

# KCRFU Mini Festival



## UNDER 10s RULES OF PLAY (Contact Rugby)

All participating players must be registered via GMS in accordance with RFU regulation 15.1.4 [Log in | Game Management System](#)

The half game rule must be adhered to for all games. [Half Game Rule | Rugby Football Union](#)

## UNDER 10s RULES OF PLAY

Players and match officials must ensure that the following Rules of Play and [RFU Regulation 15](#) are observed when playing at Under 10s.

These Under 10s Rules of Play set out below are part of the Playing Pathway that aim to equip players with the skills they need to safely enjoy rugby union. The Age Grade Rules of Play detail the level to which children of each can play to, coaches and match officials are encouraged to discuss necessary or desired pre-game and in-game modifications that reduce the playing level with the view to provide more appropriate learning opportunities.

Any terms defined in these Rules shall have the meanings set out in the World Rugby Laws of the Game.

### The key elements of the Under 10s Rules of Play are:

- Team numbers: a maximum of 8-a-side
- Maximum pitch size: 60 metres x 35 metres
- Ball Size: 4
- Maximum minutes each half: 15
- Introduction of uncontested scrum
- Nearest 3 players in a scrum (all players trained, late specialisation)
- Contest for the ball (1 player v 1 player)
- Introduction of Maul
- Introduction of Ruck

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**Under 10s rugby introduces more structured contact play, with tackling, uncontested scrums, and rucks. It builds on U9 rules while continuing to emphasize safety, teamwork, and enjoyment. Full details are available in [RFU Regulation 15 – Appendix 4](#).**

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# Under 10s Rugby – Key Rules Summary

## 1. Game Format

- **8-a-side teams**, with rolling substitutions.
- **Ball size 3**, pitch size up to **60m x 35m**.
- **20-minute halves**, no kicking allowed.

## 2. Scoring & Restarts

- Tries are scored by grounding the ball on/behind the goal line.
- Restarts use a **free pass** or **uncontested scrum** depending on the infringement.
- Defenders must be **7m back** at restarts.

## 3. Passing & Offside

- Passes must go **backwards or sideways** through the air.
- Forward passes = free pass to the non-offending team unless advantage applies.
- Offside occurs at the breakdown or tackle; players must retreat behind the hindmost foot.

## 4. Tackling & Contact

- Tackling is allowed; players must wrap arms and avoid high tackles.
- No fending off or hand-offs.
- After a tackle, the ball must be passed or placed immediately.
- **Rucks** are introduced: players may contest for the ball while on feet.
- No mauls, lineouts, or kicking.

## 5. Scrums

- **3-player uncontested scrums** introduced.
- No pushing or striking; ball must be passed out quickly.
- Scrum-half feeds the ball; opposition cannot contest.

## 6. Safety & Conduct

- No diving to score or recover the ball.
- Players must stay on feet unless tackled.
- Referees guide play and ensure safety.
- Dangerous play or misconduct results in a free pass to the non-offending team.

## 7. Ball on the Ground

- Players may pick up and play the ball if it goes to ground.
- Knock-ons penalized only if forward and no advantage occurs.