

U9-10

U9-U10 rugby builds on the foundational skills developed at younger ages and supports children as they transition toward a more structured form 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, while ensuring every child has the opportunity to learn and enjoy rugby in a fun, supportive, and inclusive environment.



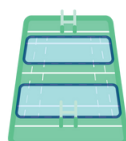
ON FIELD PLAYER NUMBERS

10 x players on field



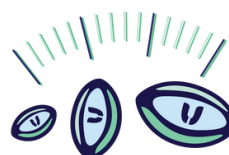
PLAYING TIME (MAXIMUM)

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 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.

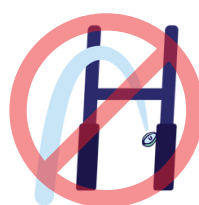
If a player cannot drop kick then a punt kick is allowed.

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 and Season
Ready accreditation.

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



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.



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.

