

## Women's IRFU Long Term Player Development – Stage 2, 3, 4



### U14, U16, U18 Girls Age Grade Rules and Regulations (2019/20 Season)

Regulation & Stage	STAGE 2 U14	STAGE 3 U16	STAGE 4 U18	Notes
Date of Eligibility (2019/20 Season)	Anyone born 2007 & 2006	Anyone born 2005 & 2004	Anyone born 2003, 2002 & 1/7/01 – 31/12/01	Girl's rugby is split into 3 age groups, each containing two age categories. Any player in the third age category, wishing to play up, must provide written consent from: 1. Parents/Guardians, 2. Club Welfare Officer, 3. Club Youth Coordinator as per Consent Form
Ball size	4	4	4	Must be adhered to
Maximum time per single match.	50 min	60 min	70 min	Injury time permitted No extra time
Maximum time per half – Festivals/Events	7 min	10 min	10 min	No injury or extra time allowed
Maximum time a squad/ team is allowed to play per festival/event	70 min.	80 min.	90 min.	No injury or extra time allowed
Minimum time allowed for half time	1 min	1 min	1 min	
Pitch Size	Full pitch out to 5m lines	Full pitch	Full pitch	Full pitch out to 5m lines if 13 aside at Stage 3
No of players per team	Up to 13 aside	Up to 15 aside	15 aside	Equal numbers on both teams – emphasis on participation, player development & enjoyment Provincial rules and regs dictate competition regulations
No of forwards	6	8	8	
No of backs	7	7	7	
Tackle	Yes	Yes	Yes	Dangerous Tackles (e.g. High / Swinging / Dump tackle) to be penalised immediately & player warned
Hand off	Not on Face	Not on Face	Not on Face	Players should be encouraged to carry the ball in two hands
Maul: Use or Lose Application	Yes	Yes	Yes	
Squeeze Ball	Not Allowed	Not Allowed	Not Allowed	Sanction: Penalty kick
Kicking in Play	Yes	Yes	Yes	

Start match	Drop Kick on Half Way	Drop Kick on Half Way	Drop Kick on Half Way	
Method of scoring	Try & Conversions	Try & Conversions	Try & Conversions	
Line out	*6 Players (including Thrower) No lifting Contest allowed.	*8 Players (including Thrower) No lifting Contest allowed	8 Players Max (including Thrower) Full lineout lift allowed	*All “forwards” must be involved in lineout
Scrum	6 Players Uncontested	8 Players Uncontested	8 Players 1.5m only	
Yellow Card	N/A	5 mins *	7 mins *	If playing blitzes/shorter matches, the sin bin is reduced to 2 mins
Red Card	Yes, player to be replaced	Yes	Yes	

**Must have the same number of forwards in the scrum, if a forward is carded – opposition must reduce numbers – if a back line player is carded no reduction in forwards.**

**Must have the following format:** Full scrum: **3-4-1**. In the event of yellow card(s): then **3-4/** then **3-2-1/** then **3-2**

**Rolling subs allowed up to 12 changes.**

**Incidents where players are ordered off (foul play) must be dealt with, as agreed by the Branch.**

#### **Variations;**

- In Stage 2(U14), if a team are unable to field 13 aside then 10 aside or XRugby7s format should be used (i.e. Cross pitch 7 aside). Scrums and line-outs are reduced to 5 v 5 or 3 v 3. Rolling subs applies so that all players participate. Penalty kicks for touch are allowed if on a full size pitch. Tap and play if on a half pitch.
- In Stage 3(U16), if a team are unable to field 15 aside then 13 aside format should be used. If still unable to play, both teams drop to 10 aside. Scrums and line-outs may reduce in accordance with the playing numbers on the pitch. Rolling subs applies so that all players participate. Penalty kicks for touch are allowed if on a full pitch.
  - 13 aside    Scrums and Line-outs are 6 v 6                      Pitch Size        Full pitch out to 5m lines
  - 10 aside    Scrums and Line-outs are 5 v 5                      Pitch Size        Full pitch out to 5m lines
  - XRugby     Scrums and Line-outs are 3 v 3                      Pitch Size        Half Pitch
- In Stage 4(U18), if a team are unable to field 15 aside then 13 aside format should be used. If still unable to play, both teams drop to 10 aside. Scrums and line-outs may reduce in accordance with the playing numbers on the pitch. Rolling subs applies so that all players participate. Penalty kicks for touch are allowed if on a full size pitch. Penalty kicks not allowed if playing on a half pitch. Tap and Go applies.

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|----------------|--------------------------------|------------|------------------------------------|
| - 13 aside     | Scrums and Line-outs are 6 v 6 | Pitch Size | Full pitch                         |
| - 10 aside     | Scrums and Line-outs are 5 v 5 | Pitch Size | Full pitch out to 5m lines         |
| - XRugby       | Scrums and Line-outs are 3 v 3 | Pitch Size | Half Pitch (See XRugby guidelines) |
| - Sevens Rugby | Scrums and Line-outs are 3 v 3 | Pitch Size | Full Pitch                         |
- Provinces may set their own guidelines for their competitions in line with the regulations outlined in this document.
  - The coach should become familiar with the information provided for “Coaching Late Beginners” in the Women’s Long Term Player Development Model.