

READY4RUGBY

01/09/2020

GAME GUIDANCE

READY4RUGBY :

PURPOSE

- A GAME THAT REWARDS GO FORWARD AND SUPPORT IN BOTH ATTACK AND DEFENCE
- DEVELOP PLAYERS' CORE SKILLS OF CATCH, PASS AND SUPPORT
- OPPORTUNITIES FOR PLAYERS TO MAKE DECISIONS RELATED TO THE GAME OF RUGBY UNION
- ADAPTABLE DEPENDENT ON AGE AND STAGE OF PLAYERS

UNDER 7s & UNDER 8s

- **Under 7s and under 8s will continue to play under their current rules of play with the exception of the tag tackle. (see regulation 15 appendix 1 and 2).**
- The tag tackle will be replaced by a touch tackle on the waist or below of the ball carrier by an opponent.
- After a touch tackle by a opponent on the ball carrier, they must stop and pass the ball to a support player.
- Game progression can lead to the player having the option to pass or continue running after the first touch tackle until a second touch tackle is made, based on the stage of the players in the game.
- Progression of the ball carrier throwing the ball in the air and catching after a second touch tackle before passing can be introduced at an appropriate stage for the players.



GAME RECOMMENDATIONS

- MINIMUM 6 PLAYERS V 6 PLAYERS*
- MAXIMUM 10 V 10
- ROLLING SUBSTITUTIONS
- BALL SIZE 3/4/5
- MAXIMUM 15 MINS CONTINUOUS GAME TIME

* UNDER 7s 4V4



MIN

70M X 50M
PLUS IN GOAL AREA

MAX

80M X 70M
PLUS IN GOAL AREA

AGE
GRADE
RUGBY

FOLLOW PITCH SIZE
GUIDANCE, PLAYING
NUMBERS AND DURATIONS
FOR EACH SPECIFIC AGE
GROUPS

*A min of 5m and max of 10m in-goal
area must be provided

TERMS OF REFERENCE

Action	Descriptor
A Try	Ball carrier grounding the ball in the opposition's in-goal.
In touch	The ball or ball-carrier touches the touchline, touch-in-goal line or anything beyond = Turnover in possession with a restart pass approx. 5 metres in field where the ball crossed the touchline.
Ball Dead through in-goal	Ball or ball carrier reaches the dead ball line or touch-in-goal line = Turnover in possession with a restart pass on the nearest attack zone line.
Knock on	When a player loses possession of the ball and it goes forward, or when a player hits the ball forward with the hand or arm, and the ball touches the ground or another player before the original player can catch it = Turnover in possession with a restart pass from where the knock on occurred.
Forward Pass	The ball travels towards the opposition's dead-ball line = Turnover in possession with a restart pass where the forward pass occurred.
Restart	Team in possession make a pass of no more than 2 metres in distance. Opposition must be 5 metres back at all restarts.
Offside (defence)	Defending Team not retreated minimum of 2 metres after a double touch or 5 metres from a restart = Penalty
Offside (attack)	Attacking Team in front of the ball carrier = Penalty



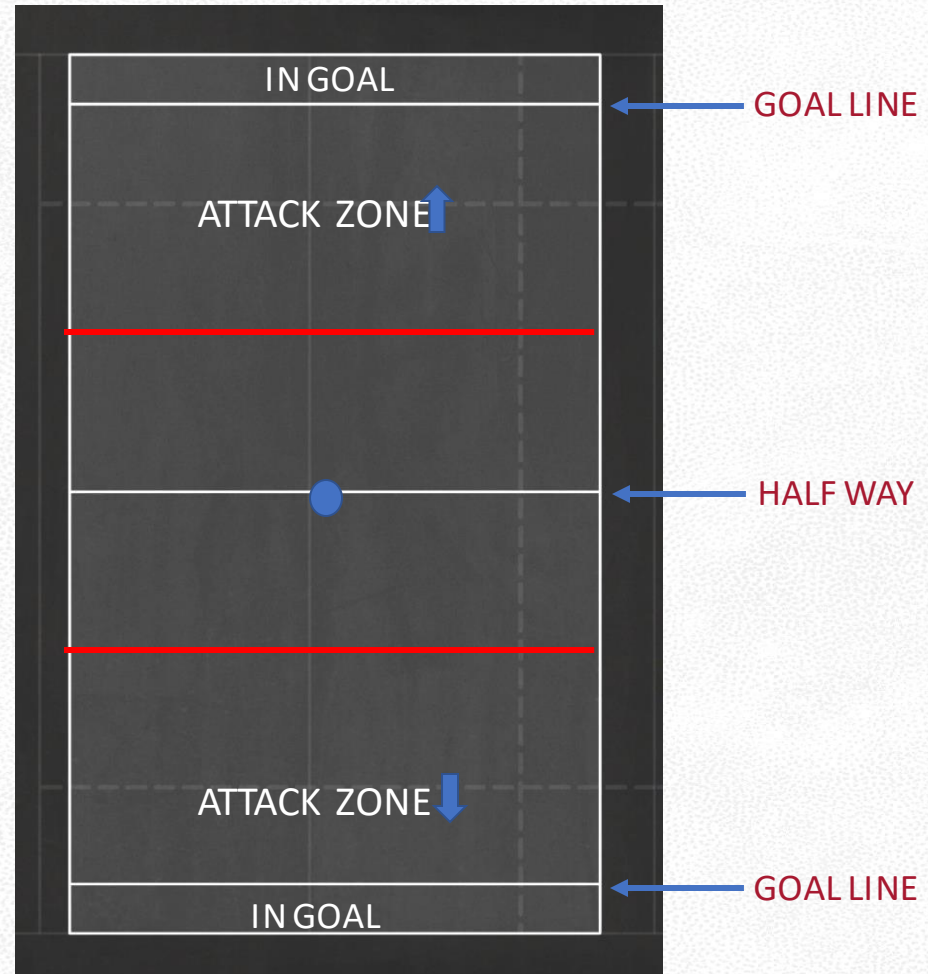
TERMS OF REFERENCE

Action	Descriptor
A Touch tackle	A legal touch tackle is on the waist or below of the body, clothing, or ball. A player must claim a touch by raising a hand and shouting, "Touch!"
A Simultaneous Touch	Two single handed touch tackles by two separate opponents on the waist or below on the ball carrier.
A Phase	When the ball carrier has been touch tackled by two different opponents and the ball has been moved away.
Attack Zone	Area in front of the goal line you are attacking.
Attacking Team	Team in possession of the ball.
Defending team	Team not in possession of the ball.
Ball carrier	Player in possession of the ball.
Throw above the head	Ball carrier throws the ball in the air above their own head height.
Penalty	Free Pass and reset of phase count for non-offending team.



ATTACK ZONE

Players (Age / stage)	Recommended
9- 13 Novice	Half-way line
14 – 16 Mixed ability Low experience.	30 – 20 metres (distance from the goal line)
16 – 18 Experienced/ competent	20 – 15 metres (distance from the goal line)
18+ Skilled/ highly competent	15 – 10 metres (distance from the goal line)
Adaptations: Attacking zones do not have to be the same size for each team. Organisers can increase or decrease one team's attacking zone to challenge a team or to keep the game competitive (result in doubt for as long as possible)	



READY4RUGBY: GENERAL GAME PLAY

- Objective is to score a try by grounding the ball in the opponents' in goal.
- 1 Point is awarded for a try.
- Defending team aim to stop the attacking team from scoring by making a touch on the ball carrier on the waist or below by two different defenders.
- Each team has an attacking zone in front of the goal line they are attacking.
- Once the ball crosses the attack zone line the attacking team have 4 phases to score.
- Teams can be mixed (male and female).



READY4RUGBY: ATTACK

- After first touch tackle, the ball carrier can run, pass or kick (**kick = attacking zone only**).
- Ball carrier touch tackled once cannot score and must pass to a support player to score.
- After a second touch tackle from two different opponents, ball carrier must stop running, throw the ball above their head, and catch it before passing to a support player.
- Pass after second touch tackle must be no more than 2 metres.
- Dropped ball during throw above head and catch = turnover.
- Attacking team have 4 phases to reach their attacking zone. Otherwise = turnover.
- Once the ball enters the attacking zone, attacking team have a further 4 phases to score. No score = turnover.
- Ball carrier may kick the ball in the attacking zone and below head height.
- Ball goes dead through in goal from attacker kicking = restart to defending team on attack zone line.



READY4RUGBY: DEFENCE

- The team not in possession of the ball must retire 2 metres to the offside line after each phase (two touch tackles).
- Possession is turned over if the attack does not reach the attacking zone or if a try is not scored within the allocated number of phases.
- After a try, the non-scoring team restart play with a free pass at the centre of the half-way line
- If a defending player throws or takes the ball into the in-goal, and a defending player grounds it and there has been no infringement, play is restarted by the attacking team on the attack zone line with 4 phases.
- If the attacking team loses possession of the ball and it goes to ground in the field of play and subsequently moves into the opposition team's in-goal and is made dead by the defending team, play is restarted by the non-offending team 5 metres from the goal line.





**England
Rugby**