

## THE AIM OF THE GAME

- OBJECTIVE IS TO SCORE A TRY BY GROUNDING THE BALL IN THE OPPONENTS' IN GOAL
- 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 GOAL LINE THEY ARE ATTACKING
- ONCE THE BALL CROSSES THE ATTACK ZONE LINE THE ATTACKING TEAM HAVE 4 PHASES TO SCORE

## WHEN IN OPEN PLAY

- After the first touch tackle, the ball carrier can run, pass or kick (attacking zone only, below head height)
- Once touched a player cannot score.
- After a second touch tackle from two different opponents, the ball carrier must stop running, throw the ball above their head, and catch it before passing to a support player.
- The pass after the second touch tackle must be no more than 2 metres.
- Dropped ball during throw above head and catch = turnover.
- The attacking team have 4 phases to reach their attacking zone. Otherwise = turnover.
- Once the ball enters the attacking zone, the attacking team have a further 4 phases to score. No score = turnover.
- The team not in possession of the ball must retire 2 metres to the offside line after each phase (two touch tackles).
- Possession is turned over if the attack does not reach the attacking zone or if a try is not scored within the allocated number of phases.

## TRY SCORING & IN GOAL

- After a try, the non-scoring team restart play with a free pass at the centre of the half-way line
- If a defending player throws or takes the ball into the in-goal, and a defending player grounds it, play is restarted by the attacking team on the attack zone line with 4 phases.
- If the attacking team loses possession of the ball and it goes to ground in the field of play and subsequently moves into the opposition team's in-goal and is made dead by the defending team, play is restarted by the non-offending team 5 metres from the goal line.
- Ball goes dead through in goal from attacker kicking = restart to defending team on attack zoneline.

## GAME TERMS

### 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!"

### SIMULTANEOUS TACKLE-

TWO SINGLE HANDED TOUCH TACKLES BY TWO SEPARATE OPPONENTS ON THE WAIST OR BELOW ON THE BALL CARRIER

### PHASE-

WHEN THE BALL CARRIER HAS BEEN TOUCH TACKLED BY TWO DIFFERENT OPPONENTS AND THE BALL HAS BEEN MOVED AWAY.

## MATCH DAY RECOMMENDATIONS



MIN PLAYERS 6 V 6



MAX PLAYERS 10 V 10

15 MINS 

MAX 15MINS GAMES



ROLLING SUBS



## PRINCIPLES OF PLAY

- POSSESSION \_\_\_\_\_
- GO FORWARD \_\_\_\_\_
- SUPPORT \_\_\_\_\_
- CONTINUITY \_\_\_\_\_
- PRESSURE \_\_\_\_\_
- SCORE \_\_\_\_\_