

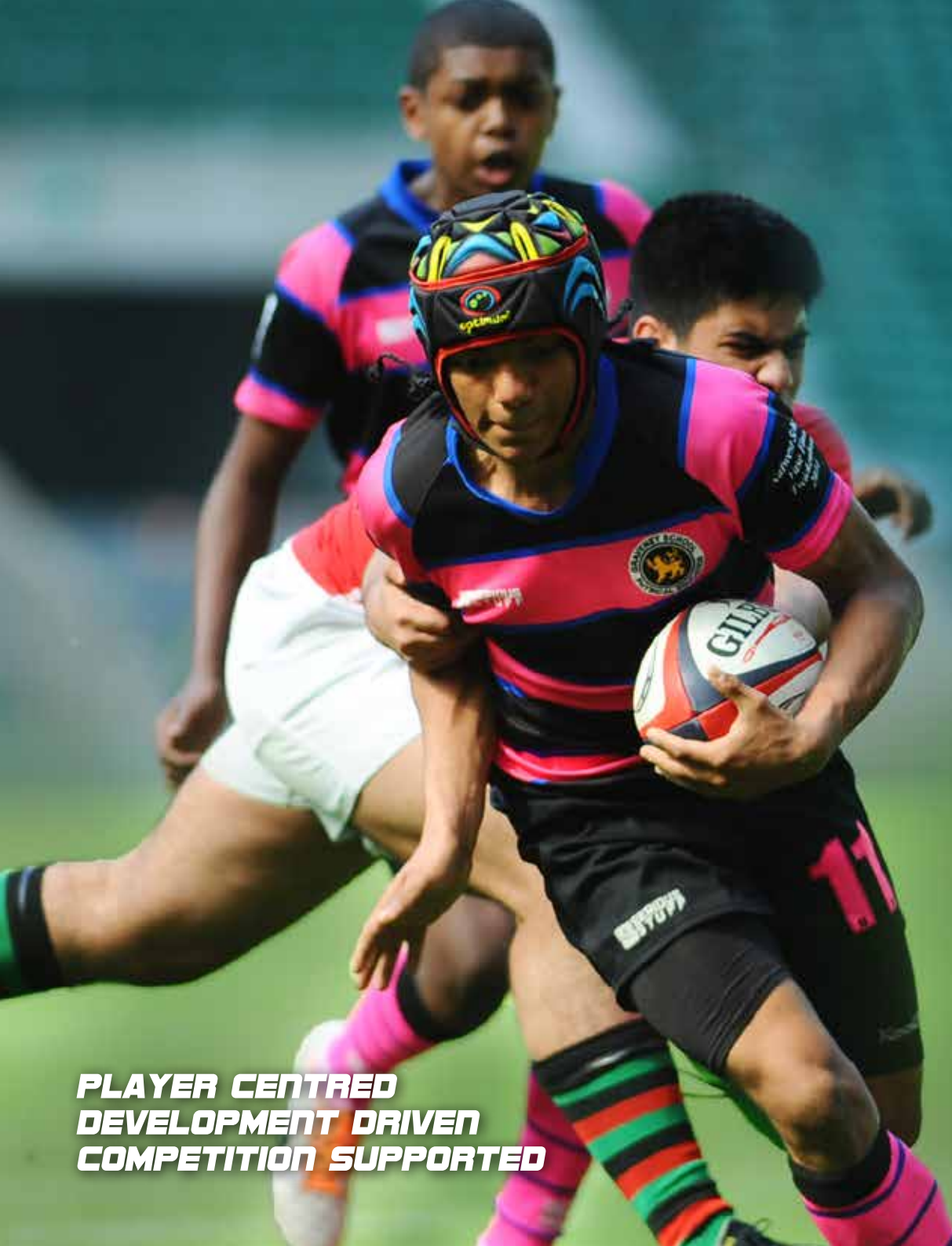


England
Rugby

GUIDE TO AGE GRADE OUT OF SEASON ACTIVITIES

PLAYER CENTRED | DEVELOPMENT DRIVEN | COMPETITION SUPPORTED





**PLAYER CENTRED
DEVELOPMENT DRIVEN
COMPETITION SUPPORTED**

This document is intended to support those delivering out of season activities by providing examples of permitted and non-permitted activities. Though not an exhaustive list of every rugby activity, we hope it clarifies the types of permitted activity at each age.

This guide should be read in conjunction with RFU Regulation 15 (www.englandrugby.com/regulations) and the Age Grade Codes of Practice (www.englandrugby.com/codesofpractice).

The key elements of the Age Grade regulation relating to out of season are:

- The 2017-2018 season will run from the 2nd September 2017 until 7th May 2018 and the 2018-2019 season will run from the 1st September 2018 until the 6th May 2019. Everything else is deemed as “out of season”.
- Outgoing tours are not permitted at U13 and below.
- At U14 and above, players can play 15-a-side competition in May, if it has been re-arranged due to adverse weather, or in August two-weeks prior to the start of the season.
- Out of season competitive activity may only be played if the activity falls within the definition of ‘Out of Season Activity,’ and if written approval has been provided by the Constituent Body, CSU, or College’s Union.
- The following out of season activity is permitted:

U11 & BELOW	U12 & U13	U14, U15 & U16	U17 & U18
<ul style="list-style-type: none"> • Non-contact training 	<ul style="list-style-type: none"> • Non-contact training • Non-contact matches and competition 	<ul style="list-style-type: none"> • Non-contact training • Non-contact matches and competition • XRugby7s contact matches, competition and preparation 	<ul style="list-style-type: none"> • Non-contact training • Non-contact matches and competition • XRugby7s contact matches, competition and preparation • 7-a-side contact matches and competition and preparation

In this document you’ll see us refer to “skill zone” and “game zone” activities, concepts which are explored on RFU Training courses and with practical examples on www.keepyourbootson.co.uk. In some of the game zone activities you will see the use of different types of ball – why not mix in a football, tennis ball or others during your activities?

When designing your programme of activities, consideration should be given to the intensity of the activities and efforts should be made to balance high and low intensity activity.

We hope this guide, along with the other materials, will help your delivery of enjoyable Player Centred and Development Driven summer activity.



**RFU OUT OF SEASON ACTIVITIES:
U7 TO U13**



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PERMITTED RUGBY SPECIFIC ACTIVITIES

TAG Rugby

Touch rugby

Specific rugby activity

i.e. skill zone

Passing specific activity

2 v 1

3 v 2

Evasion

**The maximum rugby specific
training per day is:**

U7 – U8 = 60 mins

U9 – U11 = 90mins

U12 – U13 = 120mins

**These rugby specific activities must not
exceed these maximum training times**

GENERIC PERMITTED MULTI-SPORT AND FUNDAMENTAL SKILLS ACTIVITIES

Game zone activities

Netball
Multi direction tag
Endball
Kicking golf
Kick tennis
Football
Cricket
Aussie Rules
Rounders
Volleyball
Rob the nest
Bulldog
Capture the flag
Crab football
Handball
Swimming
Stuck in the mud

Individual exercises (including non-contact preparation for contact):

Specific ABC activities
(Agility, Balance, Co-ordination)
Tower of Power
Steal the sock
Tag the tail
Animal walks

**Note – these activities do not
count as rugby specific training.**

Activities can be found on
www.keepyourbootson.co.uk

NON-PERMITTED ACTIVITY

Contact rugby

Tackle
Ruck
Maul
Scrum

Wrestling / contact warm up
Activities involving contact shield / tackle suits

'Grab and hold'

Contact activity

Wrestling
Sumo
Judo

XRugby7s

7-a-side rugby or above

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**RFU OUT OF SEASON ACTIVITIES:
U14 AND ABOVE**

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PERMITTED RUGBY SPECIFIC ACTIVITIES

TAG Rugby

Touch rugby

XRugby7s

7-a-side (U17+U18 only)

Team organisation and preparation

Specific rugby activity

i.e. skills zone

Passing specific activity

2 v 1

3 v 2

Evasion

Introducing the tackle

Introducing the ruck

Introducing the maul

Max 3 player scrum

Continuity practices

Wrestling / contact warm up

Session plans to introduce XRugby7s
to new players can be found on:
englandrugby.com/xrugby7s

The maximum rugby specific training per
day is 120 mins for U14 and above.

These rugby specific activities must not
exceed these maximum training times

GENERIC PERMITTED MULTI-SPORT AND FUNDAMENTAL SKILLS ACTIVITIES

Game zone activities

Netball

Multi direction tag

Endball

Kicking golf

Kick tennis

Football

Cricket

Aussie Rules

Rounders

Volleyball

Rob the nest

Bulldog

Capture the flag

Crab football

Handball

Swimming

Stuck in the mud

Individual exercises (including non-contact preparation for contact):

Specific ABC activities

(Agility, Balance, Co-ordination)

Tower of Power

Steal the sock

Tag the tail

Animal walks

Note – these activities do not
count as rugby specific training.

Activities can be found on
www.KeepYourBootson.co.uk

NON-PERMITTED ACTIVITY

Any activity greater than 7-a-side
or preparation for these activities
is not permitted

More than 3 a side scrum

More than 3 player line out

Game play

7 player back moves

7-a-side is not permitted at U14-U16

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