

IRFU Age Grade Rugby

13-A-Side Rugby (Transition from Mini Rugby to 15-a-side Rugby)

This is to help players with the transition from mini rugby (10-a-side) to 15-a-side, as well as adjusting from playing across the pitch to using the full pitch. Once the coach, club or school are satisfied that the players have gained sufficient experience players can progress to the 15-a-side game.

Conditions:

- Only for U12 players who will be U13 the following season e.g. born in 2000 (U11 players are not allowed to play this format of the Game).
- Can only be used from the start of month of April of the season.
- No competition allowed in this format of the game.
- Festivals can only use mini rugby regulations (10-a-side)

Regulations	
Suggested age group	U12 & U13
Time per half – single match	25 min
Ball size	4
Time per half – blitz days	15 min
No of matches allowed on blitz days	3
Time allowed for half time – blitz days	1 min
No of players in team	13
No of forwards	6
No of backs	7
Tackle height	Waist
Hand off	Below shoulder only
Time allowed for rucks & mauls	5 sec “use or lose”
No of players allowed in rucks & mauls per side	6
Kicking allowed	See below
Start match and or restarts	As per 15-a-side
Method of scoring	Try + conversion
Minimum no of players on panel (blitz days)	17
Line out – no lifting allowed	6 Man
Scrum – no push and only the strike(hook) can be contested	6 Man

Kicking:

Own 22: allowed

Other areas: the team kicking the ball must retain possession, if they fail to do so and there is no advantage for the opposition, a scrum will be awarded to the opposition at the spot where the ball was kicked. **This is to encourage the skill of the grubber kick; chip kick and the cross kick for the wide players e.g. wings.**

The Laws of rugby apply with the following exceptions.

1. Teams will consist of 13 players – **6 forwards** (front row; 2nd row and no.8) and **7 backs** (scrum half; out half 2 centres, 2 wings and a full back)
2. Full size pitch.
3. No. 8 packs down between 2nd rows only.
4. Rucks and mauls - 5 seconds – “use it or lose it” to apply.
5. Conversions take after tries between 15m lines.
6. This stage to be played at U13 only.
7. Restarts same as the 15-a-side game and must be taken on the referees whistle.
8. Rest of the Laws same as the 15-a-side game.