

## UNDER 11

**Priority objective: “Create and exploit off-balance situations”**

### REGULATIONS

NUMBER OF PLAYERS	10-a-side	
REPLACEMENTS	Unlimited during the interval and/or for injuries	
PLAYING FIELD	56 metres x 35 metres	
PLAYING TIME OVER ½ DAY	40 minutes	
PLAYING TIME OVER 1 DAY	45 minutes	
MAXIMUM TIME PER PERIOD	10 minutes	
INTERVAL TIME	3 minutes between periods – 5 minutes between two matches	
REFEREEING	1 teacher-referee	
FOUL PLAY	Temporary 2 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 5 metres
KICK OFF After try	Centre of the field by the team conceding the try.	
RESTART KICK	10 metres from the in-goal line	Free kick Opponents 5 metres away
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 against 3, no driving. The ball comes back to the team putting in. No wheeling of scrum. 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 opposite number remains behind scrum.
PENALTY	Replaced by a free kick	
FREE KICK	At the position of the offence, 5 metres from any line.	Opponents 5 metres away. No scrum choice.
TOUCH OR INDIRECT TOUCH	Where ball went out of play, 5 metres from any line.	Throw-in without assisting jumper, uncontested. The throw is above the lineout (otherwise free kick). Play starts when the jumper has tried to catch the ball. 1 thrower, 2 jumpers and 1 linkman. Off-side line at 5 metres.  Quick throw-in allowed.
DIRECT TOUCH	Kick beyond 5 metres: where the kick took place  Kick in-goal or less than 5 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 11**

<b>Open play</b>	<ul style="list-style-type: none"> <li>• Ensure continuity of play by avoiding blockages.</li> <li>• Consideration for partner.</li> <li>• Stop the ball carrier</li> </ul>	<ul style="list-style-type: none"> <li>• Move on the axis of the ball carrier</li> <li>• Pass the ball in relays</li> <li>• Support the ball carrier in lateral play</li> <li>• Tackle the ball carrier</li> <li>• Defend with nearest teammate</li> </ul>
<b>Managing contacts and contests</b>	<ul style="list-style-type: none"> <li>• Join in the consolidation</li> <li>• Make ball available</li> </ul>	<ul style="list-style-type: none"> <li>• Cover various roles: pull-protect-drive-gather</li> <li>• Place head and shoulders</li> <li>• Bend legs, get well balanced</li> <li>• Take ball away from front line and use it</li> </ul>
<b>Set pieces</b>	<ul style="list-style-type: none"> <li>• Position yourself to cross advantage line as quickly as possible</li> </ul>	<ul style="list-style-type: none"> <li>• Move first cover forwards</li> <li>• React quickly for getting in position</li> <li>• Organise support for ball carrier</li> </ul>
<b>Applying the rules</b>	<ul style="list-style-type: none"> <li>• Apply the fundamental rules</li> <li>• Comply with Off-side during blocking play</li> </ul>	<ul style="list-style-type: none"> <li>• Commit to setting</li> <li>• Place back and head, grasp arms</li> <li>• Move to support teammates</li> <li>• Don't get penalised</li> <li>• Do not do wrong</li> <li>• Do not hurt yourself</li> </ul>