

MINI CHAIRMAN

MINI FIXTURES SECRETARY

YOUTH CHAIRMAN

YOUTH FIXTURES SECRETARY

SAFEGUARDING OFFICERS

INFANT SCHOOL Y1 & Y2

PRIMARY SCHOOL Y3-Y6

SECONDARY SCHOOL

6TH FORM/COLLEGE

MINI RUGBY

YOUTH RUGBY

SENIOR TRANSITION

INTRODUCTION TO RUGBY

TAG

CONTACT

MIDI RUGBY

JUNIOR DEVELOPMENT

15 A SIDE - FULL PITCH

U13 GIRLS

U15 GIRLS

U18 GIRLS

U6

U7

U8

U9

U10

U11

U12

U13

U14

U15

U16

COLTS

SENIOR

Tag

+ Tag - 6 tags to score

+ Contact game starts  
+ Tackle including hold

+ 3 player uncontested scrum  
+ Ruck and maul - 1 support player per team  
+ Tackle not hold

+ 3 player scrum - strike, no push  
+ Ruck and maul - 2 support players per team  
+ Kicking - no fly hack

+ 5 player scrum - strike, no push  
+ Ruck and maul - unlimited  
+ Fend-off below armpits

+ Boys 6 player scrum - strike and push  
+ Boys kicking - flyhack  
**+ Girls as for U11 but with 5 player scrum - strike, no push**

+ 8 player scrum - Number 8 pick & run  
+ Kicking at goal  
+ Uncontested lineout

SHARKS DPP

+ Boys & girls uncontested lineout - lift permitted

SHARKS DPP

+ Contested lineout - lift permitted

SHARKS DPP & SDG

CHESHIRE U16

+ Adult laws (35 min halves)

SHARKS JUNIOR ACADEMY

CHESHIRE U18 - U20S

+ Full Adult Laws Front Row 18+ otherwise 17+ will Parent & County sign off



TACKLE SAFE, PLAY IT SAFE, EMERGENCY FIRST AID IN RUGBY UNION

HEADCASE

HEADCASE

HEADCASE

HEADCASE

KIDS FIRST TAG RUGBY

KF CONTACT RUGBY

KIDS FIRST U10/U11/U12/U13 ON DEMAND

ENGLAND RUGBY COACHING AWARD & CONTINUOUS CPD

ER ADVANCED COACHING AWARD & HIGHER CPD COACH OBS

ACTIVATE

MRUFC BLUE LACES PARENT ACTIVATION

MRUFC ENVIROMENT BUILDER

1874

