





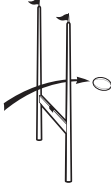



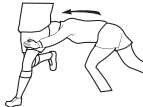





**LEVEL 1
ERU
CONTACT
PROTOCOL**

AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

ROOKIE RUGBY UNDER 11 AND 12 (TRANSITION TO CONTACT)

| | | | | |
|---|---|---|--|--|
| <p>Size of Playing Area</p> <p>Festival 35m x 30m</p> <p>Single Game 60m x 35m</p> <p>Excluding In-Goal</p> | <p>Safety Zone between Playing Areas</p> <p>5m</p> | <p>Ball Size</p> <p>Size 3 or 4</p>  | <p>Numbers Per Team</p> <p>Recommended 8</p> <p>Maximum 9</p> | <p>Substitutions</p> <p>Rolling Subs</p>  |
| <p>Time per Half – Single Game</p> <p>20 min</p>  | <p>Maximum Time Per Half - Festival</p> <p>10 min</p>  | <p>Maximum playing time for players per day / event</p> <p>70 min</p>  | <p>Match Official</p> <p>Game Manager</p>  <p><small>COACH ON FIELD</small></p> | <p>Coaches on field (not including Game Manager)</p> <p>Not Recommended</p> <p>Permitted if needed</p> |
| <p>Goal Kicking (Conversion / Penalties)</p> <p>No</p>  | <p>Yellow Card</p> <p>Time Out Festival 2min Single Game 5min</p> <p>Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) Player to be replaced for equal numbers</p>  | <p>Red Card</p> <p>No</p>  | <p>Offside</p> <p>7 meters at a Tap & Pass</p> <p>At the back foot of the ruck</p> | <p>Penalties</p> <p>Tap & Pass</p>  |
| <p>Restart</p> <p>A punt or drop-kick from the halfway mark</p> <p>The kicking team may not advance until the ball has traveled 7m. Unsuccessful kicks result in a Free Kick to the opposition at the halfway mark</p> | <p>Tackle YES LEARNING MOMENT</p> <p>Below waist controlled tackle AND “Pause!”</p>  | <p>Ruck YES LEARNING MOMENT</p> <p>1 V 1 - no contest, NO kneeling, scrum body position, shoulders engaged</p> <p>(No pick and go from support players)</p> | <p>Maul</p> <p>No</p> | <p>Lineout</p> <p>Yes</p> <p>2 receivers from each team uncontested.</p>  |
| <p>Scrum</p> <p>YES - 3 v 3 Uncontested</p> <p>(No Push and opposing 9 does not challenge) (Nearest 4 players from each team join the scrum)</p>  | <p>Kicking in Open Play</p> <p>From Hand Only</p>  | <p>Fending / Hand Off / Rip ball from Ball carrier</p> <p>No</p> | <p>Squeeze Ball, Poach, Counter Ruck</p> <p>No</p> | <p>Remember!</p> <p>PAUSE most rucks and PAUSE some tackles - but not all!</p> <p>Slow the game to allow players to learn together!</p> |

TACKLE Learning Moment
Call “PAUSE” to stop game, allow developing player to complete tackle then set up a Ruck






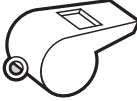
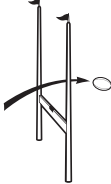



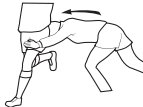



TACKLE, Controlled
Allow & encourage tackles with no pause, encourage offloads

RUCK Learning Moment
Attack retains possession. ENSURE safe & perfect body positioning. NO counter/push

**LEVEL 2
ERU
CONTACT
PROTOCOL**

AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

ROOKIE RUGBY UNDER 11 AND 12 (TRANSITION TO CONTACT)

| | | | | |
|--|---|--|---|--|
| <p>Size of Playing Area</p> <p>Festival 35m x 30m</p> <p>Single Game 60m x 35m</p> <p>Excluding In-Goal</p> | <p>Safety Zone between Playing Areas</p> <p>5m</p> | <p>Ball Size</p> <p>Size 3 or 4</p>  | <p>Numbers Per Team</p> <p>Recommended 8</p> <p>Maximum 9</p> | <p>Substitutions</p> <p>Rolling Subs</p>  |
| <p>Time per Half – Single Game</p> <p>20 min</p>  | <p>Maximum Time Per Half - Festival</p> <p>10 min</p>  | <p>Maximum playing time for players per day / event</p> <p>70 min</p>  | <p>Match Official</p> <p>Game Manager</p>  | <p>Coaches on field (not including Game Manager)</p> <p>Not Recommended</p> <p>Permitted if needed</p> |
| <p>Goal Kicking (Conversion / Penalties)</p> <p>No</p>  | <p>Yellow Card</p> <p>Time Out Festival 2min Single Game 5min</p> <p>Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) Player to be replaced for equal numbers</p>  | <p>Red Card</p> <p>No</p>  | <p>Offside</p> <p>7 meters at a Tap & Pass</p> <p>At the back foot of the ruck</p> | <p>Penalties</p> <p>Tap & Pass</p>  |
| <p>Restart</p> <p>A punt or drop-kick from the halfway mark</p> <p>The kicking team may not advance until the ball has traveled 7m. Unsuccessful kicks result in a Free Kick to the opposition at the halfway mark</p> | <p>Tackle YES LEARNING MOMENT</p> <p>Below waist controlled tackle AND “Pause!”</p>  | <p>Ruck YES LEARNING MOMENT</p> <p>1 V 1 - some contest, NO kneeling, scrum body position, shoulders engaged (No pick and go from support players)</p> | <p>Maul</p> <p>No</p> | <p>Lineout</p> <p>Yes</p> <p>2 receivers from each team uncontested.</p>  |
| <p>Scrum</p> <p>YES - 3 v 3 Uncontested (No Push and opposing 9 does not challenge) (Nearest 4 players from each team join the scrum)</p>  | <p>Kicking in Open Play</p> <p>From Hand Only</p>  | <p>Fending/ Hand-Off</p> <p>No</p> | <p>Squeeze Ball, Counter Ruck</p> <p>No Poach</p> <p>YES</p> | <p>Remember!</p> <p>PAUSE some rucks and PAUSE minimal tackles! Only slow the game to allow players to learn together & encourage continuity!</p> |

TACKLE Learning Moment
Call “PAUSE” when ball carrier is stopped/held up/ momentum slows considerably, but tackle is **INCOMPLETE.**

YES ball may be ripped from ball carriers hand during tackle / Ruck

RUCK Learning Moment
ENSURE safe & perfect body positioning. **YES** counter/push, still attack retains possession



AGE GRADE LAW VARIATIONS FOR COMMUNITY RUGBY

ROOKIE RUGBY UNDER 11 AND 12 (TRANSITION TO CONTACT)

LEVEL 3 ERU CONTACT PROTOCOL

| | | | | |
|---|--|--|--|---|
| Size of Playing Area Festival 35m x 30m Single Game 60m x 35m Excluding In-Goal | Safety Zone between Playing Areas 5m | Ball Size Size 3 or 4 | Numbers Per Team Recommended 8 Maximum 9 | Substitutions Rolling Subs |
| Time per Half – Single Game 20 min | Maximum Time Per Half - Festival 10 min | Maximum playing time for players per day / event 70 min | Match Official Game Manager | Coaches on field (not including Game Manager) Not Recommended Permitted if needed |
| Goal Kicking (Conversion / Penalties) No | Yellow Card Time Out Festival 2min Single Game 5min Player sits out for a short period to get coaches feedback on foul play (Learning opportunity) Player to be replaced for equal numbers | Red Card No | Offside 7 meters at a Tap & Pass At the back foot of the ruck | Penalties Tap & Pass |
| Restart A punt or drop-kick from the halfway mark The kicking team may not advance until the ball has traveled 7m. Unsuccessful kicks result in a Free Kick to the opposition at the halfway mark | Tackle Yes - Below Waist | Ruck YES - 1 v 1 Contested Rucks (No pick and go from support players) | Maul No | Lineout Yes 2 receivers from each team uncontested. |
| Scrum YES - 3 v 3 Uncontested (No Push and opposing 9 does not challenge) (Nearest 4 players from each team join the scrum) | Kicking in Open Play From Hand Only | Fending/ Hand-Off No | Squeeze Ball No Poach, Counter ruck YES | |

