



UNDER 14S · THE SCRUM GROWS UP

THE FULL EIGHT-PLAYER SCRUM

A guide for U14 parents — what you are watching, how to help your child, and what the referee is looking for.

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At U13 the scrum had six players a side. At Under 14s it becomes the **full eight-player scrum** you see in adult rugby: three rows, a proper push, and a No 8 at the back who can pick the ball up and run. It is still carefully controlled — the push is limited to 1.5 metres and a scrum that turns too far is reset. This guide explains it all in plain English.

WHERE THE RULES IN THIS GUIDE COME FROM

The rules come from **RFU Regulation 15, Appendix 8 — the Under 14s Rules of Play**, and the World Rugby Laws of the Game with their **Under-19 scrum variations**. The RFU page reads “Effective from 1st August 2025”; Regulation 15 for 2026/27 (effective 1 August 2026) still points to it. We also follow **RugbyReferee.net's 2026/27 U14 sheet**. If anything here ever disagrees with the RFU, **the RFU is right**. Where we give coaching advice rather than a rule, we say so. Links are at the back.

THE U14 SCRUM IN FOUR POINTS

1 EIGHT A SIDE, 3-4-1

Three in the front row, four in the second row (two locks and two flankers), and a No 8. **Numbers must be balanced** — both scrums the same size.

2 CROUCH, BIND, SET

The referee's three calls. The front rows only come together on “**Set**” — never a charge.

3 A 1.5 METRE PUSH

Both teams may push, but **no more than 1.5 metres**. The referee calls “**Hold the push**” or “**Stop the push**”; carrying on gives away a free kick.

4 NO 8 CAN PICK UP

The No 8 can **pick up and run** from the back. The scrum half can pass, pick up and run, **or kick**.

WHAT HAS CHANGED SINCE U13 — RUGBYREFeree.NET GRID, 2026/27

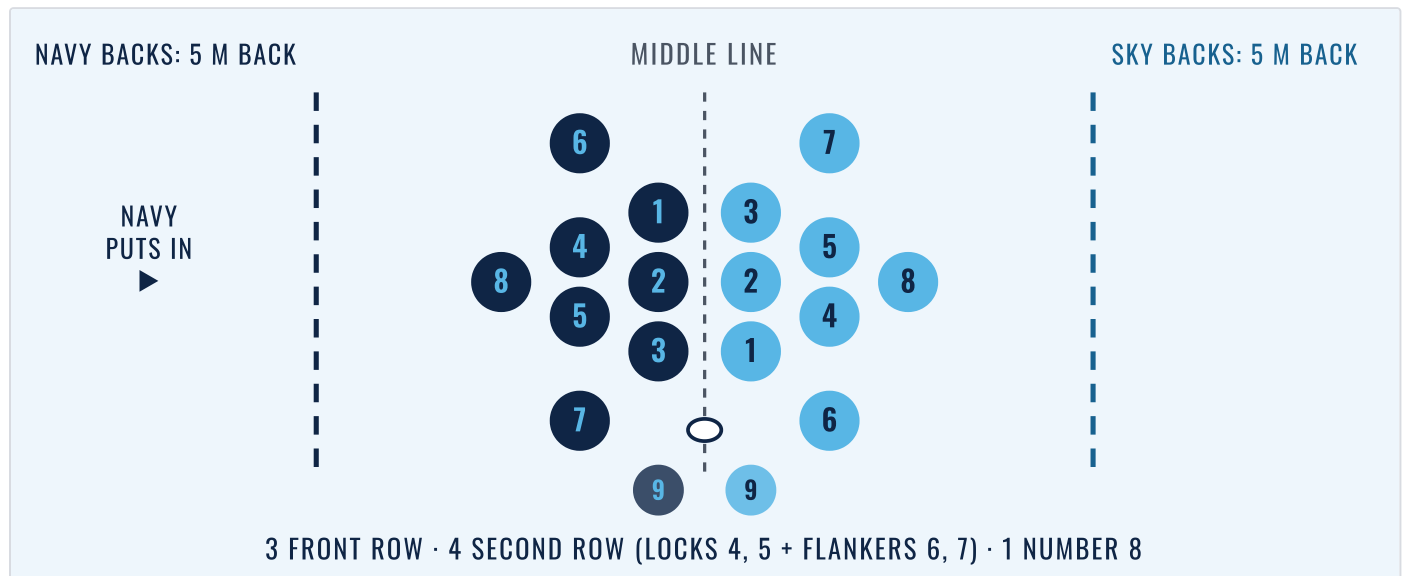
	U13 LAST SEASON	U14 THIS SEASON
PLAYERS	6, in 3-2-1	8, in 3-4-1, balanced numbers
SECOND-ROW BIND	Round the prop's hips only	Normal binding, for second rows and No 8
THE NO 8	Could not pick up	Can pick up and run
SCRUM HALF	Pass, or pick up and run	Pass, pick up and run, or kick
WHEEL PAST 45°	Reset	Reset, same team puts in

The same as U13: both hookers may strike, the 1.5 m push, the feed straight down the middle, and the defending scrum half staying in the middle.

POSITIONS

WHO'S WHO IN A 3-4-1 SCRUM

A scrum restarts the game after a minor mistake — a knock-on, a forward pass, or a ball that will not come out of a ruck or maul. The team that did not make the mistake puts the ball in.



Seen from above. Navy's scrum half (9) feeds the ball into the gap between the front rows; sky's 9 may stand alongside but not beyond the middle line. Backs stay 5 metres behind their team's last feet.

FRONT ROW · 1, 2, 3

Two **props** either side of the **hooker**. The props bind to the hooker, and the hooker binds with both arms. These three meet the opposition head-on.

SECOND ROW · 4, 5, 6, 7

Two **locks** bind on to the props in front and on to each other, heads either side of the hooker. The two **flankers** bind on to a lock.

NO 8

The single player at the back, shoving on the **two locks**. At U14 the No 8 can now pick the ball up from the back of the scrum.

SAFETY FIRST — TRAINED PLAYERS AND MATCHING NUMBERS

Every scrum must be made up of **confident and competent** players. If a team cannot field suitably trained players — through availability, injury or a sending off — **the referee must order uncontested scrums**, where nobody pushes. And if one team's scrum is short of eight, the other team must reduce to match (World Rugby Under-19 variations).



GETTING IT STARTED SAFELY

CROUCH, BIND, SET — AND THE FEED

Most scrum injuries happen as the two packs come together. That is why the referee controls every step, and why the front rows only move when told to.

- 1** **“CROUCH”** — the front rows crouch, standing no more than an arm's length apart. **Head and shoulders no lower than the hips**, and backs parallel to the touchline.
- 2** **“BIND”** — each prop binds with their **outside arm** on to the body or side of the opposite prop. The second rows crouch and bind on to the prop in front of them.
- 3** **A PAUSE** — the referee waits until both front rows are square, still and ready.
- 4** **“SET”** — only now do the front rows engage. They **must not charge** at each other. If they set too close together, with necks and backs bent, the referee stops it and starts again.

“NORMAL” BINDING FOR THE SECOND ROW AND NO 8

At U13 the second rows had to bind round the hips of the prop. At U14 RugbyReferee.net's 2026/27 grid allows **normal binding for the second rows and the No 8** — as in the Laws of the Game. A bind means the whole arm, hand to shoulder, gripping the body firmly between the shoulders and the hips.

THE FEED

WHO	The scrum half of the team awarded the scrum. They choose which side to put the ball in.
HOW	Both hands on the ball, its long axis parallel to the ground and the touchline, held midway between knee and ankle .
STRAIGHT	From outside the tunnel, straight into the middle of the gap , landing midway between the two front rows and beyond the nearer props' shoulders. The RFU tells referees to watch that the scrum half is not “feeding” their own players.
THE STRIKE	Both hookers may strike for the ball, but only once it touches the ground in the tunnel. The hooker of the team putting in must strike (Law 19).

Looking ahead to U15: under the RFU's U15–U18 variations, the scrum half may put the ball in with their left shoulder on the middle line — a shoulder-width towards their own side, as in adult law.



THE RULES

DURING THE SCRUM, AND OUT OF THE BACK

THE PUSH

Pushing starts when the ball leaves the scrum half's hands. A scrum may be pushed **no more than 1.5 metres**. The referee calls “**Hold the push**” or “**Stop the push**”, and pushing further gives away a **free kick**.

WHEELING

If the scrum turns **more than 45 degrees**, it is **reset** and the same team puts the ball in again. Turning it on purpose is a penalty (World Rugby Under-19 variations).

COLLAPSE

If a scrum collapses, the referee **must blow the whistle immediately**, then reset it or award the right sanction. A player who keeps collapsing or binding illegally takes no further part in the scrum.

USE THE BALL

Once the ball is heeled and controlled at the base of the scrum, keeping it in there gives away a **free kick**.

OTHER SCRUM HALF

May start right alongside their opponent, but **must not go beyond the middle line** until the ball is out. They **cannot follow the ball round** the scrum.

THE BACKS

At least **5 metres behind** the scrum until the ball is out, or the opposing scrum half lifts it.

NEAR THE LINE

A scrum awarded within 5 metres of the goal line is moved out so its middle is **5 metres** from the line. The defending backs stay on or behind their goal line until it is over.

OUT OF THE BACK

THE NO 8

New at U14: the No 8 can pick up the ball from the back of the scrum and **run with it**. Once the No 8 picks it up, the scrum is over.

THE SCRUM HALF

Can **pass, pick up and run**, or **kick**. Box kicks are allowed at U14.

PLAY ON

Navy push sky back a metre and the No 8 picks up and drives off the back. Within the limit, and legal.

FREE KICK

Navy keep driving after “Stop the push” and go beyond 1.5 metres. Free kick to sky.

RESET

The scrum swings round past 45 degrees, not on purpose. Reset — and navy, who put in, put in again.



FOR VOLUNTEER REFEREES — AND CURIOUS PARENTS

REFEREEING THE SCRUM

If you are refereeing an U14 game — or you would simply like to understand the whistle — this routine takes a scrum in the order things happen. The routine is practical advice; the rules it enforces are the RFU's and World Rugby's.

- 1 BEFORE KICK-OFF.** Check both teams' front rows are suitably trained, and talk the front rows and scrum halves through the calls (Rugby Ready).
- 2 COUNT.** Eight a side in 3-4-1. If one side is short, the other matches. Any doubt about safety: uncontested scrums.
- 3 CROUCH — BIND — SET.** Be directive. Wait until both packs are ready; no "Set" until the front rows are.
- 4 BODY SHAPES.** Nobody driving down; shoulders never below hips. Check the binds.
- 5 STRAIGHT FEED.** Into the middle of the gap, not to their own feet.
- 6 WATCH THE PUSH.** Call "Hold the push" as the scrum nears 1.5 metres; free kick if it carries on.
- 7 EARLY WHISTLE.** If it becomes unstable, collapses or wheels past 45 degrees — blow early and loudly.
- 8 OFFSIDE.** Defending scrum half stays in the middle; backs 5 metres back.

FREE KICK FOR

- Pushing beyond 1.5 metres
- Keeping the ball in once it is heeled and controlled
- Engaging before "Set"
- Head and shoulders below the hips at the crouch
- A feed that is not straight

PENALTY FOR

- Charging, or collapsing on purpose
- Wheeling the scrum on purpose
- Illegal binding
- The defending scrum half going beyond the middle line
- Backs not 5 metres back

Free kick and penalty lists: World Rugby Law 19 and its Under-19 variations, which apply at U14 unless the RFU rules say otherwise.

WANT TO REFEREE PROPERLY?

England Rugby's entry course is **Ready 2 Referee**, and Devon RFU supports new referees locally. Both links are on the last page. The **sin bin is 5 minutes** at U14.



YOUR PART IN IT

HELPING YOUR CHILD

WORLD RUGBY'S SCRUM READY — WHY THE STEPS MATTER

World Rugby's position is clear: **"Players should NOT play in the scrum until they are Scrum Ready."** Its research summary notes that a mismatch in skill, experience or strength was found in **25%** of scrum injuries, lack of front-row experience in around **40%**, and that up to **50%** of scrummaging injuries happen as the packs engage. That is why coaches build up to a full 8 v 8 in stages, and why the referee controls every call.

AT HOME

Coaching advice, from World Rugby's Scrum Ready body shapes. Leave scrummaging itself to training.

- **The strong shape.** Head in a neutral position, shoulder blades back, chest out, back flat, tummy muscles tight.
- **Feet.** Shoulder-width apart, pointing forwards, knees slightly bent, weight on the balls of the feet.
- **Neck and shoulders.** World Rugby encourages scrum players to strengthen them — ask the coach what to do.
- **Boots.** Studs that suit the pitch and the weather.

ON THE TOUCHLINE

- **Praise the right things** — a flat back, waiting for "Set", stopping the push when told.
- **Never shout "push!"** after the referee says "Stop the push".
- **Support uncontested scrums.** They are a safety decision, not a punishment.
- **Respect the referee** and **cheer effort** from both teams. Our values: Teamwork, Respect, Enjoyment, Discipline and Sportsmanship.

CONCUSSION

The UK Concussion Guidelines for Grassroots Sport: **"If in doubt, sit them out."** Nobody should return to sport within 24 hours of a suspected concussion, and the guidelines advise calling **NHS 111** within those 24 hours. England Rugby's free **HEADCASE** e-learning has a version written for parents and takes about half an hour.

READ MORE: PARENTS, WELFARE AND CONCUSSION

AGE GRADE RUGBY

[RFU — Age Grade Rugby overview](#)

englandrugby.com/play/parents-guardians/age-grade-rugby-overview

CONCUSSION

[RFU — HEADCASE concussion information](#)

englandrugby.com/run/player-welfare/headcase

UK GUIDANCE

[UK Concussion Guidelines for Grassroots Sport](#)

sportandrecreation.org.uk/campaigns-and-policy/concussion/concussion-guidelines-for-grassroots-sport

BEHAVIOUR

[RFU — Code of conduct](#)

englandrugby.com/play/parents-guardians/code-conduct

FREE COURSE

[RFU — HEADCASE e-learning](#)

englandrugby.com/run/player-welfare/headcase-e-learning

Questions? Speak to your child's coach or your Parent Rep.



SOURCES AND FURTHER READING

FIND OUT MORE

The rules come from the RFU; the laws and safety programmes from World Rugby. Every link was checked on the day this guide was created — tap a title to open it. Links on welfare and concussion are on page 6.

THE RULES

U14 RULES

[RFU — Under 14s Rules of Play \(Reg. 15, Appendix 8\)](#)

englandrugby.com/run/rules-governance/rfu-rules-and-regulations/regulation-15-age-grade-rugby/regulation-15-appendix-8-u14-rules-of-play

LAST SEASON

[RFU — Under 13s Rules of Play \(Reg. 15, Appendix 7\)](#)

englandrugby.com/run/rules-governance/rfu-rules-and-regulations/regulation-15-age-grade-rugby/regulation-15-appendix-7-u13-rules-of-play

ON ONE PAGE

[RugbyReferee.net — U14 regulations, season 2026/27 \(PDF\)](#)

rugbyreferee.net/wp-content/uploads/2026/09/2026-27-u14s-RRNet-RFU-Regulations-1.pdf

ALL AGE GRADES

[RFU — Regulation 15: Age Grade Rugby](#)

englandrugby.com/run/rules-governance/rfu-rules-and-regulations/regulation-15-age-grade-rugby

NEXT SEASON

[RFU — U15–U18 Variations to the Laws \(Reg. 15, Appendix 9\)](#)

englandrugby.com/run/rules-governance/rfu-rules-and-regulations/regulation-15-age-grade-rugby/regulation-15-appendix-9-u15-u18-variations-to-the-laws-of-the-game

EVERY AGE

[RugbyReferee.net — Age grade rules grid, 2026/27 \(PDF\)](#)

rugbyreferee.net/wp-content/uploads/2026/09/2026-27-RRNet-RFU-Age-grade-rugby-regulations-grid.pdf

THE LAWS

EVERY LAW

[World Rugby — Laws of the Game 2026 \(PDF\)](#)

passport.world.rugby/media/jxnmptk/2026en-laws-of-the-game-compressed.pdf

UNDER-19

[World Rugby — Under-19 scrum variations](#)

passport.world.rugby/laws-of-the-game/variations-7s-10s-u19-game-on/under-19/19-scrum

SIGNALS

[World Rugby — Referee signals](#)

passport.world.rugby/laws-of-the-game/match-official-signals/primary-referee-signals

THE SCRUM

[World Rugby — Law 19: Scrum](#)

passport.world.rugby/laws-of-the-game/laws-by-number/19-scrum

DEFINITIONS

[World Rugby — Definitions \(scrum, bind...\)](#)

passport.world.rugby/laws-of-the-game/definitions

SAFE TECHNIQUE

SCRUMMAGING

[World Rugby — Rugby Ready: The scrum](#)

passport.world.rugby/injury-prevention-and-risk-management/rugby-ready/the-scrum

INJURY PREVENTION

[RFU — Activate injury prevention programme](#)

englandrugby.com/run/player-welfare/activate

STEP BY STEP

[World Rugby — Scrum Ready](#)

passport.world.rugby/injury-prevention-and-risk-management/rugby-ready/the-scrum/scrum-ready

CONTACT & LOAD

[RFU — Age Grade contact training, match load and recovery](#)

englandrugby.com/run/coaching/coach-resources/contact-guidance

REFEREEING

JUNIOR RUGBY

[RugbyReferee.net — Refereeing junior rugby](#)

rugbyreferee.net/refereeing-junior-rugby

REFEREE COURSE

[RFU — How to book a Ready 2 Referee course](#)

help.rfu.com/support/solutions/articles/103000161012

LOCALLY

[Devon RFU — Become a rugby referee](#)

devonrfu.co.uk/become-a-rugby-referee