RFU REGULATION 11 – THE SEASON

Adult and Colts Rugby

11.1 In adult rugby and Colts Rugby the RFU Competition Season (during which all RFU Competitions, merit tables and local leagues must be played with the exception of representative rugby, play-offs and 7-a-side or similar competitions) shall be:

Season 2013-2014 will run from Saturday 31 August 2013 until Saturday 31 May 2014 (inclusive)

Season 2014-2015 will run from Saturday 30 August 2014 until Monday 25 May 2015 (inclusive)

11.2 In adult rugby and Colts Rugby non-RFU Competition matches can be played at any time.

Age Grade Rugby (U7s to U18s)

11.3 In Age Grade rugby the Season shall be:

Season 2013-2014 will run from Saturday 31 August 2013 until Monday 5 May 2014 (inclusive)

Season 2014-2015 will run from Saturday 30 August 2014 until Monday 4 May 2015 (inclusive)

11.5 During the Season, U5s and U6s can participate in training but can only play in fixtures and festivals when they reach the age of 6 years old, as permitted in Regulation 15.3.1. Outside of the Season, U5s and U6s can participate in the Pre-Approved Activity (as set out in Regulation 11.8).

11.6 U7s to U12s can participate in training and Pre-Approved Activity only up until and including the fourth Saturday after the start of the Season and can participate in training, Pre-Approved Activity, fixtures and festivals from the fifth Sunday after the start of the Season.

11.7 During the Season, U13s to U18s can participate in training, fixtures and festivals. Outside of the Season, U13s to U18s can participate in the Pre-Approved Activity (as set out in Regulation 11.8).

11.8 For the purposes of this Regulation, "Pre-Approved Activity" means:

(a) for all age grades: (i) rugby based non-contact training and non-contact invasion games (where one team invades another's territory) that develops and supports fundamental movement and core skills, examples of which are set out in **www.rfu.com/Regulation15Guidance**; (ii) internal matches that form part of a Club's genuine recruitment initiative; (iii) summer camps are permitted provided they comply with the requirements set out in RFU Regulation 15.8; and (iv) Schools Games Events.

(b) for U8s the tag to tackle training resource available from the RFU;

(c) for U9s to U18s: (i) training; and (ii) non-contact versions of rugby including tag and touch, further detail of which is set out in **www.rfu.com/Regulation15Guidance**;

(d) for U13s to U18s: (i) seven a-side contact rugby; (ii) in the two weeks immediately prior to the start of the Season, pre-season matches, festivals and skills revision training, guidance on which can be found at **www.rfu.com/Regulation15Guidance**; (iii) in the three weeks immediately following the end of the Season, matches that were abandoned or postponed due to adverse weather conditions; and (iv) up until the end of May, non-competitive exhibition games forming part of a national showcase in advance of a national game.

11.9 Summer camps are permitted provided they comply with the requirements set out in RFU Regulation 15.8.

11.10 Overseas Tours and Trials are exempt from this Regulation.