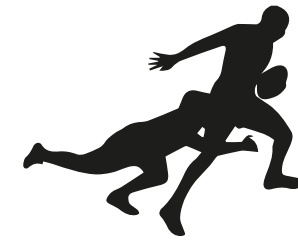


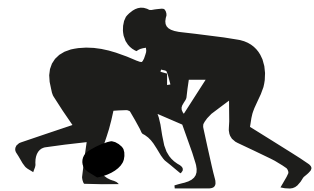


STAGE D - ADAPTED CONTACT RUGBY ACTIVITY

THE DIFFERENT TYPES OF RUGBY ACTIVITIES AND WHAT IS/ISN'T PERMITTED DURING TRAINING SESSIONS.



TOTAL TIME OF ALL CONTACT ACTIVITY MUST NOT EXCEED 15 MINUTES PER SESSION
ALL CONTACT ACTIVITY MUST BE CARRIED OUT IN SMALL GROUPS (MAXIMUM 6 PLAYERS PER GROUP).



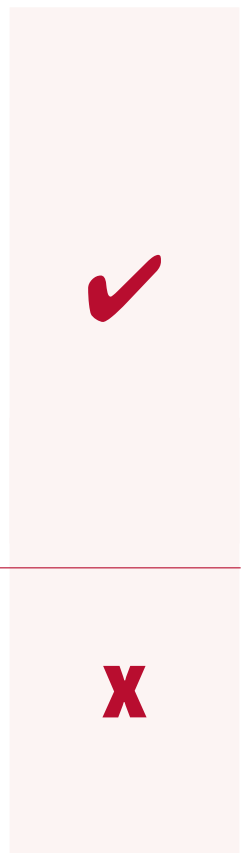
RUCK

- Maximum 2 v 2 players in a ruck (ball carrier and tackler, plus 1 v 1 on their feet over the ball).
- No team game play activity.



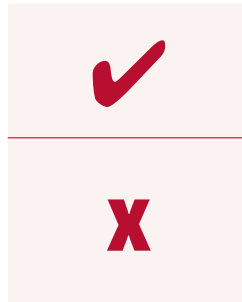
LINEOUT

- Unopposed lineout drills.
- Lifting of a jumper (under 16 and above only).
- Ball thrown to a catcher.
- Reduce the time the front lifter and a jumper are face to face in lineout set up to under 3 seconds.
- No opposed jumping.
- No maul to be formed after ball secured.



SCRUM

- None
- No scrum practice allowed, including use of scrum machines, sleds and unit practice.



MAUL

- None
- No maul practice activity allowed, including from a lineout.



TACKLING

- Tackles at the waist or below only.
- 1 v 1 tackles only.
- Small group activity, preferably with players working in pairs for the entire activity.
- Use of tackle bags, shields and pads that are cleaned and sanitised after each player use.
- No upright tackles.
- No tackling above the waist including trying to hold the ball carrier up or prevent an offload.
- No team game play activity.
- No equipment such as tackle pads, bags and shields to be used by multiple people without cleaning and sanitising.
- Coaches must NOT hold pads or shields or bags for age grade players.

