



Women's IRFU Long Term Player Development – Stage 1&2

QUICK GUIDE TO THE RULES & REGULATIONS FOR GIRLS MINI RUGBY (2020/21 SEASON)

Regulation /Stage	Touch/Rugby Prime	GIRLS MINI 1	GIRLS MINI 2	GIRLS MINI 3	NOTES
*Please read all notes carefully	*The following rules of Girls Mini Rugby are guidelines to the type of rugby which may be played at each age group. However, in order to promote the growth of the game, the age groups in each Stage may change. Teams should progress through each Stage, learning how to play rugby and understand the rules at that stage, until they reach the Stage which is applicable to their age group. For example: The U12s may start playing Touch/Rugby Prime for 3 weeks then move to Mini Rugby 1 and 2 and eventually reach Mini 3 when they are ready to do so.				When playing matches or participating in festivals, teams should play at the level of the most inexperienced team
Age group(s) 2020/21 Season	*U 7 & U6 Players born: 2015 & 2014	*U 8 Players born: 2014 & 2013	*U 10 Players born: 2012 & 2011	*U12 Players born: 2010 & 2009	*Players may play out of their age group (higher or lower, IN TRAINING ONLY) if insufficient numbers to ensure a quality training session. Coaches should ensure best practice and always consider a player's safety when training groups of players of different ages together. Players must have reached their 7 th birthday to engage in contact rugby.
Ball size	3	3	3	4	Must be adhered to.
Maximum time per half – single match.	15 min	15 min	15 min	20 min	No injury or extra time allowed
Maximum time per half – Festivals/Events	7 min	7 min	7 min	7 min	No injury or extra time allowed
Maximum time a squad/ team is allowed to play per day/ event	60 min.	70 min	70 min.	70 min.	No injury or extra time allowed
Minimum time allowed for half time	1 min	1 min	1 min	1 min	
No of players per team	Up to 6 aside	Up to 8 aside	Up to 8 aside	Up to 10 aside	If a team cannot field the number of players mentioned, the game goes ahead with reduced equal numbers on each team
No of forwards	N/A	N/A	3	5	Players are not position specific at any level. Coach should continuously rotate players.

No of backs	N/A	N/A	Up to 5	Up to 5	Equal numbers on both teams – emphasis on participation & enjoyment.
Safety zone	6 m	6 m	6 m	6 m	Safety zone between pitches
Tackle	Two handed touch	Yes (or grab & coach shouts “tackle”)	Yes (or grab & coach shouts “tackle”)	Yes	Dangerous Tackles (e.g. High / Swinging / Dump tackle) to be penalised immediately & player warned.
Hand off	Not Allowed	Not Allowed	Not Allowed	Below shoulder	Players should be encouraged to carry the ball in two hands.
Time allowed for rucks & mauls	N/A	The 5 seconds “Use it or Lose it” rule applies. This starts from the moment ruck/maul is formed. It is illegal to collapse a maul.	The 5 seconds “Use it or Lose it” rule applies. This starts from the moment ruck/maul is formed. It is illegal to collapse a maul.	The 5 seconds “Use it or Lose it” rule applies. This starts from the moment ruck/maul is formed. It is illegal to collapse a maul.	Referee/Coach should count down “5, 4, 3, 2, 1” from moment ruck/maul is formed.
No of players in rucks & mauls	N/A	3	3	5	No of players per team allowed in rucks & mauls
Kicking in Play	No	No	No	Inside own half only	No Conversion Kicks
Start match	Tap & Pass-Off : Must be off the ground and after the referee’s whistle			Kick/ Drop Kick on Half Way	
Method of scoring	Try	Try	Try	Try	
Line out	No	No	Yes – Nearest 3 players (incl. Thrower) No lifting, no contest allowed.	Yes – Nearest 5 Players (incl. Thrower) No lifting, no contest allowed.	All “forwards” must be involved in lineout. Coach should rotate players between forwards and backs when possible. Team who throws in the ball, wins it.
Scrum	No	No	Yes – Nearest 3 players. No contest.	Yes – Nearest 5 Players No contest.	Players must stay bound until scrum is over. Coach should rotate players between forwards and backs when possible.

Pitch Size: As per Mini Festival Guidelines. Please ensure pitches are appropriate size. If the pitch is too small, this may limit the development of the player.

Variation: If at U12, teams do not have the full number of players, the coaches should use the same pitch size, i.e. half pitch, but aim to play (Girls Mini 2).