

SECONDARY SCHOOLS NEW TO RUGBY



As a sport, we pride ourselves on being inclusive and accessible for all shapes, sizes and abilities. We are also proud of the wider benefits rugby can have on the development of young people.

As well as helping to develop sport specific skills and increasing physical activity, we know the positive impact that rugby can have on life skills and character. Rugby participants in secondary schools report they feel more confident, resilient and have

developed in our values of Teamwork, Respect, Enjoyment, Discipline, and Sportsmanship. We know that for teachers new to the sport, introducing rugby might be initially intimidating – especially around contact elements and the rules. To help support, we are delighted to be able to share a number of formats of rugby, which are easily adapted to allow for progression and regressions making it suitable for every student and in every school.

NON-CONTACT



In a nutshell:

Non-contact format of the game with no tackles, scrum or rucks. A tackle is replaced by a defender making a “touch” on the ball carrier. In this format, there is the option to increase difficulty by adding a kick or putting a limit on the number of touches the attack have to score.

Non-contact in schools:

Non-contact is an ideal way to introduce young leaders and non-rugby specialist staff to coaching and officiating in a safe environment.

Non-contact is our preferred School Games offer and can be played in mixed gender teams.

Suitable for students who:

- are new to rugby
- don't currently enjoy contact or wish to do contact
- want to develop agility, decision making and sport specific skills such as passing and kicking
- want to build confidence.

englandrugby.com/ready4rugby

REDUCED CONTACT



In a nutshell:

XRugby - which can be 5, 7 or 10-a-side and played on half a pitch - has adapted rules for the scrum, tackle, ruck & maul to reduce the intensity of contact and make it simpler to teach.

XRugby in Schools:

By changing numbers and pitch space, teachers are able to make XRugby suitable for all students wishing to play contact rugby. For secondary schools new to rugby and where staff are not rugby specialists, it is recommended that XRugby is the maximum format played.

XRugby should be only taught by suitability-qualified individuals who have completed the “Headcase” concussion module.

Suitable for students who:

- are new to contact
- want to develop confidence and competence in rugby specific contact situations
- want to develop core rugby skills
- want an introduction to positional specific skills.

englandrugby.com/xrugby

FULL CONTACT



In a nutshell:

Full contact version of the game, with age specific laws for playing times, pitch size and rules of play. Predominately 15 or 7-a-side, but teachers can adjust to 10 or 12/13-a-side as needed.

Full Contact Rugby in Schools:

In schools new to rugby, the RFU recommend that XRugby is the contact format played.

Full contact should only be delivered by experienced rugby specialist staff who are confident and competent in the delivery of the contact game.

Schools may wish to signpost students wishing to play to their local community club.

englandrugby.com/education

RUGBY UNION PLAYING OFFER



	FULL CONTACT		REDUCED CONTACT		NON-CONTACT	
	XV - A - SIDE	7 - A - SIDE	7S	10S	NON-CONTACT FORMAT	TAG
MAX. PLAYERS	15	7	7	10	10	7
MAX. PITCH SIZE	FULL PITCH	FULL PITCH	HALF PITCH	HALF PITCH	3/4 FULL PITCH	AS PER REG 15
TACKLE	BELOW ARMPIT	BELOW ARMPIT	BELOW ARMPIT	BELOW ARMPIT	X	X
SCRUM (MAX NUMBERS)	8	3	3	5	NO SCRUM - FREE PASS	
LINEOUT	8	3	3	5	NO LINEOUT - FREE PASS	
RUCK	✓	✓	2 V 2	2 V 2	X	X
MAUL	✓	✓	3 V 3	3 V 3	X	X
KICKING	✓	✓	GRUBBER	GRUBBER	BELOW HEAD HEIGHT	X
HAND OFF	✓	✓	BELOW ARMPIT	BELOW ARMPIT	X	X

*Age Specific Laws exist at Under 18 relating to maximum numbers, playing time, pitch sizes and laws.

Those playing full contact in schools should visit Regulation 15 (www.englandrugby.com/regulations) to check specific laws.