

## Rugby Arizona Non-Contact Rugby

Format	Expected Grades	Expected Ages	Max Dimensions	Team Numbers	Scrum Format	Lineout Format	Rucks	Mauls	Max Weight	Ball
U8 Flag (Rookie Rugby)	K – 2 <sup>nd</sup> grade elementary school	5 – 8 under 8 on Sept 1	25 x 40 up to 40 x 70	4 v 4 up to 7 v 7	3 v 3 Uncontested	"Free Pass" just inside the touch line	N/A	N/A	N/A	Size 3
U10 Coed Touch	3 <sup>rd</sup> & 4 <sup>th</sup> grades elementary school	8 – 10 under 10 on Sept 1	40 x 70	7 v 7	3 v 3 Uncontested	Max 2, Contested, no lifting	N/A	N/A	N/A	Size 3
U12 Coed Touch	5 <sup>th</sup> & 6 <sup>th</sup> grades elementary school	10 – 12 under 12 on Sept 1	40 x 70	7 v 7	3 v 3 Uncontested	Max 2 Contested, no lifting	N/A	N/A	N/A	Size 4
U14 Coed Touch	7 <sup>th</sup> & 8 <sup>th</sup> grades middle school	12 – 14 under 14 on Sept 1	40 x 70	7 v 7	3 v 3 Uncontested	Max 2 Contested, no lifting	N/A	N/A	N/A	Size 4
U16 Coed Touch	HS freshmen & sophomores	14 – 16 under 16 on Sept 1	70 x 100	7 v 7 up to 10 v 10	3 v 3 Uncontested	Max 2 Contested, no lifting	N/A	N/A	N/A	Size 5

## Rugby Arizona Tackle Rugby

Format	Expected Grades	Expected Ages	Max Dimensions	Team Numbers	Scrum Format	Lineout Format	Rucks*	Mauls*	Max Weight	Ball
U10 Coed Tackle	3 <sup>rd</sup> & 4 <sup>th</sup> grades elementary school	8 – 10 under 10 on Sept 1	40 x 70	7 v 7	3 v 3 Uncontested	Min 2, contested, no lifting	1 v 1 contested	1 v 1 contested	Under 10 (105 lbs) Over 10 (60 lbs)	Size 3
U12 Coed Tackle	5 <sup>th</sup> & 6 <sup>th</sup> grades elementary school	10 – 12 under 12 on Sept 1	40 x 70	7 v 7	3 v 3 Uncontested	Min 2, contested, no lifting	1 v 1 contested	1 v 1 contested	Under 12 (135 lbs) Over 12 (80 lbs)	Size 4
U14 Boys or Girls Tackle	7 <sup>th</sup> & 8 <sup>th</sup> grades middle school	12 – 14 under 14 on Sept 1	40 x 70	7 v 7	3 v 3 Contested	Min 2, contested, lifting allowed	1 v 1 contested	1 v 1 contested	Under 14 (165 lbs) Over 14 (100 lbs)	Size 4
U16 Boys or Girls Tackle	HS freshmen & sophomores	14 – 16 under 16 on Sept 1	70 x 100	Fall: 7s Spring: 15s	Fall: 3 v 3 Spring: 8 v 8	Standard laws No other restrictions	No restrictions	No restrictions	No restrictions	Size 5
HS Boys or Girls Tackle	HS juniors & seniors	16 – 18 under 19 on Sept 1	70 x 100	Fall: 7s Spring: 15s	Fall: 3 v 3 Spring: 8 v 8	Standard laws No other restrictions	No restrictions	No restrictions	No restrictions	Size 5

**\* Referee Notes:** For U10, U12 and U14 Tackle; Referees are instructed to be especially quick to call "use it" on rucks and mauls for safety considerations and if extra players join to make it more than 1v1, the referee will quickly blow the whistle to stop play (for safety), and penalize the team with extra players.