"Rugby Laws"	A Mini-Guide		© The Rugby Doctor Limited		August 2008	(E&OE)
	U7s (Y2)	U8s (Y3)	U9s (Y4)	U10s (Y5)	U11s (Y6)	U12s (Y7)
Restarts	FreePass to player less than 2m away. Opposition must be 7m back and move on 'pass' not on whistle. No-one may start running until the FreePass has been made.	FreePass to player less than 2m away. Opposition must be 7m back and move on 'pass' not on whistle. No-one may start running until the FreePass has been made.	FreePass to a player starting on a line 2m or less behind the passer. No-one may start running until the FreePass has been made. Opposition must be 7m back. Quick restart after Penalty is not allowed	FreePass to a player starting on a line 2m or less behind the passer. No-one may start running until the FreePass has been made. Opposition must be 7m back. Quick restart after Penalty is not allowed	Dropkick from centre of pitch to start & restart the game. Defending team must be 7m back. Kick to restart after a Penalty offence.	Dropkick from centre of pitch to start & restart the game. Defending team must be 7m back. Kick to restart after a Penalty offence.
Scrum	None. FreePass from point that 'scrum' offence occurred.	None. FreePass from point that 'scrum' offence occurred.	Uncontested, (the side putting the ball in must be allowed to win it). Binding around hips. Shoulders must be above hips at all times. Defending 3Qs must be 5m back from rearmost feet except S/H who must remain behind his hooker in the pocket. Attacking 3Qs must be behind the rearmost feet.	Contested. Binding around hips. Shoulders must be above hips at all times. Maximum 1.5m drive and 45 degree wheel. Defending 3Qs must be 5m back from rearmost feet except S/H who must remain behind his hooker in the pocket. Attacking 3Qs must be behind the rearmost feet.	Contested. Binding around hips. Shoulders must be above hips at all times. Defending S/H must remain behind the line of scrummage. Maximum 1.5m drive and 45 degree wheel. Attacking & Defending 3Qs must be 5m behind rearmost feet.	Contested. Binding around hips. Shoulders must be above hips at all times. Defending S/H must remain behind the line of scrummage. Maximum 1.5m drive and 45 degree wheel. Attacking & Defending 3Qs must be 5m behind rearmost feet. Number 8 pick up is not allowed.
Lineout	None. FreePass from point that ball or player went into 'touch'.	None. FreePass from point that ball or player went into 'touch'.	Uncontested, (the side putting the ball in must be allowed to win it). 2 players in Lineout between 2 and 7m from touchline. Both Attacking & Defending 3Qs must be 7m back. No 'quick throws' or 'long throws'. Ball must be put in 'straight'	Contested. 2 players in Lineout between 2 and 7m from touchline. Both Attacking & Defending 3Qs must be 7m back. No 'quick throws' or 'long throws'. Ball must be put in 'straight'	Contested. 4 players in Lineout between 2 and 10m from touchline. Both Attacking & Defending 3Qs must be 7m behind the line of touch. No 'quick throws' or 'long throws'. Ball must be put in 'straight'	Contested. 5 players in Lineout between 2 and 10m from touchline. Both Attacking & Defending 3Qs must be 7m behind the line of touch. No 'quick throws' or 'long throws'. Ball must be put in 'straight'
Tackling	Removal of one or both Tags. Tagged Player must stop running and pass to a team-mate. Tagger must show Tag and shout "Tag". Tag to be handed back to player.	Removal of one or both Tags. Tagged Player must stop running and pass to a team-mate. Tagger must show Tag and shout "Tag". Tag to be handed back to player. Turnover on 7th Tag	Allowed. Below armpit. No scrag tackles or barging and 'squeezeball' is not allowed	Allowed. Below armpit. No scrag tackles or barging and 'squeezeball' is not allowed	Allowed. Below armpit. No scrag tackles or barging and 'squeezeball' is not allowed	Allowed. Below armpit. No scrag tackles or barging and 'squeezeball' is not allowed
Scoring	Touch ball down in-goal, no going to ground. Player is allowed to take ONE step over the tryline to ground the ball if tagged.	Touch ball down in-goal, no going to ground. Player is allowed to take ONE step over the tryline to ground the ball if tagged. One step rule does not apply on 7th TAG	Going to ground to score is allowed	Going to ground to score is allowed	Going to ground to score is allowed. Conversion may be place or drop kicked from in front of the posts. Other than Conversions, no place or drop kicks at goal are allowed.	Going to ground to score is allowed. Conversion may be place or drop kicked from in front of the posts. Other than Conversions, no place or drop kicks at goal are allowed.
Kicking	None	None	None	None	Allowed, but no fly-hacking. Offside 'zone' is 7m. No kicking for goal except conversions	Allowed, but no fly-hacking. Offside 'zone' is 7m. No kicking for goal except conversions
Contact	None, (No fending or protection of the ball or Tag is allowed)	None, (No fending or protection of the ball or Tag is allowed)	Allowed, (No fending is permitted)	Allowed, (No fending is permitted)	Allowed, (No fending is permitted)	Allowed, (No fending is permitted)
Team Size	5 to 7	5 to 7	9 (3 are Forwards)	9 (3 are Forwards)	12 (5 are Forwards)	13 (6 are Forwards)
Squad Size	10	10	13	13	17	17
Ball	Size 3	Size 3	Size 3	Size 4	Size 4	Size 4
Max Pitch Size	60m x 30m	60m x 30m	60m x 35m	60m x 35m	60m x 43m	60m x 43m
	(5m in-goal)	(5m in-goal)	(5m in-goal)	(5m in-goal)	(5m in-goal)	(5m in-goal)
Max Duration	2 x 10m (Match)	2 x 10m (Match)	2 x 15m (Match)	2 x 15m (Match)	2 x 20m (Match)	2 x 20m (Match)
	2 x 7m (Triangular)	2 x 7m (Triangular)	2 x 10m (Triangular)	2 x 10m (Triangular)	2 x 15m (Triangular)	2 x 15m (Triangular)
	2 x 5m (Festival)	2 x 5m (Festival)	2 x 6m (Festival)	2 x 6m (Festival)	2 x 7m (Festival)	2 x 7m (Festival)
	5 games at Festival	5 games at Festival	5 games at Festival	5 games at Festival	5 games at Festival	5 games at Festival
	Max Duration 60m	Max Duration 60m	Max Duration 90m	Max Duration 90m	Max Duration 120m	Max Duration 120m
Max Season	17 Fixtures / Festivals. No more than one per weekend	17 Fixtures / Festivals. No more than one per weekend	17 Fixtures / Festivals. No more than one per weekend	17 Fixtures / Festivals. No more than one per weekend	17 Fixtures / Festivals. No more than one per weekend	17 Fixtures / Festivals. No more than one per weekend