

UNDER 12s MODIFIED RULES 2026

To be played by all girls at Years 6 & 7 at school, which is under the age of twelve years at midnight on the 31 August (at the start of each season).

1. The number of players per team is eleven with as many substitutes as is needed but each player must play at least half a whole game. Should one team not have eleven players the game must be played with two teams comprising equal numbers. Coaches are encouraged to pool players in order to maximise participation.
2. The game will be played in two halves. The maximum length of each half to be 20 minutes with a 5-minute half time interval.
3. The pitch dimensions should be 80 metres in length and 50 metres in width maximum, and a minimum of 60 metres in length and 40 metres in width. The goal posts should be padded and situated outside the field of play.
4. Size of the ball: The game will be played with a size 4 standard Rugby League ball.
5. The 6-tackle rule applies.
6. The game will commence with a place kick off from the centre line at the beginning of each half by: (a). At the start of the first half the team who loses the toss of a coin for choice of playing ends. (b). At the start of the second half, by their opponents. All starts and restarts, other than at the commencement of each half will be with a play the ball.
7. All defending players must retire 8 metres at the play the ball except for a single marker who must be square to the play the ball without interfering. The tackled player should restart the game by way of a play the ball. The ball must be played backwards in the correct manner and where the tackle occurred. The ball is in play once the acting half touches the ball (the acting half cannot delay touching the ball).
8. The acting half back can run without penalty, if caught in possession the normal international rules apply.
9. a) Kicking is allowed after a try has been awarded. The kick at goal should be taken no more than 10 metres from each side of the posts. No player is allowed a second kick at goal until every other player in the team has had an attempt. (Coaches should use common sense here but all players should have the opportunity to attempt a conversion should they wish.)
b) Kicking in open play from the hands e.g. punt, chip, grubber is allowed.
c) Fly kicking - dribbling is not allowed and will result in a handover to the non-offending team.
10. A try is scored in the normal way by placing or touching the ball down on or over the opponents' try line.
11. A passive scrum shall be formed by no more than 5 players from each team. The scrum shall be formed no nearer than 10 metres from all touch lines or the try lines after the following situation:

- If the ball goes out of play in touch (not touch in goal) the scrum to form 10 metres in from touch opposite where the ball last made contact with the field of play or a player (but no nearer than 10 metres to the goal line).
 - The team is not responsible for the first or only infringement or making the ball goes out of play will have the head and feed.
 - The ball must enter the tunnel of the scrum and both scrum halves must retire behind their forwards' rear feet.
 - The scrum half must feed the ball in the correct manner, it is then struck (won) by the hooker of the feeding team, to enable the ball to leave the scrum through a legitimate route and according to the rules of the game.
 - The scrum shall be formed. No pushing is allowed and the team without the feed of the ball cannot strike for the ball.
- 12.** All other infringements (knock on, forward passes, off side etc.) will result in a hand over to the non-offending team and they will resume play using a play the ball restart which will not count as part of the six-tackle count.
- 13.** (a). When an attacking player is held up in their opponents in goal area, play will be restarted by a 10m play the ball to the attacking side, unless it is on the handover tackle where the restart will be a play the ball on the 10m line for the side that has just defended.
- (b). Any player tackled and forced into the in-goal area will result in a 10m scrum restart head and feed to the non-offending team.
- (c). If the defending side receive the handover within their own 10 metre area, then the restart should advance to the centre of the 10-metre line and resume with a play the ball.
- 14.** No ball stealing.
- 15.** Any act of foul play will result in an 8 metre advance up the field of play to the non-offending side. The game will recommence with a play-the-ball restart 10m in field from the nearest touchline.
- 16.** Sin Bin does not apply. However, coaches are encouraged to temporarily substitute players guilty of foul play.
- 17.** Coaches must remain in the technical area (a marked out 10m x 5m square situated adjacent to the half way line) during play. They are not allowed onto the field of play. A maximum of four officials plus substitutes are allowed in the technical area.
- 18.** Any rule not covered will be as per international rules.

Coach Qualification - A minimum of a valid UKCC Rugby League Level 1 is required to be an Assistant Coach at this level. A lead coach must hold a valid licence, which means the coach must have obtained an RFL Level 2 Children's Award or a UKCC Rugby League Level 2 Certificate.



Coaches must hold a RFL enhanced DBS and hold the Safeguarding and Protecting Children Certificate.

Coach to DEVELOP not to win.