

## 2010 Adapted Rules for Youth Jamborees

The following rules have been reviewed and accepted by participating clubs in the 2010 Summer & Fall Jamborees. These modifications provide a program which promotes rugby and develops players in a "safety comes first" manner. Coaches are encouraged to apply "Progressive Rugby" to program practices however possible, and are responsible for preparing the kids for games situations and playing at the jamborees. The number of Players in a game will depend on the numbers available on game day as per the explanations below. Let's make sure that the kids are safe, learn the game well, and have fun.

Age	Substitutions/replacements may be made at any stop in play for maximum player participation.	Reference Prog Rugby Level	# Players	Tackle	Scrum	Lineout	Mauls	Rucks	Drop Ball	Coach on Field
U8 Mixed	Flag Rugby (or touch if flags are not available) – 5 touches and then turn over/ flags must be handed back to the player.	1	5s	Flag (or touch if no flags available)	Free Pass at the mark	Free Pass at Touch	No	No	Turn over	Yes
U10 Mixed	Flag Rugby (or touch if flags are not available), Tactical Kicking, play advantage, drop kick at center, intro to 3 fwsd scrum, free throw in at line outs (opposition back 5M)	1 & 2	7s or 10s	Flag (or touch if no flags available)	3-man (no push, no contest)	Free Throw-in at the mark	No	No	Turn over	Yes
U12 Mixed	3 or 5 fwsd (depending on number of participants), drop kick center, tackling, uncontested scrum, jump but no support in Lineout.	3 & 4	7s or 10s	Yes	3 or 5 man (no push, no contest)	2 or 4 Player (jump to contest, no lifting)	Intro one player to rip	Only one support player over the ball/no contest	Play on if backwards	Yes
U14 born 96, 97	3 or 5 fwsd, hookers may strike for the ball, controlled rucks; see explanation below.	5 & 6	7s or 10s	Yes	3 or 5 Player (no push, contested)	2 or 4 Player (jump to contest, no lifting)	Yes	Yes – see note below	Play on if backwards	As needed
U16 born 94, 95	Games will be scheduled for this age group at the jamborees. U15s are born in 1995 – and are not eligible to play in the AAA Quebec League. This age group will be given time to play at the Jamborees...ALSO... at the U18 League tournaments when possible. Tbc	7, 8, 9	7s or 10s	Yes	3 or 5 Player Junior Laws	2 or 4 Player	Yes	Yes	Play on if backwards	No
Note U18 AAA League	The U18 AAA Quebec League will be playing 12s in a tournament format. Players born in 1992, 93, 94 are eligible to play in those tournaments. 6 fwsd (no flankers), and a full back line.	10	12s	Yes	6-Player Junior Laws	5-Player	Yes	Yes	Play on if backwards	No

For scrums at all levels – the ball is "out" once it is picked up by the scrum half; but the scrum half may not stand and wait to distribute the ball. It must be played immediately once it is presented at the back of the scrum.

U14 Ruck – Attacking: Once the ball carrier is tackled to ground, s/he has a choice of popping the ball to a supporting team mate, or, posting the ball on the ground. The first attacking support player to arrive from the on-side line may step over the ball/tackled player, and must keep her/his feet. A second attacking player may bind at the back foot and step over the ball (2 in only). Driving past the ruck to "clean out" the opposition is not permitted. This teaches the attacking team the proper way to approach a ruck.

U14 Ruck Defense: Only one other defender (besides the tackler) is allowed to oppose and contest at the ruck and must stay on her/his feet – as long as the onside rule (enter at the back foot) is followed. The tackler may get to his/her feet, and also contest the ruck. So, maximum of 2 defenders at a ruck: one being the tackler, the other being the first team mate to arrive.