

"Youth Variations"			© The Rugby Doctor Limited		January 2013	(E&OE)
	U13 (Y8)	U14 (Y9)	U15 (Y10)	U16 (Y11)	U17/18 (Y12/13)	U19
Squad Sizes	Upto 22 players	Upto 22 players	Upto 22 players	If 22 players are nominated then at least 6 must be able to play in the front row covering all three positions.	If 22 players are nominated then at least 6 must be able to play in the front row covering all three positions.	If 22 players are nominated then at least 6 must be able to play in the front row covering all three positions. If more than 22 are nominated then additional to the above there must be three players who can play in the Lock position.
Substitutions	Rolling substitutions are permitted. A player who has been substituted may replace an injured player.	Rolling substitutions are permitted. A player who has been substituted may replace an injured player.	Rolling substitutions are permitted. A player who has been substituted may replace an injured player.	Rolling substitutions are permitted. A player who has been substituted may replace an injured player.	Rolling substitutions are permitted. A player who has been substituted may replace an injured player.	Rolling substitutions are permitted. A player who has been substituted may replace an injured player.
Scrum	If a team is unable to field a full scrum then the scrum must at all times remain matched, (ie with one down a 3-4 formation, with two down a 3-2-1 formation and with three down a 3-2 formation. If there are less than five suitably trained and experienced players on a side then uncontested scrums must apply.	If a team is unable to field a full scrum then the scrum must at all times remain matched, (ie with one down a 3-4 formation, with two down a 3-2-1 formation and with three down a 3-2 formation. If there are less than five suitably trained and experienced players on a side then uncontested scrums must apply.	If a team is unable to field a full scrum then the scrum must at all times remain matched, (ie with one down a 3-4 formation, with two down a 3-2-1 formation and with three down a 3-2 formation. If there are less than five suitably trained and experienced players on a side then uncontested scrums must apply.	If a team is unable to field a full scrum then the scrum must at all times remain matched, (ie with one down a 3-4 formation, with two down a 3-2-1 formation and with three down a 3-2 formation. If there are less than five suitably trained and experienced players on a side then uncontested scrums must apply.	If a team is unable to field a full scrum then the scrum must at all times remain matched, (ie with one down a 3-4 formation, with two down a 3-2-1 formation and with three down a 3-2 formation. If there are less than five suitably trained and experienced players on a side then uncontested scrums must apply.	If a team is unable to field a full scrum then the scrum must at all times remain matched, (ie with one down a 3-4 formation, with two down a 3-2-1 formation and with three down a 3-2 formation. If there are less than five suitably trained and experienced players on a side then uncontested scrums must apply.
Scrum 'Wheel'	Intentional 'wheel' - Penalty. Unintentional 'wheel' beyond 45 - Reset (no turnover)	Intentional 'wheel' - Penalty. Unintentional 'wheel' beyond 45 - Reset (no turnover)	Intentional 'wheel' - Penalty. Unintentional 'wheel' beyond 45 - Reset (no turnover)	Intentional 'wheel' - Penalty. Unintentional 'wheel' beyond 45 - Reset (no turnover)	Intentional 'wheel' - Penalty. Unintentional 'wheel' beyond 45 - Reset (no turnover)	Intentional 'wheel' - Penalty. Unintentional 'wheel' beyond 45 - Reset (no turnover)
Scrum 'Drive'	Limited to 1.5m - Free Kick					
Scrum 'Delay'	There should be no delay in releasing the ball from the scrum - Free Kick	There should be no delay in releasing the ball from the scrum - Free Kick	There should be no delay in releasing the ball from the scrum - Free Kick	There should be no delay in releasing the ball from the scrum - Free Kick	There should be no delay in releasing the ball from the scrum - Free Kick	There should be no delay in releasing the ball from the scrum - Free Kick
Scrum-Half Position	At the scrum, the non-feeding scrum-half must remain behind the line of scrummage	At the scrum, the non-feeding scrum-half must remain behind the line of scrummage	At the scrum, the non-feeding scrum-half must remain behind the line of scrummage	At the scrum, the non-feeding scrum-half may follow the ball which sets the offside line.	At the scrum, the non-feeding scrum-half may follow the ball which sets the offside line.	At the scrum, the non-feeding scrum-half may follow the ball which sets the offside line.
Body Position at Scrum, Ruck and Maul	Shoulders must remain above hips - Free-Kick (against the player causing the breach)	Shoulders must remain above hips - Free-Kick (against the player causing the breach)	Shoulders must remain above hips - Free-Kick (against the player causing the breach)	Shoulders must remain above hips - Free-Kick (against the player causing the breach)	Shoulders must remain above hips - Free-Kick (against the player causing the breach)	Shoulders must remain above hips - Free-Kick (against the player causing the breach)
Lineout Lifting	Not allowed	Not allowed	Not allowed	A player must not support a jumping team-mate below the shorts from behind or below the thighs from the front.	A player must not support a jumping team-mate below the shorts from behind or below the thighs from the front.	
Ball	Size 4	Size 4	Size 5	Size 5	Size 5	Size 5
Other	Squeeze-ball is not allowed - Penalty	Squeeze-ball is allowed if the ball is immediately available				
Max Duration	2 x 25m with NO extra time	2 x 25m with NO extra time	2 x 30m with NO extra time	2 x 35m with NO extra time	2 x 35m with NO extra time	2 x 35m with NO extra time