

Ready 4 Rugby

Basic rules

Minimum 6 a side

Maximum 10 a side

Touches on the waist or below

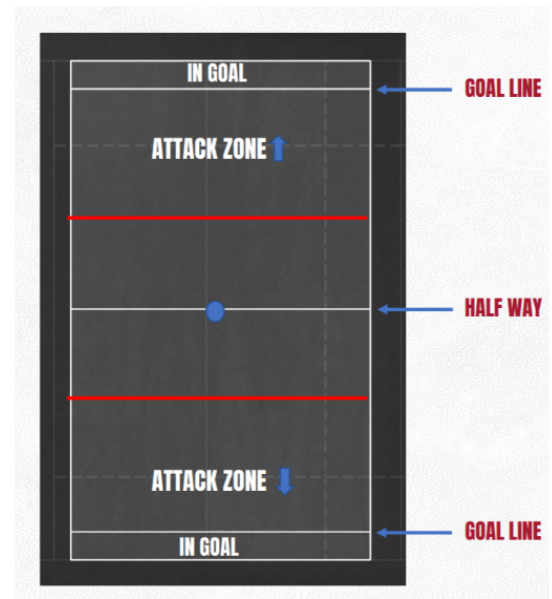
They can continue moving after the first touch

After the second touch, stop and throw the ball above your head and catch it 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 must be no more than two metres

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 they 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