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KICKING

Grouping (level)	13U	11U	9U	7U	5U
Start / Restarts	Drop Kick Must travel 10 meters		Drop or Punt kick Must travel 5 meters	Punt kick Must travel 5 meters	Receiving team "tap & go" Mid-field
Open Field kicking	YES	Yes, ONLY Defensively, Within the 22 meter		NO	
Conversions	Yes, not outside 15m line		NO	NO	
Penalty kick at goal	NONE			NO	
Drop Goal	YES	NO			

REFEREES & PENALTIES

Grouping (level)	13U	11U	9U	7U	5U
Center Referee	Certified Coach at minimum WR Certified Referee Preferred				
Touch Judge	Each Team Provides (MUST completed online course)			N/A	
Yellow Card	Misbehavior, repeated violations				
Sin bin time	15's / 12's = 10 min 10's / 7's = 3 / 2 min	5 min	3 min	2 min	2 min
Red Card	Flagrant misbehavior, Dangerous play				
Period of effect	Current game to the season, depends on incident		Out for the game & the next game Or entire tournament, whichever Is greater		Out for the current Game only
Replacement allowed	NO		YES		
If a front row player is sent off, a front row player replacement MUST come on & you lose a player at another position.					
Reporting	Red & Yellow cards MUST be reported to Rugby Texas to be documented and tracked.				
Age Restrictions	Referees under the age of 17 can ONLY officiate 15's games which are more than <u>two years BELOW</u> their age.				
	Referees under the age of 17 can ONLY officiate 7's games which are of the <u>same age or below</u>				
	ALL Referees MUST take the "PoP" test to referee any Rugby Texas Game. Eligible varsity refs MUST referee a JV, girls/boys, 13U & 11U level game to be Varsity eligible.				
High school Referees CANNOT referee High school Varsity games w/o all three of the following met. (1.) RT Competition Director or RT Board approval, (2.) Referee society approval, (3.) World Rugby certified CMO MUST be PRESENT at the game and submit report RT Board &/or Competition Director.					

OFF-FIELD CONDUCT DURING MATCH PLAY

Grouping	Applies to ALL Levels
Expectations	Players, coaches, referees and spectators are to demonstrate GOOD SPORTSMANSHIP at ALL times and abide by the Code of Conduct established by USA Rugby and Rugby Texas.
Violation 1	Warning: If safety is a concern, ejection from the area.
Violation 2	Penalty kick or 10-meter advance given to opposing team (5U, 7U, 9U) If safety becomes a concern, ejection from the area.
Violation 3	Continued poor conduct ejection from the area. Play is NOT to continue until the offending individual (or group) is out of the area or at least 50 yards away.
	Any offending action concerning the conduct of a coach may also include additional disciplinary action.
Reporting	Violations requiring action MUST be report to Rugby Texas.
Enforcement	Off field penalties may be given by Referee, Tournament Director, Club President or Rugby Texas Disciplinary Official.

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RESOURCES

World Rugby

<https://www.world.rugby/news/673997/game-on-global-community-law-variations-to-advance-rugby-accessibility-and-welfare>

Field size and times of for young rugby players in USA Rugby:

<http://assets.usarugby.org/docs/field-size-and-times-of-play-for-youth-rugby-players-in-usa-rugby.pdf>

Southern California Youth Rugby

<http://www.socalyouthrugby.org/regulations.htm>

Australia Rugby Referees

<https://australia.rugby/about/codes-and-policies>

<https://australia.rugby/participate/referee/laws> - see: Kids Pathway (U6 – U12) Law Variations and just scroll to the bottom of the page for “Age Restrictions”

Irish RFU Guidelines for Youth Rugby

<https://www.irishrugby.ie/irfu/laws-regulations/>

English RFU

<https://www.englandrugby.com/participation/coaching/age-grade-rugby>

USA Rugby – Rookie Rugby

2014-15 NCAA Sports Medicine Handbook

NFHS Sports Medicine Handbook 2011

National Athletic Trainers’ Association

***Note: SEE THE (GROUPING LEVEL UPDATES, no longer grade based; it is AGE based “see exception below”) 13U, 11U, 9U, 7U, 5U (Based on age on Sept. 1st) of the given year.**

*****“EXCEPTION” If you are 14 years old before Sept. 1 and going into the 8th grade, you must still play 13U.**