

## Rugby NorCal Middle School Regulations

<b>Age:</b>	U14
<b>Grade:</b>	6 <sup>th</sup> , 7 <sup>th</sup> , or 8 <sup>th</sup>
<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>Scrums:</b>	Uncontested unless agreed by both teams

All other laws of the game follow U19 variations