



Age Grade Rugby Guidance: **SEVENS**

Sevens is a great way to provide players with appropriate competitive playing opportunities. The Age Grade game provides players with a consistent competition format, rules and playing windows in clubs, schools and colleges up and down the country, including when playing sevens.

Organisation and Regulations

- ✓ Is the event in line with the [Competitive menu](#)?
- ✓ Is the event in line with the Playing Calendar? [Boys Calendar](#) & [Girls Calendar](#)?
- ✓ Is there appropriate CB or CSU approval, in accordance with [Regulation 15](#)?

Playing

The Rules of Play provide the *maximums* for each age group, which must not be exceeded or progressed beyond. Coaches and teachers should engage in a pre-game conversation to agree the most appropriate approach for the group of players you are working with, reducing numbers, pitch size or playing to a younger age group's rules if necessary.

Age	U11	U12	U13	U14	U15 – U18
	Old Mutual Wealth Kids First				
Competition format	Friendlies, triangular & festivals	+ waterfall tournaments	As per U12	+ knockout tournament	+ Leagues (boys U15, girls U18)
Max No's	7				
Max Pitch size (m)	60 x 43	60 x 43	90 x 60 boys 60 x 43 girls	100 x 70	100 x 70
Max Mins per day	70	70	80	80	90
Scrum – <i>if players are confident & competent</i>	3 player – contested strike, no push		3 players – strike & push (boys) strike, no push (girls)	3 players – strike and push	
Ruck + Maul	Up to 2 supporting players	As World Rugby Laws		As World Rugby Laws	
Line out	Free pass			Uncontested – no lift	U15 Uncontested, lifting permitted U16 boys + U18 girls Contested, lifting permitted
Other Key laws	Scrum half must pass from rucks, mauls and scrums Free kicks	Hand off permitted below the level of the armpits Scrum half must pass from scrums	As per U12	Kicking at goal Penalties introduced	As per U14

