

Regulation 15 FAQ's;

Which age groups are allowed to play with each other?

AGE GRADE	GROUPING	PLAYING UP	PLAYING DOWN
MALE AND FEMALE PLAYERS			
U6s	U6s are not permitted to play with any older age grades.		
U7s	U7s and U8s can play and train together	Yes, with U8s only	U7s and U8s can play and train together
U8s		No playing up permitted	
U9s	U9s are permitted to be grouped with U10s in accordance with 15.2.2	No playing up is permitted	Playing down is permitted in limited circumstances in accordance with 15.4
U10s	U10s are permitted to be grouped with U9s or with U11s in accordance with 15.2.2	No playing up is permitted	Playing down is permitted in limited circumstances in accordance with 15.4
U11s	U11s are permitted to be grouped with U10s or with U12s in accordance with 15.2.2	No playing up is permitted	Playing down is permitted in limited circumstances in accordance with 15.4
From U12s and above, mixed rugby is no longer permitted and different regulations apply to male and female players as below			

FEMALE PLAYERS			
U12s	U12s are permitted to play with U13s	U12s are permitted to play with U13s	Playing down is permitted in limited circumstances in accordance with 15.4
U13s	U13s are permitted to play with U12s	U13s are permitted to play with U12s	Playing down is permitted in limited circumstances in accordance with 15.4
U14s	U14s are permitted to play with U15s	U14s are permitted to play with U15s	Playing down is permitted in limited circumstances in accordance with 15.4
U15s	U15s are permitted to play with U14s	U14s are permitted to play with U15s	Playing down is permitted in limited circumstances in accordance with 15.4

What do we have to do if we are playing a player out of age group?

As long as it is following regulations then certain players can play in a different age group if it is the best decision for them as an individual. A playing out of age group from must be completed and kept in the clubs records and sent to the county safeguarding officer currently paul.geehan@gmail.com

Can we train together with different age groups?

Players of all ages and both sexes may train and play together in non-competitive, non-contact rugby provided the following conditions are met:

- (a) Regulation 15.8 is applied;
- (b) the organiser and/or coach has assessed the session and/or match to be safe for all players; and
- (c) under no circumstances is any element of contact rugby permitted and the training session and/or match should be conducted in accordance with the best practice principles set out in the Code.

What can we do out of season wise?

AGE GRADE	OUT OF SEASON ACTIVITY				
	NON-CONTACT		CONTACT		OUTGOING TOURS
	Training	Matches & Competitions	Training	Matches & Competitions	
U5s & U6s	NO	NO	NO	NO	NO
U7s & U8s	YES	NO	NO	NO	NO
U9s, U10s & U11s	YES	NO	NO	NO	NO
U12s & U13s	YES	YES	NO	NO	NO
U14s, U15s & U16s	YES	YES	NO, SAVE AS PERMITTED IN 15.8.5	NO, SAVE AS PERMITTED IN 15.8.5	YES
U17s & U18s	YES	YES	NO, SAVE AS PERMITTED IN 15.8.5	NO, SAVE AS PERMITTED IN 15.8.5	YES

Who much game time can a player have in a day?

AGE GRADE	MAXIMUM MINUTES EACH HALF	MAXIMUM MINUTES PER DAY
U7s & U8s	10	50
U9s & U10s	15	60
U11s & U12s	20	70
U13s & U14s	25	80
U15s	30	90
U16s and above	35	90

Can a youth player play adult rugby?

A male and female player can play and train in adult contact rugby when they reach their seventeenth birthday provided the following conditions are met:

- (a) they have been assessed as capable of playing with adults;
- (b) the RFU's Playing Adult Rugby Form has been duly completed and signed; and
- (c) the player does not train or play in the front row of the contested scrum. Once a player has reached the age of 18, the player may play in any position.