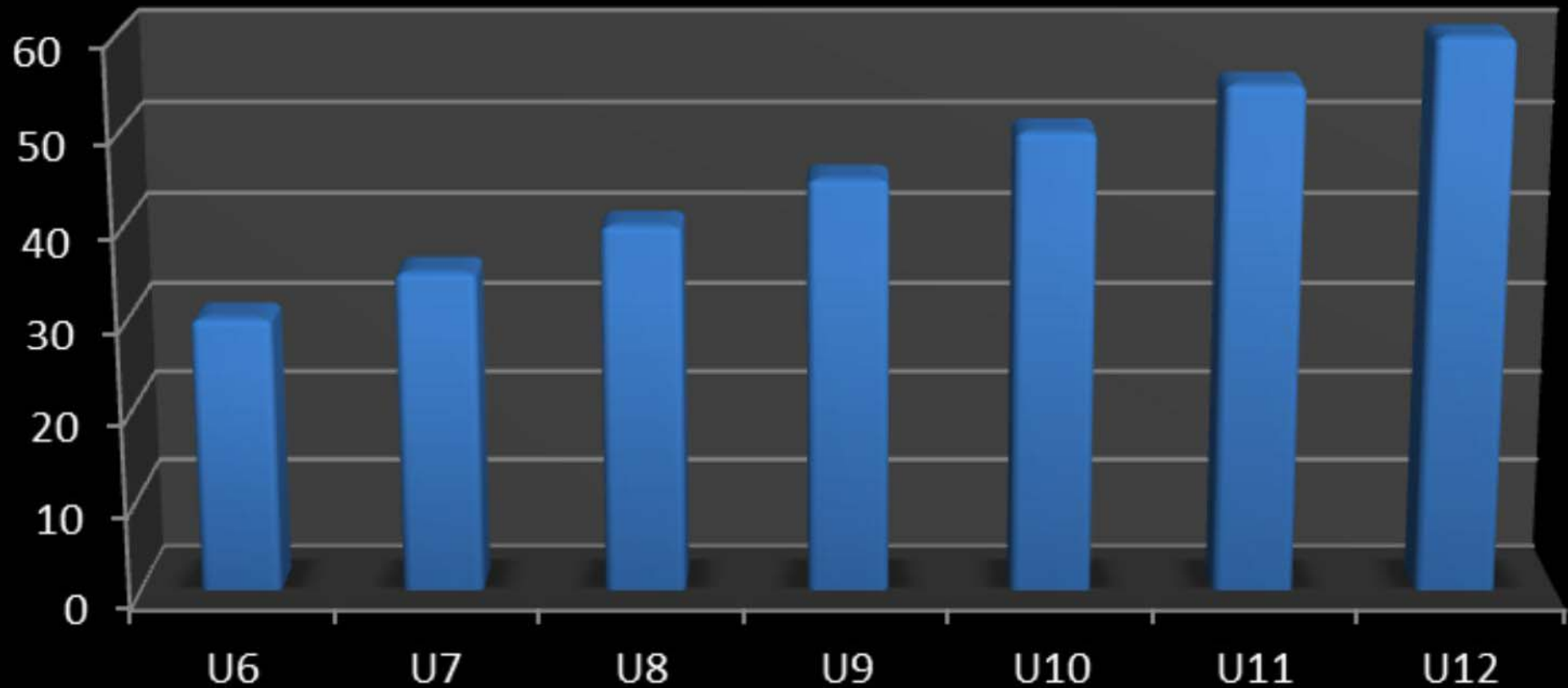


Hong Kong Mini Rugby Football Union



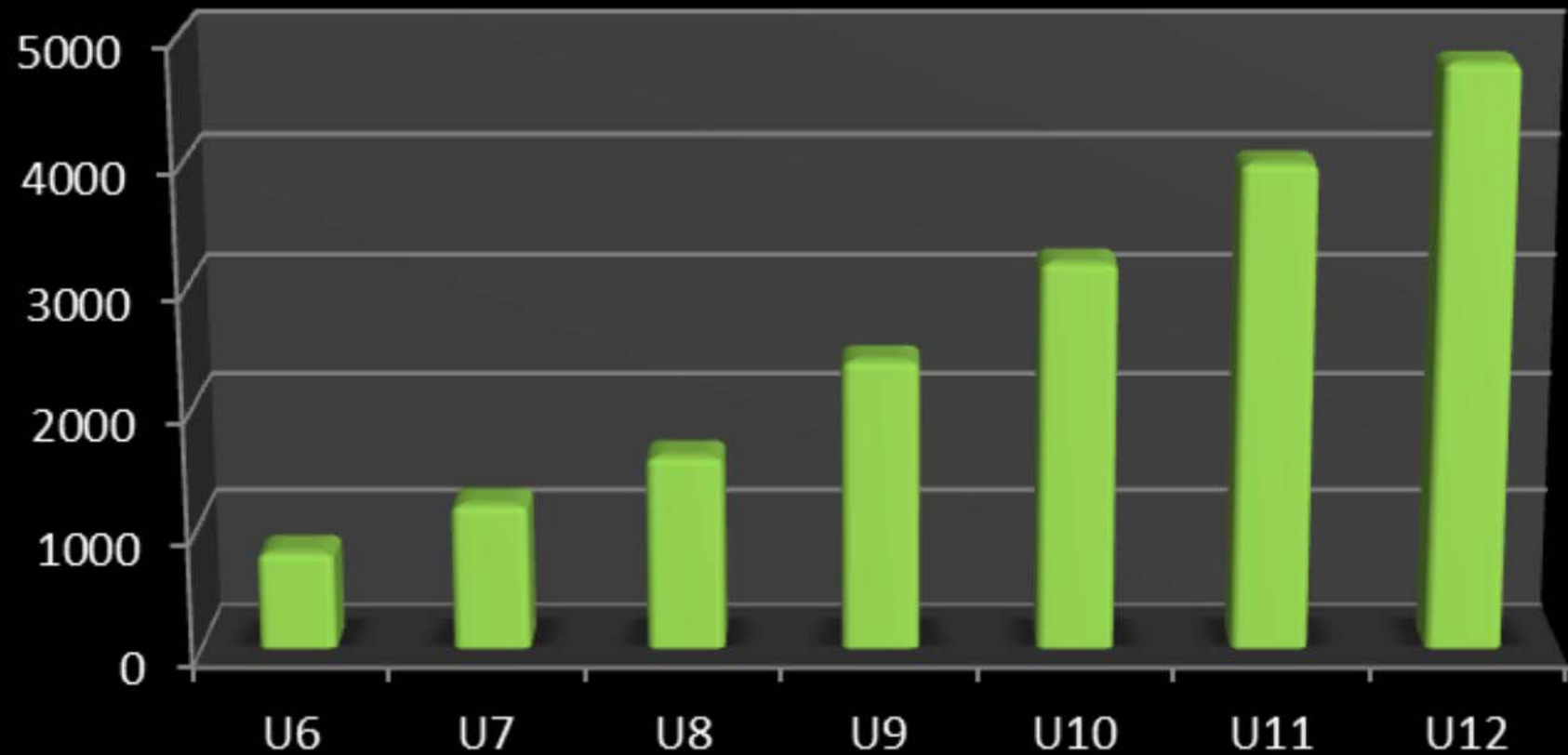
U6 to U12 Age Groups
Progression Guidelines

Time Progression in Minutes



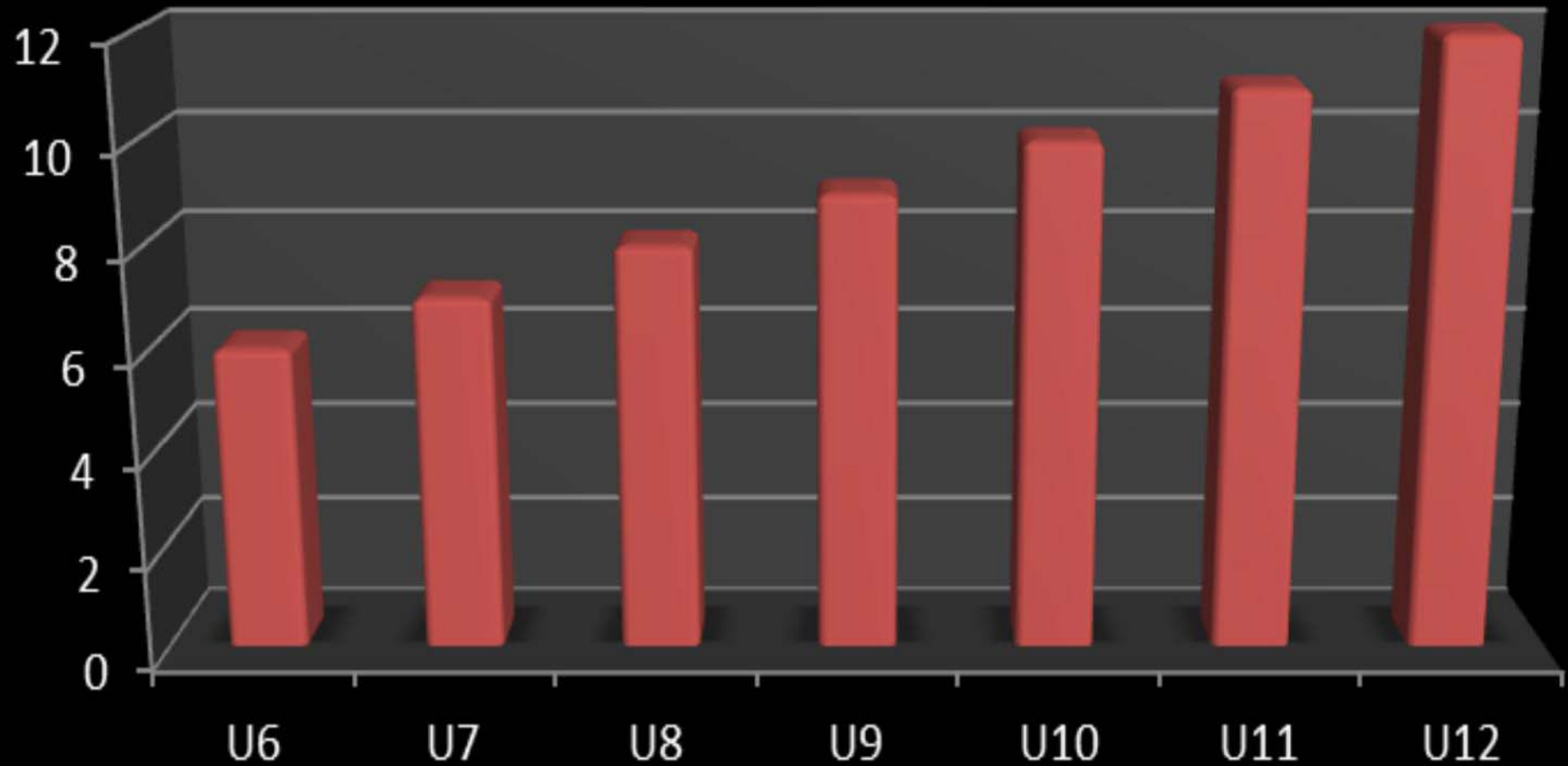
■ From 30 Minutes at U6 to 60 Minutes at U12

Space Progression in Square Meters



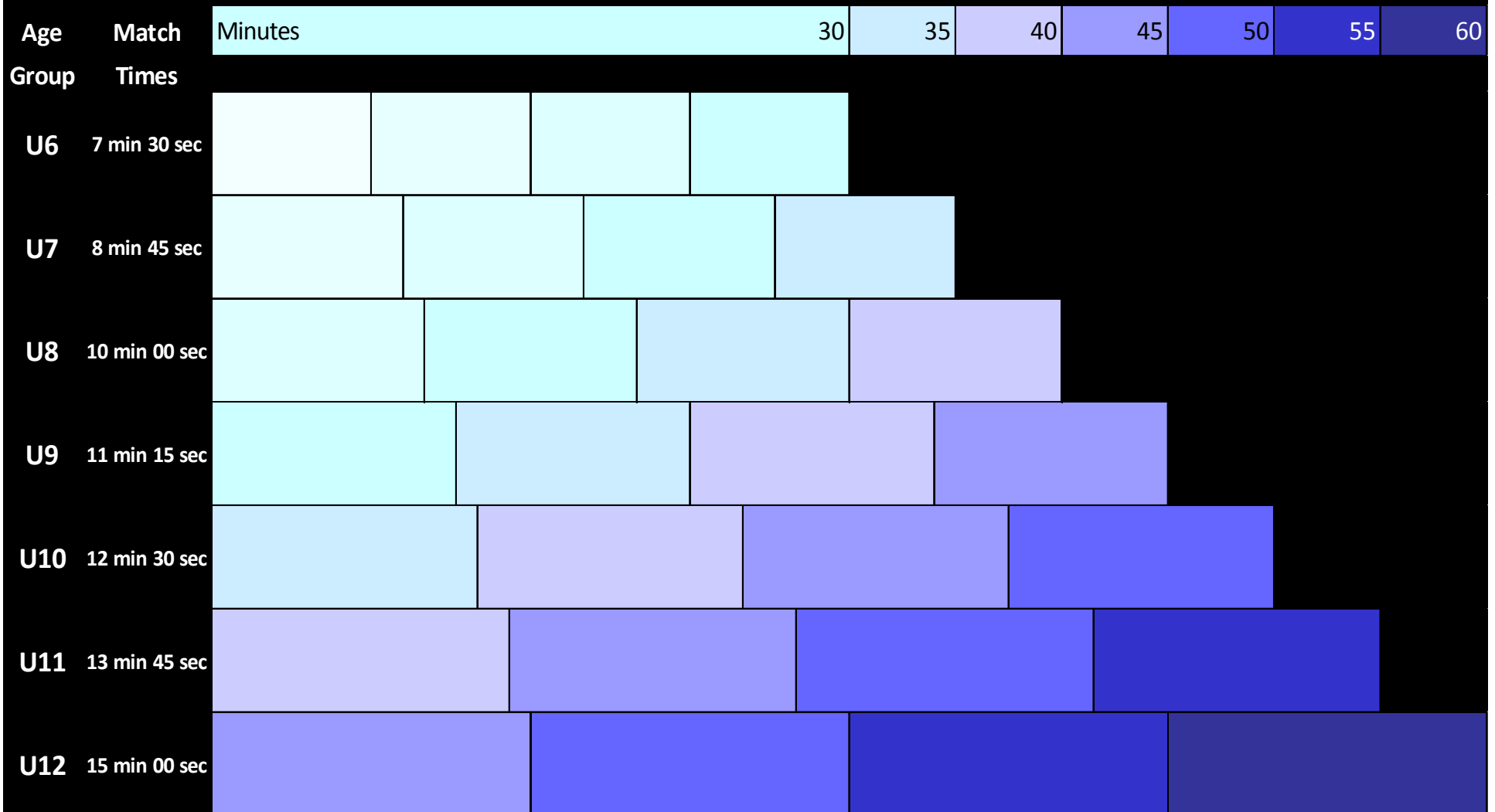
■ From 1/12 Pitch at U6 to 1/2 Pitch at U12

Player Numbers Progression per Squad

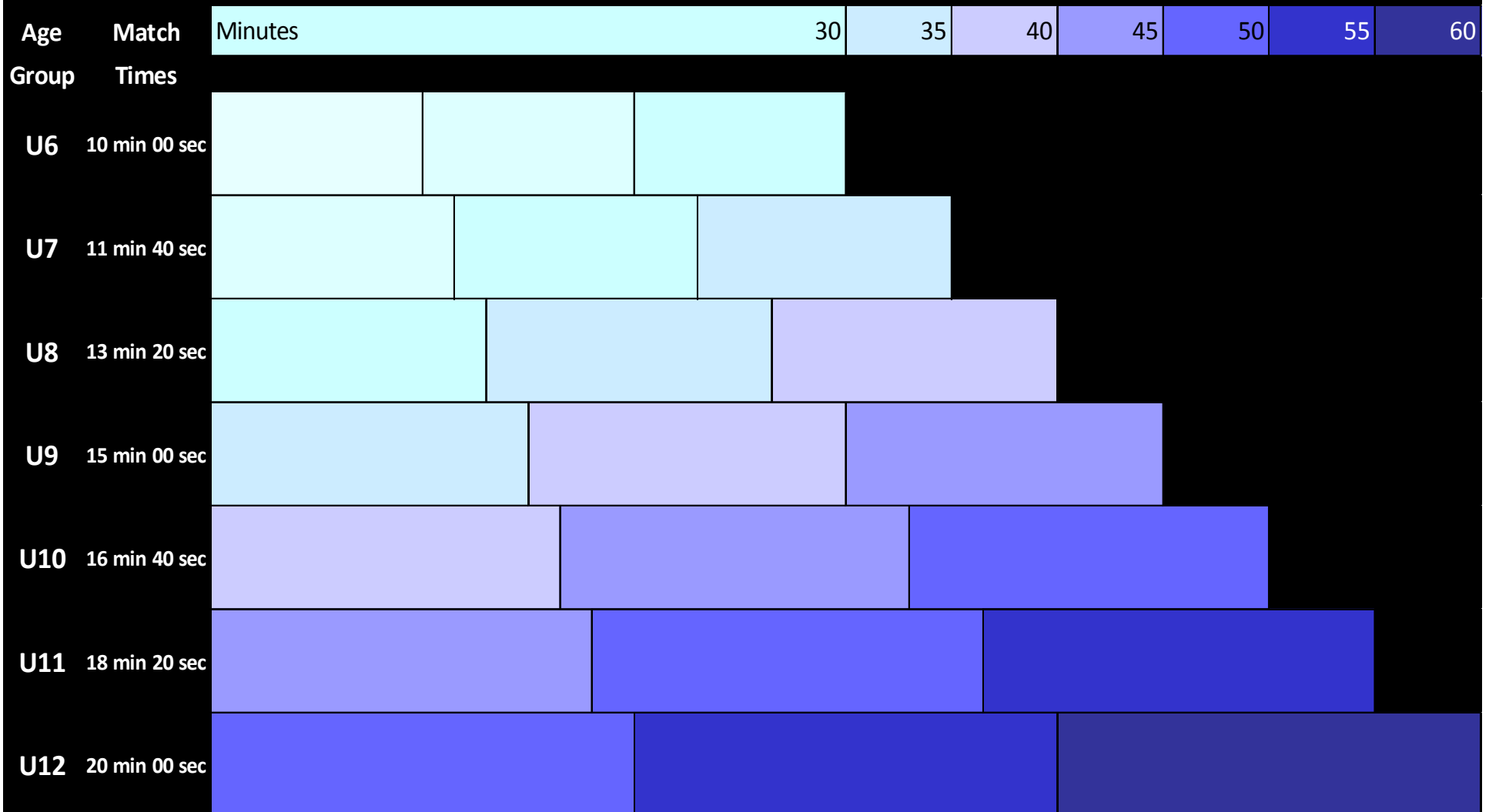


■ From 6 Players at U6 to 12 Players at U12

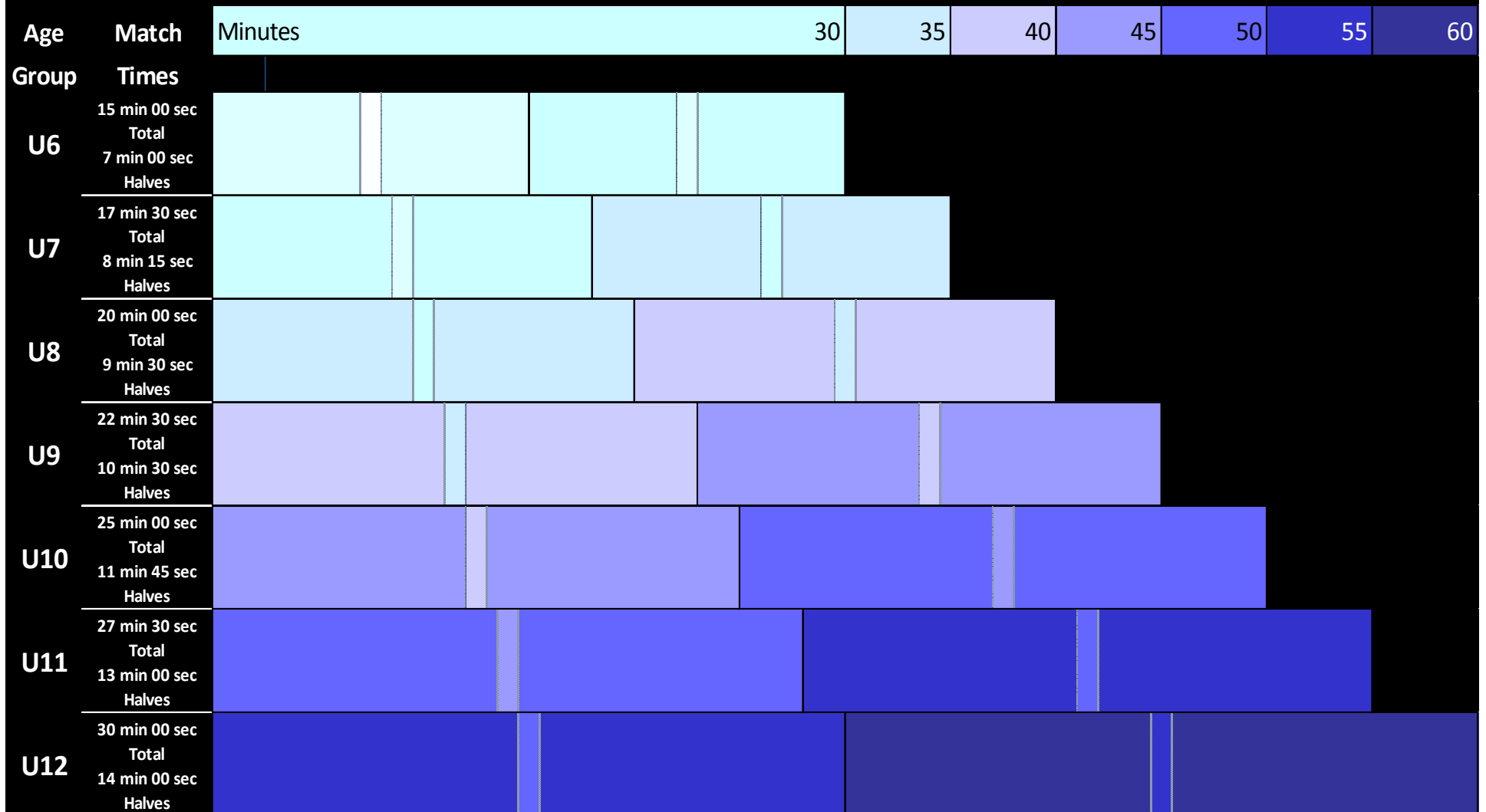
Minutes of competitive rugby per day spread over 4 matches



Minutes of competitive rugby per day spread over 3 matches



Minutes of competitive rugby per day spread over 2 matches



Space Progression U6 – U10

U6

1/12 Pitch

U9

1/4 Pitch

U10

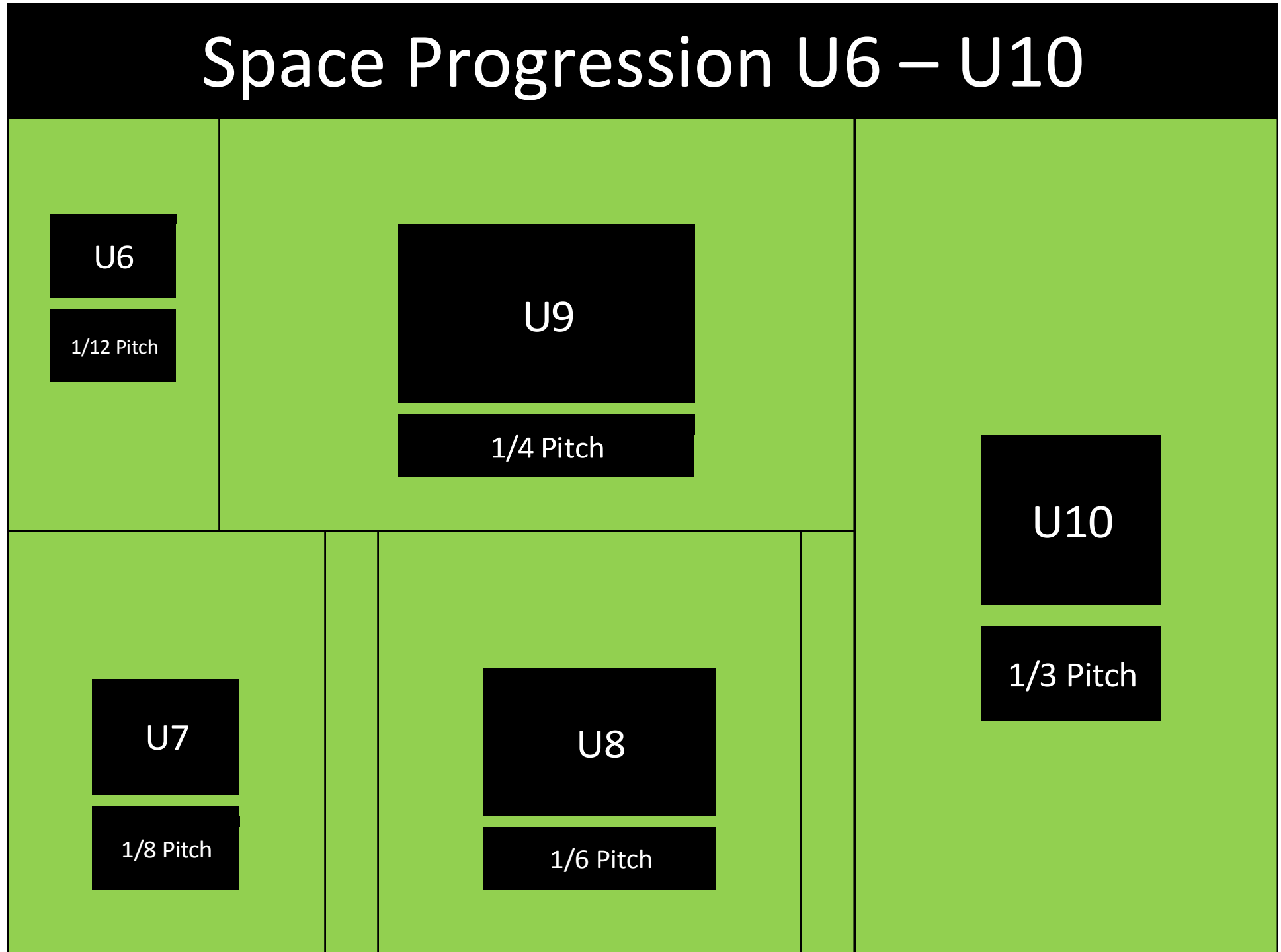
1/3 Pitch

U7

1/8 Pitch

U8

1/6 Pitch



Space Progression U11 – U12

U11

5/12 Pitch

U12

1/2 Pitch

Squad Progression U6 – U12

Players

12
11
10
9
8
7
6
5
4
3
2
1

