



Rugby NorCal Middle School Regulations

Age Category: Under 14

Eligible Grades*: 6th, 7th, or 8th

*All players who reclass are required to submit a [Junior Youth Player Waiver](#) through their respective club, subject to official approval by the Rugby NorCal Board prior to participation at this level.

Official Ball Standard: Size 5

Minimum Field Dimensions: 50 x 90 meters

Match Duration: Two halves of 20 to 25 minutes each

Roster Capacity: 15 players per side

Weight Classifications: Open Division (exceeding 139 lbs) and Light Division (under 138 lbs)

Scrum Regulations: Scrums shall remain uncontested unless mutual agreement is reached by both participating teams.

All other laws of the game follow U19 variations