**DUBAI EXILES**

RUGBY & NETBALL SINCE 1966




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

# U14

YEAR 9 · CONTACT RUGBY · 15-A-SIDE

## ONE TEAM. ONE FAMILY.
## ONE EXILES.

# U14 AT A GLANCE

THE NUMBERS THAT MATTER

Your child is now playing **Under 14s (Year 9)**. It is full 15-a-side rugby with contested scrums and lineouts. **Lifting in the lineout is allowed** for the first time, and the tackle and breakdown are played to normal World Rugby law, with a few safety variations that remain.

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

**15 a-side**
**PLAYERS ON THE PITCH**
Scrum of 8, lineout of 7.

**22**
**MAX SQUAD SIZE**
Rolling substitutions, on and off as often as coaches like.

**2 × 30 mins**
**LEAGUE MATCH**
Maximum. Tournaments: 2 × 15.

**70 × 100 m**
**MAXIMUM PITCH SIZE**
A full-size pitch.

**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

compared with U13 Year 8

| | U13 YEAR 8 | U14 YEAR 9 |
|---|---|---|
| **LINEOUT** | min. 2 + hooker, contested, no lift | **min. 2 + hooker, contested only if no lift, lifting encouraged** |

Everything else is unchanged from U13 Year 8. Only 1 thing changes this season.

TIME ON THE PITCH

## HOW LONG IS A GAME?

- **League:** 2 halves of 30 mins (maximum).
- **Tournaments & festivals:** 2 halves of 15 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 **22** 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 line with where the try was scored, 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 10 m.
- After a try, the team that **did not score** restarts the game with a drop kick. Scoring means you have to win the ball back.

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.
- When the defence makes the ball dead in their own in-goal, play restarts with a **22 drop-out**: a drop kick taken from on or behind the 22 m 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**.
- They may also **kick for goal** (3 points).
- 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 CONTESTED

- Once a player is tackled, both teams compete for the ball on the ground. This is a **ruck**, fully contested under **World Rugby Law 15**.
- Defenders may **counter-ruck** (drive the attackers off the ball) and **jackal** (grab the ball while on their feet before a ruck forms).
- Everyone must enter from their own side ("through the gate") and stay on their feet.

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

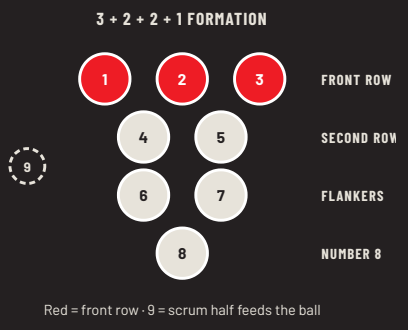
## FENDING & THE "SQUEEZE BALL"

- 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 CONTESTED

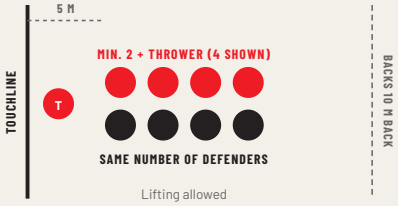
- **8 players** per side in a **3 + 2 + 2 + 1** formation: a front row of three, two second rows, two flankers and a number 8.
- The scrum is **contested**, but the push is limited to a **maximum of 1 metre**. Driving further is a penalty.
- The **number 8 may pick up and run** from the base of the scrum.
- 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.




SET PIECE

## THE LINEOUT CONTESTED

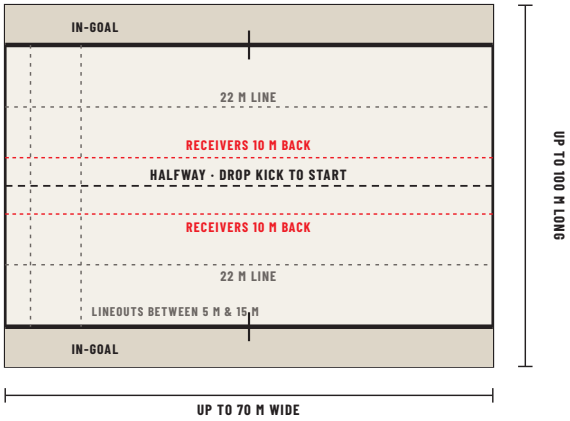
- When the ball goes into touch, play restarts with a lineout of a **minimum of 2 players plus the hooker** to throw, formed between **5 m and 15 m** in from the touchline, as in the senior game.
- The lineout is **contested only when there is no lift**. If the throwing team lifts a jumper, the defence must not compete.
- **Lifting is encouraged** for the throwing team only.
- 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 **10 m back** until it is over.



# THE PITCH & THE JARGON

WHERE THINGS HAPPEN, AND WHAT THE WORDS MEAN

## THE U14 PITCH




Maximum sizes, not to scale. Exact markings vary from venue to venue.

### DISTANCES TO REMEMBER

| | |
|---|---|
| **KICK-OFF** | receivers 10 m back |
| **PENALTY / FREE KICK** | opposition 10 m back |
| **LINEOUT** | backs 10 m back |
| **SCRUM PUSH** | max 1 m |

### WHERE TO FIND THE FULL RULES

This guide summarises the U14 (Year 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.

**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.

**JACKAL**
A defender staying on their feet and grabbing the ball from a tackled player before a ruck forms.

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

**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.

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

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

**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.**