

# RFU REGULATION 11 – THE SEASON

## Adult

- 11.1** In adult rugby the RFU Competition Season (during which all RFU Competitions, merit tables and local leagues must be played with the exception of representative rugby, play-offs and 7-a-side or similar competitions) shall be:

Season 2015-2016 will run from Saturday 5th September 2015 until Monday 30th May 2016 inclusive.

Season 2016-2017 will run from Saturday 3rd September 2016 until Monday 29th May 2017 inclusive.

- 11.2** In adult rugby non-RFU Competition matches can be played at any time during the year.

## Age Grade Rugby (U7s to U18s)

- 11.3** In Age Grade rugby the Season shall be:

Season 2015/2016 will run from Saturday 5th September 2015 until Monday 2nd May 2016 inclusive.

Season 2016/2017 will run from Saturday 3rd September 2016 until Monday 1st May 2017 inclusive.

- 11.5** During the Season, U5s and U6s can participate in training but can only play in fixtures and festivals when they reach the age of 6 years old, as permitted in Regulation 15.3.1. Outside of the Season, U5s and U6s can participate in the Pre-Approved Activity (as set out in Regulation 11.8).

- 11.6** U7s to U12s can participate in training and Pre-Approved Activity only up until and including the fourth Saturday after the start of the Season and can participate in training, Pre-Approved Activity, fixtures and festivals from the fifth Sunday after the start of the Season.

- 11.7** During the Season, U13s to U18s can participate in training, fixtures and festivals. Outside of the Season, U13s to U18s can participate in the Pre-Approved Activity (as set out in Regulation 11.8).

- 11.8** For the purposes of this Regulation, “Pre-Approved Activity” means:

- (a) for all age grades: (i) rugby based non-contact training and non-contact invasion games (where one team invades another’s territory) that develops and supports fundamental movement and core skills, examples of which are set out in [www.englandrugby.com/regulation15guidance](http://www.englandrugby.com/regulation15guidance); (ii) internal matches that form part of a Club’s genuine recruitment initiative; (iii) summer camps are permitted provided they comply with the requirements set out in RFU Regulation 15.8; and (iv) Schools Games Events.

- (b) for U8s the tag to tackle training resource is available from the RFU;
  - (c) for U9s to U18s: (i) training; and (ii) non-contact versions of rugby including tag and touch, further detail of which is set out in [www.englandrugby.com/regulation15guidance](http://www.englandrugby.com/regulation15guidance);
  - (d) for U13s to U18s: (i) seven a-side contact rugby; (ii) in the two weeks immediately prior to the start of the Season, pre-season matches, festivals and skills revision training, guidance on which can be found at [www.englandrugby.com/regulation15guidance](http://www.englandrugby.com/regulation15guidance); (iii) in the three weeks immediately following the end of the Season, matches that were abandoned or postponed due to adverse weather conditions; and (iv) up until the end of May, non-competitive exhibition games forming part of a national showcase in advance of a national game.
- 11.9** Summer camps are permitted provided they comply with the requirements set out in RFU Regulation 15.8.
- 11.10** Outgoing Tours and Trials are exempt from this Regulation.