

# WHY RUGBY UNION?

SCHOOL  
GAMES

## What are the benefits of playing my sport?

Age Grade Rugby, for young people aged six to eighteen, is based on the principles of player centered, development driven and competition supported. The wants and needs of young people are at its heart. It will put player enjoyment above all else to keep more young people enjoying the game for longer and into their adult years.

## TOP Tip!

The Megafest format is a great way to get as many young people involved in the game as possible. The emphasis is on enjoyment, gaining competence and confidence, and engaging and allowing players to play, without the worry of making a mistake and losing the game.



## Spirit of the Games: Excellence through competition.

How does your sport exemplify these values?



Giving yourself, the team and the game 100 per cent effort and enthusiasm.



Shaking hands with the other players and thanking them for the game. Forming the tunnel after the game and clapping off the opposition.



Being honest with yourself. Can you give that little bit more for the team?



Be confident in yourself, your abilities and your contribution to the Tag rugby team.



Celebrate each other's success and be a positive team player, always encouraging your team.



Being determined to be the best you can be at every training session and during every game.

## Priority competitions:

**Name of the competition:** Y5/Y6 (U10/U11) Megafest and Tag Festivals (mixed boys and girls)

- **Age group:** Y5/Y6 (mixed)
- **Intra/Inter Competition?** Inter School Competition festival format at a community club or school setting
- **Who runs it:** SGOs/Teachers with Young Leader support
- **How to enter:** Via SGO
- **When:** Played throughout the Age Grade Rugby season.  
[www.englandrugby.com/regulations](http://www.englandrugby.com/regulations). Regulation 15 provides more details
- **Next steps:** Format must be in line with the Age Grade Rugby Regulations and include the Half Game Rule. Progression to County events must be through the demonstration of the Core Values, or not at all.
- For more information on Age Grade follow this link: [www.englandrugby.com/participation/coaching/age-grade-rugby](http://www.englandrugby.com/participation/coaching/age-grade-rugby)

**Name of the competition:** U13 Y7/Y8 Girls

- **Age group:** Y7/Y8 Girls
- **Intra/Inter Competition?** Inter School Competition ideally in a community club setting
- **Who runs it:** SGOs/Teachers with Young Leader support
- **How to enter:** Via SGO
- **When:** This must be within the Age Grade Rugby Calendar dates:  
[www.englandrugby.com/participation/coaching/age-grade-rugby](http://www.englandrugby.com/participation/coaching/age-grade-rugby)
- **Girls U13:** Full rules can be found here: [www.englandrugby.com/governance/rules-and-regulations/regulations](http://www.englandrugby.com/governance/rules-and-regulations/regulations)
- **Next steps:** Format must be in line with the Age Grade Rugby Regulations and include the Half Game Rule. Progression to County events must be through the demonstration of the Core Values or the continuation of the Waterfall format.
- For more information on Age Grade follow this link: [www.englandrugby.com/participation/coaching/age-grade-rugby](http://www.englandrugby.com/participation/coaching/age-grade-rugby)

**Name of the competition:** U15 Y9/Y10 Girls

- **Age group:** Y9/Y10 (Girls)
- **Intra/Inter Competition?** Inter School Competition (Level 2) ideally in a community club setting to level 3 if appropriate
- **Who runs it:** SGOs/Teachers with Young Leader support
- **How to enter:** Via SGO
- **When:** This must be with the Age Grade Rugby Calendar dates: [www.englandrugby.com/participation/coaching/age-grade-rugby](http://www.englandrugby.com/participation/coaching/age-grade-rugby)
- **Girls U15:** Full rules can be found here: [www.englandrugby.com/regulations](http://www.englandrugby.com/regulations)
- **Next steps:** Format must be in line with the Age Grade Rugby Regulations and include the Half Game Rule. Progression to County events must be through the demonstration of the Core Values or the continuation of the Waterfall/Tournament format.
- For more information on Age Grade follow this link: [www.englandrugby.com/participation/coaching/age-grade-rugby](http://www.englandrugby.com/participation/coaching/age-grade-rugby)

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## Priority competitions *(continued)*:

### Name of the competition: U18 Y12/13 Girls Sevens

- **Age group:** Girls U17 – U18 (School and Colleges)
- **Intra/Inter Competition?** Inter School Competition ideally in a community club setting to County Final - Inter School Competition if appropriate
- **Who runs it:** SGOs/Teachers with Young Leader support
- **How to enter:** Via SGO
- **When:** This must be with the Age Grade Rugby Calendar dates:  
[www.englandrugby.com/participation/coaching/age-grade-rugby](http://www.englandrugby.com/participation/coaching/age-grade-rugby)
- **Next steps:** Format must be in line with the Age Grade Rugby Regulations and include the Half Game Rule. Progression to County events must be through the demonstration of the Core Values or the continuation of the Waterfall/Tournament/League format.

### Name of the competition: Introduction to the game – Touch Rugby

Touch rugby is a great way to introduce the game to young people and for those GOs who would like to introduce the game to their schools. It is the non-contact version of the game and can also be used as a progressive and developmental tool to the contact game.

It can be played mixed or single sex and can be played by players of all ages.

Rules and more information can be found here:

[www.englandrugby.com/participation/playing/ways-to-play/o2-touch](http://www.englandrugby.com/participation/playing/ways-to-play/o2-touch)

## Signposted competitions:

### Name of the competition: The Schools Cup: Boys U15 & U18 Cup/Vase/Plate/Bowl

- Knockout competition
- Run by England Rugby Football Schools Union (ERFSU)
- Entry through application – open to any affiliated school

### Name of the competition: Touch Rugby ‘pitch up and play’

- Run by Young Leaders in school
- Aimed at, but not exclusive to, 16+ year olds
- Year-round indoor/outdoor opportunity for young people not wanting to play contact rugby and wanting regular fun exercise
- Excellent exam and revision ‘release’ opportunity
- Inter-form or house mini-leagues to increase depth and regularity encouraged
- Support, tools and resources available on: <http://bit.ly/2IYWIZN>

## Where do young people go next (from school to club/community)?

The transition of young people to community clubs is the most important aspect of allowing players to continue on their rugby journey. Rugby union has over 2,000 clubs across the country.

To ensure that your competition is linked to the local rugby club, please contact one of our field staff.

Contact [schools@rfu.com](mailto:schools@rfu.com) to connect with your local Rugby Development Officer

## Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

## Relevant web links

The foundations of the competition offer are based on the key principles of Age Grade Rugby and Quilter Kids First.

More information on Age Grade Rugby can be found by visiting [www.englandrugby.com/participation/coaching/age-grade-rugby](http://www.englandrugby.com/participation/coaching/age-grade-rugby)

More information on Quilter Kids First can be found by visiting [www.englandrugby.com/participation/coaching/quilter-kids-first](http://www.englandrugby.com/participation/coaching/quilter-kids-first)

### Primary or Secondary:

#### Primary

### Name of competition:

**Quilter Kids First Megafest and Tag Festivals**

### Age Group:

**Y5/Y6 mixed**

### How to enter:

**Via local SGO**

### Tournament format:

**In line with RFU Regulation all primary events are Festival format with no knock out competitions.**

### Simple rules:

#### Quilter Kids First Megafest format

- 10 activity stations
- Max of 8 children per station and mixed groups
- To cater for more children a number of Megafests can be run concurrently
- One Young Leader per group running activity
- Round robin swap every 5/10 minutes on the hooter or whistle
- All players must get at least half of the available playing time

All the details of the Quilter Kids First Megafest Tag Festivals can be found here:

[www.yourschoolgames.com/documents/826/Teacher\\_and\\_SchoolCompetition\\_guide\\_1.pdf](http://www.yourschoolgames.com/documents/826/Teacher_and_SchoolCompetition_guide_1.pdf)

#### Alternatively, you may run a festival for all participating teams.

- Up to 7-a-side, Tag rugby
- Whilst matches may have winners and losers, points cannot be awarded to teams as a consequence of the match result
- All players must play at least half of the available game time

### Think Inclusively!

The Quilter Kids First Rugby Mega Fest teams must be mixed boys and girls. Schools can deliver rugby union for all abilities and help young people to get involved in mainstream sport on a long term basis. Tag rugby is a great, flexible engagement tool for mixed ability groups in both special schools and mainstream schools due to the social and team working values of rugby union.

### Relevant web links

The foundations of the competition offer are based on the key principles of Age Grade Rugby and Quilter Kids First.

More information on Age Grade Rugby can be found by visiting [www.englandrugby.com/participation/coaching/age-grade-rugby](http://www.englandrugby.com/participation/coaching/age-grade-rugby)

More information on Quilter Kids First can be found by visiting [www.englandrugby.com/participation/coaching/quilter-kids-first](http://www.englandrugby.com/participation/coaching/quilter-kids-first)

### Roles for young people:

- Match officials
- Coach
- Team managers
- Event organisers
- Results

These skills are developed in the England Rugby KS3 and KS4 students' leadership awards.

### How can depth in competition through extra teams be achieved?

The Quilter Kids First Megafest format is a great way to get lots of young people involved in a format that is based on enjoyment, fun and gaining some of the basic skills to be able to play the game such as passing, catching, tagging and evasion skills.

### The route from here to County Final - Inter School Competition (Level 3)

The emphasis is on enjoyment, gaining competence and confidence, and engaging and allowing players to play, without the worry of making a mistake and losing the game. In line with RFU regulations there is no qualification route to County Final – Inter School Competition (Level 3) based on results.

### How can regularity be achieved?

Regularity can be created at Inter School Competition (Level 2) through the use of a series of central venue festivals spread through the course of the year.

### Primary or Secondary: Secondary

### Name of competition: U13 Y7/Y8 Girls

### Age Group: Y7/Y8

### How to enter: Via local SGO

**Tournament format:**  
In line with RFU Regulation at this age group festival format or waterfall tournaments with no knock out competitions.

### Relevant web links

The foundations of the competition offer are based on the key principles of Age Grade Rugby and Quilter Kids First.

More information on Age Grade Rugby can be found by visiting [www.englandrugby.com/participation/coaching/age-grade-rugby](http://www.englandrugby.com/participation/coaching/age-grade-rugby)

More information on Quilter Kids First can be found by visiting [www.englandrugby.com/kidsfirst](http://www.englandrugby.com/kidsfirst)

### Simple rules:

- Up to 12-a-side
- Maximum pitch size: 60m x 43m
- Ball Size: 4
- Maximum minutes each half: 20
- Nearest five players in a scrum (no pushing, contested strike)
- Contest for the ball within rucks and mauls (2 players v 2 players)
- No lineouts or fly hacking
- Rules can be adapted to cater for schools with fewer players.
- All players must play at least half the available playing time

Click here for Regulations:

[www.englandrugby.com/governance/rules-and-regulations/regulations](http://www.englandrugby.com/governance/rules-and-regulations/regulations)

**As an alternative offer consider playing XRugby7s**, it's a quicker game, with fewer players which can be played almost anywhere.

- XRugby7s is played on half a standard pitch
- There is a reduced intensity of contact
- The format includes new features such as the Max Zone - extra points for scoring in the middle of the pitch
- All players must play at least half the available playing time

**It is contact rugby but not as you know it!**

For more information visit [www.englandrugby.com/xrugby7s](http://www.englandrugby.com/xrugby7s)

### Think Inclusively!

Schools can deliver rugby union for all abilities and help young people to get involved in mainstream sport on a long term basis. The Age Grade can be adapted depending on the confidence and competence of the group, can be contact or non contact and XRugby 7s can be used to introduce players to the game.

### Roles for young people:

- Match officials
- Coach
- Team managers
- Event organisers
- Results

These skills are developed in the England Rugby KS3 and KS4 students' leadership awards.

### How can depth in competition through extra teams be achieved?

With the game being an adapted version of rugby a school can enter as many teams as they wish to the festival. This needs to be made clear through the entry form. This competition engages all girls in an adapted, fun version of rugby in the vital early teenage years when many drop out of sport.

### The route from here to County Final - Inter School Competition (Level 3)

Entry at Inter School Competition (Level 2) will provide the schools competing with an opportunity to qualify through to a County Final - Inter School Competition (Level 3) event deemed appropriate by the Local Organising Committee.

### How can regularity be achieved?

Regularity can be created at Inter School Competition (Level 2) through the use of a series of central venue festivals spread through the competition windows.

Please contact your local RDO for the defined dates as set out in Age Grade Rugby.



### Primary or Secondary: Secondary

### Name of competition: U15 Y9/Y10 Girls

### Age Group: Y9/Y10

### How to enter: Via local SGO

**Tournament format:**  
In line with RFU Regulations the full compliment of competition formats are available  
[www.englandrugby.com/participation/coaching/age-grade-rugby](http://www.englandrugby.com/participation/coaching/age-grade-rugby)

### Relevant web links

The foundations of the competition offer are based on the key principles of Age Grade Rugby.

More information on Age Grade Rugby can be found by visiting  
[www.englandrugby.com/participation/coaching/age-grade-rugby](http://www.englandrugby.com/participation/coaching/age-grade-rugby)

### Simple rules:

- Up to 15-a-side
- Maximum pitch size: 100m x 70m
- Ball Size: 4
- Maximum minutes each half: 30
- 8 in scrum (contested if appropriate)
- Rules can be adapted to cater for schools with fewer players.
- All players must play at least half the available playing time. This should be confirmed before the event.

Click here for Regulations:

[www.englandrugby.com/governance/rules-and-regulations/regulations](http://www.englandrugby.com/governance/rules-and-regulations/regulations)

As an alternative offer consider playing XRugby7s, it's a quicker game, with fewer players which can be played almost anywhere.

- XRugby7s is played on half a standard pitch
- There is a reduced intensity of contact
- The format includes new features such as the Max Zone - extra points for scoring in the middle of the pitch
- All players must play at least half the available playing time

**It is contact rugby but not as you know it!**

For more information visit [www.englandrugby.com/xrugby7s](http://www.englandrugby.com/xrugby7s)

### Think Inclusively!

Schools can deliver rugby union for all abilities and help young people to get involved in mainstream sport on a long term basis. The Age Grade can be adapted depending on the confidence and competence of the group, can be contact or non contact and XRugby 7s can be used to introduce players to the game.

### Roles for young people:

- Match officials
- Coach
- Team managers
- Event organisers
- Results

These skills are developed in the England Rugby KS3 and KS4 students' leadership awards.

### How can depth in competition through extra teams be achieved?

With the game being an adapted version of rugby a school can enter as many teams as they wish to the festival. This needs to be made clear through the entry form. This competition engages all girls in a non-threatening, fun version of rugby in the vital early teenage years when many drop out of sport.

### The route from here to County Final - Inter School Competition (Level 3)

Entry at Inter School Competition (Level 2) will provide the schools competing with an opportunity to qualify through to a County Final - Inter School Competition (Level 3) event deemed appropriate by the Local Organising Committee. However, qualification cannot be decided on a knock out competition event at this age group.

### How can regularity be achieved?

Regularity can be created at Inter School Competition (Level 2) through the use of a series of central venue festivals spread through the competition windows.

Please contact your local RDO for the defined dates as set out in Age Grade Rugby.

### Primary or Secondary: Secondary/College

**Name of competition:**  
**U18 Girls Sevens pitch up and play at a club setting**

**Age Group:**  
**U18 (Y12 & Y13)**

**How to enter:**  
**Via local SGO**

**Tournament format:**  
**In line with RFU Regulations the full compliment of competition formats are available**  
[www.englandrugby.com/participation/coaching/age-grade-rugby](http://www.englandrugby.com/participation/coaching/age-grade-rugby)

### Simple rules:

- 7-a-side
- Maximum pitch size: 100m x 70m
- Ball Size: 5
- Maximum minutes each half: 35
- Three in scrum (contested if appropriate)
- Due to the nature of these events rules can be adapted
- All players must play at least all the available playing time depending on the confidence and competence of the players. Your local RDO will be able to advise on the most appropriate format and playing rules.

Contact your local Rugby Development Officer for seven-a-side adaptations to the game.  
Contact [schools@rfu.com](mailto:schools@rfu.com) to connect with your local Rugby Development Officer

### Relevant web links

The foundations of the competition offer are based on the key principles of Age Grade Rugby.

More information on Age Grade Rugby can be found by visiting  
[www.englandrugby.com/participation/coaching/age-grade-rugby](http://www.englandrugby.com/participation/coaching/age-grade-rugby)

### Think Inclusively!

Schools can deliver rugby union for all abilities and help young people to get involved in mainstream sport on a long term basis. The Age Grade can be adapted depending on the confidence and competence of the group, can be contact or non contact and the Mega Fest format can be used where formalised competitive games are not appropriate.

### Roles for young people:

- Match officials
- Coach
- Team managers
- Event organisers
- Results

These skills are developed in the England Rugby KS3 and KS4 students' leadership awards.

### How can depth in competition through extra teams be achieved?

With the game being an adapted version of rugby a school can enter as many teams as they wish to the festival. This needs to be made clear through the entry form. This competition engages all girls in a non-threatening, fun version of rugby in the vital early teenage years when many drop out of sport.

### The route from here to County Final - Inter School Competition (Level 3)

Entry at Inter School Competition (Level 2) will provide the schools competing with an opportunity to qualify through to a County Final - Inter School Competition (Level 3) event deemed appropriate by the Local Organising Committee.

### How can regularity be achieved?

Regularity can be created at Inter School Competition (Level 2) through the use of a series of central venue festivals spread through the competition windows.

Please contact your local RDO for the defined dates as set out in the Age Grade Rugby calendar.

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