

## Rugby NorCal Middle School Regulations

<b>Grade:</b>	6th, 7th, or 8th
<b>Ball:</b>	Size 5
<b>Field Size (min):</b>	50x90 meters
<b>Match Duration:</b>	20-25 min halves
<b># of Players:</b>	15
<b>Weight Limits:</b>	Open >139 lbs, Light <138 lbs
<b>Scrum:</b>	Uncontested unless agreed by both teams
<b>All other laws of the game follow U19 variations</b>	