

Title	Hampshire Youth Rugby Competitions Rules & Regs	Version	1.3
Originator	Director of Youth Rugby	Date reviewed	11/11/25

- AIMS OF HAMPSHIRE YOUTH RUGBY
- to promote participation in rugby amongst boys and girls from U7 to U18 age groups
 - to improve player development, welfare, enjoyment and retention
 - support Clubs, Schools & Volunteers to deliver youth rugby
 - to promote the values of rugby to all involved

LAWS & REGULATIONS

Matches played under RFU laws and Regulation 15 Age Grade Rugby Rules, see link below.
[Age Grade Reg 15](#)

COMPETITION ORGANISERS to be known as '*COMMITTEE*'

Chair of Committee	Laura Self	Youth-rugby@hampshirerfu.com
U13/14 Boys Organiser	Georgia Laphron	admin@hampshirerfu.com
U15/16 Boys Organiser	Lynne Piddington	hampshireleague1516@gmail.com
U18 Boys Organiser	Ian Wells	ip.wells@gmail.com
Girls Contact	Sarah-Jane Brown	youth-rugby-development@hampshirerfu.com

HAMPSHIRE SAFEGUARDING:

Sarah Whatmore compliance@hampshirerfu.com

REFEREES:

Tim Bailey tim.bailey2@ntlworld.com

DISCIPLINE:

Richard Wood <https://hampshirerfu.com/discipline/>

RUGBYSAFE:

Michele Amos rugbysafe@hampshirerfu.com

APPENDICES:

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Teamwork Respect Enjoyment Discipline Sportsmanship

	Category	U7 – U11 Mixed Tournament	U12 Tournament	U13 – U14 Waterfall Cup	U15 – U16 League & Cup	U18s League & Cup	General Rules	
	Format	Festivals → Groups of 6 No Winners	Pools → Semi/Finals	Multi-tiered knockout - Cup, Plate, Bowl, Shield, Plaque. Subject to the number of teams entered	Multi-tiered, play-off format League phase → Tiered playoffs - Cup, Plate, Bowl, Shield, Plaque Subject to the number of teams entered		All matches follow RFU Reg 15 RFU Reg 15	
	Key Deadlines	TBA by end of Jan		To be confirmed by June 30 th				
	Medals	All Participants	Medals for winners of each competition	Cup Winners & runners up U13 x 9, U14 x 22	22 Medals for Cup Winners & Runners up		Medals to distributed by <i>COMMITTEE</i>	
	Trophies	N/A	Cup for each tier winner (Cup, Plate, Bowl etc.)	Cup for each tier winner (Cup, Plate, Bowl etc.)			Trophies to distributed by <i>COMMITTEE</i>	
	Jersey Colours and Numbers	N/Aj	N/A	Home team changes colours if clashes occur to satisfaction of referee. Jerseys of Youth teams should be numbered; however, no team shall be penalised for not wearing numbered shirt				
	Player Eligibility	Out of Age Grade forms to be signed off by Hampshire Safeguarding & signed copies available on the day. Follow the link below to complete all necessary forms BEFORE a player plays out of age grade. Hampshire Playing out of Age Grade <i>COMMITTEE</i> and opposition should be made aware of a player playing up or down an age grade						Out-of-age players require Reg.15.3 approval. See link in adjacent box.
		Players to under the age of the group they are in as of the 1 st September of any season U7's - 6, U8's - 7 U9's - 8 U10's - 9 U11's - 10	Players must be registered to a youth club and CANNOT switch clubs and play in competitions after the start of the season save in exceptional circumstances approved by the <i>COMMITTEE</i> . Where a Club enters more than one team it is expected that PLAYERS remain with the team they are originally selected for. This is not intended to reduce movement of players as skills develop but to monitor the potential for bolstering a team in a lower competition with players from a higher competition. Players to be under the age of the group they are in as of the 1 st September of any season U11's - 10, U12's - 11, U13's - 12, U14's - 13, U15's - 14, U6's - 15, U18's - 16 or 17			Issues on eligibility to be raised immediately with opposition. If no resolution, then <i>COMMITTEE</i> will rule.		
	Club Eligibility	Priority for 1 team per club in Hampshire Festivals Minis – Barbarian teams encouraged where possible	Priority for 1 team per club in Hampshire for all competitions Juniors – 2 nd team to be agreed with <i>COMMITTEE</i> Clubs from neighbouring counties will be allowed to enter at the discretion of the <i>COMMITTEE</i> & will be subject to an entry cost.					

	Category	U7 – U11 Mixed Tournament	U12 Tournament	U13 – U14 Waterfall Cup	U15 – U16 League & Cup	U18s League & Cup	General Rules
	Game on Principles	<p>OBJECTIVE: ALL CLUBS MUST ENDEAVOUR TO GET GAMES PLAYED</p> <p>Games commence with equal numbers</p> <p>The lowest number of players per team shall be three below the age grade maximum detailed above.</p> <p>Permissible for spare players to be loaned to the opposing Club if it has less than a full team on the day of a Cup or League match.</p> <p>REFUSAL TO PLAY If a team REFUSES to reduce numbers or share players under Game On principles <ul style="list-style-type: none"> - THEY forfeit the match - A default score of 50–0 is recorded. This has increased from 28-0 to reflect the max points difference allowable in a game. - 5 match points are awarded to the non-offending team - A friendly fixture is strongly encouraged, allowing teams to mix balancing sides to ensure a safe and meaningful game </p> <p>AGREE TO PLAY If a game on fixture is agreed and played, <ul style="list-style-type: none"> - the match result stands - league points are awarded based on the outcome of the game </p> <p>HOWEVER, If a team is unable to field the minimum number of players, then the teams are encouraged to loan players and play a friendly match</p> <p>BUT the match will be forfeited by the defaulting team.</p> <p>Time played for the opposition is game time for that player.</p> <p>The COMMITTEE shall review any appeals.</p> <p>EXAMPLES Team A (H) vs team B (A) – League Fixture – scheduled league match - Before KO B informs A or arrives with only 13 players due to injuries and unavailability. - B asks A to play 13-a-side under Game On principles,</p> <p>Application of the Rule: If A refused to <ul style="list-style-type: none"> - reduce numbers - share any players with B, they are considered the offending team therefore - A forfeit the league fixture. </p>					<p>Practical Guidance Captains & Team Managers</p> <p>Discussion before kick-off should include a shared understanding of Game On expectation.</p> <p>FRIENDLIES Where agreed, captains and referees MUST note that the league result is already decided by forfeit.</p> <p>Friendly Fixtures should still be treated seriously and is an opportunity to <ul style="list-style-type: none"> - Develop players - Trial new positions - Build inter-club relationships. </p> <p>REFEREES To be briefed clearly that such games may be more flexible in format but must still ensure player safety.</p>

	Category	U7 – U11 Mixed Tournament	U12 Tournament	U13 – U14 Waterfall Cup	U15 – U16 League & Cup	U18s League & Cup	General Rules
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	Category	U7 – U11 Mixed Tournament	U12 Tournament	U13 – U14 Waterfall Cup	U15 – U16 League & Cup	U18s League & Cup	General Rules
	MAX Squad & Team Size	U7 – Squad 7, Team 4 U8 – Squad 9, Team 6 U9 - Squad 12, Team 7 U10 - Squad 12, Team 8 U11 – Squad 14. Team 9	Squad = 17 Team = 12	U13 Squad 19 Team 13, Game on 10 U14 Squad 22 Team 15, Game on 12	U15's & U16's Squad 22 Team 15 Game on 12	U18's Squad 22 Team 15 Game On 12	PLEASE NOTE: Squad sizes have been reduced to 22 to fall be in line with the RFU guidelines and to be consistent with other competitions in the region.
	Ball Size	U7 – U9 Size 3 U10 – U11 Size 4	Size 4	Size 4	Size 5	Size 5	
	Game Time Half/Full MANDATORY	U7's/U8's - 10/20 min U9's/U10's - 15/30 min U11's - 20/40 mins	20/40 mins	25/50 mins No extra time	U15's - 30/60 mins U16's - 35/70 mins No extra time	35/70 minutes each half No extra time	
	Activate Programme Official injury-prevention and movement preparation system for all age groups. Designed to reduce soft tissue and concussion risk by improving movement control and strength Should be included at the start of every session or match NOT OPTIONAL	For minis, sessions are short and game-based , with lots of movement variety (e.g., jumps, landings, balance, tagging, direction changes). U7/U8 = 10 mins Fun movement games, coordination, balance, agility — no static stretching. U9/U10 15 mins Dynamic movement prep, body awareness, tackle/roll prep drills, reaction games. U11 15 mins Dynamic warm-up plus contact readiness (low-intensity ruck/maul/tackle body shapes).	15 mins Dynamic warm-up plus contact readiness (low-intensity ruck/maul/tackle body shapes).	15/20 mins	U15 15/20 mins U16 20/25 mins	20/25 mins	
	Minimum / Maximum Playing Time (inc festivals)	U7/U8 - 10/50 mins U9/U10 - 15/60 mins U11- 20/70 mins	20/70 mins	Min 25 mins Max 80 mins	Min 15=30/16=25 mins in a game Max 90 mins daily <i>(including 15mins of delivery of activate)</i>	Min 35 mins in a game Max 90 mins daily <i>(including 15mins of delivery of activate)</i>	ALL players to play half game time

	Category	U7 – U11 Mixed Tournament	U12 Tournament	U13 – U14 Waterfall Cup	U15 – U16 League & Cup	U18s League & Cup	General Rules
	Sin Bin	U7's & U8's - No Sin Bin U9's to U11's - 5 minutes	5 minutes	5 minutes	U15's - 6 minutes U16's - 7 minutes	7 minutes	
	Competition Seedings & Participation	N/A	N/A	<p>COMMITTEE to decide on seedings for LEAGUES to ensure appropriate matches at each level.</p> <p>At U 13, teams are seeded from results of U12 tournament - see details below</p> <ul style="list-style-type: none"> - New Clubs entering the Leagues without a seeding from the previous competition will be allocated a place in one of the Divisions at the COMMITTEES discretion. - If a club enters MORE THAN ONE TEAM, then they will be placed in different leagues <p>U15 to U18 clubs will play each other ONCE in each league division. If then drawn against each other in the CUP, the home advantage will be reversed. If this is at a final, then the COMMITTEE will decide on location.</p> <ul style="list-style-type: none"> - Final Rankings lead to 2nd phase Cup competition - If a Club drops out or fails to honour fixtures in the League Competition then that Club's opponents in the Cup Round, as drawn, will receive a bye into the next Round of the Competition without prejudice to any further action that may be taken by the COMMITTEE <p>U13's Seedings Cup Winner (1), Runner Up (2), 3rd (3), 4th (4), Plate Winner (5), Runner Up (6), 3rd (7), 4th (8). Remaining teams to be unseeded.</p> <p>U14 -18 Seedings to be based on preceding seasons performance. Pools - Teams to play each other at least once in the pool rounds that will decide the Pool Winners.</p> <p>If no Plate 3rd/4th place play off takes place, then losing semi-finalists will be seeded 7 and 8 in alphabetical order.</p> <p>CUP COMPETITION Following the pools, each teams finishing position and number of teams, will be put into the following competitions where the numbers allow. Div 1 CUP / Div 2 PLATE / Div 3 BOWL / Div 4 SHIELD / Div 5 PLAQUE</p>			<p>Seeding objections to be made within 2 weeks of Fixture publication</p> <p>Applications to be submitted by the 31 May.</p> <p>No fines shall be issued for withdrawing from Competitions after the fixtures are announced but NO refund shall be made.</p> <p>If a team withdraws from the competition the COMMITTEE shall have the sole authority to reorganise the competition.</p> <p>Out of County Associate clubs to agree and conform to ALL Hampshire RFU Competition Rules & Regulations</p> <p>At the end of each season the COMMITTEE will decide on promotion and relegation based on performance/merit for the commencement of the new season.</p>

	Category	U7 – U11 Mixed Tournament	U12 Tournament	U13 – U14 Waterfall Cup	U15 – U16 League & Cup	U18s League & Cup	General Rules
				<ul style="list-style-type: none"> - The two teams at the bottom of Div 1 & Div 2 will enter the competition at the level below their finishing position. - Div 2 & 3 will enter the competition above their finishing position. 			
	Position in League			<p>The position of a Club will be decided:</p> <ul style="list-style-type: none"> - on the TOTAL of its competition points - from Clubs who have played at least 50% of fixtures - If ONE OR MORE Clubs have the same Competition points then the teams <ul style="list-style-type: none"> - If they played twice in the Pool stage, the WINNER OF THAT match shall be given the higher league position. - However, if this match was DRAWN, or if they only played each other once, then the higher position goes to team that has scored the MOST TRIES in the competition. - If only played once then there is still no separation of the teams it shall be decided on a COIN TOSS 			
	Home advantage			<p>1st round of Cup</p> <ul style="list-style-type: none"> - awarded to the team with the higher league ranking unless. - those two teams have already played that fixture in the League phase in which case the venue is reversed. - any friendlies played between the two squads during the current season are not considered. - in case of pitch congestion or adverse ground conditions, the two team managers may mutually agree an alternative venue. 			
	Venues			<p>Draw to be streamed for transparency and the home club is the first named club in the draw.</p> <p>Cup Finals at neutral venues where feasible (U13-U16) Finals day for U18 will be at one venue if feasible.</p> <p>The venues for the U13 to U16 finals; Plate, Bowl, Vase, Shield etc and the third-place play offs will be held at the first named club in the draw.</p>			Any disputes to be resolved by COMMITTEE

	Category	U7 – U11 Mixed Tournament	U12 Tournament	U13 – U14 Waterfall Cup	U15 – U16 League & Cup	U18s League & Cup	General Rules
				All Clubs shall make fulfilling fixtures with Vectis RFC a priority home and away. The COMMITTEE to determine whether any sanction should be imposed for noncompliance.			
	Home Club Responsibility	Make proper provision for safety – Clear emergency access, pitch side phones, grounds post code to assist the emergency services. Correctly and clearly marking its’ pitch & size complies with RFU Regulations to accommodate roping/coning off an area along the length of the pitch to enable access for Touch judges, referees. Squad members, Coaches & Managers. Access to suitable facilities to meet the medical and safeguarding needs of players, officials and spectators.					
	Hampshire Referees & Assistant touch Judges & 1 st aiders	Each team to provide - 1 Referee. - 1 Touch Judge - 1 First aider For use by Festival & Tournament organisers	Each team to provide 1 Touch Judge & 1 st aider Home club provides appropriately qualified referees for matches (ideally not same age group)	Each team to provide 1 Touch Judge & 1 st aider Hampshire Rugby Refs (HRR) requested for and prioritised as follows 2) U16 Boys: Div 1 games, Cup Quarter Finals, Semi Finals & Finals 4) U15 Boys Cup finals 4) U16 Girls - Key matches can be requested	Each team to provide 1 Touch Judge & 1 st Aider Hampshire Rugby Refs (HRR) requested for and prioritised as follows 1) U18 Boys All league & Cup matches 3) U18 Girls Competitive Matches	HOME CLUB TO communicate match info to appointed Ref, 2 days before. If no HRR confirmed by , then - HOME team is responsible for providing a referee. - at a neutral venue both clubs to source and agree on Ref. Issues arising during matches should be addressed at the time or if no satisfactory outcome, then to follow the Referee Protocol	
	Headcase	From the start of 2025/26 season Hampshire RFU have mandated that ALL coaches & Managers from U9s upwards should complete the online learning course for Headcase, Headcase eLearning After each section scroll down to complete the next. You WILL NOT be able to move on unless you have viewed the entire section and should take approx 30 – 40 minutes Coaches will only be allowed to coach once they have supplied their certificate generated at the end of the course					Deadline for completion will be 1 st October 2025
	RugbySafe	RugbySafe is the RFU’s overarching player safety and wellbeing programme. It puts player welfare at the heart of the game and covers how to organise and manage the game so that it is played in a safe & enjoyable manner. We know that prevention is better than cure.					

	Category	U7 – U11 Mixed Tournament	U12 Tournament	U13 – U14 Waterfall Cup	U15 – U16 League & Cup	U18s League & Cup	General Rules
		RugbySafe provides guidance and resources for all rugby activity organisers on what needs to be in place. Rugysafe Checklist					
	Fixture dates & Kick off	<p>Mini Festival schedules shall be as published by the Organiser</p> <p>Clubs should endeavour to stick to these to prevent festivals over-running.</p> <p>COMMITTEE will support clubs with organisation and online tools to assist</p>		<p>Cup and League the fixture dates are play by dates and can be re-arranged with the agreement of both Clubs.</p> <p>If a change of date is mutually agreed, then you must inform the COMMITTEE ASAP so that GMS can be updated.</p> <p>Effort to be made to avoid County/Divisional dates however such a clash of dates is not sufficient reason to demand a change of Cup or League dates.</p> <p>If no such agreement can be reached the original date shall stand EXCEPT WHERE The COMMITTEE agree and alternative date.</p> <p>KICK OFF time default is 1400 but can be amended by mutual consent of both parties and should be confirmed with referees</p> <ul style="list-style-type: none">- 3 days before for mainland clubs- 8 days before for Isle of Wight & Channel Islands to accommodate travel arrangements. <p>If there is a dispute with Kick Off time then the COMMITTEE will adjudicate</p> <p>Initiating club should advise COMMITTEE & REFEREES of any date change ALL FIXTURES TO BE PLAYED BY 30th APRIL</p>		Any dispute will be resolved by the COMMITTEE whose decision is final.	
	Postpone, Cancel OR Abandon a match			<p>If a Club is responsible for a late cancellation with a VALID reason approved by the COMMITTEE, before 21.00, 3 days before the match KO, then the match shall be void and and no competition points awarded and should be rescheduled to a mutually acceptable time ASAP.</p> <ul style="list-style-type: none">- If a fixture is cancelled after 21:00 3 days before the game without a VALID reason, then:<ul style="list-style-type: none">o For Cup matches the non-offending team shall progress as winners.o For League, the non-offending team will count this as a match towards their 50% of fixtures completed and will be awarded Fixture played & Win points.			

	Category	U7 – U11 Mixed Tournament	U12 Tournament	U13 – U14 Waterfall Cup	U15 – U16 League & Cup	U18s League & Cup	General Rules
				<ul style="list-style-type: none"> - If a late decision as to the fitness of the pitch either for adverse weather or pitch condition is necessary, it shall be made by the Home Team Management. - If the decision is disputed the matter will be referred up to the COMMITTEE who will decide on points allocation or alternative date. - 60% Rule <ul style="list-style-type: none"> o If a match is abandoned when 60% of the pre-agreed game time has been played, then the score at the moment of abandonment shall stand as decided by the referee. o If <60% has been played, it shall be replayed at the first available date, at the direction of the COMMITTEE. o If agreement on a date change has not been reached, then the COMMITTEE shall consider what action to take. o In the event it cannot be re-scheduled in the case of <ul style="list-style-type: none"> ▪ League, it shall be void and no competition points awarded. ▪ Cup, then a toss of a coin will decide the winner <p>If the reason for not playing a match is not acceptable to the COMMITTEE, then the non-offending Club will count the match towards their 50% and will be awarded Fixture played and Win points.</p> <p>In the case of matches involving Vectis, where agreed with the COMMITTEE, the match shall be recorded as “not played” against the offending Club have points deduction.</p> <p>If the final position of another Club could be affected by such an award, then the match points of a game which took place involving the offending Club and the affected Club may be discounted at the sole discretion of the COMMITTEE.</p> <p>FORFEITED MATCH If a match is forfeited then a score of 50 – 0 will be recorded to the non-forfeiting side</p>			
	Match concluded when	Try diff > 6		U13's when Try diff > 6 U14 – U18's when a team's score reaches 50 points			Game to continue as a friendly with game on principles
	Results & Tiebreakers			In League & Cup games, no extra time shall be played and a draw recorded			
	Points Awarded			CUP COMPETITIONS In U13-18 if the full-time score is level, no extra time will be played. the winning team shall be the team that			

	Category	U7 – U11 Mixed Tournament	U12 Tournament	U13 – U14 Waterfall Cup	U15 – U16 League & Cup	U18s League & Cup	General Rules
				<ul style="list-style-type: none"> - scored the first try. - If no tries, then the first points scored win the game. - If no points scored the winner will be the team with the fewest number of yellow cards against them - If yellow cards are equal then toss of a coin will decide the winner <p>LEAGUE 4pts Win 2pts Draw 0pts Loss 1pt Loose by <7 points 1pt 4+ tries</p>			
	Notification of Results			<ul style="list-style-type: none"> - 13/14 to email scanned signed copies of completed match cards to COMMITTEE - 15 to 18's to use their 'playing squad' from GMS to populate EMCs and submit to COMMITTEE. <p>1. Match Result Submission Deadline - The home team or first named team shall inform the COMMITTEE of the result of the match by midday Monday. - The away team must then log in to confirm or dispute the result. - If this isn't done on time, the COMMITTEE is automatically notified.</p> <p>2. Player/Team Sheet Submission Deadline - Both teams must complete their line-ups (registered players, shirt numbers, replacements, etc.) on EMC, with a maximum of 22 players. - It is expected that this must be done before kick-off - Late or incomplete sheets trigger a compliance flag and will be monitored by the COMMITTEE.</p> <p>3. Protocol for Late Submissions - First breach – warning. - Repeated or serious breaches – the COMMITTEE may impose sanctions. - These can include but not limited to: <i>Points deductions or loss of eligibility for certain players if inaccurate data capture.</i></p> <p>4. Incomplete Submissions - Unregistered players – if a player is listed without a valid RFU ID, the game is flagged.</p>			Failure to submit may result in disqualification in Cup or deduction of points in League Competition and is at discretion of COMMITTEE

	Category	U7 – U11 Mixed Tournament	U12 Tournament	U13 – U14 Waterfall Cup	U15 – U16 League & Cup	U18s League & Cup	General Rules
				Playing them could result in the fixture being awarded as a walkover to the opposition and is at the discretion of the COMMITTEE . - Missing shirt numbers – often tolerated on first breach but, must be corrected. - No scorers entered – technically incomplete.			
	Finance	ALL clubs at the start of each season will commit teams to competition and pay as part of their annual club subscriptions. This subscription is to be paid at the beginning of the season and there will be no refund once the season has started					
	Funding	Hampshire RFU will finance the following - Trophies & Medals - Medics/1 st Aid Additional monies for host club to be reviewed be COMMITTEE	Hampshire RFU to finance the following - Trophies & Medals ALL other costs to be covered by the by participating clubs	Hampshire RFU to finance the following - Trophies & Medals ALL other costs to be covered by participating clubs			
	Sponsorship	Sponsor a festival 5 festivals @£500+VAT Each festival has access to a min of 240+ members / parents /Guardians Sponsor logo will be used in all - all communications - used in marketing event	Sponsor the tournament 1 tournament @£500+VAT Each festival has access to a min of 240+ parents Sponsor logo will be used in - all communications - marketing the event - on Trophies	Sponsor an Age group competition – League & Cup 1 Age group @ £750 + VAT Access to 750+ members / parents / Guardians Sponsor logo will be used in - All communications, - marketing the event - on Trophies			To be discussed at Youth Forum and put out to key competition organisers
	Disputes / Disciplinaries		ANY INFRINGEMENT OF RFU AGE GRADE REGULATIONS DETAILED ABOVE may result in a disciplinary/disqualification of the Player/Club involved and is totally at the discretion of the COMMITTEE . ALL ISSUES ONFIELD/PLAYING TO GO THROUGH THE PRESCRIBED DISCIPLINARY PROCEDURE DETAILED ON Hampshire Discipline PROTESTS & APPEALS to be sent to COMMITTEE within 48 hours.				Please refer to RFU ref 19 Except where otherwise stated, the decision of the COMMITTEE is final

APPENDIX 1: U18 Competition Format

Competition will be known as the ‘Hampshire U18’s League’

Administrators: Ian ‘H’ Wells, Ben Turner

The Leagues will be based on:

1. Preliminary stage:

The preliminary round will consist of four pools of six, based on previous season results and seedings agreed upon by the Team Managers.

Teams will play three games, home or away.

2. League / Cup stage:

After the preliminary stage is completed, four pools (**Cup (Div 1), Plate (Div 2), Bowl (Div 3), Shield (Div 4)**) of six teams will be formed based on their preliminary stage pool positions, and the teams will play each other both at home and away (10 games).

3. Cup stage:

Cup, Plate, Bowl, Shield, Quarter Finals, Semi-Finals, and Hampshire Finals Day.

Hampshire U18 Colts Portal

A portal has been created to help manage the season's admin points. All team managers are also associated with a community WhatsApp group.

Game On: Principles and Fixture Integrity

Hampshire U18 fully supports and will abide by the Game On Principles, which were agreed by all 24 team managers for the 25/26 season.

