



# WASPS FC

**Coaches Handbook 2020/2021  
Twyford Sports Ground  
W3 9QA**

***SERGE*  
*BETSEN***

**RUGBY**

**Once a Wasp, Always a Wasp!**

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## **Welcome to Wasps FC and thank you for becoming a coach!**

This handbook has been created as a guide for you to coach the Wasps FC way. In it are tips and tools to make your coaching job easier, but if in doubt, ask! There are years of coaching experience around you. Included are suggestions for games, templates for session plans, and order forms for kit. All of these are available for download on the website;

<http://www.pitchero.com/clubs/waspsfootballclub>

If you have any new games or suggestions on how to improve this handbook please let us know at [jok@waspsfc.co.uk](mailto:jok@waspsfc.co.uk)

**WASPS** stands for

- Welcoming**
- Active**
- Skilled**
- Planned**
- Safe**

## **A brief History of Wasps FC**

While students at University College Hospital, William Alford and other former scholars of Merchant Taylors School, decided to form Wasps Football Club. A split in the membership resulted in the formation of two different clubs: Harlequin F.C. and Wasps. The year was 1866, and Wasps held their first formal Club meeting at the Eton and Middlesex Tavern, in North London and we take 1867 to be the year of Wasps foundation. Wasps FC continues to be an amateur club with strong links to the Wasps professional team based in Coventry

## **Serge Betsen Rugby**

Serge Betsen got his first cap with the French national team in 1997 against Italy. Nicknamed the “Grim Reaper” because of his famous tackles and fast starts, he is considered to be the best tackler in world rugby by many. He was the best player of the French championship in 2002. In 2004 he was nominated for Best World Player by the IRB. In May 2008, he opened a new chapter of his life by signing for London Wasps, where he was Captain for two seasons before hanging up his playing boots for good. Since 2018 we are proud to be in partnership with Serge and his coaching staff to help deliver outstanding coaching for all our mini and youth players.

Run throughout the holidays, Serge Betsen Rugby is designed to nurture the love children already have of the game, while working on skills and awareness which will improve their knowledge. The camps are flexible on the days you attend, ranging from 1 day, to the full week, and they're for all mini and youth rugby players!

## **The Wasps FC code of coaching**

Wasps FC is an inclusive amateur rugby club. With two Ladies teams, one in the Tyrells 15's League, three mens teams, an U23's side and occasional sides playing in U21's, Sevens and touch competitions. We have minis and youth teams from U6's to U18's training and playing most Sundays from September to April.

At all ages we follow the core values of the Rugby Football Union

## **Teamwork • Respect • Enjoyment • Discipline • Sportsmanship**

Everyone involved in rugby in England, whether you are a player, coach, referee, administrator, first aider, parent or spectator, are expected to uphold the core values of our sport.

### **Code of Wasps FC Rugby**

- Play to win - but not at all cost
- Win with dignity, lose with grace
- Observe the Laws and regulations of the game
- Respect opponents, referees and all participants
- Reject cheating, racism, violence and drugs
- Value volunteers and paid officials alike
- Enjoy the game

### **What will your club do for you?**

- Wasps FC has undertaken to fund all coaching courses, with the expectation that you use the knowledge back at our club
- We share best practice in all age groups
- All coaches will have a DBS check carried out by the club

- The club will provide details of regular CPD's run by the RFU including First Aid, Safeguarding, Rugby Ready, Scrum Factory, Referee and England Rugby Coaching Award (ERCA)

## **Safeguarding**

We all share the responsibility for safeguarding and creating safe environments in rugby union whether as a parent, coach, spectator or club official. We all should operate within an accepted ethical framework and demonstrate exemplary behaviour to both safeguard children and protect all personnel from allegations of abuse or poor practice. Children must be cared for in the correct manner, as set out in the RFU Safeguarding Policy.

The Key Principles of the RFU Safeguarding Policy are that:

- The welfare of the child is, and must always be, paramount to any other considerations.
- All participants regardless of age, gender, ability or disability, race, faith, culture, size, shape, language or sexual identity have the right to protection from abuse or harm.
- All allegations or suspicions of abuse, neglect, harm and poor practice will be taken seriously and responded to swiftly, fairly and appropriately.
- Working in partnership with other organisations, statutory agencies, parents, carers, children and young people is essential for the welfare of children.
- Children have a right to expect support, personal and social development delivered by an appropriately recruited, vetted and managed personnel in relation to their participation in rugby union, whether they are playing, volunteering or officiating in the community or professional areas of the sport.

For more information refer to the RFU website and its safeguarding policy;

<https://www.englandrugby.com//dxdam/8a/8a4d35ee-0a0a-458d-8bcc-20dba6ff3065/safeguardingpolicybooklet.pdf>

If you have any questions or feel you need to report an incident please contact our Wasps FC Safeguarding Officer; [safeguarding@waspsfc.co.uk](mailto:safeguarding@waspsfc.co.uk)

There are also Wasps FC Safeguarding guidelines found on our club website.

## **First Aid and Injury Prevention**

Each age group should have at least one designated First Aid responder pitch side. If not then there will be others assigned to other age groups and there will be a first aid kit in the clubhouse. Wasps FC trained First Aiders will always take priority at any incidents as they will have completed a rugby specific course on responding to rugby related injuries.

Optima will also provide First Aid and for a fee can offer further advice and treatment for sporting injuries.

The majority of issues in younger age groups will be minor bumps, bruises and blisters. However all coaches must complete the online concussion awareness 'Don't be a Headcase'

<http://www.englandrugbyfiles.com/concussion/courses/youth-coaches>

You will also find online head injury courses for parents and players on the RFU website <https://www.englandrugby.com/participation/playing/headcase/general-information>

## **Concussion**

Head injuries are a serious issue in all contact sports with much debate on player safety and how to prevent concussion. Most important is coaching safe tackling technique from the outset but also ensuring the tackle, scrum, ruck and maul techniques are reviewed at every age group. Do not hesitate to remove a player that you feel is endangering themselves or others around them with poor technique, help them, coach them and ensure they can continue safely.

## **Protective clothing**

Wearing head guards is a personal choice, in spite of many articles written on the subject there is no proven evidence either way that head guards prevent concussion. Wasps FC insists on a properly fitted mouthguard and preferably metal studded boots. Please check all players boots periodically for sharpened or missing studs.

Wearing of Spectacles is prohibited, however prescription glasses are permitted for non contact activities such as touch rugby and U6, U7 and U8s Tag rugby. Goggles may be worn to provide protection for a medical condition or to enhance vision where contact lenses cannot be worn.

Please ensure all jewellery, watches etc are removed and that the players are wearing suitable clothing for the weather conditions, absolutely no Zips or hooded tops.

## **Training**

The key to a successful session is preparation. Just because you've planned the perfect session does not mean it will go perfectly; learn to adapt your session to the group you are teaching. If it's not working STOP and try something else.

Is your session APES?

**Active** – players are learning by doing rather than watching i.e. no bus stop queues

**Purposeful** – is there an outcome to be achieved

**Enjoyable** – are the players engaged and having FUN

**Safe** – speaks for itself

## **Positive Reinforcements**

No one ever dropped the ball on purpose, so let's praise the effort and try and rectify the problem. Remember to give affirmative commands i.e. 'stand still' vs 'stop running'

## **Player Development**

A skills wheel is a useful tool for older players i.e. U13's and up, to reflect on their individual skill development. It's not an exam and remember rugby is made up of players with different skill sets. Ask the players to fill them in at the beginning of the season then again halfway or at the end of the season and see how they feel they have developed as players.

## **Selection**

We do not stream at Wasps FC however it is perfectly acceptable to focus extra skill sessions for those that need it with individual skill development sessions. Our goal is to develop all our players and all have the same opportunities to train and play. Reward those that show the effort each week not just because they are natural athletes. Consider using the three A's for team selections,

**A**ttendance

**A**ttitude

**A**bility

## **Fixtures**

Make contact before the fixture and inform your opposite numbers of car parking and facilities, ensure we welcome all our teams and their parents. Encourage engagement and socialising after the games, especially the youth age groups and ensure our players host the post match teas, sitting with the opposition.

## **Parent Engagement**

Encourage support and rewarding good play but remember this is not the world cup, the players are not professionals, the referees are human and this is meant to be fun!

## **Festivals and Tournaments**

There is clear guidance from Middlesex rugby on running and participating in festivals and links to this can be found on our website. Please ask our Minis or Youth Chair if you need further help

## **Share best practice**

Talk to the coaches from other age groups and share ideas that work or don't, we have over 100 coaches with years of experience and life skills from an amazing variety of backgrounds. Don't be afraid to ask how to achieve or plan a session differently, you don't need to reinvent the wheel.\

## **Share with the parents**

There will be a white board outside the clubhouse for each group to share the key points from their session plans with the parents. Imagine the benefits if our parents have an understanding of what we are coaching and how they could reinforce the training session with conversations before or after the session the car journey home.

## **Remember...**

Rugby at Wasps FC is more than just Sunday morning games, it's an introduction to a sporting environment that a player can enjoy for years to come.

There are so many proven benefits to the habits formed through regular exercise, social interaction, supporting each other, success through achievement and competition.



### Getting Organised

On the following pages are some templates to aid you in planning, preparing and assessing your sessions and individual players. All of these will be available as downloads on the Wasps FC website.

It is important to share your session plan with your fellow coaches and keep a record of what principles you have covered. We will provide a suggested framework for each age group but it is flexible. Take ownership of your age groups and run them as you wish within the framework, you all have had experience playing, coaching and being coached; bring your experience to the game, we are all still learning and there is no definitive way.

Session planning is **vital!** In your absence another coach can take the session whilst ensuring consistency in delivering the curriculum, coaches, players and parents can all understand the objectives. It will also help you reflect back on what works well and what could be improved. Remember we are all looking to improve and better our coaching, so share!

### Register

It is Important to know who is turning up each week, this will help with team selection rewarding the regular attendees. It is also vital to track paid subscriptions, injuries and fair selection.

Each age group should have a team manager, that can take the register, liaise with parents, answer sideline questions so you can concentrate on coaching, ensure subs have been paid and RFU forms have been filled in.

In line with GDPR we need to ensure email addresses are not shared club wide but using apps such as Teamer and WhatsApp can improve efficiency.

1st Name	Surname	Subs paid	POW	DOB	RFU id	Email	Mobile number	Parent name	Attendance	Wk 1	Wk 2
Charlie	Sting										

### Season Planner

This season is going to challenge your coaching. We propose the any or all of the four ‘Principals of Play’ are supported each week.

Plan your sessions and communicate your plans in advance with coaches, players and parents. If we all know what to expect before the Sunday imagine the supportive conversations that could be had on the way to training.

<b>WASPS FC</b>		
Yearly Planner 2019/20		
<b>September</b>		
30th		
6th		
13th		
20th		
27th	Ealing & Ruislip	Home
<b>October</b>		<b>Principle</b>
4th		
11th	London Scottish Dev	Away
18th		
25th	Teddington	U7-U9 Away U10-U11 Home
<b>November</b>		<b>Principle</b>
1st		
7th	Ealing Festival	Away
8th	Ealing Festival	Away
15th	Regents Park Royals	Home
22nd		
29th	Hillingdon Abbots	Home
<b>December</b>		<b>Principle</b>
6th	Ham'smith & Fulham	Home
13th		
20th		
27th	Christmas	Closed
<b>January</b>		<b>Principle</b>
3rd		
10th	Old Grammerians	Home
17th		
24th		
31st	Chiswick & Kilburn	Home
<b>February</b>		<b>Principle</b>
7th	Grasshoppers	Home
14th	London Scottish	Home
21st		
28th	Premiership festival	Home
<b>March</b>		<b>Principle</b>
7th	Middx U7/U8	Away
14th	Middx U9/U10	Away
21st	Middx U11	Home
	London Welsh U7/U10	Away
28th	AWARDS	ALL
<b>April</b>		<b>Principle</b>
4th	Easter	Closed
11th		
18th	Harlequins Festival	Away
25th		

### Session Planner

Planning each week will become easier and coaches, players and parents will know what to expect. It doesn't have to be complicated or rigid but it is always good to have a shared starting point each Sunday. You also won't repeat objectives unnecessarily and can include different key teaching points to help focus the session.

This should be discussed, agreed and shared at the beginning of the week to allow your age group coaches to review and feedback.



WASPS FC

Date	Age Group
------	-----------

	Intensity & Duration	Description of SSG or Drill	Coaches
<b>Warm Up - Activate</b>			
<b>Possession</b>			
<b>Go Forward</b>			
<b>Support</b>			

### Skills Wheel

The Skills wheel is a tool to use for the players own self reflection, give it to them the second or third week of the season then give them another one half way through the season to see if the player recognises their own progression.

**Wasps FC - Skills Wheel**

Name

Preferred Position

Mentor

## Principals of Play

Using the RFU principles of play is a really good starting point for planning our Season Framework at all age groups. Each week the session can be planned around one of the principles and all the games reflect the principle for that day.



## Half Game Rule

The rule ensures that everyone in the match day squad gets to play at least half the game time available.

- Think about squad numbers to maximise playing
- Agree a plan with the other coaches and referee
- Make sure everyone gets equal playing time
- Keep a record of the changes you've made
- Always take an injured player off
- Share with the parents what you're doing and why

## Age Grade Variations and Season goals

Each age group has specific variations, but by the end of each season the players should be competent in their relevant core skills.

### U7's

4 a side - Size 3 - 20 x 12  
50 mins per day  
10 mins per half  
Catch and pass  
Evasion games tagging

### U8's

6 a side - Size 3 - 45 x 22  
50 mins per day  
10 mins per half  
6 Tags to score  
Catch and pass at speed

### U9's

7 a side - Size 3 - 60 x 30  
60 mins per day  
15 mins per half  
Contact game starts  
Tower of Power  
Tackle technique and hold

### U10's

8 a side - Size 4 - 60 x 35  
60 mins per day  
15 mins per half  
Nearest 3 player uncontested scrum  
Tackle not hold  
Ruck and Maul - 1 support player  
Scrum half

### U11's

9 a side - Size 4 - 60 x 43  
70 Mins per Day  
20 mins per half  
3 players scrum - Strike no push  
Ruck and Maul - 2 Support players

Kicking - Apply or relieve pressure

### U12's

12 a side - Size 4 - 60 x 43  
70 Mins per Day  
20 mins per half  
5 Player scrum - Strike no push  
Ruck and Maul - unlimited  
Fending off below armpits

### U13's

13 a side - Size 4 - 90 x 60  
80 Mins per Day  
25 mins per half  
6 player scrum - strike and push  
Flyhack

### U14's

15 a side - Size 4 - 100x70  
80 Mins per Day  
25 mins per half  
8 player scrum - No 8 Pick and Run  
Kicking at goal  
Uncontested lineout

### U15's

15 a side - Size 5 - 100 x 70  
90 Mins per Day  
30 mins per half  
Uncontested lineout - Lift

### U16's and above

15 a side - Size 5 - 100 x 70  
90 Mins per Day  
35 Mins per half  
Contested Lineout

## Top Tips

When giving instruction, make sure the sun/rain/wind/snow is at the players backs so they don't squint, keep the chat to two or three points. 1-2 minute chatter per 10-15 min activity!

Keep them moving but vary the intensity, doesn't have to be 100mph or full contact all the time!

Don't try to move them on too quick. Repetition gives them practice which makes them better, maintain variety in different games with similar outcomes.

They may enjoy one game more than others so don't be afraid to ask the players if they want to play an old favourite again.

Use hand gestures to emphasise your instructions. Motion down when telling them to sit, motion up for standing up, arms out if they need space.

Vary your tone and volume of voice to instruct, prepare, command and praise.

Keep control but don't focus too much time on misbehaviour. Catch them doing something good. Vicarious rewards go a long way!

'Two Hands!' Emphasise holding the ball in two hands all the time. Play a game of one hand only and see how tricky it is. Encourage passing off both sides, reinforce positive behaviours for progression through each age group, prevents fending at younger ages and encourages decision making.

Decision Making in attack and defence, 'What other options did you have?'

Wasp Catch - make a W with your hands and provide a target!

Remember children, young ones especially, copy what they see. Get them to show each other what you want them to achieve, as well as telling them they are more likely to achieve it first time.

Encouraging the following habits will prevent long term injury

- Dynamic warm ups, games of touch or tag with stretches
- Bend the knees when picking up the ball
- Step over a stationary ball to pick it up
- Tower or Power even in Tag
- Warm down

## Warm Ups

### Animal Crackers

Imitating different animals as they run, hop, skip and jump from one end of the pitch to the other; Kangaroo Hop, Lion Stalk, Leopard Run, Elephant Stomp, Mouse Scuttle, Crab Walk

### Netball Rugby

Any direction pass over head height, must stand still when passing and score in the zone.

### Rollerball Rugby

Any direction pass but ball must be rolled only, must be still when passing and score in the zone

### Small sided games of Conditioned touch

Only pass left, or only pass right encourages running straight

### Running in the Jungle

Start with jogging on the spot, coach calls out hazards and the players have to react accordingly. These are a few but feel free to make up your own.

Can be tiring for Coaches as well!

'Log'	Jump Up
'Branch'	Crouch Low
'Crocodile'	Swimming action
'Bear'	Stop still
'Tarzan'	Tarzan call
'Monkey'	Monkey noises
'Lion'	Lion Roar
'Gorilla'	Beat the chest
'Wasps Nest'	Really fast on the spot



## Praise

During the sessions the children will build in confidence as they start converting the skills being shown them in the games into abilities. As they progress it is important to recognise and reward those abilities as the players achieve and master them.

Physical ability	Running, placing, picking up, catching, passing
Technical ability	Listening to instruction, calling for the ball, communicating, mixing the physical abilities
Sportsmanship	Cheering each other on, accepting winning and losing, respect for the game and its officials
Conduct	Positive behaviour towards each other, cheering for each other, taking turns, showing respect for each other, the coaches and the parents
Commitment	Interest in rugby and sport in general, playing and practising outside the lessons

## Age Grade Rugby

Develop the Whole Player

It's not just the fastest runner or top try scorer.

Adopt a Player-Centred Approach to Playing and Training

Let them find the solution or adaptation to play

Grouping of Players

Mixing players with differing skills, abilities and sizes has proven long term improvement for the squad.

Off Field Activities

Encourage self practice, watch the premiership/world cup games, come and watch a Mens or Ladies home game.

## Tours

Best way of bonding players and parents, ask other groups for ideas and check with Jok and Waheed how to authorise.

## Camps

Serge Betsen Rugby run camps at Twyford Avenue every half term and school holidays

## Coaches Kitbag

Below is a suggested list of contents for your kit bag, if you have any other must haves let us know.

- Ball Pump
- Pen & Paper
- All Weather Clipboard
- Sandwich bags for keeping mobiles dry
- Whistle
- Box of spare boot studs and stud keys
- Electrical tape
- Spare mouldable mouthguard
- Water Bottle

Please use the Coaches order form attached to get your coaches kit, the club will fund the first £40 of items, place the order then request a reimbursement from Waheed Aslam.


## First Aid Kitbag

- |  |   |
|--|---|
| 1 x Accident book                            | 1 x Tuffkut scissors                      |
| 1 x Pen                                      | 1 x Foil blanket                          |
| 1 x Antibac hand gel                         | 2 x Pair first aid gloves                 |
| 2 x Large first aid dressings                | 10 x Sterile saline wipes                 |
| 2 x Medium first aid dressings               | 1 x Sterile swabs 10 x 10cm, 5 pack       |
| 1 x Small first aid dressing                 | 1 x Sterile swabs 7.5 x 7.5cm, 5 pack     |
| 1 x Low adherent dressing pad<br>10 x 10cm   | 1 x Sterile swabs 5 x 5cm, 5 pack         |
| 2 x Low adherent dressing pad<br>7.5 x 7.5cm | 1 x Conforming bandage 10cm               |
| 2 x Low adherent dressing pad 5 x 5cm        | 1 x Conforming bandage 7.5cm              |
| 10 x Washproof plasters, assorted            | 1 x Conforming bandage 5cm                |
| 2 x Big plasters 8 x 6cm                     | 1 x Cohesive bandage 5cm                  |
| 2 x Big plasters 10 x 7cm                    | 1 x Elastic adhesive bandage 2.5cm        |
| 2 x Big plasters 10 x 9cm                    | 1 x Assorted wound closure strips, 8 pack |
| 2 x Triangular bandages, non-woven           | 2 x Sterile saline pods                   |
| 2 x Sterile eye pads                         | 1 x Mouth-to-mouth shield                 |
| 1 x Pocket Mask                              | 6 x Safety pins                           |
| 1 x Microporous tape                         | 2 x Clinical waste bags                   |
|  | 1 x Sterile saline bottle, 250ml          |
|  | 3 x Instant ice packs                     |

Face masks and/or Face shield

## Club Contacts

President	Sol N’Jie	sn_jie@hotmail.com
Club Chairman	Richard Green	richard.green@waspsfc.co.uk
Director of Women’s Rugby	Giselle Mather	giselle.mather@waspsfc.co.uk
Mens Coach	Martin Crossan	MartinCrossan@RFU.com
Mens Fixture Secretary	Richard Green	richard.green@waspsfc.co.uk
Club Manager	Kate Hallet	kate@waspsfc.co.uk
Webmaster	Dom Benson	dom.benson@gmail.com
Bar Manager	Chelsea De Villiers	office@wasps.co.uk
Groundsman	Michael Cosgrove	mick_cosgrove@yahoo.co.uk
Catering Manager	TBC	
Chair of Ladies	Kasey Allen	waspsladies@waspsfc.co.uk
Chair of Youth	Jok Dunbar	jokdunbar@me.com
Chair of Minis	Waheed Aslam	waheed.aslam@waspsfc.co.uk
Governance	Graeme Alfie-Cook	ghbac@icloud.com
Disciplinary Secretary	Richard Green	richard.green@waspsfc.co.uk
Safeguarding Officer	Andrew Bull	safeguarding@waspsfc.co.uk
Minis Fixtures Secretary	Stacey Reyes	<u>reyes_sh@yahoo.co.uk</u>
DBS Checks		
Minis & Youth	Jok Dunbar	jokdunbar@me.com
Mens & Ladies	Kasey Allen	waspsladies@waspsfc.co.uk
Club Coach Coordinator	Jok Dunbar	jokdunbar@me.com
First Aid Coordinator	Gary Anderson	garyanderson@performanceforensics.co.uk
Serge Betsen Rugby	Serge Betsen	contact@sergebetsenrugby.com



## Coaches Order Form

**Name:**

**Position:**

**Contact Number:**

**Delivery Address:**

Product	Sizes					QTY
	Small	Medium	Large	XL	2XL	
Performance Tee						0
Southland Track Pant						0
Classic Hoodie						0
Narita Pullover Smock						0
Navigaror Jacket						0
						0

**Process**

- Confirm name, position, age group tat you are working with and delivery address
- Confirm items and sizes required
- Once completed send to [shanem@samurai-sports.com](mailto:shanem@samurai-sports.com)
- Your order will then get processed and sent back for approval & payment
- Once payment has been made your items will be dispatched to your chosen delivery address
- Claim back £40.00 from Waheed Aslam



**Wasps FC Rugby  
2020/21 Season**

**Player of the Week**

**Awarded to**



**For an outstanding  
contribution to the team**

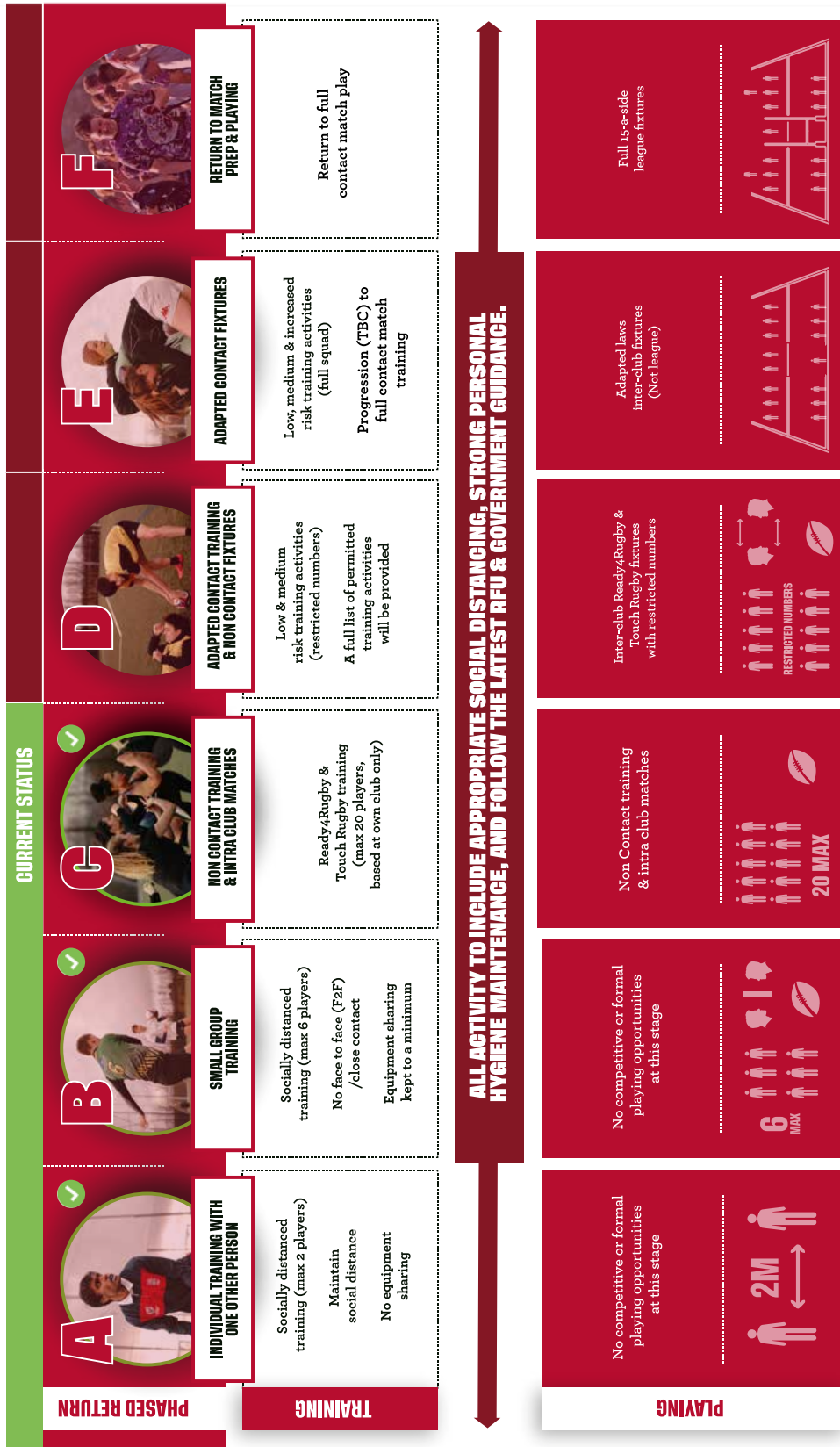
**(As nominated by the Coaches)**

Signed:.....

Date:.....

# RETURN TO RUGBY ROAD MAP: COMMUNITY GAME AUGUST 2020 UPDATE

AT EACH STAGE THE STATED ACTIVITY IS THE MAXIMUM PERMITTED, HOWEVER ALL ACTIVITIES IN PREVIOUS STAGES ARE ALSO PERMITTED. FURTHER DETAILED GUIDANCE ON ALLOWABLE ACTIVITIES AT EACH STAGE WILL BE PROVIDED.




**ALL ACTIVITY TO INCLUDE APPROPRIATE SOCIAL DISTANCING, STRONG PERSONAL HYGIENE MAINTENANCE, AND FOLLOW THE LATEST RFU & GOVERNMENT GUIDANCE.**



## READY4RUGBY

**Under 7's and under 8's will continue to play under their current rules of play with the exemption of the tag tackle. (see regulation 15 appendix 1 and 2).**

- The tag tackle will be replaced by a touch tackle on the waist or below of the ball carrier by a defender.
- After a touch tackle by a defender on the ball carrier, they must stop and pass the ball to a support player.
- Progression can lead to the ball carrier having the option to pass or continue running after the first touch tackle until a second touch tackle is made by a defender based on the stage of the players in the game.
- Progression of the ball carrier throwing the ball in the air and catching after a second touch tackle before passing can be introduced at an appropriate stage for the players.




<b>MIN</b>	<b>70M X 50M PLUS IN GOAL AREA</b>
<b>MAX</b>	<b>80M X 70M PLUS IN GOAL AREA</b>
<b>AGE GRADE RUGBY</b>	<b>FOLLOW PITCH SIZE GUIDANCE, PLAYING NUMBERS AND DURATIONS FOR EACH SPECIFIC AGE GROUPS</b>

\*A min of 5m and max of 10m in-goal area must be provided

## GAME RECOMMENDATIONS

- **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



## 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.

## Defend

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.