



# BERMUDA RUGBY FOOTBALL UNION

P.O. BOX HM 1909  
HAMILTON HM HX  
BERMUDA

## BRFU U14 Rules (As adopted from the RFU Rules)

### 1 Definition of Youth Rugby

1.1 [Youth Rugby](#) covers Under 13 – Under 18 age grades. (In the age grades Under 7 to Under 12 games are played in accordance with the rules of the RFU Continuum.)

1.2 [Youth Rugby](#) is played in accordance with the U19 Law Variations of the iRB and any RFU ELVs in force.

### 2 Matches

2.1 Players aged under 18 must not play more than one [game](#) of rugby on any one day except where specified at paragraph 7 below.

*Note: It is not desirable for anyone to play two games in two days. The day after playing should be a recovery day.*

2.2 Periods of Play and ball sizes for Age Grade rugby (not including festivals):

(a) Under-13 & Under-14: not exceeding 25 minutes each way with size 4 ball total playing time 50 minutes.

(b) Under-15: not exceeding 30 minutes each way with size 5 ball total playing time 60 minutes.

(c) Under-16 & Under-18: not exceeding 35 minutes each way with size 5 ball total playing time 70 minutes.

### 3 Periods of Play in Festivals

3.1 7-a-side and 10-a-side and 15-a-side Festivals may be played at any time within the Season subject to the approval of CB in which the festival is played.

*Note: CBs are expected to keep the number of such Festivals under close scrutiny and maintain the teaching of the 15-a-side [game](#) as the main purpose of [youth rugby](#).*

3.2 15-a-side Festivals must be organized in accordance with the following pattern:

(a) U13 – not exceeding 4 matches of 10 minutes each way (maximum total playing time being 80 minutes)

(b) U14 – not exceeding 4 matches of 10 minutes each way (maximum total playing time being 80 minutes)



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(c) U15 (and over) – not exceeding 5 matches of 9 minutes each way (maximum total playing time being 90 minutes)

3.3 The maximum playing time permitted in one day for Age Grade Rugby Players is 90 minutes

## **4 Substitutions**

Rolling substitutions are permitted in all Schools' and Club Youth matches. A player who has been substituted may replace any player, whether or not that player has been injured.

## **5 Squeezeball**

No player involved in a match at any age level from under 18 downwards shall use in training or in a match the technique known or referred to as Squeezeball. No person involved in the teaching or coaching of the [Game](#) may teach or coach players involved in a match from under 18 downwards or encourage such players to use the technique known or referred to as Squeezeball.

At Under 19 Squeezeball is permitted but only if the ball is immediately available or the act will be penalized.

Note: 'Squeezeball' is a technique where the ball carrier goes to ground, head forward (touching or close to the ground), irrespective of immediate contact with opponents) usually keeping parallel to the touchline, holding and protecting the ball close to the chest and, when on the ground, pushes the ball back between the legs.

**Penalty:** Penalty Kick

## **6 Shoulders above Hips**

Any player at any stage in the [scrum](#), ruck or maul who has or causes an opponent to have, his shoulders lower than his hip joint must immediately be penalised by awarding a Free Kick. The object of this interpretation is to try to prevent a collapse of [scrum](#), ruck or maul. It is to help the coach to coach good technique and the referee to penalise bad technique. Any player who has his shoulders lower than his hip joint can only move downwards unless he has very great strength. The force through the shoulders should be directed forwards and upwards; all players should remain on their feet, thus preventing a pile-up and possible injury.

**Penalty:** Free Kick



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## **7 Law 14**

### ***Ball on the ground, no tackle, and Law 15 Tackle: Ball carrier brought to the ground***

7.1 It is illegal for any player to voluntarily fall on or over a player lying on the ground with the ball in his possession, to voluntarily fall on or over players lying on the ground with the ball between them, or near them.

**Penalty:** Penalty kick at the place of infringement.

*Additional Notes to help interpret Laws 14 and 15:*

*(a) No advantage shall be played under this Law.*

*(b) A player is assumed to have fallen voluntarily unless the referee is absolutely certain the fall was accidental.*

*(c) In the very rare instances when the fall is accidental, play must be stopped and a [scrum](#) awarded. The object of this change in interpretation in Law is to keep players on their feet and to prevent them from falling to the ground; thus removing a dangerous area of play. This will create proper rucks and mauls defined as 'players from each team on their feet' (Law 16, Ruck; Law 17, Maul).*

7.2 Should the correctly formed ruck or maul then collapse, the referee must immediately act to prevent a pile-up from developing.

## **8 Variations for Under 13 & Under 14**

The following variations shall also apply to matches at age grades Under 13 and Under 14:

8.1 Playing time not to exceed 25 minutes each way with a size 4 ball. After 50 minutes of playing time, the referee must not allow extra time to be played in the case of a drawn match in a knock-out competition.

8.2 Teams will be made up of fifteen players, eight of whom will be forwards, with the remaining seven forming the backs.

8.3 The hand off/fend off is now permitted.

8.4 Kicking the ball on the ground (often called fly hacking) is now permitted.

8.5 Law 20 – [Scrum](#)

8.5.1 In an eight-person [scrum](#) the formation must be 3-4-1, with the single player (normally the number 8) bound on the 2 locks. The locks are now permitted to bind between the legs of the props with their outside arms.



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Exception: A

team may have fewer than eight players in its [scrum](#) when either the team cannot field a complete team, or a player is sent off for foul play, or a player has to leave the field because of injury.

8.5.2 Even allowing for this exception, each team must always have at least five players in a [scrum](#) and both scrums must always be equal in numbers.

8.5.3 If a team is incomplete, the [scrum](#) formation must be as follows:

- (a) If a team is without one player, then both teams must use a 3-4 formation (i.e. no No.8).
- (b) If a team is without two players, then both teams must use a 3-2-1 formation (i.e. no flankers).
- (c) If a team is without three players, then both teams must use a 3-2 formation (i.e. only front rows and locks).

8.5.4 When a normal [scrum](#) takes place, the players in the three front-row positions and the two lock positions must have been suitably trained for those positions.

8.5.5 If a team cannot field such suitably trained players because:

- (a) they are not available; or
- (b) a player in one of those five positions is injured or has been sent off for Foul Play and no suitably trained replacement is available

then the referee must order uncontested scrums.

8.5.6 In an uncontested [scrum](#), the teams do not compete for the ball. The team throwing the ball must win it. Neither team is allowed to push the other team away from the mark.

8.5.7 Referees should be vigilant to ensure that hookers are in hooking position.

**Penalty:** Free Kick

8.5.8 Wheeling:

- (a) A team must not intentionally wheel a [scrum](#).

**Penalty:** Penalty Kick.

(b) If a wheel reaches 45 degrees, the referee must stop play. If the wheel is unintentional, the referee orders another [scrum](#) at the place where the [scrum](#) is stopped.

8.5.9 There is no 'turnover' law at U18. If scrums are reset for wheeling beyond 45 degrees the throw-in is to the side in possession at the time it is wheeled beyond 45 degrees.

8.5.10 Maximum 1.5 metres push: A team in a contested [scrum](#) must not push the [scrum](#) more than 1.5 metres towards their opponents' goal line.

**Penalty:** Free Kick



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## 8.5.11 The

[scrum](#)-half not throwing the ball into the [scrum](#) must not move beyond the middle line of the [scrum](#) until the ball has emerged from the [scrum](#) or an opponent has placed his hands on the ball. In the event of a strike against the head, the [scrum](#)-half who has thrown the ball into the [scrum](#) is similarly restricted in not following the ball.

**Penalty:** Penalty Kick

8.5.12 Ball must be released from [scrum](#). A player must not intentionally keep the ball in the [scrum](#) once the player's team has heeled the ball and controls it at the base of the [scrum](#).

**Penalty:** Free Kick

8.5.13 Safety: In the event of one front row being stronger than the other, referees should be mindful to instruct the stronger pack to reduce the power of its shove sufficiently to ensure the opposing front row is able to stay on their feet.

## 8.6 Law 19 Line-Out

8.6.1 Minimum numbers. At least two from each team.

**Penalty:** Free kick.

8.6.2 Maximum numbers. The team throwing in the ball decides the maximum number of players forming the line-out.

**Penalty** (for the non-throwing in team having too many players): Free Kick.

8.6.3 The line-out extends from 5 metres from touch to 15 metres in-field and parallel with the touchline. Lifting/supporting is prohibited at this age group, i.e. a player may not bind to a jumper until he/she has returned to the ground.

**Penalty:** Penalty Kick.

8.6.4 There is no longer a requirement to peel close to and parallel with the line-out.

## 8.7 Replacements

8.7.1 There shall be up to seven replacements. Any number of substitutions or replacements by mutual agreement.

8.7.2 A player who has been substituted may replace an injured player.