

U11

Under 11 rugby builds on the foundational skills developed in earlier age groups and supports players as they transition toward a more structured version of the game.

The game continues to prioritise learning over competition, with a focus on consolidating core skills, introducing the lineout, deepening game understanding, and developing confident, resilient players in a safe and inclusive environment.



ON FIELD PLAYER NUMBERS

12 x players on field



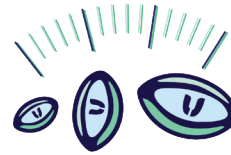
PLAYING TIME (MAXIMUM)

2 x 25min halves



PLAYING AREA FULL FIELD IN 5M

Sideline marked on the 5m
line on each side



BALL SIZE

Size 4 ball



SUBSTITUTIONS

Unlimited movements
throughout the game



POST TACKLE CONTEST

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

Definition: A player from each team in contact over the ball and on their feet.



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 set piece (scrum or lineout).

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

All other situations: the defending team is permitted to move when the ball leaves the ruck or is tapped.



KICK OFF / RESTART

A drop kick
starts the game.

A drop kick by
the scoring
team restarts
the game.

A contest for
possession is
permitted from
kick off
and restarts.



SCORING

Tries and
conversions only;
no penalty goals.



CONVERSIONS

For tries scored
outside the 15m lines,
conversion is taken
on the 15m line.

GAME BALANCE LAW 60 POINTS

Maximum points difference

MOUTHGUARDS

Recommended for all players
taking part in contact rugby.



YELLOW CARD

5 mins (actual game time)

Player can return or replacement player can take the field once the 5 min time limit expires.

RED CARD

10 mins (actual game time)

Red carded player cannot return to the field of play.

Replacement player can take the field once the 10 min time limit expires.



SANCTIONS

All options other than a penalty goal attempt.



FEND / PALM

To the body below the line of the sternum.



SCRUM

SET UP

6 x players per team

2 x props
1 x hooker
2 x second rowers
1 x no 8.

PUSH LENGTH

Maximum 1m push

BALL USE OPTIONS

Halfback must pass to first receiver or No. 8 can carry off back of scrum.

BINDS

Crutch or waist binds can be used.

OFFSIDE LINE

5m from last feet of the scrum.

PLAYER REMOVED FOR YELLOW/RED CARD

Teams must have 6 x players in the scrum at all times.



LINEOUT

SET UP

6x players from both teams

Attacking:

1 x thrower
5 x receivers
Half back

Defending:

1 x hooker in channel
5 x in lineout
Halfback

Front of lineout is 3m in field from the line of touch.

LIFTING OPTIONS

Only the attacking team can jump in the line out; the defending team must stay on the ground.

Lifters can lift on legs or shorts.

Defending team cannot compete for the ball.

OFFSIDE LINE

Defenders and attackers each back 10m from the line of touch.

Defending team moves when the ball is in the hands of the first receiver following set piece.

PLAYER REMOVED FOR YELLOW/RED CARD

Teams must match numbers in the lineout at all times.

BALL USE OPTIONS

Half back must pass to the first receiver.



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

NO ON FIELD SUPPORT



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

Where the **attacking team** is held up: tap to defending team on the 22m line.

Where the **defending team** grounds the ball in goal: 5m scrum to attacking team.

