

## Girls Contact Rugby: Age Groups for Clubs and Schools

Age Group	U12's	U13's	U14's	U15's	U16's	U17's	U18's
<i>A player's age grade is determined by their age at midnight on 31<sup>st</sup> August at the beginning of each season. Therefore if a player is aged 11 on 31<sup>st</sup> August then they are U12's for the season.</i>							
<b>School Year</b> (for most players these age groups relate to these school years.)	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
<b>Clubs</b>	a. Mixed rugby with the boys (1 year only)  b. Girls Only sides comprising U11's and U12's (RFU Continuum U10's rules)*			Girls only – can comprise of players who are U13's U14's and U15's. (RFUW U15's rules)**			Girls only – can comprise of players who are U16's, U17's and U18's. Once players are 18 they can also play senior rugby. (RFUW U18's rules)
<b>Schools</b>	a. Mixed rugby with the boys (1 year only)  b. Girls Only sides comprising U11's and U12's (RFU Continuum U9 rules)*	Girls only – can comprise of players who are U11's, U12's and U13's. (RFU Continuum U12's rules but uncontented scrums and reduce numbers if necessary)*	Girls only - can comprise of players who are U12's, U13's and U14's. (RFU Continuum U12's rules but uncontented scrums and reduce numbers if necessary)*	Girls only – can comprise of players who are U13's U14's and U15's. (RFUW U15's rules but uncontented scrums)**	Girls only – can comprise of players who are U14's, U15's and U16's. (RFUW U15's rules but uncontented scrums)**	Girls only – can comprise of players who are U15's, U16's and U17's. (RFUW U15's rules but uncontented scrums)**	Girls only – can comprise of players who are U16's, U17's and U18's. (RFUW U18's rules but uncontented scrums unless both schools agree to play contested. Only players trained in the front row should participate in contested scrums)**
<b>Emerging Schools</b> (The girls age group for Emerging Schools will be reviewed at then end of the season)			Girls only - can comprise of players who are U12's, U13's and U14's. (See Emerging Schools information for tournament rules and regulations)				

\* RFU Continuum rules and Regulations can be found on; [www.rfu.com](http://www.rfu.com) under regulations and then Continuum Regulations and Continuum Rules of Play.

\*\* RFUW age group rules can be found at [www.rfu.com](http://www.rfu.com) women's rugby and then follow links to "youth" and "rules and regs 2007/08" (

[http://www.rfu.com/index.cfm/fuseaction/RFUHome.Community\\_Detail/StoryID/17291](http://www.rfu.com/index.cfm/fuseaction/RFUHome.Community_Detail/StoryID/17291) )

For further safety guidance please see the new IRB Resource "Rugby Ready" at: <http://www.irbrugbyready.com/irbr/en/home.jsp>