



RUGBY FOOTBALL UNION

RFU GUIDANCE ON MIXED NON-CONTACT RUGBY

Extract from RFU Regulations

2.2 Players may only play adult rugby, or train with other adults, when they have reached their eighteenth birthday unless they comply with one of the following exceptions:

(a) players who are aged 17 may play adult rugby and train with other adults provided they have been assessed as capable of playing with adults. This exception does not apply to playing in the front row of the scrum during contested or uncontested scrummages either during training or in a match, where there is an absolute prohibition on players under the age of 18 playing in adult rugby; or

(b) players who are aged 16 who are England Academy Players and who may play adult rugby and train if they the RFU Head of Elite Player Development has given his specific written consent. Such consent must be given on each occasion of playing or training.

(c) Players of all sexes and of any age may train or play together in non-contact variations of rugby, providing the organiser has assessed the session as safe for all players.

2.3 Permission to play must be obtained from either the player's parent, guardian or head teacher before any person under the age of 18 plays adult rugby or plays with players who are not in the same annual age banding. When assessing whether a player under 18 is capable of playing adult rugby, those responsible for making the decision must take account of the guidelines at paragraphs 1.1 – 1.6 below.

Mixed age / gender recommendation for Touch Rugby

The game of Touch Rugby can be played by adults and children providing that there are suitable numbers of adults (Enhanced CRB checked) to supervise (1 per game); the referee should be aware and ensure that any touches made are appropriate.

For clarity when playing with both adults and children (U16) in the same team or against each other, all touches must be made between shoulders and hip height. Touches are not to be made in the chest area but on the abdomen and the back and sides.

If a referee or any player is concerned with the appropriateness of touches, they are to report those concerns to the event organiser immediately.

The RFU recommends that TAG rugby is the preferred game when playing mixed age / gender between adults and children.