

KCRFU Mini Festival



UNDER 11s 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 11s 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 11s 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 11s Rules of Play are:

- Team numbers: a maximum of 9-a-side
- Maximum pitch size: 60 metres x 43 metres
- Ball Size: 4
- Maximum minutes each half: 20
- Introduction of the contested strike
- Nearest 3 players in a scrum (all players trained, late specialisation)
- Contest for the ball (2 players v 2 players)
- Introduction of tactical kicking and kicking restarts

Under 11s rugby introduces more structured elements of the 15-a-side game, including contested scrums, mauls, and kicking. It builds on U10 rules while continuing to prioritize safety, teamwork, and enjoyment. Full details are available in [RFU Regulation 15 – Appendix 5](#).

Under 11s Rugby – Key Rules Summary

1. Game Format

- **9-a-side teams**, with rolling substitutions.
- **Ball size 4**, pitch size up to **60m x 43m**.
- **20-minute halves**, no conversions or penalty goals.

2. Scoring & Restarts

- Tries are scored by grounding the ball on/behind the goal line.
- Restarts include **free passes**, **scrums**, and **tap restarts**.
- Defenders must be **7m back** at restarts.

3. Passing & Offside

- Passes must go **backwards or sideways** through the air.
- Forward passes = scrum to the non-offending team unless advantage applies.
- Offside lines apply at breakdowns, scrums, and mauls.

4. Tackling & Contact

- Tackling is allowed; players must wrap arms and avoid high tackles.
- **Mauls** are introduced: players may bind and drive legally.
- **Rucks** continue from U10s: players must stay on feet and enter through the gate.
- No fending off or hand-offs.

5. Scrums

- **3-player contested scrums** introduced.
- No pushing more than 1.5m; hookers may strike for the ball.
- Scrum-half feeds the ball; opposition may contest.

6. Kicking

- **Kicking is allowed**: for territory or to restart play.
- No drop goals or conversions.
- No fly-hacking (kicking a loose ball on the ground).

7. Safety & Conduct

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

8. 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.