

### UNDER 13

**Priority objective: “Individually and collectively creating and exploit situations of imbalance”**

#### REGULATIONS

NUMBER OF PLAYERS	12-a-side	
REPLACEMENTS	Unlimited during the interval and/or for injuries	
PLAYING FIELD	56 metres x 46 metres	
PLAYING TIME OVER ½ DAY	48 minutes	
PLAYING TIME OVER 1 DAY	55 minutes (over 2 days: 60 minutes, maximum 40 minutes a day)	
MAXIMUM TIME PER PERIOD	12 minutes	
REFEREEING	2 young referees assisted by a teacher referee	
INTERVAL TIME	3 minutes 30 between periods – 5 minutes between two matches	
FOUL PLAY	Temporary 5 minute replacement up to sending off, depending on the seriousness of the offence. A replacement is mandatory. If characterised or repeat brutality, expulsion from the tournament.	
RESTART	Where?	How?
KICK OFF	Centre of the field	Drop kick, opponents at 10 metres
KICK OFF After try	Centre of the field by the team conceding the try.	Drop kick, opponents at 10 metres
RESTART KICK	10 metres from the in-goal line	Free kick
FORWARD Or unplayable ball	At the site of the offence, 5 metres from any line  The scrum is <b>never</b> replayed Penalty: Free kick for team with put-in if ball unplayable or the team not penalised.	Educational non-impact scrum: 3-2-1 formation, no driving, not contested, off-side line at 5 metres. 4 stages: 1. Crouch 2. Grounded (hand remains ready) 3. Look 4. Put-in The scrumhalf puts in immediately. The opponent remains behind scrum.
PENALTY	Replaced by a free kick	
FREE KICK	Rugby Union Laws	
TOUCH OR INDIRECT TOUCH	Where ball went out of play, 5 metres from any line.	1 thrower, 2 to 5 jumpers and 1 linkman No assisting jumper, contested. Off-side line at 5 metres.
DIRECT TOUCH	Kick beyond 10 metres: where the kick took place	Quick throw-in allowed.
	Kick in-goal or less than 10 metres: Where ball went out of play	
EACH TIME THE REFEREE BLOWS THE WHISTLE, THE BALL CARRIER IMMEDIATELY PLACES IT ON THE GROUND OR IS PENALISED (FROM FREE KICK TO REPLACEMENT)		
GAP OF 5 TRIES AT HALF-TIME: SCORE ACQUIRED FOR THE WINNING TEAM AND RE-EQUABILITY FOR THE END OF THE MATCH		
OTHER THAN THESE MODIFICATIONS, THE LAWS OF RUGBY UNION APPLY		

**UNDER 13**

<b>Open play</b>	<ul style="list-style-type: none"> <li>• Ensure continuity of forward moving play by avoiding blockages.</li> <li>• Make choice of “pass or cut-through”</li> <li>• Use “short” spread out play.</li> <li>• Oppose directly or drift</li> </ul>	<ul style="list-style-type: none"> <li>• Advance in the gaps</li> <li>• Advance into areas with fewest opposing players</li> <li>• Choose the best support</li> <li>• Support along axis: “deeper” for better speed and greater power</li> <li>• Support laterally: move away from carrier, play with the space</li> <li>• Collectively oppose in the threatened area</li> <li>• Maintain a defensive reserve</li> </ul>
<b>Managing contacts and contests</b>	<ul style="list-style-type: none"> <li>• Get organised in the blockages</li> <li>• Come out of the drive axes of the Users / Opponents</li> </ul>	<ul style="list-style-type: none"> <li>• Enter into contact protecting your ball</li> <li>• Make choice: stay upright or go down</li> <li>• Extract the ball from the consolidation</li> <li>• Contest collectively</li> <li>• Respect your role</li> <li>• Avoid opposing pressure</li> <li>• Turn the ball carrier</li> </ul>
<b>Set pieces</b>	<ul style="list-style-type: none"> <li>• Start play “distant” or “near” (strategic approaches)</li> </ul>	<ul style="list-style-type: none"> <li>• Create overlap</li> <li>• Change direction of runs</li> <li>• Advance and make opponents commit</li> <li>• Recognise weaknesses and use them</li> </ul>
<b>Applying the rules</b>	<ul style="list-style-type: none"> <li>• Comply with Off-side rule for kicking play</li> <li>• Comply with scrum rules</li> </ul>	<ul style="list-style-type: none"> <li>• Occupy the space</li> <li>• Put pressure on opponent</li> <li>• Reverse test of strength</li> <li>• Do not get penalised</li> <li>• Place yourself correctly: Binding-position of back-crouch</li> <li>• Hook and channel ball</li> </ul>