



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

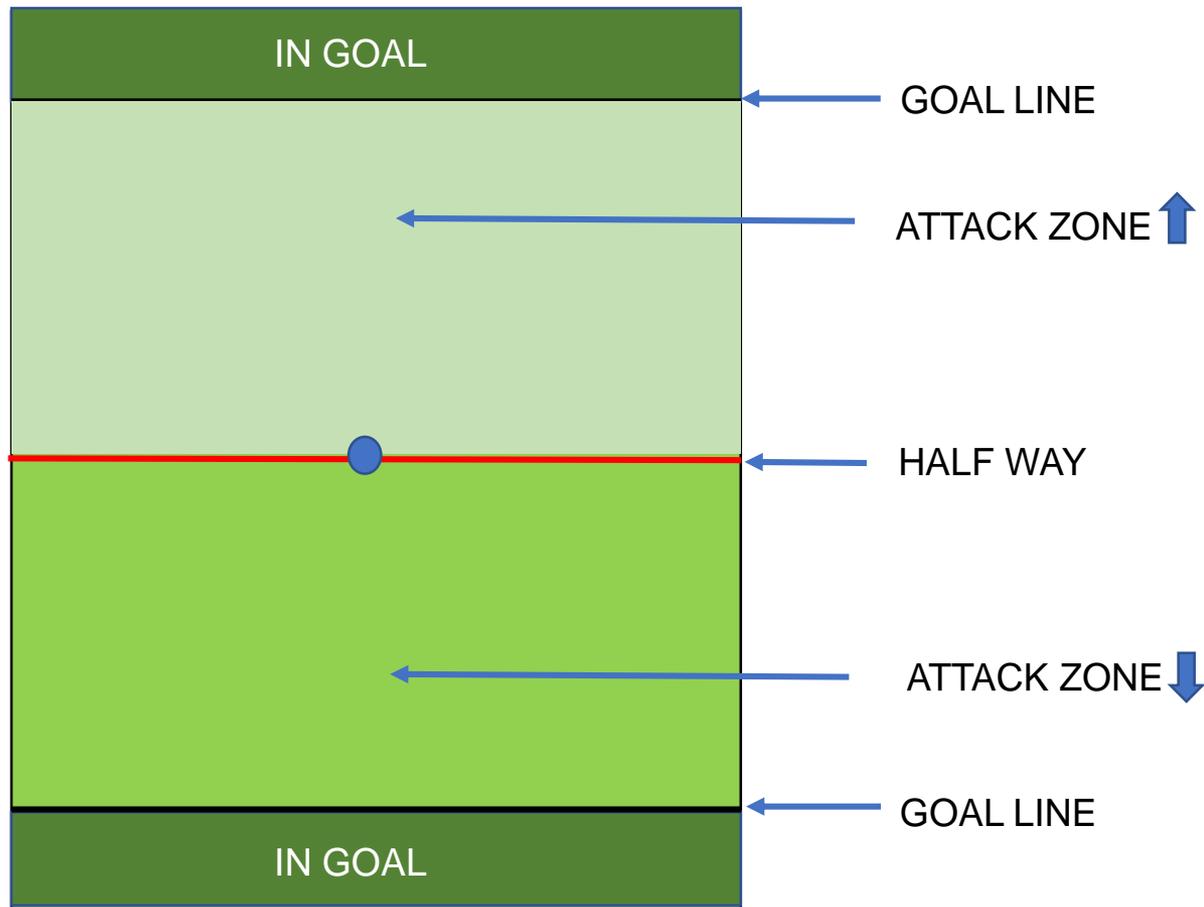
A minimum of 5m and maximum of 10m in goal area must be provided

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.

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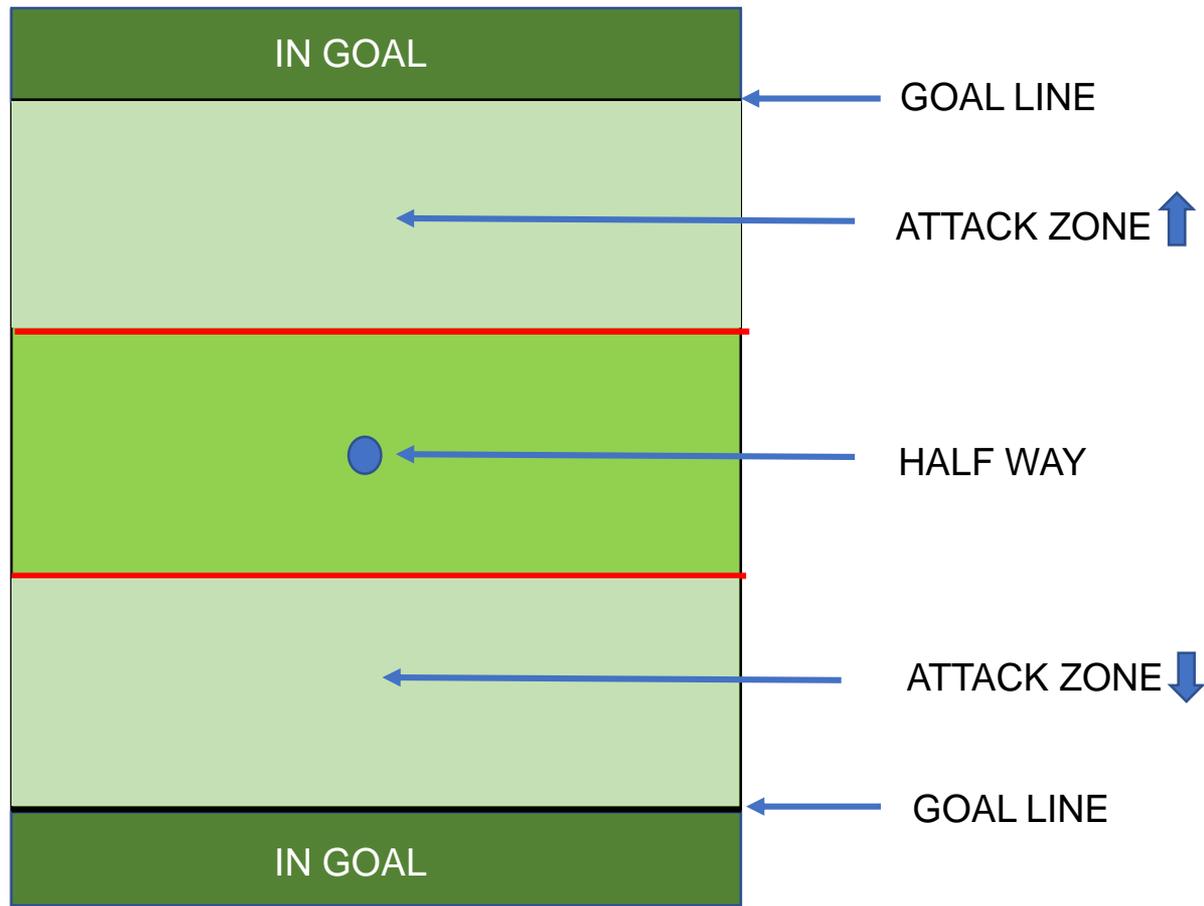
Action	Descriptor
A Try	Ball carrier grounding the ball in in-goal.
In touch	The ball or ball-carrier touches the touchline, touch-in-goal line or anything beyond = Turnover in possession with a restart pass approx. 5metres in field where the ball crossed the line of touch.
Dead in Goal	Ball or ball 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	Attacking zones do not have to be the same size for each team. 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>)



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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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