

U11-12

U11-U12 rugby builds further upon the foundational skills developed at younger ages and supports players as they transition toward a more structured form of the game.

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



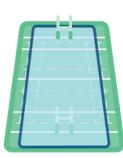
ON FIELD PLAYER NUMBERS

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



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.

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



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

5mins (actual game time)

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



RED CARD

10mins (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

SET UP

6 x players per team
2 x props
1 x hooker
2 x second rowers
1 x no8



BALL USE OPTIONS

Halfback must pass to the first receiver.

PUSH LENGTH

Maximum 1m push

BINDS

Crutch or waist

OFFSIDE LINE

5m from last feet of the scrum

PLAYER REMOVED FOR YELLOW/RED CARD

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

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 and Season Ready accreditation.

It is highly recommended that match officials attend a referee course.



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



COACHING ACCREDITATION

COACH EDUCATION

Coaches are required to have Smart Rugby and Season Ready accreditation.

It is highly recommended they complete the Junior Coach Course.



NO ON FIELD SUPPORT

COACHING



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.

