DUBAI EXILES

RUGBY & NETBALL SINCE 1966



A PARENTS' GUIDE TO THE RULES · SEASON 2026/27

U14 GIRLS

YEARS 8 & 9 · CONTACT RUGBY · 7-A-SIDE

ONE TEAM. ONE FAMILY.
ONE EXILES.

U14 GIRLS AT A GLANCE

THE NUMBERS THAT MATTER

Your daughter is playing **U14 Girls contact rugby**, 7-a-side. For many players this is their first season of tackling, so the scrum is contested for the hook only with no pushing, rucks are semi-contested and coaches spend a lot of time on safe technique.

All rules in this guide are the official 2026/27 UAE Rugby Federation (UAERF) & RCC Mini & Youth Law Variations (Rev.2), which every club in the UAE plays to. Anything not listed follows normal World Rugby law.

THE NUMBERS

what you will see on match day

7 a-side
PLAYERS ON THE PITCH
Scrum of 3, lineout of 2.

12
MAX SQUAD SIZE
Rolling substitutions, on and off as often as coaches like.

2 × 15 mins
LEAGUE MATCH
Maximum. Tournaments: 2 × 10.

40 × 70 m
MAXIMUM PITCH SIZE
Roughly half a full-size pitch, played across the width.

Size 4
BALL
One size down from the full-size 5 used from U15.

50 %
EVERYONE PLAYS
Every player must be on the pitch for at least half of every match.

WHAT'S NEW AT U14 GIRLS

compared with U14 Girls Quick Rip

	U14 GIRLS QUICK RIP	U14 GIRLS YEARS 8 & 9
PITCH & BALL	40 m × 70 m, size 3 ball	**40 m × 70 m, size 4 ball**
CONTACT	Rip the tag, no tackling	**Full tackling**
RUCK	No rucks	**Semi-contested, 2 defenders may compete**
KICKING	Kicking out of hand allowed	**Kicking allowed**
SCORING	Try 5 (7 in the try zone)	**Try 5, conversion 2, penalty & drop goal 3**
PENALTY	Tap & pass, defence 5 m back	**Tap & pass, defence 10 m back or scrum or kick to touch**
FENDING	Not allowed	**As World Rugby**

Everything else is unchanged from U14 Girls Quick Rip. 7 things change this season.

STILL NOT IN THE GAME AT U14 GIRLS

No lifting in the lineout. These arrive in the older age groups.

MATCH DAY BASICS

TIME, TEAMS, SCORING & RESTARTS

TIME ON THE PITCH

HOW LONG IS A GAME?

- **League:** 2 halves of 15 mins (maximum).
- **Tournaments & festivals:** 2 halves of 10 mins (maximum).
- **Daily limit:** no player may play more than **90 minutes in one day**, however many games there are.

SELECTION

EVERYONE PLAYS

- The **"50% rule"**: every child in the squad must play at least half of every match.
- Substitutions are **rolling**. Players can go off and come back on any number of times, so coming off is not a bad sign.
- Squads are capped at **12** so that the 50% rule is workable.

POINTS

HOW DO YOU SCORE?

- **Try = 5 points.** Ball grounded over the try line under control.
- **Conversion = 2 points.** Taken in front of the posts, 10 m back from the try line.
- **Penalty goal = 3 points** and **drop goal = 3 points**, as in the senior game.

DIAGRAM

POINTS ON THE BOARD



GETTING THINGS GOING

KICK-OFFS & RESTARTS

- Each half starts with a **drop kick** from the middle of the pitch.
- The receiving team must stand **10 m back**, and the kick must travel at least 7 m.
- After a try, the team that **scored** restarts the game with a tap and pass. This keeps the game flowing and gives the defending team a chance to reset.

NEAR THE TRY LINE

IN-GOAL & THE "22" RESTART

- If an attacker is **held up** over the try line (unable to ground the ball), the defending team restarts with a **goal-line drop-out**, as in the senior game.
- What would be a "22 drop-out" in senior rugby is replaced by a **free tap and pass** to the team in possession, 10 m out from the try line.

OFFENCES

PENALTIES & FREE KICKS

- The team awarded a penalty may **tap and pass**, take a **scrum**, or **kick for touch** and get the lineout throw. The opposition must retreat **10 m**.
- **No kicking for goal** from penalties yet. Penalty goals arrive at U13.
- Common penalties you will hear: *offside, not releasing the ball, hands in the ruck, not rolling away, high tackle.*

KICKING

KICKING IN OPEN PLAY

Kicking is allowed in open play as in the senior game: kicks to touch, chips, grubbers and cross-kicks.

A player catching an opposition kick cleanly inside their own 22 may call **"mark"** and take a free kick (World Rugby Law 18).

CONTACT & SET PIECE

TACKLE, RUCK, MAUL, SCRUM & LINEOUT

CONTACT

THE TACKLE

- Full tackling to normal **World Rugby Law 14**: below the line of the shoulders, wrap the arms, then release and roll away.
- **No "swinging" tackles.** A defender may not grab an arm or a shirt and swing the ball carrier around or to the ground.

AFTER THE TACKLE

THE RUCK SEMI-CONTESTED

- After a tackle, one or more attackers may **"bridge"** over the ball and the tackled player to protect it. The first player over the ball sets the offside line.
- Only the **main tackler and the next defender** may compete for the ball or counter-ruck, and both must come from an onside position.
- Everyone else must wait for the ball to come out. This keeps the pile-up small and safe.

STANDING TACKLES

THE MAUL

When the ball carrier is held up standing and team-mates bind on, that is a **maul**. If it stops and the ball is not out within **5 seconds**, the referee awards a **scrum to the team that had the ball** (World Rugby Law 16).

Collapsing a maul is a penalty offence, as in World Rugby law.

BALL CARRIER

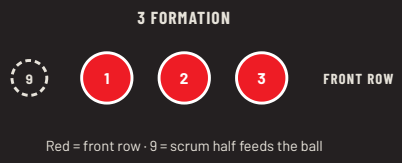
FENDING & THE "SQUEEZE BALL"

- Fending (pushing a tackler off with an open hand) is allowed **as per World Rugby law**: never to the head or neck.
- **No "squeeze ball".** A tackled player may not curl up over the ball and push it back between their own legs. Present it to the side.

SET PIECE

THE SCRUM HOOK ONLY

- **3 players** per side in a **3** formation: a front row of three: two props and a hooker.
- The scrum is **contested for the hook only**: hookers may strike for the ball but there is **no pushing**.
- The backs of both teams must stay **7 m behind** the scrum.
- The **scrum half can pass or run** from the scrum.
- The **defending scrum half may not go past the middle of the scrum**, giving the attacking 9 space to clear the ball.

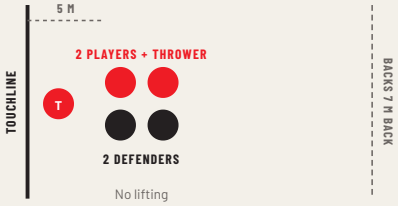


Red = front row · 9 = scrum half feeds the ball

SET PIECE

THE LINEOUT CONTESTED

- When the ball goes into touch, play restarts with a lineout of **2 players per team plus the thrower**, formed between **5 m and 15 m** in from the touchline, as in the senior game.
- Both teams may **jump and compete** for the ball, but there is **no lifting** or supporting of jumpers.
- The catching team may **"catch and drive" for a maximum of 5 metres** before the ball must come out.
- Everyone not in the lineout must stay **7 m back** until it is over.

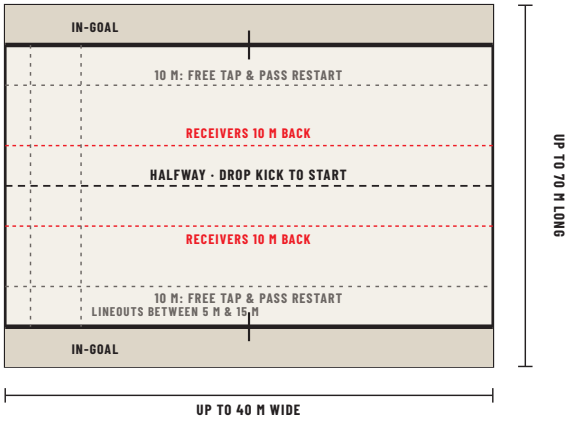


No lifting

THE PITCH & THE JARGON

WHERE THINGS HAPPEN, AND WHAT THE WORDS MEAN

THE U14 GIRLS PITCH



Maximum sizes, not to scale. Clubs usually mark this pitch across part of a full-size field, so distances vary by venue.

DISTANCES TO REMEMBER

KICK-OFF	receivers 10 m back
PENALTY / FREE KICK	opposition 10 m back
LINEOUT	backs 7 m back
SCRUM	backs 7 m back

WHERE TO FIND THE FULL RULES

This guide summarises the U14 Girls (Years 8 & 9) column of the *2026/27 RCC & UAERF Mini & Youth Law Variations, Rev.2*. Your age-group coach has the full document covering every age group from U6 to U18. If in doubt, ask them rather than the referee.

JARGON BUSTER

what the words mean

TAP & PASS
The player taps the ball with their foot and passes to a team-mate to restart play. Used for penalties, free kicks and many restarts.

BRIDGING
An attacker leaning over the tackled player and ball to protect it, without going off their feet.

SCRUM
The forwards bind together while the scrum half feeds the ball in. Restarts play after minor errors such as a forward pass or knock-on.

KNOCK-ON / FORWARD PASS
Dropping the ball forwards, or passing it forwards. Both give possession to the other team.

RUCK
Players from each team, on their feet, over a ball on the ground after a tackle. Once a ruck forms, hands are not allowed.

MAUL
Like a ruck, but the ball carrier is still standing and held by players from both sides.

LINEOUT
Restarts play after the ball goes into touch. Two lines of players compete for a ball thrown in from the touchline.

OFFSIDE
Being in front of the ball, or on the wrong side of a ruck, scrum or lineout. The most common penalty at every age.

BEHAVIOUR

DISCIPLINE

There are no yellow cards in the senior sense. Any **misconduct** (dangerous play, backchat, repeated foul play) is dealt with by a compulsory **10-minute substitution**. The player comes off, cools down with the coach and can come back on after 10 minutes. It is a teaching moment, not a punishment for life.

ON THE SIDELINE

WHAT THIS MEANS FOR YOU

Referees at this age are often young or volunteer coaches applying these variations for the first time. Decisions will not always be perfect. Please back the referee, let the coaches coach, and cheer effort as loudly as tries.

One team. One family. One Exiles.