

JUNIOR RUGBY

GAME DAY GUIDE

U9-10

KEY

-  MATCH OFFICIAL
-  COACHES
-  BOTH COACH & M.O
-  PENALTY
-  FREE KICK

SKILLS FRAMEWORK RUGBY AU



RUN & EVADE
Fast Feet
Ball in Two Hands
Keep Moving Forward
Support



CATCH & CARRY
Target
Early Catch
Hands Above Elbows
Hands to Target



TRACK & TACKLE
Align
Approach
Balance
Contact
Punch, Wrap, Squeeze, Drive



FALL & PLACE
Land On Ball Score the Try
Prawn (Ball to near Toes)



SCRUMMAGE
Feet Chest
Knees Back
Hips Head



**2V2
TACKLE
CONTEST**
Identify Players at Contest
Enter Square
Shoulders Above Hips
Feet Past Ball
Decision Making



PHYSICAL CAPABILITIES

SAFE BODY SHAPES

Stable base in contact
(low stance, bent knees,
neutral spine).

STRENGTH FOUNDATIONS

Push/Pull own bodyweight
(plank, crawl, animal walks).

SPEED MARKERS

Acceleration over 5–10m,
ability to chase or
retreat quickly.

AGILITY

Maintain balance through
tag/tackle contact.



PSYCHOLOGICAL SKILLS

PERSISTENCE

Keeps trying after errors
or contact.

BASIC PROBLEM SOLVING

Chooses between two clear
options (passing or running).

LISTENING & RECALL

Can remember and apply a
simple game rule or law.

COURAGE

Demonstrates willingness
to make first tackles or
carry into contact.



SOCIAL & LEADERSHIP SKILLS

COMMUNICATION BASICS

Calls for the ball ("here!",
"pass!") in small sided games.

RESPECTFUL BEHAVIOUR

Shakes hands, thanks
opponents / referees.

ENCOURAGEMENT

Begins praising teammates
("good job").

TEAM BELONGING

Identifies with team
colours / values.



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



OFFSIDE

Defending team moves when the ball is in the hands of the first receiver after pass from scrum, lineout, ruck, kick off, or tap kick.

Offside line is the last feet of the defender at the tackle contest.

Teaching players to line up and identify (point at) the player they are defending, as well as being slightly offset will allow for safe and effective tracking into tackling.



Match officials and game facilitators are encouraged to manage the players to be onside through communication, with only those players who have impact on continuity of the game to be penalised.

Proactive management with teams and coaches will achieve a positive outcome.



SANCTION - Penalty

Penalty to the non-offending team.

Offending team will need to retreat 5m.



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 each team in contact over the ball).

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

The post tackle contest is about a contest and therefore players need to remain on their feet. Using communication is key to manage and allow continuity in the game.

Defenders: First arriving players can still attack the ball with a positive "lifting action" or take space at the tackle contest, to cause a turnover.

Attackers: Need to remain on their feet at the tackle contest and should look to be taking space and cleaning out the defenders.

A maximum of two players from each team can compete for the ball. **If there are additional players, the referee should first look to manage those players out of the tackle contest.** The last resort should be sanctioning the offending team.



Identification: Players need to be scanning to identify the numbers of players already within the tackle contest.

Attacking: Coaches should teach players to fall forward when 'scoring the try', protecting the ball while also landing safely. Players arriving at the tackle contest should keep their shoulders above their hips and drive past the ball.

Defending: Arriving players need to keep their shoulders above their hips and drive past the ball.

Once a player from each team is over the ball, the ball cannot be played by the players with their hands.



SANCTION - Free Kick

If more than 2 x players from a team join the tackle contest, a free kick against the offending team will occur.

Non-offending team will need to retreat 5m from the mark.





TACKLE

Below sternum
No sling tackle
No squeeze ball

Safety First: Scan for tackle height, head position and if the arms are wrapping.

Additionally, referee can look at the speed and intent of the tackler.

Tackler: Once the tackle has been completed safely, has the tackler rolled east or west to allow for the tackle contest to occur?

Managing Players: This can be done through verbal guidance first and explanation if play needs to be stopped.

Think: Teach → Reset → Play



FEND / PALM

To the body below the line of the sternum.

All training sessions should have a focus on AABC and learning the 'Punch, Wrap, Squeeze & Drive for 5' method to making safe, effective tackles.

Players, once they have made the tackle, must roll immediately away to the side.



SANCTION - Penalty

If more than 2 x players from a team join the tackle contest, a free kick to the offending team will occur.

Offending team will need to retreat 5m from the mark.



Players being taught to fend, should focus on using their arm to push away on the chest of the defender.



GAME BALANCE LAW: 50 POINTS

Maximum Points Difference

Once the maximum points difference is reached, the match result is finalised and recorded.

No further score is to be added to the official match record.

The Game Balance Law exists to promote fairness, safety, enjoyment, and meaningful participation. Referees and coaches must apply this law consistently and without judgement or stigma toward either team.

Communication to players should focus on maintaining a positive experience (e.g., "We've reached our Game Balance threshold — let's keep playing for fun and development.")

Once the threshold is met, the game will continue however the coaches are encouraged to do the following:

Positional rotation between the teams, providing an opportunity to challenge better players.

Modifying conditions to support skill development, for example, applying constraints to the stronger team, such as requiring a minimum of three passes from the ruck before they can score.

Introducing scenario based opportunities to develop the weaker teams understanding of the game.



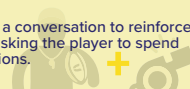
YELLOW & RED CARD

Player management by Coach & MO

In U9s & U10s, the management of foul play is a shared responsibility between the match official or game facilitator and the on-field coach, with the primary focus on player safety, learning and positive behaviour.

The match official retains full authority to identify, manage and sanction foul play in accordance with the Laws of the Game. On-field coaches are not present to challenge decisions or influence sanctions, but to support effective management of the situation.

Coaches can then manage the player by having a conversation to reinforce standards of respect, control, and safety, or by asking the player to spend some time on the sideline reflecting on their actions.



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.

SANCTION - Free Kick

If a kick occurs in the game, the non-offending team will receive a Tap and Pass from the mark where the ball was kicked.

The offending team must be 5m back from the mark.





SCRUM

SET UP

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

Safety is the number one priority.

Match officials must ensure the scrum is set correctly and safely, with equal player numbers from each team at all times.

When coaching the scrum, remember to use the 6 principles: feet, knees, hips, chest, back, head.

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.

Using CROUCH - BIND - SET - look for a controlled engagement with pressure on but no active pushing.

The purpose of applying pressure is to help players become familiar with the fundamental scrum shape and physical demands of the position, within a safe and controlled environment.

Proactive management of the 0.5m push is encouraged by using communication with the players.

BINDS — Crutch or waist

Binds should be safe and not compromise the integrity of the scrum.

Binds need to include:

- Both props binding on the back or side of the opposing players jersey, ideally reaching to grab the jersey
- Props have their elbows up
- Binds must stay on for the duration of the scrum, until the ball has left the scrum

OFFSIDE LINE

3m from the last feet of the scrum.

Coaches can help manage this to allow for continuity. Using activities at training, support players to watch and move forward once the ball is in the hands of the first receiver.

Offside at the scrum should be managed appropriately with impact on play being the deciding outcome.

Proactive management and finding opportunities to play advantage prior to penalising, allows for continuity in the game.

BALL USE OPTIONS

Halfback must pass the ball to the first receiver.

By having the player pass the ball to the first receiver, this supports development of ball movement across the backline and into space.

Coaches need to develop players ability to effect the 'clearing pass' to ensure minimal steps to move the ball.

Due to the 0.5m push there should be ample opportunity for a stationary scrum to allow an unaffected pass to be made to the first receiver. Communication to the players through "no more push now" can help manage this.

Encourage ball use through "use it" to the player playing in the halfback position.

SANCTION - Free Kick

If a player drops their bind, does not have their elbows up, or does not keep their binds for the duration of the scrum, a **free kick** is awarded to the non-offending team.



SANCTION - Penalty

The mark for the penalty shall be at given at the point of the offside line.



SANCTION - Free Kick

If the player does not pass the ball from the back of the scrum, a free kick is awarded to the non-offending team.





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.

Coaches to support match officials or game facilitators in the set up of the quick line out to allow the game to restart quickly.

Coaches to encourage players to move into position quickly and practice this during a training session.

Match officials are encouraged to speed up the lineout as much as possible.

A player from the team awarded the quick throw must stand on the touch line where the ball went out.

The player must pass the ball to a teammate who is either in line with, or positioned at least 2 metres in from, the touchline.

Once this player has the ball, the defensive team may move from their line.

Remember that defenders need to be 3m back when the quick throw in occurs; coaches are encouraged to help mark this space.



OFFSIDE LINE

Defenders and attackers each back 3m from line of touch.

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

Proactively encourage players to retreat 3m from where the ball crossed the line of touch.

This will allow space for the team to play the ball.

SANCTION - Penalty

If a defending team does not listen to the referee's preventative communication and does not retreat back 3m, they should be penalised for being offside.



BALL USE OPTIONS

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

Coaches and match officials should proactively manage the team passing the ball in to ensure there is no delay.

SANCTION -

Redo the quick throw if pass is forward.



MAUL

Only occurs in general play

Coaches should aim to have attacking players driving their legs through the tackle contest and then finding their front by 'scoring the try'.

Defenders should aim to make a chop tackle and to bring the attacking player to the ground as quickly as possible.

Match officials should encourage the players to use the ball to try and create continuity in the game.

Once a maul is clearly formed, the referee should call "use it", allowing the team 5 seconds to use the ball.

ACTION -

Scrum feed to team not in possession.

Scrum to the team that is not in possession at the start of the maul.



COACHING ACCREDITATION (RECOMMENDED)

Junior Coach

(Coaching Kids Rugby)



ON FIELD SUPPORT

The role of the on-field coach is not to undermine, overrule, or provide feedback to the match official or game facilitator. Match officials or game facilitators retain full authority over the application of the Laws of the Game at all times.

On-field coaches are present to:

- Support the flow and continuity of the game.
- Assist players' understanding of the laws and expectations in real time.
- Reinforce safe, positive behaviours, particularly in tackle technique and the contest.
- Encourage learning, build confidence, and promote enjoyment for all participants.

Any guidance provided by on-field coaches should be instructional, neutral and player-focused; it should be delivered in a manner that supports the match official and the spirit of the game.

This approach recognises the developmental nature of rugby in these age groups and ensures a safe, fun and inclusive environment where players can learn while playing.



GENERAL PLAY KICKING

PENALTY/ FREE KICK OPTIONS

Players are encouraged to play on quickly and have the ball in play as much as possible. The tap can be taken within 1m of the mark, but not in front.

The match official is encouraged to make the mark as quickly as possible to allow the game to continue.



50 - 22

50 - 22 is not applicable in this game format.



GOAL LINE DROP-OUT

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

Note: The "10m line" is the 15m line in from touch as marked on a full field

SANCTION - Free Kick

If a kick occurs in the game, the non-offending team will receive a Tap and Pass from the mark where the ball was kicked.

The offending team must be 5m back from the mark.



RUGBY AU

FOR MORE INFORMATION ON
THE JUNIOR LAW REVIEW,
PLEASE SCAN THE QR CODE

