

## **Ready 4 Rugby**

### **Basic Rules**

Minimum 6 a side

Maximum 10 a side

Rolling subs managed by teams

Touches anywhere on the body

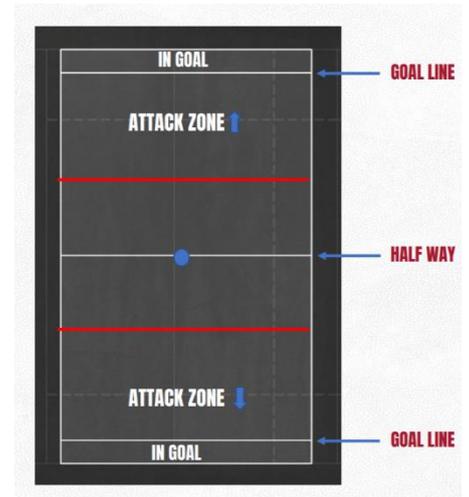
The ball carrier can continue moving after the first touch

After the second touch, the ball carrier must stop and throw the ball above their head before passing to a teammate

A try is worth one point

Four phases to reach the attack zone

Four phases in the attack zone to score



### **Attack**

If the ball is dropped when throwing above the head = turnover

The pass after the second touch can be no more than 5m

If the attack zone isn't reached in four phases = turnover

If they don't score in the four phases in the attack zone = turnover

They can kick in the attack zone, but it must be below head height

After being touched once the ball carrier can't score

After the first touch they can pass, run and, in the attack zone, kick

### **Defence**

If the ball goes dead in the in goal from an attacking kick the defence restart from the attack zone line

Simultaneous touches from two defenders = one touch

Defence retires two metres to the offside line after every phase

After conceding a score the defence restarts on half-way

If the defence make the ball dead in goal the attack restart on the attack zone line with four phases again



## **Ready 4 Rugby: Pressure Zone**

### **Basic Rules**

Minimum 6 a side

Maximum 10 a side

Rolling Subs

Touches strictly on the waist or below

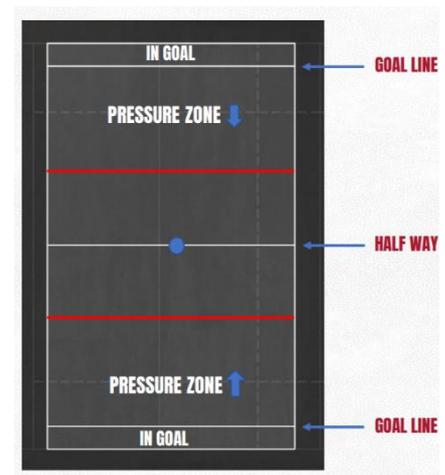
A try is worth one point

The ball carrier can continue running after the first touch

After the second touch the ball carrier goes to ground and can pop or long place the ball

The defender who made the second touch must also go to ground

Four phases to get out of the pressure zone



### **Attack**

The ball carrier touched once can't score

Unlimited phases to score

If they start with the ball in their pressure zone, they have four phases to get out

Not getting out of the pressure zone in four phases = turnover

When going to ground the attacker can either pop up the ball or present it

The player receiving the ball from the pop pass or presentation can run with the ball

The ball carrier can kick

### **Defence**

Ball kicked dead in goal = possession restarts from the pressure zone line

Simultaneous touches from two defenders = one touch

The defender who makes the second touch must go to ground anywhere (1 knee) but not get in the way of play

The offside line is the hindmost foot of the defender on the ground

After conceding a score the defence restart on half-way

