



RUGBY FOOTBALL UNION **WOMEN**

RFUW U18 & U15 GIRLS LEAGUE RULES AND REGULATIONS 2010 - 11

These league Rules and Regulations run alongside the RFUW Age Band Variation for U15 and U18 Girls Rugby which is section 11 of this document.

All Youth sides taking part in the leagues must be fully affiliated members of the RFUW and comprehensively insured with the RFUW Insurers.

1. Eligibility of Individual Players

All players participating in the RFUW Competition Structure (and player development pathway) must be both:

- a) Individually registered with the RFU/RFUW on rugby first by the specified date. Registration forms can be found on the website
- b) All Youth players must be members of an affiliated Club or School side

NO player is able to play in both the Under 15 and Under 18 leagues in any season

All players wishing to play in the RFUW Under 15 League for the 2010/11 Season must be 12,13 or 14 on the first of September 2010.

All players wishing to play in the RFUW Under 18 League for the 2010/11 Season be 15, 16 or 17 on the first of September 2010.

If clubs play an ineligible player they will face an RFUW Disciplinary ruling which could result in the club having league points deducted, players being suspended and a mandatory fine.

2. Pre Match Requirements

Teams are required to contact their opposition by no later than Friday evening to confirm playing numbers for the scheduled fixtures to enable both teams to agree on the format of the match. This should also include whether the game is likely to be played with contested or uncontested scrums.

Failure to match playing numbers will lead to an RFUW Disciplinary hearing which will include a mandatory fine and points being awarded to the Opposition.

In the event of a clash of colours the home team will change their jerseys so that there is no such clash to the satisfaction of the referee. It is recommended that all team jerseys are numbered from 1 to 22.

Each club will provide a competent touch judge who has the knowledge of the rules and the use of the flag for each league match unless touch judges have been appointed by the Referees society.

Any issues with any fixtures should be brought to the attention of the RFUW Competition's Officer

3. **League Variations**

U15

All Matches should be played to the RFU U14 variations but with the following variations

All matches can be played with reduced numbers and teams match 13, 10 or 7 a side, using a size 4 ball.

All matches will be played with both sides fielding the same number of players on the pitch at the start of the game down to a minimum of 7 players per team. Once the game has started there is no requirement to field the same number of players with the following exception no team to have more than one extra player on the field following the inability of the other team to field replacements (except when this is due to yellow or red cards).

A maximum of seven replacements can be used above the starting team i.e. If a team field only 10 players the other team can only field a squad containing no more than 17 players. Replacements to be used as rolling substitutes from a maximum of 7 named replacements.

13 a side – 6 in the scrum, 7 backs – 25 minutes each way

10 a side – 5 in the scrum, 5 backs – 20 minutes each way

7 a side – 3 in scrum, 4 backs – 15 minutes each way (coaches should consider using a smaller pitch)

Scrums

In the event of a team being unable to field a suitably trained front row at the start of any fixtures so that uncontested scrums result, the result shall stand.

In the event of this taking place communication to this effect must be made with the opposition the week before the fixture is played and if you find you have a problem on the day of the game you must communicate with your opposition immediately.

Yellow Cards

13 a side – 7 minutes in the sin bin

10 a side – 5 minutes in the sin bin

7 a side – 3 minutes in the sin bin

U18

All games to be played to the IRB U19 laws with the following variations

All matches can be played with reduced numbers and teams match 15, 13, 10 or 7 a side, using a size 5 ball.

All matches will be played with both sides fielding the same number of players on the pitch at the start of the game down to a minimum of 7 players per team. Once the game has started there is no requirement to field the same number of players with the following exception no team to have more than one extra player on the field following the inability of the other team to field replacements (except when this is due to yellow or red cards).

A maximum of seven replacements can be used above the starting team i.e. If a team field only 10 players the other team can only field a squad containing no more than 17 players, Replacements to be used as rolling substitutes from a maximum of 7 named replacements.

15 a side – IRB U19 laws – 35 minutes each way

13 a side – 6 in the scrum, 7 backs – 35 minutes each way

10 a side – 5 in the scrum, 5 backs – 25 minutes each way

7 a side – 3 in the scrum, - 15 minutes each way (coaches should consider using a smaller pitch)

Scrum

In the event of a team being unable to field a suitably trained front row at the start of any fixtures so that uncontested scrums result, the result shall stand.

In the event of this taking place communication to this effect must be made with the opposition the week before the fixture is played and if you find you have a problem on the day of the game you must communicate with your opposition immediately.

Yellow Cards

15 a side – 10 minutes in the sin bin

13 a side – 7 minutes in the sin bin

10 a side – 5 minutes in the sin bin

7 a side – 3 minutes in the sin bin

4. Communication

Teams are required to contact their opposition by no later than Thursday evening to confirm playing numbers for the scheduled fixtures to enable both teams to agree on the format of the match. This should also include whether the game is likely to be played with contested or uncontested scrums

5. Borrowing of Players

The borrowing and lending of players is allowed by the RFUW to assist with fulfilling fixtures. Therefore, if in order to put out a side a team needs to borrow or lend players the following rules must be adhered to:

- (a) A maximum of two players can be borrowed from any other junior side
- (b) A borrowed player must be declared to the opposition prior to the start of the fixture, giving name and club details.
- (c) A player can only be borrowed to help fulfil a fixture, for example to make up playing numbers or to cover a position specific. Players cannot be borrowed to enhance a teams playing ability at the expense of players within your own team or to gain a bonus point.

The RFUW will allow a combination of clubs ('a cluster') to play as one team as long as they registered their cluster team on affiliation.

6. Re-arrangement of Fixtures

A fixture may only be moved in extreme circumstances and both clubs must be in agreement and must notify the Competitions Officer for approval, at least 5 days prior to the original fixture. If both teams are not in agreement the fixture is played on the set date or a walkover may be awarded.

If a match is to be rearranged a new date must be agreed within 7 days of the original fixture date and communicated to the RFUW Competitions Officer.

If an agreement is not reached, the RFUW Competitions Officer will allocate a date and venue.

It is the clubs responsibility to inform the Competitions Officer of the new date, failure to do so will lead to a mandatory fine or loss of league points.

In the event of a League Match not being played the Competitions Officer, at his/her absolute discretion, may award the competition points to either side, divide the competition points equally between the sides, decide that no competition points shall be awarded or if he/she is in the view that a club has unjustifiably failed to fulfil it's obligations deduct competition points from the club. In addition the Competitions Officer may order the match to be replayed on a date specified or order a match to be counted as a "double header" whereby the outcome of the match will count against both fixtures, this taking into account the promotion and relegation issue in the league concerned, (including the effect on other Clubs in the league not involved in the league match) the commitments of the club concerned and giving priority to arguments of the club who was not at fault in the event of a dispute on any re-arranged match date.

Defaulting Fixtures

If a team default an away league fixture then the reverse fixture will automatically become an away fixture for the defaulting club.

7. Match Day - Responsibilities

The Home team is responsible for the conduct of PLAYERS, VOLUNTEERS, COACHES and SPECTATORS. This includes keeping spectators off the pitch, ensuring no pushchairs; wheelchairs etc. are within 10 feet of the pitch.

The home team is expected to provide after match food for their opposition and Referee.

It is the responsibility of each competing team to provide their own drinking water.

8. Abandonment

It is the responsibility of the home club to provide a suitable pitch for the match to be played on. If your Club's ground is prone to being waterlogged or frozen, every effort must be made to secure another ground within a reasonable distance of your club to try to ensure the fixture takes place on the designated day.

If a match is abandoned because of weather conditions when half of the game or more have been played the score at the moment of abandonment shall stand and be deemed to be the final score in the match. The referee's decision as to the necessity for abandonment and the number of minutes played and the time of abandonment shall be final.

If weather conditions prevent a match being played, or a match is abandoned because of such conditions with less than half of the game played the match shall be replayed on a date to be agreed by both teams and the RFUW Competitions Officer.

If the referee finds it necessary to abandon the match for any reason other than weather conditions, then irrespective of the number of minutes played the result of that match may be determined by the Competitions Officer or the match be ordered to be replayed.

If the match is abandoned as stated above both teams shall provide a completed match day form signed by the Referee and stating the exact time of the match abandonment, the number of minutes played, the score at the time of abandonment and the reason for abandonment.

If a match is abandoned the Result must be inputted on the Rugby Round up system failure to do so will lead to a mandatory fine. (www.rugbyroundup.com)

9. Match Day Forms & Results

The match day forms are crucial to the workings of the league.

Each club is responsible for correctly completing a match result sheet on the day. Please ensure that both team names and the scores are entered in the appropriate boxes top of the sheet

Score Reporting – The home side is required to input the match report form and results on the rugby round up website, by no later than 9pm on the day after the game is played. The match report form is then kept by the home team manager in case there is a dispute into the inputted data, if a dispute is called the home team will be requested to send the signed match report form to the Competitions officer.

The listings of both playing sides on the match result sheet are to be handed to the referee prior to kick off. The referee, after the game, completes the final score and signs. The team Managers then add the scorer/s and substitution details and sign the form in agreement.

Each club will be given their own login details to WWW.rugbyroundup.com with a complete set of instructions on how to fill in the match report form. Rugby Round will produce all league tables and match stats for the fixtures throughout the season.

Each club must input all the players names onto the system and keep it updated throughout the season.

Clubs must have permission from all parents of children within their section to name the children on the match report from on the website. If a child is not allowed to be named on the site the RFUW and the club in question will award the child a domain name.

. Any member of the RFUW may challenge the legality or identity of any of the players playing/ listed.

If the referee's signature is not obtained, the society and referees name must be completed. If the referee is not a society referee, their connection to the club must be stated.

The Home team is responsible to ensure red and yellow card form are completed and returned to the Competitions Officer within 5 days of the fixture being played. If a player is sent off, this information must be written on the red card form, and where possible, the referee report attached. Likewise if a player is yellow carded the form must be filled in.

. Any club who fails to send a Red and Yellow card form will find themselves liable to a mandatory RFUW fine and repeat offending can lead to a deduction in league points or removal from RFUW competitions.

Any player who receives a red card will be expected to attend an RFU disciplinary hearing in accordance with RFU/W disciplinary procedures.

Where players have been borrowed, this must be indicated on the form, together with the club (and team if applicable) with whom they are registered.

Forms are readily available from the Competitions Officer, the RFUW headquarters and the RFUW website. Not having a form is not an acceptable excuse for non-completion. In emergency an A4 Sheet of paper detailing the requirements is acceptable.

Failure to comply will lead to the offending club having a monetary fine imposed. Persistent offenders will ultimately lead to league points being deducted or cup fixtures forfeited.

Providing false information on players or replacements taking part in a match shall be a serious offence.

A club proved to be guilty of providing false information:

The offending team shall receive a mandatory fine and will be deducted no more than six League points on each occasion false information has been provided. This will be in addition to any points which may have been deducted if the players or replacements were ineligible.

The Competitions Officer is empowered to impose monetary fines for failure to comply with any of the above or Match Day Instructions and non-payment of fines by the due dates may lead to a deduction of two competition points for each such offence.

10. League Points

- 4 points for a win
- 2 points for a draw
- 1 points for a loss

A bonus points system will be used – One bonus point will be awarded to a team:

- a) on each occasion it scores five or more tries in a League game.
- b) on each occasion it loses a league game by 15 points or less.

Final League Positions will be calculated as follows:

- a) The team scoring the highest number of points shall be placed first, and the other teams placed in descending order according to the points gained.
- b) If two or more teams have equal points, they will be placed according to the match points difference.

Note: To calculate the match points difference where a defaulted fixture or uncontested scrums are involved, the points scored for and against and any Bonus points in any equivalent fixture for the other team(s) will not be used in the final calculations.

This is especially used with clubs who have promotion and relegation issues,

- c) If two or more teams have equal match points difference, they shall be placed according to the greatest number of match points scored (*incorporating Note above as applicable*).
- d) If two or more teams have equal points they shall be placed according to the greatest number of tries scored.
- e) If two or more teams have scored equal number of tries they shall be placed according to the greatest number of drop goals scores.
- f) If two or more teams are still equal they shall be placed according to the greatest number of conversions scored.
- g) If two or more teams are still equal they shall be placed according to the number of penalties scored.
- h) If two or more teams are still equal they will share the league title and promotion will be decided with a playoff game between the two teams.

Please record all details on the RFUW match report forms including if the match was played with uncontested scrums and if so which team requested it.

11. Age Grade Regulations and Law Variations

These Rules and Regulation below are as per the RFU Handbook

- It is strongly recommended to wear a pre-formed gum shield for all players aged U18 on 1st September.
- Mismatches can be avoided by talking to the Coach in charge of the opposition before the game.
- No player should be asked to play outside her age group.

Girls Rugby U13 – U18 Age Groups

All matches should be played to the iRB's U19 variations with the additional RFU/W variations below:

Under 15 and U18 inclusive Squeeze ball – law 14 and 15

No player involved in a match at any age level from under 18 downwards shall use in training or in a match the technique known or referred to as Squeeze ball.

NB: “Squeeze Ball” 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 ground, pushes the ball back between the legs.

Penalty: Penalty Kick

Rolling Substitutions – Law 3

A player who has been substituted may replace any player, whether or not that player has been injured.

Players may be exchanged at any time during the match, when the ball is dead, and with knowledge of the referee.

Temporary Suspension Sin Bin Protocol – Law 10

As per the adult game the player will remain in the sin bin for ten minutes actual playing time. The player will stand out of the field of play, in the vicinity of the half way line, at a place readily identifiable to the referee. Then player must be under the control of the teachers and coaches. The player should not be isolated and should be given warm clothing to wear whilst serving the temporary suspension.

Girls (U15 Rugby)

This age band takes into account players aged 12, 13 and 14 on 1st September. The RFUW's U15 Matches should be played to the RFU U14 variations but with the following difference: U15's girls matches will be 13 a side.

13 a side – 6 in scrum & 7 backs

The game is played between teams having a maximum of thirteen players, six of whom will be forwards and form the scrum, with the remaining players forming the back line. Each side can have a number of substitutes agreed by mutual consent. 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 referees knowledge.

The scrum will be made of six players from each team – the front row (a row of three players, i.e. a prop on either side of the hooker, two locks forming the second row and a back-row player who shall bind between the two locks 3-2-1 formation). 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). The back row player must have their head between the hips of the second row bound with the arms around the hips (not between the legs) of the second row (locks). No player may unbind to pick up the ball at the rear of the scrum but must remain bound into the scrum until the ball is carried or passed out by the scrum half.

Safety Note: Coaches must ensure that only players trained in the front row participate in contested scrums.

RFU U14 variations

Time – Law 5

Playing time not to exceed 25 minutes each way with a size 4 ball. After 50 minutes of playing time, the referee must not allow extra time to be played in the case of a drawn match on any occasion.

15-a-side Festivals should follow the following pattern:

Not exceeding 4 matches of 10 minutes each way = 80 minutes

Line-out - Law 19

Lifting/supporting is prohibited in these age groups, i.e. a player may not bind to a jumper until that player has returned to the ground.

Penalty: Penalty Kick.

Scrum - Law 20

The scrum-half not throwing the ball into the scrum must not move beyond the middle line of the scrum until the ball has emerged from the scrum or an opponent has placed his hands on the ball. In the event of a strike against the head, the scrum-half who has thrown the ball into the scrum is similarly restricted in not following the ball.

Girls Rugby (U18)

This age band takes into account players aged 15, 16 or 17 on September 1st. The RFUW's U18 matches should be played to the IRB U19 variations.

18 year old players

From their 18th birthday players may elect to register as a senior player and may participate in senior training sessions and matches as well as U18 sessions and matches. It is recommended that players do not play more than one match a week to avoid injury and player burnout. It is expected that coaches involved should pro-actively communicate on the development of an appropriate competition plan for 18 year old players to ensure their duty of care responsibilities are fulfilled. **At all times welfare and needs of the player should be at the centre of any selection decision.**

A player may attend trials for senior and junior regional's but cannot play for more than one age group (U18's or seniors) in the regional competition.

If a player after their 18th Birthday plays senior rugby and plays a Senior Cup competition they are not permitted to then play in the U18 Cup competition and vice versa.

General – U19 Law Variations

LAW 3: NUMBER OF PLAYERS – THE TEAM

3.5 (c) If a team nominates 22 players, it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose head prop, hooker and tight head prop.

If a team nominates more than 22 players it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose head prop, hooker and tight head prop. There must also be three players who can play in lock position.

3.12 A player who has been substituted may replace an injured player.

LAW 5: TIME

5.1 Each half of an Under 19 match lasts 35 minutes playing time. Play in a match lasts no longer than 70 minutes. After a total of 70 minutes playing time, the referee must not allow extra time to be played in the case of a drawn match in a knock-out competition.

LAW 20: SCRUM

20.1 (f) In an 8 person scrum the formation must be 3-4-1, with the single player (normally the Number 8) shoving on the 2 locks. The locks must pack with their heads on either side of the hooker.

Exception: A team must have fewer than eight players in its scrum when **either** the team cannot field a complete team, or a player is sent off for Foul Play, **or** a player leaves the field because of injury.

Even allowing for this exception, each team must always have at least five players in a scrum.

If a team is incomplete, the scrum formation must be as follows:

If a team is without one player, then both teams must use a 3-4 formation (i.e. no No.8).

If a team is without two players, then both teams must use a 3-2-1 formation (i.e. no flankers).

If a team is without three players, then both teams must use a 3-2 formation (i.e. only front rows and locks).

When a normal scrum takes place, the players in the three front row positions and the two lock positions must have been suitably trained for these positions.

If a team cannot field such suitably trained players because:

either they are not available, **or** a player in one of those five positions is injured **or** has been sent off for Foul Play and no suitably trained replacement is available, then the referee must order uncontested scrums.

In an uncontested scrum, the teams do not compete for the ball. The team putting in the ball must win it. Neither team is allowed to push the other team away from the mark.

20.9 (j) **Maximum 1.5 metres push.** A team in a scrum must not push the scrum more than 1.5 metres towards their opponents' goal line.

Penalty: Free Kick

20.9 (k) **Ball must be released from scrum.** A player must not intentionally keep the ball in the scrum once the player's team has heeled the ball and controls it at the base of the scrum.

Penalty: Free Kick

20.11 (a) **No wheeling.** A team must not intentionally wheel a scrum.

Penalty: Penalty Kick

If a wheel reaches 45 degrees, the referee must stop play. If the wheel is unintentional, the referee orders another scrum at the place where the scrum is stopped.