



England
Rugby

READY 4 RUGBY

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 dependant on age and stage of players

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RECOMMENDATIONS

- Minimum 6 v 6*
- Maximum 10 v 10
- Rolling substitutions
- Ball size 3/4/5
- Maximum 15 minutes continuous game time

* Under 7's 4v4

| | Playing Pitch Dimensions |
|---|---|
| Minimum | 70m x 50m Plus in goal area |
| Maximum | 80m x 70m Plus in goal area |
| For Kids First Age Groups (under 7 – Under 13) | Follow pitch size guidance, playing numbers and durations for each specific age groups |

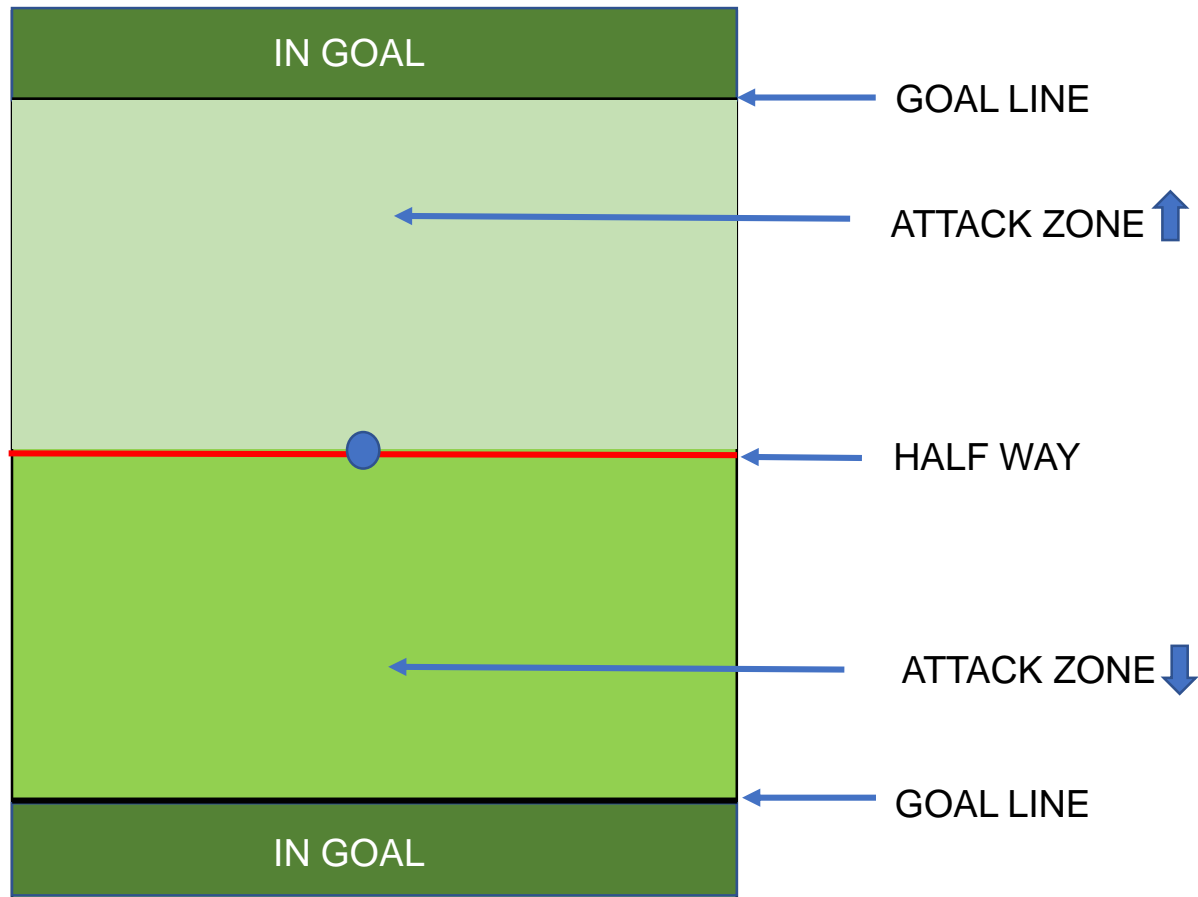
A minimum of 5m and maximum of 10m in goal area must be provided

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. |

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 |

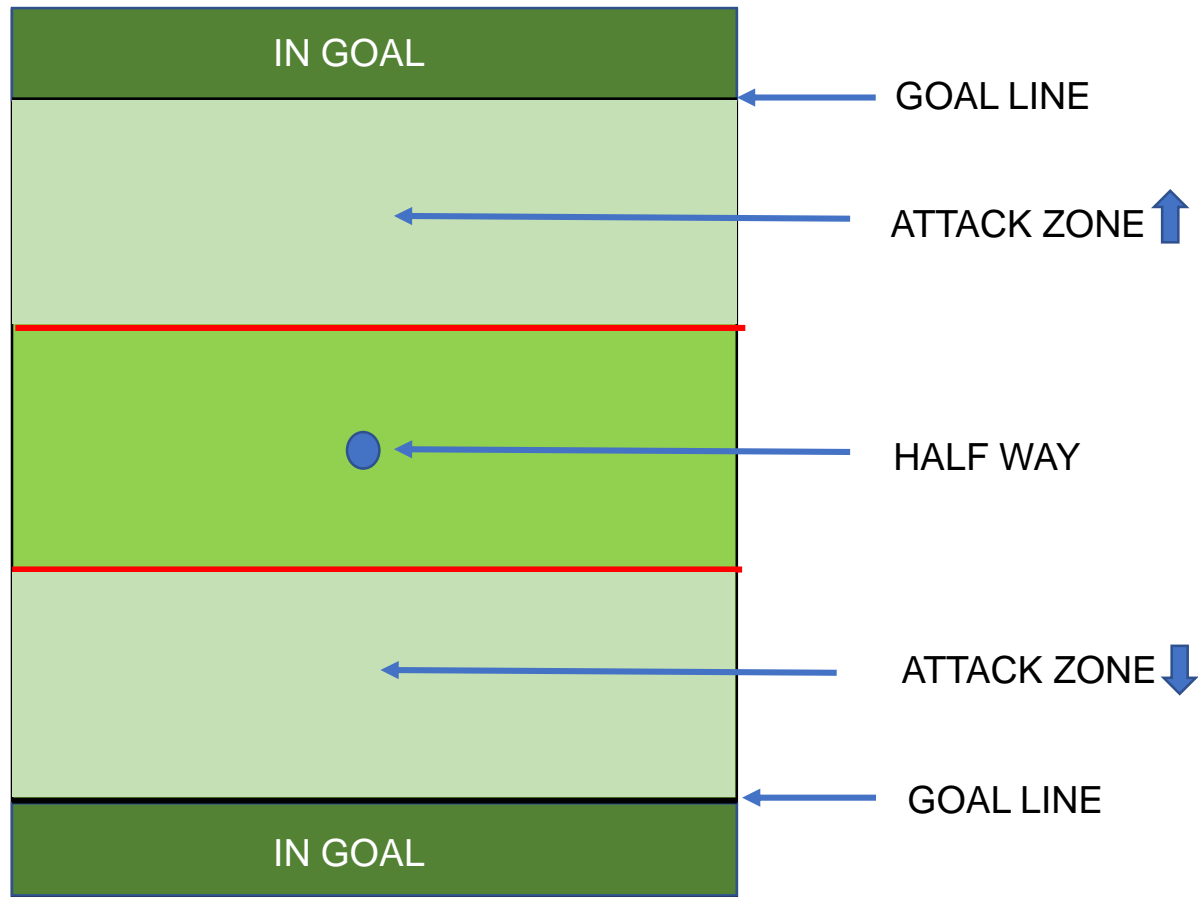


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ATTACKING ZONE

| Players (Age / stage) | Recommended |
|---|---|
| 7- 13 Novice | Half- way line |
| 14 – 16 Mixed Ability Low experience. | 30 – 20 meters |
| 16 – 18 Experienced/ competent | 20 - 15meters |
| 18+ Skilled/ highly competent | 15 – 10 meters |
| Adaptations | <p>Attacking zones do not have to be the same size for each team.</p> <p>Organisers can increase or decrease one teams attacking zone to challenge a team or to keep the game competitive (<i>result in doubt for as long as possible</i>)</p> |



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GENERAL

- Objective is to score a try by touching the ball down on or over the opponents 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

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ATTACK

- After first touch tackle by a defender, ball carrier can run, pass or 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

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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.

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