

Rugby Illinois Middle School and Rookie Variations

Spring 2025



Fostering rugby competition contributing to the health of the youth of Illinois.

Forfeits

If a team needs to be forfeit due to lack of numbers, the decision needs to be made before the game is played, with both Coaches.

- An email needs to be sent to Karen Kalicki (kkalicki@rugbyillinois.us) including both coaches prior to the game.

If a team needs to forfeit due to injuries of players while game play is occurring, the team initiating the request will concede as a loss to their opponent.

- An email needs to be sent to Karen Kalicki (kkalicki@rugbyillinois.us) including both when the concede has happened.



Middle School U15 (7th and 8th Graders)

SCRUMS

- Scrums may be contested if both sides agree prior to the match (head coaches meet with the referee).
- The drive is limited to the front row going over the original referee's mark.
- Either head coach, the referee, or RIL official may declare scrums unsafe and make the call to revert to uncontested scrums

ADDITIONAL DETAILS

Ball Size: 5, a 4 can be used if agreed upon by prior to match.

Pitch Size: Full size pitch

Match Length: 2-30 Min halves, 10 min half-time break

Players: 15 a-side



Middle School U15 (7th and 8th Graders) Continued...

Line Outs

- Teams must make the declaration to lift or not prior to the match in a pregame meeting with the head coaches and referee.
- If either team elects not to lift, then there is no lifting at all by that team and the throws may be contested.
- If a team does opt to lift on their lineouts, the lineout is uncontested.
- The throwing team may not throw quick or intentionally not throw to the lifted jumper.
- On a miss-throw or overthrow- play on.



Middle School U13 (5th and 6th Graders)

PLAYERS - Agreed upon at the 2024 Winter AGM

- Playing 12 A-Side
- Team may be borrow players to fill out a side but will be a considered an automatic loss, no forfeit points awarded to winning side. 4 or more tries point can still be awarded.

SCRUMS

- Scrums are always uncontested
- No Flankers or Fullback

CONVERSIONS

If available, the kicker may center the ball to kick from in front of the posts on conversion attempts

BASIC DETAILS

Ball Size: Size 4

Pitch Size: 70x35M pitch. May be played across a full sized pitch.

- 40m and scrum 5m lines used as the sidelines
- 5m lines used as the try-lines
- sidelines as the dead ball lines

Match Length: 2-25 Min halves, 10 min half-time break

Players - 12 a-side



Middle School U13 (5th and 6th Graders) Continued...

LINE OUTS

- Line-outs are contested, but there is no lifting permitted
- No quick lineouts.
- On a not-straight call other team **does not** have the option to select scrum or line out they must take a line-out
 - In the event this line out is not strait other team is awarded a scrum



Rookie Rugby

- Whistle will be blown for each touch to reset the teams
- Whistle will be blown for off sides (only if severe)
- Cadence to be given by each on field coach to move the ball when on offense (3 seconds)
- Touch judges - Need one for each side.
- Ball carrier running into Touch will result in a turnover

SCRUMS

- No scrums, toe touch on the ball to start

CONVERSIONS

- No conversions

Line Outs

- No line outs

BASIC DETAILS

Ball Size: Size 3

Pitch Size:

- 1st/2nd - 45x30m
- 3rd/4th - 45x30 or 70x40

Match Length: 2-20 Min
halves, 5 min half-time break

Players - 7 A-Side, Max 12

