



	Suggested Courses	Courses Preferred (at least one per age group) (at least one per age group)	Courses Required (Target 75% coaches) (at least two per age group)	Courses Required (Target 100% coaches)	Rules	Players	Pitch Size	Ball Size	
U6		Kids First Tag Rugby		n/a	As u7s No Competitive matches until 6	4x4	12mx20m	Size 3	
U7	Kids First Coaching through Games		Kids First Tag Rugby	n/a	Knock-on not penalised on pitch	No Coaches	4x4	12mx20m	Size 3
U8	Rugby Ready	Kids First Coaching through Games		Kids First Tag Rugby	Knock on penalised - permitted to dive to score	6x6	25mx45m	size 3	
U9	Kids First Coaching through Games	Level 1 - (Head coach) Online Consussion	Rugby Ready	Kids First Tag Rugby (unless joining club afresh)	Into of tackle - tackle is defined as tackle below waist or grasp below armpits for 3 secs. Ball carrier must be allowed to pass the pass - no competition from defender	7x7	35mx60m	size 3	
U10	Level 1: Refereeing Children - at least one per age group	Scrum factory	Level 1 & Online Consussion	Rugby Ready	competition for ball - ball carrier +1 tackler +1 - No line out - uncontested scrum (nearest 3)	8x8	35mx60m	size 3	
U11	Kids First Coaching through Games	Level 1: Refereeing Children -	Level 1 - Scrum factory	Rugby Ready	competition for ball - ball carrier +2 tackler +2 - No line out - uncontested scrum (nearest 3) intro of kicking - mark called anywhere on pitch - if defence knows on from kick -scrum defending team	9x9	35mx60m	Size 4	
U12	Kids First Coaching through Games		Level 1 - Scrum factory Level 1: Refereeing Children	Rugby Ready	unlimited contest for ball - 5 player uncontested scrum - no line out - kicks for goal option to kick or receive - mark anywhere on pitch	10x10	Half pitch (up to 5m lines)	Size 4	