READY4RUGBY
GAME
GUIDANCE
England
Rugby

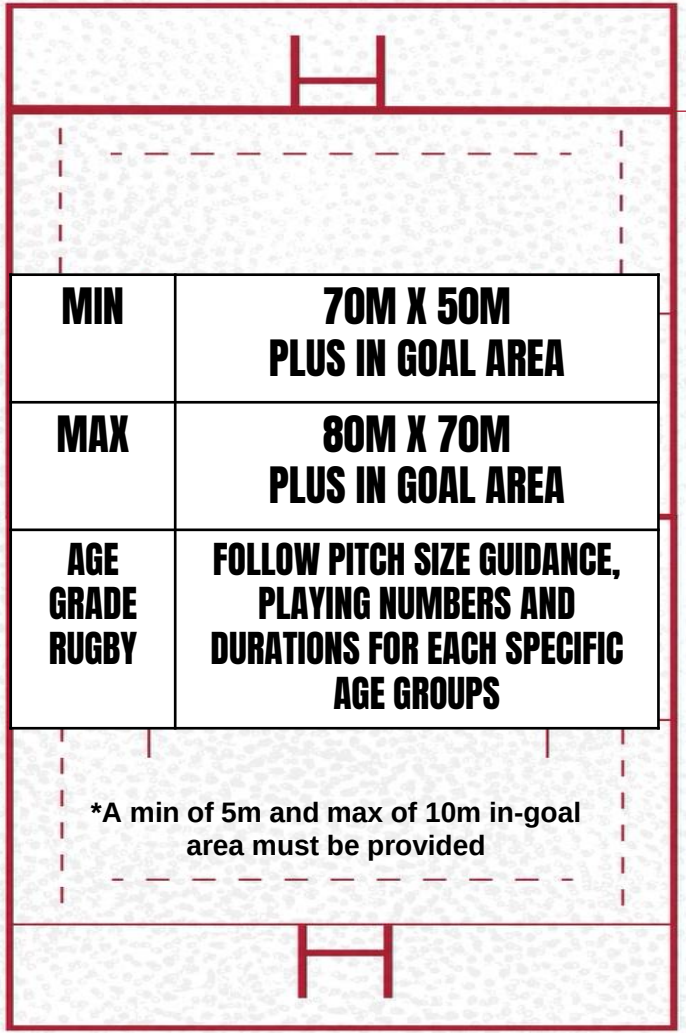
READY4RUGBY : PURPOSE

- 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

England Rugby

WHY NO TAG RUGBY?

GAME RECOMMENDATIONS



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

- 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

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TERMS OF REFERENCE

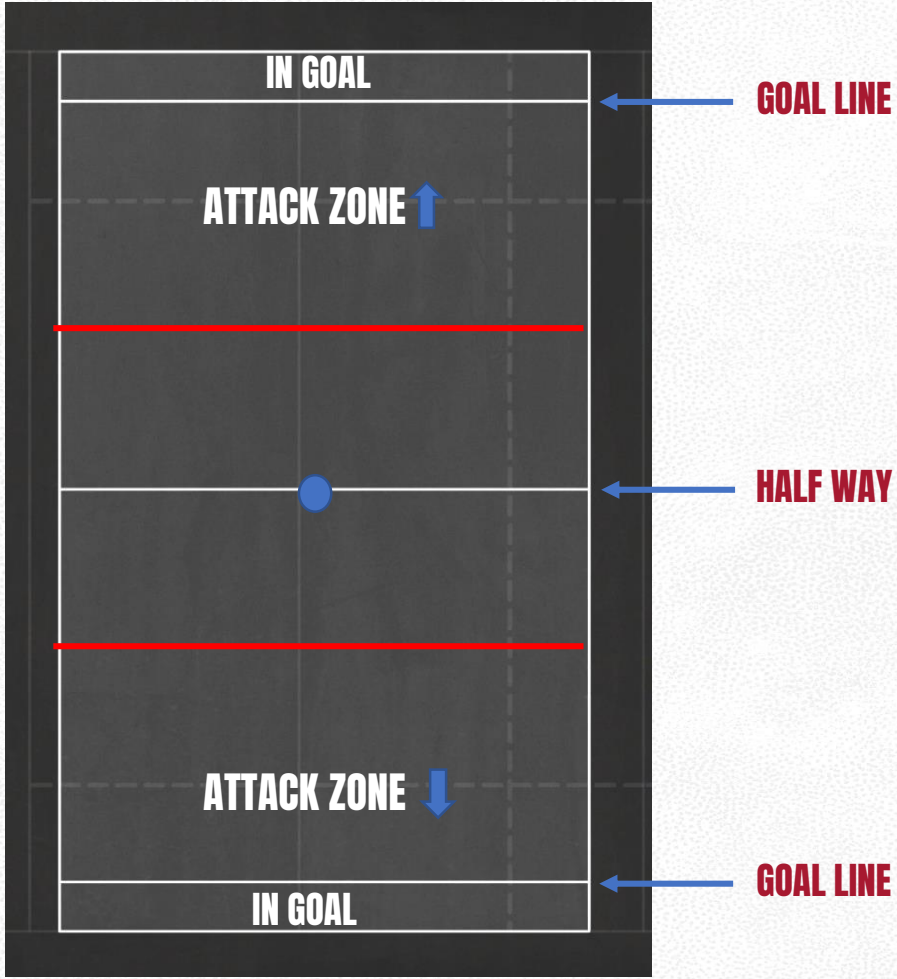
Action	Descriptor
A Try	Ball carrier grounding the ball in in-goal.
In touch	The ball or ball-carrier touches the touchline, touch-in-goal line or anything beyond = Turnover in possession with a restart pass approx. 5metres in field where the ball crossed the line of touch.
Dead in Goal	Ball or ball 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

WHAT EQUIPMENT CAN BE USED?

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

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.

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