

AGE GROUP:	U13 (Boys)	U14 (Boys); U13-U14 (Girls)
Game Format:	Transitional Contact	Transitional Contact
Max no. Players per Team:	13	15
Ball Size:	4	4
Max. Pitch Size (m):	90 x 60m	10 x 70
Max Mins per Half:	25	25
Max Mins per Day*:	80 mins playing/training	80 mins playing/training
<p><i>* From 2023/24 season, fifteen minutes of Activate preparation time may be added to the maximum minutes per day on match and festival/tournament days</i></p>		
Scoring:	Tries only	Tries, conversions, drop-kicks & penalties
Key Points:	Introduction of: <ul style="list-style-type: none"> <li>6-player scrum (fully contested, no. 8 may not pick up)</li> <li>Sin Bin: 5 mins</li> </ul>	<ul style="list-style-type: none"> <li>Introduction of:</li> <li>8-player scrum (fully contested, no. 8 may pick up)</li> <li>Uncontested lineout</li> <li>Goal kicking and drop-goals</li> </ul>
Full Rules of Play:	<a href="#">Regulation 15 Appendix 7</a>	<a href="#">Regulation 15 Appendix 8</a>

**NB: Information correct for 2023/24 season**

**Please refer to RFU Regulation 15 for updated law variations**