**U15 and U16 Suffolk Cup Rugby Rules**

**U15 Rules**

* Played as per the U15 Continuum Laws
* 15 a side with a squad of 22 players
* Rolling subs are allowed
* 30 seconds for conversions and penalties
* No lifting in the lineout
* No leggings or tights below the waist
* All boots must have regulation studs – at the referee’s discretion
* Mouthguards must be worn – NO MOUTHGUARD NO PLAY!
* Teams must have a replacement front row

**U16 Rules**

* As per U15 rules except:
	+ U19 Continuum Laws apply
	+ Lifting is allowed in the lineout

**For any questions around this please contact Andrew Wilesmith on suffolkschoolsrugby@gmail.com**