

# U10

Under 10 rugby builds on the foundational skills developed in earlier age groups and supports players as they transition toward a more complete version of the game.

The game continues to prioritise learning over competition, with a focus on strengthening core skill execution, consolidating safe contact behaviours, and introducing scrummaging. Every child is given the opportunity to learn and enjoy rugby in a fun and inclusive environment.



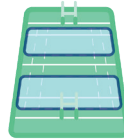
### ON FIELD PLAYER NUMBERS

10 x players on field



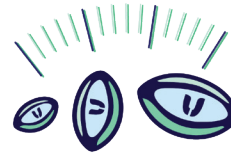
### PLAYING TIME (MAXIMUM)

2 x 20min halves



### PLAYING AREA 1/2 FIELD

35m wide x 60m long



### BALL SIZE

Size 3 ball



### SUBSTITUTIONS

Unlimited movements throughout the game



### POST TACKLE CONTEST

Maximum 2 players per team (not including tackler/s) are allowed in the tackle contest.

A 'RUCK' call signifies that a ruck has formed (1 player from either team in contact over the ball).

"RUCK CONTEST" signifies that there is a maximum number of players in the tackle contest.



### TACKLE

As per Rugby Australia tackle height law variation; all tackles must be below the sternum.



### OFFSIDE

The defending team is permitted to move when the ball is in the hands of the first receiver after a pass from a ruck or tap kick.

If the ball is not caught cleanly, the defensive team must wait for the player to take possession.



### KICK OFF / RESTART

Drop kick by the scoring team to restart the game.

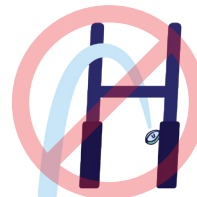
If a player cannot drop kick then a punt kick is allowed.

Non-try scoring team must gain possession of the ball.



### SCORING

Tries Only



### CONVERSIONS

### GAME BALANCE LAW 50 POINTS

Maximum points difference

### MOUTHGUARDS

Recommended for all players taking part in contact rugby.



## YELLOW CARD

Yellow Card offences are jointly managed by the Match Official and the Coaches on the field. Player safety and inclusivity are paramount to the game.

## RED CARD

Red Card offences are jointly managed by the Match Official and the Coaches on the field. Player safety and inclusivity are paramount to the game.



### SANCTIONS

Tap and Pass with defenders back 5m.



### FEND / PALM

To the body below the line of the sternum.



### SCRUM

#### SET UP

5 x players per team  
2 x props  
1 x hooker  
2 x second rowers

#### BALL USE OPTIONS

Halfback must pass the ball to the first receiver.

#### PUSH LENGTH

Team feeding the ball must win the scrum. The attacking team's hooker must strike and hook ball.

Full engagement must occur with pressure and <0.5m of movement.

#### OFFSIDE LINE

3m from the last feet of the scrum.

#### BINDS

Crutch or waist

#### PLAYER REMOVED FOR YELLOW/RED CARD

Teams must have 5 x players in the scrum at all times.



### LINEOUT

#### SET UP

##### Quick Throw Set Up

1 x player from the team not in possession of the ball when it crosses the line of touch must pass to a teammate.

Pass must go a minimum of 2m infield.

#### OFFSIDE LINE

Defenders must be 3m back from the line of touch.

#### LIFTING OPTIONS

No lifting due to quick throw set up.

#### BALL USE OPTIONS

Player must pass ball into the field of play to a player who can then run or pass.



### MATCH OFFICIAL ACCREDITATION

#### MATCH OFFICIAL

Match Officials are required to have:

- Smart Rugby
- Season Ready Accreditation

It is highly recommended that Match Officials attend a Referee Course.



### COACHING ACCREDITATION

#### COACH

Coaches are required to have:

- Smart Rugby
- Season Ready Accreditation

It is highly recommended that Coaches complete the Junior Coach Course.



### COACHING

#### ON FIELD SUPPORT

Coaches are allowed on field to support player development and the Match Official facilitating the game.

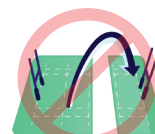


### MAUL

Players to abide by World Rugby 'Maul' law and the focus areas delivered in the Game Management Guidelines.



### GENERAL PLAY KICKING



### 50 - 22



### GOAL LINE DROPOUT

Tap 10m from try line for the team not in possession when ball taken into the in-goal.

