

AGE GROUP:	U7 (Mixed)	U8 (Mixed)
Game Format:	Tag	Tag – 6 tags to score
Max no. Players per Team:	4	6
Ball Size:	3	3
Max. Pitch Size (m):	20 x 12m	45 x 22m
Max Mins per Half:	10	10
Max Mins per Day*:	50 mins playing/training	50 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:	Players not permitted to go to ground to score tries	Players permitted to go to ground to score
Key Points:	<ul style="list-style-type: none"> <li>• Play can continue from a knock-on</li> <li>• No tackling</li> <li>• No kicking, scrums or lineouts</li> </ul>	<ul style="list-style-type: none"> <li>• No tackling</li> <li>• No kicking, scrums or lineouts</li> </ul>
Full Rules of Play:	<a href="#">Regulation 15 Appendix 1</a>	<a href="#">Regulation 15 Appendix 2</a>

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

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