

# U12

Under 12 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 and inclusive environment.



## ON FIELD PLAYER NUMBERS

12 x players on field



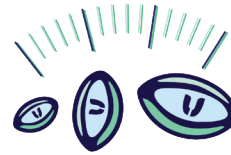
## PLAYING TIME (MAXIMUM)

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

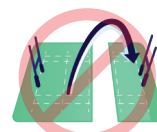


### MAUL

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.

