# AGE GRADE GUIDANCE

England Rugby

## 1 NATIONAL AGE GRADE COMPETITIONS

- RFU Competitions **delayed** and will start **later in September.**
- Working with other national competition providers on **rescheduling** in line with the above.

## 2 LOCAL AGE GRADE COMPETITIONS

- Run by CBs and other local organisers in line with **RFU Regulations.**
- Competition organisers should follow our guidance **here.**

## 3 AGE GRADE TRAINING

- Continues to help prepare players to be ready to play.
- Assessing pitch safety and modifying contact activity is **essential.**

PITCH SAFETY GUIDANCE

COACHES GUIDANCE

## REMEMBER - EVERY SEASON UP TO U16, PLAYERS ARE LEARNING NEW SKILLS OF THE GAME – MOSTLY CONTACT BASED.

- Essential consideration in all **risk assessments** and planning.
- Time to learn contact skills is **always** an essential part of player readiness to play.
- Use **ACTIVATE** and avoiding repeated practices that take players to ground.
- Use **Age Grade Specific Guidance and Return to Scrummaging resources** to help prepare players for the playing season.

## FRIENDLIES

- If conditions and player readiness allows, go ahead to help prepare for the competitive season.
- Include **risk assessments** and considerations outlined above.
- Modifying friendlies to maintain rugby connections across rugby through:
  - Joint and mixed team training
  - Small-side games
  - Non-contact and T1 Rugby
  - Shorter periods of play with coaching breaks
  - Staged development of contact
- To help our referees please follow our Match Officials Guidance **here.**