

A background image showing a rugby match in progress. In the foreground, a player in a yellow jersey is seen from the back, holding a rugby ball. To his left, another player in a black and red jersey is partially visible. In the background, a third player in a white jersey with blue sleeves is looking towards the camera. The setting appears to be an outdoor field with a fence and trees in the distance.

READY⁴RUGBY

GAME GUIDANCE

READY4RUGBY : PURPOSE

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

UNDER 7'S & UNDER 8'S

- **Under 7's and under 8's will continue to play under their current rules of play with the exemption 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 a defender.
- After a touch tackle by a defender on the ball carrier, they must stop and pass the ball to a support player.
- Progression can lead to the ball carrier having the option to pass or continue running after the first touch tackle until a second touch tackle is made by a defender 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 7'S 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 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. 5metres in field where the ball crossed the line of touch.
Dead in Goal	Ball or ball carrier crosses the dead ball line = Turnover in possession with a restart pass on the attack zone line in line with the place where the ball went dead.
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 offence occurred.
Restart	Team in Possession make a pass of no more than 2 meters in distance. Defence must be 5 meters back at all restarts.
Offside (defence)	Defender not retreated minimum of 2 metres after a double touch or 5 metres from a restart = Penalty
Offside (attack)	Attacker in front of the ball carrier = Penalty



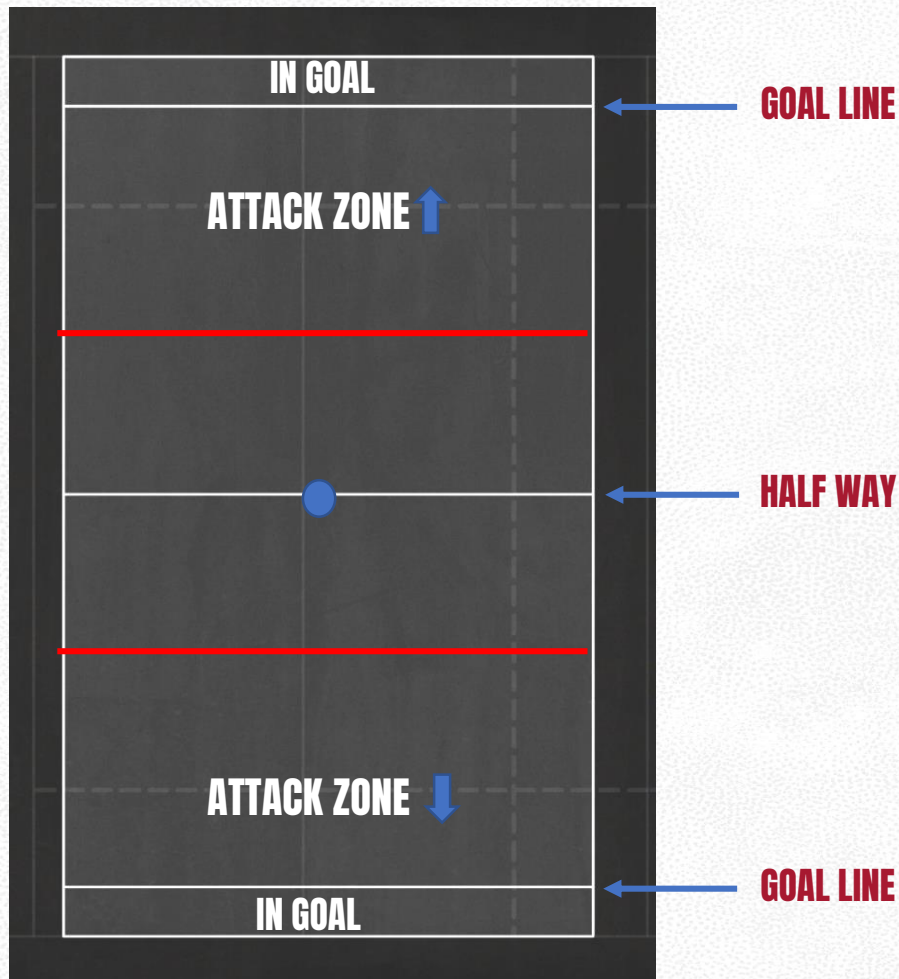
TERMS OF REFERENCE

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 defenders on the waist or below on the ball carrier.
A Phase	When the ball carrier has been touch tackled by two different defenders on the waist or below and the ball has been moved away.
Attack Zone	Area in front of the try 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 meters
16 – 18 Experienced/ competent	20 – 15 meters
18+ Skilled/ highly competent	15 – 10 meters
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 touching the ball down on or over the opponent's goal line
- 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 try 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 by a defender, 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 defenders, 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. Not reaching their attacking zone within 4 phases = 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 in goal from attacker kicking = restart to defending team on attack zone line.



READY4RUGBY: DEFENCE

- Defending team make a touch tackle on the ball carrier on the waist or below
- A simultaneous touch tackle from two defenders only counts as one touch.
- Defending players must retire 2 metres to the offside line after each phase (two touch tackles)
- Defenders can gain possession by stopping the attack from reaching their attacking zone or scoring within their allocated number of phases
- Defending team can also gain possession by intercepting the ball, or following and infringement from the attack
- After conceding a try defending team gain possession with a restart on the half-way mark
- If defending team make the ball dead in goal, the attacking team restart on the attack zone line with 4 phases.





**England
Rugby**