



## Minety RFC – Coach Induction

<b>Coach:</b>	<b>Induction by :</b>	<b>Date:</b>
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<b>Administration</b>	1	Coaching Records updated	
	2	Added to Email Distribution List	
	3	Coaches Top - issued	
	4	Web site update	
	5	GMS Update / Registration No	
	6	DBS Clearance	
	7	Data Stick -issued	
	8	Fixture list - issued	
<b>Minety RFC</b>	1	History / structure / MPFA	<a href="http://www.minetyrfc.com/?page_id=5385">http://www.minetyrfc.com/?page_id=5385</a>
	2	Finance – principles / subs / kit / shop / fund raising	
	3	Membership - RFU / Club / Passes	
<b>Facilities</b>	1	Club / Grounds / Equipment / Keys	Equipment list attached
<b>Coaching (Inc Refereeing)</b>	1	Job Description / Codes of conduct	Both attached
	2	Coaching Courses Booklet	Booklet attached
	3	Initial Training (Concussion / Play it Safe)	<a href="http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/">http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/</a>
	4	Attending Courses	Policy Attached
	5	Resources–DVD / Data Sticks / Links / Course Booklet / RFU	Attached
<b>Playing</b>	1	Laws / Regulations / Rules of play	<a href="http://rugbyready.worldrugby.org/?language=en">http://rugbyready.worldrugby.org/?language=en</a> <a href="http://www.englandrugby.com/governance/regulations/">http://www.englandrugby.com/governance/regulations/</a> <a href="https://www.englandrugby.com/my-rugby/coaches/new-rules-of-play/">https://www.englandrugby.com/my-rugby/coaches/new-rules-of-play/</a>
	2	Teams	
	3	Representative Rugby	
	4	Fixtures – arrangements / locations	Fixture list attached
	5	Safety	
<b>Outreach</b>	1	School Liaison / Fetes / Festivals / TAG Festival etc	
<b>Support Infrastructure</b>	1	Social – awards, parties, tours, trips, social activities	
	2	Volunteers – roles, vacancies	
	3	Safeguarding - Officer / DBS / Policies / Codes of Conduct	



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## Minety RFC and TREDs

Rugby's values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship are what makes the game special for those who enjoy the environment and culture they create. They define the game and define England Rugby.

<b>T</b>	<b>Teamwork</b> Teamwork is essential to our sport. We welcome all new team members and include all because working as a team enriches our lives. We play selflessly: working for the team, not for ourselves alone, both on and off the field. We take pride in our team, rely on one another and understand that each player has a part to play. We speak out if our team or sport is threatened by inappropriate words or actions.
<b>R</b>	<b>Respect</b> Mutual respect forms the basis of our sport. We hold in high esteem our sport, its values and traditions and earn the respect of others in the way we behave. We respect our match officials and accept their decisions. We respect opposition players and supporters. We value our coaches and those who run our clubs and treat clubhouses with consideration.
<b>E</b>	<b>Enjoyment</b> Enjoyment is the reason we play and support rugby union. We encourage players to enjoy training and playing. We use our sport to adopt a healthy lifestyle and build life skills. We safeguard our young players and help them have fun. We enjoy being part of a team and part of the rugby family.
<b>D</b>	<b>Discipline</b> Strong discipline underpins our sport. We ensure that our sport is one of controlled physical endeavour and that we are honest and fair. We obey the laws of the game which ensure an inclusive and exciting global sport. We support our disciplinary system, which protects our sport and upholds its values. We observe the sport's laws and regulations and report serious breaches.
<b>S</b>	<b>Sportsmanship</b> Sportsmanship is the foundation upon which rugby union is built. We uphold the rugby tradition of camaraderie with teammates and opposition. We observe fair play both on and off the pitch and are generous in victory and dignified in defeat. We play to win but not at all costs and recognise both endeavour and achievement. We ensure that the wellbeing and development of individual players is central to all rugby activity.



## The Coach

### **Main Purpose of the Role:**

To be responsible for the rugby education, safety and enjoyment of all players in their charge.

### **Actual Duties**

#### *Coaching Standards*

##### Coaches will

- Give a professional impression and be a positive role model for their players
- Arrive early to sessions, carry out an inspection of the playing area and set up before players and parents arrive
- Start and finish on time
- Arrange appropriate cover for sessions they cannot attend
- Clear away all equipment after each session (using players to help from as early an age as is practical)
- Encourage players to turn out appropriately for training and matches

##### Rugby Sessions will

- Be active involving all players all the time
- Be purposeful with clear objective
- Above all be enjoyable and safe
- Encourage inclusion and team ethos

#### *Communication*

##### Coaches will

- Provide regular feedback to players and parents
- Provide positive and constructive feedback at all times
- Ensure all players are aware of match day arrangements.
- Make a courtesy call to players who have been absent for 4 consecutive sessions
- After each training session (Mini & Midi) coaches will provide a team and parent debrief
- Maintain contact with injured players if out of the game more than 4 weeks

#### *Club Policies*

Coaches will familiarise themselves and apply Club policies and practices in particular:

- Equity Policy
- Safeguarding Policy
- Codes of Conduct

### *Coach Development*

- The club supports coaches in attaining coaching qualifications and will reimburse the course fee. (See policy).
- All coaches are encouraged to undertake courses relevant to the age group they work with.:

### *Player Welfare*

- All coaches to undergo club induction
- All coaches will apply for DBS clearance
- All coaches will be encouraged to undertake
  - On line concussion training
  - Play it safe
  - First Aid

### *Player Development*

Coaches will deliver their sessions in line with the following aims to:

- Maximise the potential of all players
- Develop thinking players,
- Provide players with a thorough understanding of the game
- Deliver coaching in a democratic way which is both player centred and game focussed.
- Focus on the long term development of players.



## Coaches' Code of Conduct

### **Coaches should always**

1. Maintain the interest & motivation of the players through the use of positive encouragement and by making training enjoyable and fun (Players learn and remember more through doing and self discovery guided by their coach).
2. Encourage players to accept responsibility for their own actions
3. Encourage players to develop a sense of sportsmanship & fair play. Be a positive role model.
4. Plan activities taught / drills used, appropriate for the age, skill, maturity & experience of the players concerned, to ensure the well being and enjoyment of players is maintained.
5. Promote a good image of the sport & the club through maintaining high standards of both behaviour and application.
6. Coach to the rules laid down in the Rugby Continuum and keep themselves updated on rule changes.
7. Ensure all players are coached in a safe environment: -
  - Adequate first aid readily to hand
  - Players should never be exposed to extremes of heat, cold or unacceptable risk of injury
8. Be aware of, and abide by, the RFU recommended procedures for taking young people on residential tours at home and abroad.
9. Be aware of and abide by the policies and procedures outlined in the Policy and Procedures for the safeguarding of Young People in Rugby Union.
10. Respect all referees and the decisions they make, even if they appear to make a mistake, (remember it could be you refereeing next week) and ensure that the players recognise that they must do the same.
11. Follow best practice guide lines for matches (Separate document)

### **Coaches should never**

1. Make use of negative criticism or discouraging language
2. Use exercise as a punishment
3. Encourage players to take part in events which are unsuited to their level of skill or development
4. Condone cheating or other forms of unacceptable behaviour
5. Place themselves in a position which could compromise the position of trust between the coach & player.



## Attending Training Courses

### Purpose

To set out the club's conditions and procedures for funding attendance on training courses.

### Applicable for:

- Coaching Courses
- Referee Courses
- Safeguarding Courses
- First Aid Courses
- Other courses as determined

### Policy Statement

Minety RFC encourages all its volunteers to attend relevant training courses and will fund the course cost on the following conditions:

1. It is relevant to the volunteer's role within the club.
2. The volunteer commits to reinvesting his/her new skills with the club for a period of 2 seasons.
3. The club has sufficient funds at that time to be able to afford the course. Priority will be given to courses that reflect meeting the minimum standards set by the club.

### Procedure

1. Once an individual has identified a relevant course they must discuss its suitability with the person responsible for those activities in the club (see below). He / she will confirm its relevance and the availability of funding.
  - Coaching – Head of Rugby Operations
  - Refereeing – Referee Co-ordinator
  - Safeguarding courses – Safeguarding Officer
  - First Aid – Head of Rugby Operations
2. Once agreed, it is up to the individual to liaise with the RFU (or other relevant body) to book on the course.
3. The individual pays for the course and claims the money back from the club upon successful completion of the course.
4. Request for refunds must be accompanied with a receipt and claimed through the responsible person who will update the club's training records.

**Notes:**

1. The club welcomes volunteers who wish to contribute to the cost of their training.
2. Should an individual not complete or fail the course then this should be discussed with the person responsible for those activities in the club. Funding in these instances will be at the discretion of the club (junior or senior) treasurer and responsible person.
3. Should the volunteer withdraw their services within the 2 year period then the individual is liable to refund the club 50% of the cost waived only at the discretion of the club (junior or senior) treasurer and responsible person.

**Exception**

Should a large number of volunteers attend a particular course then to ease administration the club may block book and pay for attendees.





## **Minety RFC Coaching Induction Pack**



**England  
Rugby**

## **England Rugby Training Courses 2018/19**

*Think Rugby: The Game; Value and Culture; Education and Development*

*Putting Player welfare at the heart of the game*

### **Contents**

What courses are right for you?

Player Welfare

Coaching

Match Officiating

For further information about applying for any of these courses, please contact .....



## What England Rugby Training is appropriate for you?

### Recommended for all

<b>Headcase Online Concussion Module</b>
<b>Play it Safe</b>
<b>Emergency First Aid in Rugby Union</b>

### Who do you work with?

Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13
				England Rugby Coaching Award		
Age Group Specific Quilter Kids First CPD Courses						
				Quilter Kids First Refereeing Children		
				Scrum Factory		

Under 14	Under 15	Under 16	Under 18	Adult
<b>England Rugby Coaching Award</b>				
<b>England Rugby Refereeing Award</b>				
<b>Scrum Factory</b>				
<b>Continuous Match Official Development Courses</b>				
<b>Coaching U14 Rugby, CARDS, Principles of Attack, Principles of Defence, Coaching GameChangers</b>				
<b>Director of Rugby Course</b>				
<b>Level 3 Coaching Course</b>				
<b>Level 4 Coaching Course</b>				

## Do You Have a Specific Role?

Role	Training Course
Primary School Teacher	Quilter Kids First Rugby - Schools
Secondary School Teacher	Rugby Union in Secondary Schools
Safeguarding Officer/Manager	In Touch Course
Pitch Side Medical Practitioner	PHICIS Level 2
Advanced Pitch Side Medical Practitioner	PHICIS Level 3



# KEEP YOUR BOOTS ON!

## Keep Your Boots On!

Whether you are thinking of becoming a rugby coach, referee or medic, the Keep Your Boots On! Website is where to find the best advice on how to get started.

<https://keepyourbootson.co.uk/>

Use the KYBO! Course Locator to make it easier to find and register for a course near you. Sign up to receive eMail Tips.

More men and women want to play the game, whether it's O2 Touch, Rugby Sevens or 15-a-side.

That means we need more coaches, Referees and Medics. We need people like you with a passion and enthusiasm to **Keep Your Boots On!**

## Player Welfare

Course Title	Course Descriptor
<b>Rugby Ready</b> <b>Cost: £15</b> <b>Duration: 3 hours</b> <b>Min. Age: 14</b>	<p>The Rugby Ready course is targeted at coaches and match officials and provides information on the importance of sufficient and appropriate preparation for training and playing while reducing the risk of serious injury.</p>
<b>Headcase Online Concussion Module</b> <b>Cost: Free</b> <b>Duration: 30 minutes</b> <b>Min. Age: Open</b>	<p>Part of the RFU's "Don't be a headcase" concussion education programme, these 20 minute online courses will explain what concussion is, how it happens and what individuals can do to help players avoid injury or return safely to playing following a concussion. There are modules for coaches, match officials, players, teachers and parents/guardians.</p> <p>It is available at <a href="http://www.englandrugby.com/headcase">www.englandrugby.com/headcase</a></p>
<b>Emergency First Aid in Rugby Union Delivery Option 1</b> <b>Duration: 1 x 9 hour day</b> <b>Cost: £50</b>  <b>Delivery Option 2</b> <b>Duration: 3 x 3 hour evening modules</b> <b>Cost: £75</b>  <b>Min. Age: 16</b>	<p>The EFARU provides learners with the skills, knowledge and understanding required to give care and manage minor injuries and illness and potentially life threatening conditions specifically focusing on those occurring in a rugby environment. The EFARU course sits on the national qualification framework and is recognised as an equivalent to the Emergency First Aid at Work (EFAW) and is transferable into the work place. The course includes extra rugby specific elements and is designed for coaches, referees and volunteers who are designated as a first aider and are responsible for providing pitch side cover at both training and matches.</p>
<b>PHICIS L2</b> <b>Cost: £300</b> <b>Duration: 10 hours+ online</b> <b>Min. Age: 18</b>	<p>This course is for pitch side practitioners seeking an introduction to the delivery of immediate care in sport. The course will address the Immediate Care training needs of doctors, physiotherapists and postgraduate allied medical personnel working within rugby and other contact sports.</p> <p>It is approved by the Faculty of Pre Hospital care - Royal College of Surgeons of Edinburgh and is specifically designed to address the needs of those working within rugby union. The course draws on existing hospital emergency care courses, i.e. ALS, ATLS, and pre-hospital immediate care courses, i.e. PHEC, but has additional rugby/collision sport specific modules such as the on field assessment of concussion, wound care and wound closure.</p>
<b>PHICIS L3</b> <b>Cost: ICIS Level 3 works on a four year cycle as follows and the course fees are £600 for 2 day courses and £400 for 1 day courses:</b> <b>Year 1 First course (2 days) - £600, Year 2 Re-accreditation (1 day) - £400, Year 3 Re-accreditation</b>	<p>This course is for pitch side practitioners seeking advanced skills in the delivery of immediate care in sport. The ICIS Level 3 course will address the Immediate Care training needs of doctors, physiotherapists and postgraduate allied medical personnel working at the professional/ performance level of rugby and other contact and collision sports. It is approved by the Faculty of Pre Hospital care - Royal College of Surgeons of Edinburgh and is specifically designed to address the needs of those working within rugby union. The course draws on existing hospital emergency care courses, i.e. ALS, ATLS, and pre-hospital immediate care courses, i.e. PHEC, but has additional rugby/collision sport specific modules such as the on</p>

<b>(1 day) - £400, Year 4 Recertification (2 days) - £600</b>  <b>Min. Age: 18</b>	field assessment of concussion, wound care and wound closure.
<b>Play it Safe Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 16</b>	This course is for any volunteer, coach or match official who is working or has responsibility for children and vulnerable adults within rugby. Identifying best practice, it provides information and guidance on the responsibilities and support available for ensuring children and vulnerable adults are safeguarded appropriately.
<b>RugbyAware Cost: Free</b> <b>Duration: 1.5 hours Min. Age: Open</b>	RugbyAware is an annual campaign where clubs have the opportunity to host a session to engage their members and parents. Whether a coach, match official, teacher, parent, volunteer or player the RugbyAware sessions are an opportunity for everyone involved in rugby union to gain knowledge and understanding on some of the current topics in the game.
<b>Activate - Injury Prevention Exercise Programme</b> <b>(<a href="http://www.englandrugby.com/activate">www.englandrugby.com/activate</a>)</b> <b>Cost: Free Duration: 2.5 hours Min. Age: Open</b>	The Activate - Injury Prevention Exercise programme is based on a research which found the targeted exercise programme to significantly reduce rugby injuries including by over 70% and concussion. The session equips coaches and teachers with the key components of the exercises and provides ideas on how to implement the programme as part of existing rugby and PE sessions. These sessions are supported with online resources including videos and downloadable content.

## Coaching

Course Title	Course Descriptor
<b>England Rugby Coaching Award (Level 2)</b> <b>Cost: £150</b> <b>Duration: 3 days</b> <b>Min. Age: 16</b>	<p>This course is an entry point for coaches working with players of U9 and above, it is tailored to the needs of the players you are coaching. It provides coaches with the knowledge, skills and attributes to effectively coach young players and adults and is an Accredited UKCC Level 2 qualification. Attendees must have completed the RFU online Headcase module prior to attending the course.</p>
<b>England Rugby Coaching Award (Level 2) 1:1 Route</b> <b>Cost: £415</b> <b>Min Age: 16</b>	<p>This course can now be offered as a 1:1 route to achieving the qualification. Book online and England Rugby will allocate you with a course tutor. They will visit you 4 times in your own coaching environment to observe your coaching. You will also be required to complete online modules and compile a portfolio of evidence.</p>
<b>Towards Level 3 Development Day course</b> <b>Cost: £30</b> <b>Duration: 6 hours</b> <b>(3 hour Learning/3 hours face to face workshop)</b> <b>Minimum Age: 18</b>	<p>This course is for coaches wishing to apply for the Level 3 RFU Advanced Coaching Award. It will explore the model of developing players who are Creative, Aware, Resilient, Decision Makers and Self Organisers. Attendees will be encouraged to reflect on their current coaching practice and content will support their Level 3 application. Attendance on this course is a prerequisite for those wishing to apply for the Level 3 Advanced Coaching Award.</p>
<b>UKCC Level 3: RFU Advanced Coaching Award</b> <b>Cost: £1,000</b> <b>Duration: 3 days plus full season programme</b> <b>Min. Age: 18</b>	<p>The course consists of 3 modules, 2 of which are delivered face-to-face, and one as development in the coaching workplace, supported by a trained RFU mentor. The course lasts one year and applicants should make themselves available for all modules. The course is a mixture of practical and classroom based activities. The coach must be aged 18 years of age or over and hold a Level 2 or equivalent Rugby Coaching Qualification. The coach must demonstrate evidence of regularly attending recent coach development courses, seminars or coaching conferences &amp; must have significant experience of coaching within or managing a 15-a-side team or programme. Attendance at Advanced CPD – Minimum 2 as pre-requisite prior to application.</p>
<b>UKCC Level 4: Coaching Rugby Union</b> <b>Cost: £3,300</b> <b>Duration: 12 days across 10 months of study</b> <b>Min. Age: 18</b>	<p>The Level 4 Course in Coaching Rugby Union has been developed in line with UK Coaching Certificate (UKCC) criteria. The course is postgraduate in nature and it is intended that coaches on the course receive academic credit for achieving Level 4 in partnership with a Higher Education (HE) institution (subject to achieving the required standard of a prescribed supplementary module and paying the HE administration and management fee - amount to be confirmed). For admission to the UKCC Level 4 Rugby Union course applicants will normally require evidence of the following criteria: UKCC endorsed Level 3 Award or equivalent, Appropriate experience of talent development, performance or elite coaching in Rugby Union, Evidence of a capacity for extended study at postgraduate level and demonstration of currency, involvement in the sport, and commitment to the game.</p>

<b>Quilter Kids First U7 Tag</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	The U7 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. It will explore the U7 Tag Rugby rules and the core skills needed to play Tag Rugby.
<b>Quilter Kids First U8 Tag</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	The U8 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. It will explore the changes to Tag Rugby rules at U8 and the core skills needed to play Tag Rugby.
<b>Quilter Kids First U9</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	The U9 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. It will focus on the introduction to tackling and the rules associated with the tackle and offside.
<b>Quilter Kids First U10</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	The U10 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. It looks safely and effectively coaching the scrum, ruck and maul and the rules associated with introducing these elements of the game.
<b>Quilter Kids First U11</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	The U11 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. This workshop explores further progressions in the scrum and tackle area, as well as kicking.
<b>Quilter Kids First U12</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	The U12 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. This workshop looks at safe coaching of pushing in the scrum, coaching the 5 man scrum and changes to the rules at the tackle area.
<b>Quilter Kids First U13</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	The U13 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. This workshop explores further developments to the scrum and kicking.
<b>Quilter Kids First Rugby – Primary Schools</b> <b>Cost: £25</b> <b>Duration: 3 hours</b> <b>Min. Age: 18</b>	Developing children as confident, capable young people first is at the core of the Rugby Football Union's offer to all schools. Using Rugby Union as a vehicle for developing a young person's personal and social skills alongside their rugby skills can have a dramatic impact on all aspects of their life and has real whole school impact. This course will support primary school staff to develop an understanding of how to teach rugby union in a fully inclusive, engaging and enjoyable manner and help them to use Rugby Union to meet the outcomes of the National Curriculum for Physical Education.
<b>Rugby Union in Secondary Schools</b> <b>Cost: £40</b> <b>Duration: 1 day</b> <b>Min. Age: 18</b>	Developing children as confident, capable young people first is at the core of the Rugby Football Union's offer to all schools. Using Rugby Union as a vehicle for developing a young person's personal and social skills alongside their rugby skills can have a dramatic impact on all aspects of their life and has real whole school impact. This course will support secondary school staff to develop an understanding of how to teach rugby union in a

	<p>fully inclusive, engaging and enjoyable manner. It will help them to develop confidence in teaching and officiating the contact elements of rugby union in a safe and effective manner, and how to build the game progressively to enable students to play competitive rugby.</p>
<p><b>Scrum Factory</b>  <b>Cost: £15</b>  <b>Duration: 2.5 hours</b>  <b>Min. Age: 14</b></p>	<p>The Scrum Factory aims to increase the number of players able to play in the scrum, particularly the front row. The course is designed to help coaches, match officials and players to understand individual and collective techniques, as well as position specific conditioning. Meaningful sessions can be delivered regardless of numbers attending training and with minimal equipment and expense to the club or school.</p>
<p><b>Coaching U14 Rugby</b>  <b>Cost: £15</b>  <b>Duration: 2.5 hours</b>  <b>Minimum Age: 14</b></p>	<p>The U14 workshop will introduce learners to coaching 15 a side rugby. It will continue to utilise the Kids First philosophy by coaching through adaptive games and the principles of play, and is designed to support coaches to successfully transition players into the 15 a side game from Kids First rugby.</p>
<p><b>CARDS</b>  <b>Cost: £15</b>  <b>Duration: 2.5 hours</b>  <b>Minimum Age: 14</b></p>	<p>This course explores how coaches can develop and use the England Rugby model of developing players who are Creative, Aware, Resilient, Decision Makers and Self - Organisers. We will explore how using challenges and creating problems for players to solve can help develop these skills along with examining of the coaches actions and behaviours to support.</p>
<p><b>Principles of Attack</b>  <b>Cost: £15</b>  <b>Duration: 2.5 hours</b>  <b>Minimum Age: 14</b></p>	<p>This course has a blend of theory and practical and will look at exploring the England Rugby principles of attack- Go Forward, Support, Continuity and Pressure. The practical activities are designed to help coaches to challenge player's creativity, decision making and self-organisation in attack and includes the use of effective contact skills.</p>
<p><b>Principles of Defence</b>  <b>Cost: £15</b>  <b>Duration: 2.5 hours</b>  <b>Minimum Age: 14</b></p>	<p>This course is a blend of theory and practical which will look at exploring England Rugby's principles of defence which are:</p> <ul style="list-style-type: none"> <li>Assess threats</li> <li>Cut down options</li> <li>Get the ball back.</li> </ul> <p>The practical activities are designed to help the coach to challenge player's decision making and self-organisation in defence, whilst developing tackle technique.</p>
<p><b>Coaching GameChangers</b>  <b>Cost: £15</b>  <b>Duration: 2.5 hours</b>  <b>Minimum Age: 14</b></p>	<p>This workshop explores ideas around shaping and sharing meaningful game based practices to effectively facilitate player development within a fun and inclusive environment. Attendees will be helped to understand the key principles that are necessary for effective game design through a blend of theory and practical. Those attending will leave with tangible ideas around 'what' and 'how' to coach through effective Game Zones.</p>
<p><b>Managing</b>  <b>Contact Cost: £15</b>  <b>Duration: 2.5 hours</b>  <b>Min. Age: 14</b></p>	<p>Using intelligence from the RFU Injury survey to identify risk areas of the game, Managing Contact is a practical course supported by online footage which looks at how techniques from other sports such as Grappling and Judo to help coaches develop players who are physically prepared and have safe and effective skills in the contact area.</p>



<b>Director of Rugby Course</b> <b>Cost: £600</b> <b>Duration: 4 days</b> <b>Min. Age: 18</b>	<p>The Director of Rugby course has been developed by the RFU in partnership with the Ashridge Sport and Business Initiative to develop and support a generation of dynamic and inspirational leaders for the game. It is aimed at those leading rugby programmes in Clubs, Schools, Colleges and Universities. The course will develop leadership and management themes, but set them firmly in an applied rugby context.</p>
<b>Inside 7s – January to April</b> <b>Cost: Free</b> <b>Duration: 4 online modules</b> <b>Min. Age: Open</b>	<p>Available from January to April, Inside 7s is an online coaching course released in weekly chapters. England 7s Head Coach Simon Amor works with the England team, explaining Coaching of Attack, Defence, Passing and realignment, and the Breakdown.</p>

## Match Officiating

Course Title	Course Descriptor
<b>England Rugby Refereeing Award (Level 2)</b> <b>Cost: £75 Duration: 2 days</b> <b>Min. Age: 14</b>	This course is the entry point for those wishing to referee the 15 a side game, it provides referees with the knowledge, skills and attributes to effectively referee young players and adults and is an accredited L2 qualification. Prior to participating attendees must have completed the RFU online Headcase module and the World Rugby online Laws test.
<b>England Rugby Refereeing Award (Level 2) 1:1 Route</b> <b>Cost: £415 Min Age: 14</b>	This course can now be offered as a 1:1 route to achieving the qualification. Book online and England Rugby will allocate you with a course tutor. They will visit you 4 times to observe your refereeing in training sessions and match environments. You will also be required to complete online modules and compile a portfolio of evidence.
<b>Quilter Kids First Refereeing Children</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	This course has been designed specifically for those who wish to start their refereeing career by refereeing children (U7-U13). This course will provide you with a solid basis on which you can continue to build and improve your skills as a referee of children. Before attending the course participants should complete Kids First Refereeing Children Online test.
<b>Continuous Match Official Development Tackle</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	This course supports the candidates to develop an understanding of Law 15 the tackle, supporting a safe playing environment. Attendees develop an understanding of what the tackle may be like at the level they officiate, review how the tackle is managed at the level they officiate and consider how they plan to officiate the tackle in their next game.
<b>Continuous Match Official Development Ruck</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	This course will develop further a candidate's understanding of Law 16 the ruck, supporting a safe playing environment. Attendees develop further understanding of what the ruck may be like at the level they officiate, review how the ruck is managed at the level they officiate and consider how they plan to officiate the ruck in their next game.
<b>Continuous Match Official Development Maul</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	This course will develop further a candidate's understanding of Law 17 the maul, supporting a safe playing environment. Attendees develop further understanding of what the maul may be like at the level they officiate and review how the maul is managed at the level they officiate.
<b>Continuous Match Official Development Scrum</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	This course will support the candidate's understanding of the purpose of the scrum. Attendees will understand and recognise a safe and effective body position/shape for the scrum. The course will increase the candidate's confidence in managing the scrum and help attendees consider how they plan to officiate the scrum in their next game.
<b>Continuous Match Official Development Refereeing Sevens</b>	This course helps candidates develop knowledge of the 7s Laws variations, develop an understanding of the Principles of Play, understanding 7s: How does it

<b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	impact our officiating of 7s and consider how they might plan to next referee 7s.
<b>Continuous Match Official Development Match Preparation</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	This course prepares candidates to recognise and understand the importance of pre-match preparation (mental and physical) and provides a framework for developing and completing a Personal Development Plan. It aims to increase the candidate's awareness of the benefits to them and the game of planning and preparation.
<b>Continuous Match Official Development Understanding the Game</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	This course provides candidates with an understanding of the Principles of Play. Through practical application consider the laws in relation to these attendees develop an understanding of how the principles of play may be used by teams.
<b>Continuous Match Official Development Communication and Management</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	This course provides candidates with an understanding of why and how conflict can escalate. They will learn how to prepare identified strategies for which to avoid and deal with conflict between themselves and Coaches & Captains. Attendees will develop an awareness of how to receive and benefit from feedback with the opportunity to develop practice.
<b>Continuous Match Official Development Assistant Referee &amp; Touch Judge</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	This course prepares candidates to understand their responsibilities as a Touch Judge (TJ) or Assistant Referee (AR). They will develop understanding of the laws around touch and be able to put them into practice confidently and know how to signal correctly with best practise around positioning.
<b>Continuous Match Official Development Advantage</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	This course develops candidates understanding of Law 8 and the purpose of "advantage". They will understand and recognise the different types of advantage and increase the candidates confidence in using and applying advantage.
<b>Continuous Match Official Development Use of Sanctions (Yellow &amp; Red card)</b> <b>Cost: £15</b> <b>Duration: 2.5 hours</b> <b>Min. Age: 14</b>	This course will support the development of candidates in understanding how to apply and use sanctions during a match. It will provide a solid basis on which candidates can continue to build and improve their knowledge, skills and experience.



England Rugby, Rugby House, Twickenham Stadium 200 Whitton Road, Twickenham, TW2 7BA  
 Tel: 0871 222 2120 Fax: 0208 8892 9816

**TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP**

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## Useful Links

World Rugby 'Laws'	<a href="http://rugbyready.worldrugby.org/?language=en">http://rugbyready.worldrugby.org/?language=en</a>
Age Grade Regulations	<a href="http://www.englandrugby.com/governance/regulations/">http://www.englandrugby.com/governance/regulations/</a>
Rules of Play U7-U11	<a href="https://www.englandrugby.com/my-rugby/coaches/new-rules-of-play/">https://www.englandrugby.com/my-rugby/coaches/new-rules-of-play/</a>
Head Case – Adult	<a href="http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/">http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/</a>
Head Case - Junior	<a href="https://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/youth/">https://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/youth/</a>
World Rugby 'Rugby Ready'	<a href="http://rugbyready.worldrugby.org/?language=en">http://rugbyready.worldrugby.org/?language=en</a>
Rugby Safe FAQs	<a href="http://www.englandrugby.com/rugbysafe/guides-and-faqs/">http://www.englandrugby.com/rugbysafe/guides-and-faqs/</a>
RFU Video Library	<a href="https://www.youtube.com/channel/UCZ9bbrN-mWFQYsAR0NKli8Q/playlists">https://www.youtube.com/channel/UCZ9bbrN-mWFQYsAR0NKli8Q/playlists</a>
On Line Academy	<a href="https://www.englandrugby.com/user/login/?SuccessRedirectUrl=/my-rugby/my-rugby-academy/">https://www.englandrugby.com/user/login/?SuccessRedirectUrl=/my-rugby/my-rugby-academy/</a>
Booking on a Course	<a href="https://www.englandrugby.com/my-rugby/courses/search/#/search">https://www.englandrugby.com/my-rugby/courses/search/#/search</a>
Coach Licensing	<a href="https://gms.rfu.com/coachlicensing/">https://gms.rfu.com/coachlicensing/</a>
Coaching through games	<a href="https://www.englandrugby.com/news/gamechangers-live-everything-you-need-know-1327724/">https://www.englandrugby.com/news/gamechangers-live-everything-you-need-know-1327724/</a>
Quilter Kids First U7-U13	<a href="https://www.englandrugby.com/my-rugby/players/kids-first-rugby/#">https://www.englandrugby.com/my-rugby/players/kids-first-rugby/#</a>
Safeguarding	<a href="https://www.englandrugby.com/governance/safeguarding/safeguarding-course-search">https://www.englandrugby.com/governance/safeguarding/safeguarding-course-search</a>
First Aid	<a href="https://www.englandrugby.com/mm/Document/General/General/01/33/15/48/EmergencyFirstAidinRugbyUnionCourse_English.pdf">https://www.englandrugby.com/mm/Document/General/General/01/33/15/48/EmergencyFirstAidinRugbyUnionCourse_English.pdf</a>
Refereeing	<a href="https://www.englandrugby.com/my-rugby/referees/becoming-a-referee/">https://www.englandrugby.com/my-rugby/referees/becoming-a-referee/</a>
Dorset & Wilts RFU	<a href="https://dwrugby.co.uk/">https://dwrugby.co.uk/</a>
Dorset & Wilts Clubs	<a href="https://dwrugby.co.uk/my-club/">https://dwrugby.co.uk/my-club/</a>
Minety Senior Web Site	<a href="http://www.minetyrfc.com/">http://www.minetyrfc.com/</a>
Minety Junior Web Site	<a href="http://www.pitchero.com/clubs/minetyjuniorrugbyclub">http://www.pitchero.com/clubs/minetyjuniorrugbyclub</a>

Minety History	<a href="http://www.minetyrfc.com/?page_id=5385">http://www.minetyrfc.com/?page_id=5385</a>
Dorset & Wilts Div 1 (Minety 1 <sup>st</sup> XV)	<a href="https://www.englandrugby.com/fixtures-and-results/competitions/south-west-division/2018-2019/group/26167#/results">https://www.englandrugby.com/fixtures-and-results/competitions/south-west-division/2018-2019/group/26167#/results</a>
Dorset & Wilts Div 2 (Minety 2 <sup>nd</sup> XV)	<a href="https://www.englandrugby.com/fixtures-and-results/competitions/south-west-division/2018-2019/group/26170#/results">https://www.englandrugby.com/fixtures-and-results/competitions/south-west-division/2018-2019/group/26170#/results</a>



## Summary of Equipment Available

Number	Description	Uses	Links	Outdoor	Indoor	Location	Notes
5	Speed Ladders	Foot speed	<a href="http://www.youtube.com/watch?v=gXkt1txOunI">http://www.youtube.com/watch?v=gXkt1txOunI</a>	Y	Y	Locker 1	
		Upper Body Strength	<a href="http://www.youtube.com/watch?v=_ZaGN3VhgVM">http://www.youtube.com/watch?v=_ZaGN3VhgVM</a>				
3	Plyometric Tables	Drop & Depth Jumps	<a href="https://www.youtube.com/watch?v=J6uVxVBBuLE">https://www.youtube.com/watch?v=J6uVxVBBuLE</a>	Y	Y	Back of Container	No studs
		World's Toughest Exercise- Best exercise for powerful athletic athletes- Great for conditioning	<a href="https://www.youtube.com/watch?v=hda_looCwfE">https://www.youtube.com/watch?v=hda_looCwfE</a> <a href="http://www.youtube.com/watch?v=SPIBCsuLiPM">http://www.youtube.com/watch?v=SPIBCsuLiPM</a>				
6	Harnesses	Resistance running with partner or attached to a tyre as a drag, can be used for body positioning		Y	N	Locker 1	
4	Resistance Belts	Elasticised belts - speed / vertical jump / body positioning - not to be used with a drag	<a href="https://www.youtube.com/watch?v=QHwwHW2duBk">https://www.youtube.com/watch?v=QHwwHW2duBk</a>	N	N	Locker 1	
2	Lateral Resistors	Ankle bands for Speed and Power	<a href="https://www.youtube.com/watch?v=DIFVBNZKNYw">https://www.youtube.com/watch?v=DIFVBNZKNYw</a>	Y	Y	Locker 1	
			<a href="https://www.youtube.com/watch?v=SwGOIKk58yM">https://www.youtube.com/watch?v=SwGOIKk58yM</a>				
20	6" Hurdles		<a href="http://www.youtube.com/watch?v=bLjCgcdVKgw">http://www.youtube.com/watch?v=bLjCgcdVKgw</a>	Y	Y	Locker 2	
6	9" Hurdles		<a href="http://www.youtube.com/watch?v=bLjCgcdVKgw">http://www.youtube.com/watch?v=bLjCgcdVKgw</a>	Y	Y	Locker 2	
10	Evasion Belts	Links to players with Velcro tab, one player tries to break the link through movement the other tries to keep the link intact		Y	Y	Locker 1	
11	Acceleration Canes	Increasing speed and stride length	Place at increasing gaps and run through to increase stride length	Y	N	Locker 1	

2							
			<a href="https://www.youtube.com/watch?v=heD95qVIZhs">https://www.youtube.com/watch?v=heD95qVIZhs</a>				
9 pairs	Boxing Gloves	Upper body speed / strength used with handling exercises to practice under fatigue, use with punch bags, mitts or biff bags		Y	Y	Locker 2	
4	Boxing Mitts	AS above				Locker 2	
2	Punch Bags	As above		Y	N	Locker 1	
Lots	Tyres		<a href="http://www.youtube.com/watch?v=CUeydNUU9Ik">http://www.youtube.com/watch?v=CUeydNUU9Ik</a>	Y	N	Outside	
			<a href="https://www.youtube.com/watch?v=LMNcKZIoOuY">https://www.youtube.com/watch?v=LMNcKZIoOuY</a>				
1	Water Bomb Timer	Soft hands		Y	N	Locker 1	
10	Tennis Balls	Handling skills		Y	Y	Locker 1	
1	Chinning Bar	On side of container	<a href="http://www.exrx.net/WeightExercises/LatissimusDorsi/BWUnderhandChinup.html">http://www.exrx.net/WeightExercises/LatissimusDorsi/BWUnderhandChinup.html</a> <a href="http://www.exrx.net/WeightExercises/LatissimusDorsi/BWCloseGripChinup.html">http://www.exrx.net/WeightExercises/LatissimusDorsi/BWCloseGripChinup.html</a> <a href="http://www.exrx.net/WeightExercises/LatissimusDorsi/BWPullup.html">http://www.exrx.net/WeightExercises/LatissimusDorsi/BWPullup.html</a> <a href="http://www.exrx.net/WeightExercises/LatissimusDorsi/BWRearPullup.html">http://www.exrx.net/WeightExercises/LatissimusDorsi/BWRearPullup.html</a>	Y	N	Outside	
1	Dips Rack	At the back of container	<a href="http://www.exrx.net/WeightExercises/Triceps/CBTriDip.html">http://www.exrx.net/WeightExercises/Triceps/CBTriDip.html</a>	Y	N	Outside	
1 x 8	Speed Rings	Power, speed, co-ordination	<a href="https://www.youtube.com/watch?v=Hf8RjAGYtHk">https://www.youtube.com/watch?v=Hf8RjAGYtHk</a> <a href="https://www.youtube.com/watch?v=HUGjzCr-9do">https://www.youtube.com/watch?v=HUGjzCr-9do</a>	Y	Y	locker 1	
2	Swiss Balls	Body Position / core stability	<a href="https://www.youtube.com/watch?v=31r9mvsSvwC">https://www.youtube.com/watch?v=31r9mvsSvwC</a>	Y	Y	Locker 1	Need inflating
		Lineout throwing	<a href="https://www.youtube.com/watch?v=u5cfrs4MjRQ">https://www.youtube.com/watch?v=u5cfrs4MjRQ</a>				
		Scrummaging	<a href="https://www.youtube.com/watch?v=6zyBsTX0Ox">https://www.youtube.com/watch?v=6zyBsTX0Ox</a>				

			Q <a href="https://www.youtube.com/watch?v=74EnVy7ytWo">https://www.youtube.com/watch?v=74EnVy7ytWo</a>				
	Cones	Agility Cone Drills	<a href="https://www.youtube.com/watch?v=FRWWMRZ_64co">https://www.youtube.com/watch?v=FRWWMRZ_64co</a>				
5	Stop Watches			Y	Y	Locker 1	
1 x 2 0	High Dome Cones			Y	Y	Locker 2	
1 0	Gym Poles	Can be used with the high domes as hurdles		Y	Y	Container	
	Rope	Defensive lines		Y	N	Locker 1	
1	Morgan Pass Developer	Weighted Ball to develop speed & length of pass	<a href="https://www.youtube.com/watch?v=J6w4Rs5r-s">https://www.youtube.com/watch?v=J6w4Rs5r-s</a>	Y	Y	Locker 1	
1	Reflex Trainer	Ball on elastic wrist bands		Y	Y	Locker 1	
5	Tackle Bags	3 senior container - 2 minis in shed - Agility / speed	<a href="https://www.youtube.com/watch?v=RYQKjGsW2XY">https://www.youtube.com/watch?v=RYQKjGsW2XY</a> <a href="https://www.youtube.com/watch?v=yInl7vyXRIY">https://www.youtube.com/watch?v=yInl7vyXRIY</a> <a href="https://www.youtube.com/watch?v=47j6ycug7Rc">https://www.youtube.com/watch?v=47j6ycug7Rc</a>	Y	N	Cont / Jnr Shed	
3	Tackle tube - Rings	Learning / developing tackling (note mini & junior sizes only)	<a href="https://www.youtube.com/watch?v=RynReXHlv4A">https://www.youtube.com/watch?v=RynReXHlv4A</a>	Y	N	Junior Shed	
		Evasion Skills	<a href="https://www.youtube.com/watch?v=20xXEdmMMdc">https://www.youtube.com/watch?v=20xXEdmMMdc</a>				

Other Drills and Exercises	
Plyometric & High Intensity Interval Training	<a href="http://www.youtube.com/watch?v=LLzl1mcvIv8">http://www.youtube.com/watch?v=LLzl1mcvIv8</a>
Plyometrics, Power & Conditioning - Fitness Motivation	<a href="https://www.youtube.com/watch?v=GcGcPRHmtYc">https://www.youtube.com/watch?v=GcGcPRHmtYc</a>
Agility, Speed, Co-ord & Reaction	<a href="http://www.youtube.com/watch?v=2UmRwIMYFLU">http://www.youtube.com/watch?v=2UmRwIMYFLU</a>
Plyometric Exercises	<a href="http://www.exrx.net/Lists/PowerExercises.html">http://www.exrx.net/Lists/PowerExercises.html</a>
	<a href="http://www.youtube.com/watch?v=MPxWwu-rPNk">http://www.youtube.com/watch?v=MPxWwu-rPNk</a>



	<a href="http://www.youtube.com/watch?v=o9mqJtykZnI">http://www.youtube.com/watch?v=o9mqJtykZnI</a>
	<a href="http://www.youtube.com/watch?v=INa8ZIfJeeU">http://www.youtube.com/watch?v=INa8ZIfJeeU</a>
	<a href="http://www.youtube.com/watch?v=CWdn8Adt7P8">http://www.youtube.com/watch?v=CWdn8Adt7P8</a>
	<a href="http://www.youtube.com/watch?v=84Xh1PoQvIA">http://www.youtube.com/watch?v=84Xh1PoQvIA</a>
	<a href="http://www.exrx.net/Lists/PowerExercises.html">Plyometric Exercises (including Boxes – tables) - http://www.exrx.net/Lists/PowerExercises.html</a>
	<a href="http://www.youtube.com/watch?v=gXkt1txOunI">Basic Speed Ladder Drills - http://www.youtube.com/watch?v=gXkt1txOunI</a>
	<a href="http://www.youtube.com/watch?v=bLjCgcdVKgw">Hurdle Drills - http://www.youtube.com/watch?v=bLjCgcdVKgw</a>
	<a href="http://www.youtube.com/watch?v=84Xh1PoQvIA">Everest Climb - http://www.youtube.com/watch?v=84Xh1PoQvIA</a>



## Summary of DVD Content

The following DVDS are available for coaches

<b>Top Coaches DVD 1</b>	<ol style="list-style-type: none"> <li>1. <b>Counter Attack</b> with Paul Hull, Assistant Coach at London Irish</li> <li>2. <b>Early Ball</b> with Rob Smith, Manager at Harlequins</li> <li>3. <b>Coaching Sevens</b> with A Hickling, British Army Rugby Coach</li> <li>4. <b>Refereeing Sevens</b> with Steve Lander, England Referee</li> </ol>
<b>Top Coaches DVD 2</b>	<ol style="list-style-type: none"> <li>1. <b>The Offload</b> with Andy Robinson, England Assistant Coach</li> <li>2. <b>The French Method of Coaching</b> with Pierre Villepreux, International Coach</li> <li>3. <b>Basic Movements in Open Play</b> with Fabrice Brochard French Federation Technical Officer</li> <li>4. <b>Building a Scrum</b> with Brian O'Shea, Australian Rugby Coach</li> </ol>
<b>Top Coaches DVD 3</b>	<ol style="list-style-type: none"> <li>1. <b>Building a Scrum</b> with Brian O'Shea, Australian Rugby Coach</li> <li>2. <b>Continuity</b> with Wayne Smith, Northampton Saints head coach and All Blacks Coach</li> <li>3. <b>Decision Making</b> with Kevin Bowring, RFU's Head of Elite Coaching</li> <li>4. <b>Understanding the Game</b> with Mark Nelson, Coaching team for the England Counties side.</li> </ol>
<b>Top Coaches DVD 4</b>	<ol style="list-style-type: none"> <li>1. <b>The Framework of the Attacking Game</b> - a presentation and practical session with Brian Ashton, the National Academy manager.</li> <li>2. <b>Defence</b> - a practical session with accompanying explanation of theory by John Kingston, the coach at Harlequins.</li> </ol>
<b>Top Coaches DVD 5</b>	<ol style="list-style-type: none"> <li>1. <b>Lineout training variations</b>, Didier Retiere forward Coach for FFR, involvement with many of the national sides, especially U21s and XV's</li> <li>2. <b>Movement skills</b> - Tony Stranger, the London Irish Movement Skills Coach, gives a practical on movement skills</li> <li>3. <b>Weight training</b> - The Weight training Coach for The Harlequins, David Bell, gives a practical guide to weight training.</li> </ol>
<b>Top Coaches DVD 6</b>	<ol style="list-style-type: none"> <li>1. <b>Tackling skills in defensive organisation</b> - presentation and practical, Mike Penistone, the Defence Coach for Leicester Tigers</li> <li>2. <b>Attacking back line</b> Paul Hull, Assistant Backs Coach for London Irish</li> </ol>
<b>Top Coaches DVD 7</b>	<ol style="list-style-type: none"> <li>1. <b>The Coach as an agent of Change</b> - Dave Hadfield</li> <li>2. <b>Decision Making</b> in Rugby - Dave Hadfield</li> <li>3. <b>Contact at the breakdown area</b> – Coaching Session, Martin Hynes.</li> </ol>
<b>Top Coaches DVD 8</b>	<ol style="list-style-type: none"> <li>1. <b>Lineout Variations</b>, Didier Retiere</li> <li>2. <b>Decision making at the counter attack</b>, Jim Mallinder</li> </ol>
<b>Top Coaches DVD 9</b>	<ol style="list-style-type: none"> <li>1. <b>Conditioning</b> - presentation and practical, Simon Worsnop</li> <li>2. <b>Tackling Technique</b> - presentation and practical, Martin Hynes</li> </ol>
<b>Mind Games – Player Psychology</b>	Mental drills and skills that can drastically improve all elements of rugby. On pitch skills such as goal kicking, passing and tackling, off-season weight training, dealing with wins and losses, motivation and focus in off season training, 'getting in the zone' pre game, focusing on skills during the game, coming back from adversity at half time and how to improve even further after the game.
<b>Mind Games – Coaches Psychology</b>	Drills and skills to help become a more confident and focused coach. From how to motivate your players at half time, to how to deal with a loss of confidence, he explains the best way to control the emotion and mental edge of your team in a way that will directly affect their play on the pitch.
<b>Weight Training</b>	Strength and Conditioning coach - an in-depth guide to all the weight lifting and power

<b>for Rugby</b>	training skills and techniques you will need to drastically improve performance
<b>Speed and Agility for Rugby</b>	Covers all the elements needed to improve quickness. From dynamic warm ups and teams games thought to reactive sessions and movement work, with drills and tips for players and coaches
<b>SAQ Success For Rugby</b>	Speed, Agility and Quickness
<b>SAQ Mechanics For Rugby</b>	Speed, Agility and Quickness
<b>SAQ Dynamic Flex For Rugby</b>	Speed, Agility and Quickness
<b>Level 1 Technical DVD</b>	DVD that accompanies the RFU course
<b>Kicking</b>	Techniques and skills in a complete breakdown of all aspects of kicking. With drills, ideas and strategies covering all areas of kicking
<b>Halfback Passing Drills</b>	11 passing activities to enhance scrum half play
<b>Pressure Cooker Rugby</b>	Drills to give practices an 'edge'. Broken down in to 'pairs' of drills, each set begins with a basic attacking or defensive drill. This drill is then taken into the 'Pressure Cooker' taking the concepts of the first but adding elements that will put the players under pressure.
<b>Total Attack</b>	Covers - correct handling and passing, running lanes, attacking tempo, counter attack practice and how to take advantage of extra men in attack. Also contains ideas on how to trouble shooting your attack and to make the most of your players skills in attack
<b>Power Plays 32 Easy to Coach Backs Moves</b>	Over 30 easy to coach backs moves graded from easy to hard.
<b>Problem Solving for Back Play</b>	Breaks down common backs problems and gives effective drills and advice on how to solve them. E.g. too flat, struggling to break the gain line, coping with a blitz defence, losing the ball out wide and lack that cutting edge to break games open.
<b>Defence &amp; Contact Drills</b>	Targets aggression and contact fitness covering both team and individual skills. Addresses both mental and physical sides of defence and contact.
<b>Iron Curtain Defence</b>	Containing drills, strategy and techniques in how to run the infamous 'Pendulum defence.
<b>Rugby Ready</b>	DVD that accompanies the RFU course
<b>Tackling Safety</b>	Peak performance and injury prevention
<b>How to Build a Winning Team</b>	Coaching plans and philosophy Attacking drills and ideas
<b>Coaching Schools &amp; Youth Rugby</b>	How to build a winning schools and youth programme, both on and off the pitch. Packed with drills, ideas and strategies
<b>Core Rugby Skills - Coaches &amp; Players</b>	Handling, Running, Continuity and Defence – demonstrations, drills, key factors and coaching points
<b>Defence for Sevens</b>	Drills to reinforce defensive skills. An insight into the team approach needed to successfully defend in Sevens. Strategies for defending from set pieces. Techniques and plans for defence and attack from restarts
<b>Attacking Sevens</b>	His Philosophy for unstoppable attacking play, Attacking framework and playing structure. Attacking plays to run from this framework Innovative practice drills and ideas to hone these Sevens skills. Insight into the team approach needed to be an attacking Sevens force
<b>Front Row in Union</b>	A guide to safe effective scrummaging

<b>Mike Hall Coaching Clips</b>	Worcester Warriors DVD for RFU Coaches Coach Development Presentations, ELV's, Skills & Techniques, Tri Nations 2008 Review, Tries Footage

<b>Positional Skills 2nd Row</b>	RFU / London Irish DVD
<b>Mini &amp; TAG Rugby</b>	DVD that accompanies the RFU course
<b>Understanding the Moving game</b>	The coaching methods of Pierre Villepreux
<b>Core Skills of Catch, Carry &amp; Pass</b>	Over 20 innovative drills for the catch, carry and pass with many ideas and drill progressions perfect for early rugby players, right up to top standard teams.
<b>The Contact Academy</b>	Addresses the transition from Tag Rugby into the full contact game.
<b>How to Build the Perfect Scrum</b>	Builds a scrum part by part with technical insights, numerous drills for all levels of Rugby. Analysis points help assess your scrum and a wealth of information and revolutionary ideas that will help build the perfect scrum.
<b>How to use the Perfect Scrum</b>	Explores the use of the scrum as both an attacking and defensive weapon. Contains numerous practice drills as well as game day advice and classroom strategy sections,
<b>Winning Lineout Play</b>	Looking at each role within the lineout, lifter, hooker, and jumper, and giving drills and coaching points for each. Then developing the strategies and skills for the whole lineout to work as a unit.
<b>Pack Attack</b>	Create a multi skilled pack of forwards. <i>Contains -</i> <ul style="list-style-type: none"> <li>• Unique analysis techniques that can be used to break down your forward play, aiding you to correct and improve all aspects of your pack.</li> <li>• Multiple 'On pitch' drills to hone your forward skills.</li> <li>• Phased practice plans to create a high tempo training sessions.</li> <li>• 'Technique' drills and tips to focus on the specific game related skills of your pack.</li> <li>• Pro level insights into how to build a strong and successful pack that can excel in the modern game.</li> </ul>
<b>Skills and Conditioning Drills</b>	50 drills that have both fitness and skills focus. An exciting approach to conditioning work. Broken into 3 sections, Defence, Skills and Pre-season. Each part contains up to 20 different drills, with seamless transitions from fitness work to skills work.
<b>Attacking Strategy</b>	Create a fast paced, offload attack Includes- tape analysis of game situations, on pitch drills and skills to construct an attack, strategy ideas, analysis techniques and tools to enhance attacking play and team and coaching philosophies
<b>Knock them Down</b>	Player coaching techniques and philosophy <ul style="list-style-type: none"> <li>- Drills and technique points for the perfect side, back, front and driving tackles.</li> <li>- Multiple line drills</li> <li>- Shield drills</li> <li>- Team defence drills</li> <li>- Injury prevention and recovery</li> <li>- Testing and evaluation drills such as Phil's infamous 'Corridor Drill' from his England days.</li> </ul>



## DVD Detail Descriptions

### RFU Top Coaches DVD Series

This high-quality DVD series features live video presentation from the top international rugby coaches, followed by video clips and footage of players in action, each demonstrating the key rugby techniques in detail so that you can teach your players correct technique. Alternatively, show your players the video clips to help them understand how best to execute rugby skills. Ideal for coaching players at club level, secondary schools and higher.

#### Top Coaches DVD 1

Counter Attack with Paul Hull, Assistant Coach at London Irish On Early Ball with Rob Smith, Manager at Harlequins Coaching Sevens with A Hickling, British Army Rugby Coach Refereeing Sevens with Steve Lander, England Referee

#### Top Coaches DVD 2

On the Offload with Andy Robinson, England Assistant Coach The French Method of Coaching with Pierre Villepreux, International Coach Basic Movements in Open Play with Fabrice Brochard French Federation Technical Officer Building a Scrum with Brian O'Shea, Australian Rugby Coach

#### Top Coaches DVD 3

Building a Scrum with Brian O'Shea, Australian Rugby Coach Continuity with Wayne Smith, Northampton Saints head coach and All Blacks Coach Decision Making with Kevin Bowring, RFU's Head of Elite Coaching Understanding the Game with Mark Nelson, Coaching team for the England Counties side.

#### Top Coaches DVD 4

The Framework of the Attacking Game - a presentation and practical session with Brian Ashton, the National Academy manager. Defence - a practical session with accompanying explanation of theory by John Kingston, the coach at Harlequins.

#### Top Coaches DVD 5

Didier Retiere gives a practical on lineout training variations. Retiere works as a Forward Coach for FFR and has involvement with many of the national sides, especially U21s and XVs Tony Stranger, the London Irish Movement Skills Coach, gives a practical on movement skills The Weight training Coach for The Harlequins, David Bell, gives a practical guide to weight training.

#### Top Coaches DVD 6

Mike Penistone, the Defence Coach for Leicester Tigers, gives a presentation and practical on tackling skills in defensive organisation Paul Hull, Assistant Backs Coach for London Irish, demonstrates how to get the best out of your attacking back line.

#### Top Coaches DVD 7

Dave Hadfield does two talks: The Coach as an agent of Change and Decision Making in Rugby, and features also Martin Hynes taking a coaching session on Contact at the breakdown area.

#### **Top Coaches DVD 8**

Didier Retiere talks about Lineout Variations and Jim Mallinder on Decision making at the counter attack.

#### **Top Coaches DVD 9**

Simon Worsnop does a presentation and practical on conditioning, along with Martin Hynes doing a presentation and practical on tackling technique.

#### **Mind Games - Player Psychology for Rugby**

The most important muscle in your body is your brain, yet this is often the least trained aspect of most athletes training. Andy Barton is a top flight sports psychologist who works with some of Rugby's biggest names, in giving them the mental edge to succeed at the highest level. Now for the first time on DVD Andy shares his expert knowledge on how to get your mind to push you forward as an athlete.

All aspects of the game are covered here, from motivation and focus in off season training, 'getting in the zone' pre game, focusing on skills during the game, coming back from adversity at half time and how to improve even further after the game.

Andy introduces a series of simple mental drills and skills that can drastically improve all elements of your rugby. From on pitch skills such as goal kicking, passing and tackling, to off-season weight training and dealing with wins and losses. For all ages and abilities this is a tremendous insight into the techniques used by the world's best athletes, broken down into simple ideas and techniques anyone can perform.

Work your brain with this DVD that is sure to give you that extra mental edge.

#### **Mind Games - Coach Psychology for Rugby**

Coaching is critical to every team, players look to you for inspiration, guidance and leadership, yet very rarely does anyone ever coach the coach...until now.

Andy Barton is one of the world's top sports psychologists and in this unique DVD he gives a series of drills and skills to help you become a more confident and focused coach. From how to motivate your players at half time, to how to deal with a loss of confidence, he explains the best way to control the emotion and mental edge of your team in a way that will directly affect their play on the pitch.

What you say is vital to your team and in this DVD Andy explains the best way to guide a team to success. Putting in positive anchors to your team talks, keeping training focused, what to say and when to say it, how to present the right physical and verbal messages to your team. This is the ultimate guide to giving you and your team an extra mental edge that will help them win.

## **Weight Training for Rugby**

In the modern game strength and power are everything. Dave Bell, NEC Harlequins Strength and Conditioning coach presents an in-depth guide to all the weight lifting and power training skills and techniques you will need to drastically improve performance. Starting with highlighting the safest and most effective techniques for weight lifting right through to professional training methods such as complex training, this video gives a wealth of information, drills and tips.

Whether you are an experienced player looking to take the step to the highest level with your training, a coach looking to give your team a safe and effective strength programme or just starting out in weight training, this video caters for all. It contains all the depth and breadth of drills that you will need to establish and maintain a dynamic and effective strength training programme that can drastically improve your performance on the pitch.

## **Speed and Agility for Rugby**

If you want to be faster and more agile at rugby then this video is perfect for you. Specifically designed for rugby players by one of the world's best speed training coaches Markus Deustch, this video covers all the elements that you need to improve your quickness. From dynamic warm ups and teams games thought to reactive sessions and movement work, this video is packed with drills and tips for players and coaches of all levels.

No other current speed training programmes on the market are designed specifically for the rigours and demands of rugby, 'Speed and Agility or Rugby' does just that. Using the latest in technology and sports science this video covers all the stages of training for both individual and teams of players. With numerous single drills and combination drills that build in extra difficulty, this video is suitable for all levels of rugby players.

If you want to be a faster and more agile rugby player this video will give you the training programme and skills needed to give your game that added edge.

## **SAQ Success for Rugby**

- Speed, Agility and Quickness

## **SAQ Mechanics for Rugby**

- Speed, Agility and Quickness

## **SAQ Dynamic Flex for Rugby**

- Speed, Agility and Quickness

## **Level 1 Technical DVD**

- DVD that accompanies the RFU course

## **The Art of Kicking**

Being able to kick the ball well is vital to playing the game of rugby yet so many players and coaches have no idea of the correct techniques needed to do this....until now.

In this DVD London Wasps kicking coach Rowly Williams shares his huge knowledge of techniques and skills in a complete breakdown of all aspects of kicking. With drills, ideas and strategies covering all areas of kicking: Punting the Ball, Spiral Kicking, Restarts, Grubber Kicks, Chip Kicks, Place Kicking & the Psychology of Kicking.

Each section contains a full break down of skills and methods needed to execute the kicks properly, plus trouble shooting tips, drills and tactical suggestions for both players and coaches.

The film is the most comprehensive DVD kicking guide available in the world and is a must see for all coaches and players.

## **Halfback Passing Drills**

Crusaders Coaching Secrets Revealed – Jamie Hamilton, Crusaders Half Back Coach introduces 11 passing activities to enhance any Scrum Half's game

## **Pressure Cooker Rugby**

Osprey's Academy Skills Coach Dan Cottrell has put together twenty unique drills, designed to train players in how to deal with the toughest of all sporting challenges PRESSURE. With coaching points, skill keys and cutting edge ideas, this DVD will give your practices a 'game like' intensity that will drastically improve your performances.

This DVD is packed with unique drills perfect for rugby coaches who want to give their practices an 'edge'. Broken down in to 'pairs' of drills, each set begins with a basic attacking or defensive drill. From handling to open field tackling, from winning overlaps to turning over at 'ruck time'. This drill is then taken into the 'Pressure Cooker'. In this next drill Dan takes the concepts of the first but adds to it elements that will put the players under pressure. From adding extra defenders to closing space, putting in time and point scoring elements to altering decision making time - Every drill is designed to focus on a different part of the Rugby and allow the players to develop an instinctual decision making process.

With over 20 drill pairings this will allow you to focus on every element of your teams open play and give your players new fun ways to practice.

## **Total Attack**

Leicester Tigers Coach Tosh Askew puts onto DVD his pro level drills and tips for top flight attacking skills.

- Contains:
- Handling and movement drills
- Attacking team work drills
- 'Pressure drills' to give your attack a game time edge
- Team games and high tempo practice plans



- Individual drills
- Tape Breakdown of pro game footage
- Decision making aids for attacking players

Focuses on correct handling and passing, running lanes and attacking tempo, counter attack practice and how to take advantage of extra men in attack.

Also contains many ideas on how to trouble shooting your attack and to make the most of your players skills in attack

### **Power Plays - 32 Easy to Coach Back Plays**

This is the most extensive collection of backs moves available on DVD. Presented by Neath Swansea Ospreys coach Dan Cottrell this is a great collection of over 30 easy to coach backs moves.

Graded from easy to hard each move contains animations to show perfect execution, live action clips to show full speed running, as well as tips and ideas from Dan on how to coach and trouble shoot the moves. Also including warm up drills, key coaching tips and keys for player understanding.

With a guide on which move to use against which defence and opposition weakness this is a great resource for any coach wanting to give their backs a cutting edge.

### **Problem Solving for Back Play**

Do you Backs run too flat, struggle to break the gain line, find it difficult to cope with a blitz defence, loose the ball out wide and generally lack that cutting edge that can break games open, well help is at hand. Former England Scrum Half, Gloucester, Newport and now Bristol Shoguns coach Richard Hill uses his tremendous knowledge of Back play to break down common backs problems and give effective drills and advice on how to solve them.

Packed with ideas, practice suggestions and lots of drills, 'Problem Solving for Back Play' is the ideal resource for coaches and players of all levels who want to turn their backs into a real attack force.

### **Defence & Contact Drills**

The video is perfect for any player or coach who wants a more aggressive and effective defence on the rugby pitch. Packed with the drills to designed to produce a relentless rugby defence as well as aggressive and skilled players.

Damian McGrath has been part of the all conquering England set up of the past decade and now puts his huge knowledge of drills and skills into this new video. The film targets a key area within the game, that of aggression and contact fitness. Covering both team and individual skills this video addresses both mental and physical sides of defence and contact. Designed to give players the skills and stamina to tackle and defend even when tired and under pressure it is ideal for coaches and players of all levels.

If you want your team to hit harder, run for longer and defend better then this video is packed with drills to help you do just that.

### **The Iron Curtain Defence**

Phil Larder coached England to a dominant series of victories including a world cup, and British Lions and Leicester Tigers sides to having the best defences in the world. His brand of Defence has redefined the way Rugby is played. Now for the first time he has put his tactical system onto one amazing DVD. Containing drills, strategy and techniques in how to run the infamous 'Pendulum' defence.

This is a unique insight from one of world rugby's finest coaches into how to turn your defence into a dominant force.

### **Rugby Ready**

- DVD that accompanies the RFU course

### **Tackling Safety**

- Peak performance and injury prevention

### **How to Build a Winning Team – Bob Dwyer**

In this DVD he explores in depth the coaching techniques and beliefs that have led his to success on both club and country levels, and shows how anyone can use these in their coaching.

This DVD contain two main elements.

**Bob's coaching plans and philosophy.** In which he explains the approach to the game that he has used to great success. With extensive classroom teachings and on pitch demos.

**Attacking drills and ideas.** Key to understanding Bob's winning approach to coaching is seeing it in action, and so Bob and Head Coach Mike Penistone, show in detail how to coach a number of key drills, that have been used to great effect on all levels, including internationals.

During all the drills and ideas sections, Bob explains in detail the coaching points that you will need to implement these into your practices.

This DVD gives access to the ideas and approaches of one of the very best in the world, and makes for a invaluable resource for any coach wanting to improve his coaching,

### **Coaching Schools & Youth Rugby**

Presented by one of the most successful and well respected coaches in the country, Roger Uttley. This video explores how to build a winning schools and youth programme, both on and off the pitch. Packed with drills, ideas and strategies this DVD is an invaluable tool for all coaches. Containing both 'on pitch' coaching material and 'class room' safety, organisation and playing plans, this film gives the most comprehensive youth coaching video available in the world.

Former England coach Roger Uttley, uses all of his 19 years' experience as head of Harrow Schools Rugby Teams, to pass on his tips and understanding of the game of youth rugby. Containing fitness, handling, tackling and team drills, plus details on attacking and defensive strategy, footwork, running technique and motivation. A unique DVD with vital information that can make any coach or player in a youth or schools team, into a more cohesive, enjoyable, disciplined and successful team.

### **Core Rugby Skills for Coaches and Players**

- Handling, Running, Continuity and Defence – demonstrations, drills, key factors and coaching points

### **Defence for Sevens Rugby**

If you can't defend at Sevens you can't win!

This DVD gives a tremendous insight into the strategies and playbook of one of the world's top Sevens coaches, former England manager Mike Friday. Mike goes into the classroom to talk through the key elements to make an unbreakable sevens defence.

- His defensive framework and playing structure that has stopped the best teams in the world.
- His philosophies on successful Sevens play.
- Numerous unique drills to reinforce defensive skills.
- An insight into the team approach needed to successfully defend in Sevens.
- Strategies for defending from set pieces.
- His techniques and plans for defence and attack from restarts.

Mike uses chalkboard diagrams and computer generated playbooks to give the most comprehensive Sevens defence breakdown available anywhere in the world. A must see for players and coaches alike.

### **Attacking Sevens Rugby**

If you play Sevens Rugby then you need to watch this DVD.

Mike Friday is one of Rugby's premier coaches, having led the England 7's team to the top of the world rankings. In this DVD he gives an exclusive lesson into the strategies, philosophies and playbook that have brought him such success. In this classroom based film Mike breaks down the key elements needed to win at Sevens Rugby.

- His Philosophy for unstoppable attacking play
- His team attacking framework and playing structure that has proved so unstoppable on the world stage.
- Numerous deadly attacking plays to run from this framework
- Many innovative practice drills and ideas to hone these Sevens skills
- Plus a priceless insight into the team approach needed to be an attacking Sevens force.

A must see for any coach or player of Sevens Rugby, this is the best Sevens rugby resource available anywhere in the world.

### **Front Row in Union**

A guide to safe effective scrummaging

### **Mike Hall Coaching Clips (Worcester Warriors DVD for RFU Coaches)**

#### Coach Development Presentations

“Mike Ruddock Coaching Philosophy” – an outline of some of Mike’s ideas on the game supported by video clips from a selection of games / training sessions.

“Phil Larder Coach Development” – slides and video clips outlining Phil’s coaching ideas on defence.

“Sean Holley Coach Development” – a session undertaken at Worcester Rugby Club outlining Sean’s ideas on player development and building an attacking game.

#### ELV’s

“Currie Cup ELV Lineout Strategies Attack & Defence” – how a few of the Currie Cup teams have approached the new lineout ELV laws.

#### Skills & Techniques

Breakdown & Ruck Clearing Techniques SA v NZ” – NZ playing past the ball at the contact zone in defence and attack

“Breakdown Skills Training Drills” – some examples of Worcester sessions to develop breakdown skills

“Cross Kick Catch Rugby League” – fantastic example of high ball catch

“Examples of Good / Bad Back Play” – selection of back plays with both positive and negative examples

“Goal Kicking Technique” – example of left footed and right footed goal kickers from a range of angles

“Use of the offload Summer test 2008” – range of examples of the offload in action

“Worcester Counter Attack & Starters” – range of examples of ways to counter from kicks and ways to attack from set-piece

#### Tri Nations 2008 Review

“Tri Nations 22m/50m Restarts” – strategies employed in Tri Nations at restarts (relating to new ELV laws)

“Tri Nations Lineout Examples” – attack and defence examples of lineout

“Wk 2, 3, 4 Highlights Clips” – selection of highlights from tri nation’s games

#### Tries Footage

2 movies of tries from deep with a variety of skills employed.

A selection of Worcester tries from Season 200708

### **Partial Distribution**

#### **Positional Skills 2nd Row**

- RFU / London Irish DVD

#### **Mini & TAG Rugby**

- DVD that accompanies the RFU course

#### **Understanding the Moving game**

- Lynn Evans explains the coaching methods of Pierre Villepreux.



## RFU REGULATION 15 – AGE GRADE RUGBY

### UNDER 7s RULES OF PLAY (Tag Rugby)

Players and match officials must ensure that the following Rules of Play and RFU Regulation 15 [www.englandrugby.com/governance/regulations](http://www.englandrugby.com/governance/regulations) are observed when playing at Under 7.

These Under 7s Rules of Play set out below are mandatory for clubs and schools, and replace the previous Under 7s Rules of Play in their entirety.

Any terms defined in these Rules shall have the meanings set out in the World Rugby Laws of the Game.

The key elements of the Under 7s Rules of Play are:

1. Team numbers: a maximum of 4-a-side
2. Maximum pitch size: 20 metres x 12 metres
3. Ball Size: 3
4. Maximum minutes each half: 10
5. Scoring: Players not permitted to go to ground to score tries
6. Play can continue from a knock-on
7. No tackling
8. No kicking, scrums or lineouts

#### General:

The object of the game is to score a try by placing the ball with downward pressure on or behind the opponents' goal line. A penalty try is awarded if a try would probably have been scored but for an infringement by an opponent.

For safety reasons, where Tag Rugby is played indoors or in restricted areas, a try can be scored by the ball carrier crossing the vertical plane of the goal line without grounding the ball. This allows players to have their head up and be aware of their surroundings at all times.

The sanction for all infringements is initially a free pass (see Rule 5).

For the sake of safety, the ball carrier must remain on their feet at all times and they are not allowed to score a try by diving over the goal line. If a player grounds the ball while on their knees, the try is allowed but, afterwards, all players may be reminded that they must stay on their feet. A player may not be prevented from grounding the ball by any physical contact (including placing a hand between the ball and the ground).

#### Teams:

Tag Rugby is played between teams of equal numbers of players, each team containing a maximum of four players on the pitch at any one time.

Rolling substitutions are permitted and substituted players can return at any time. Substitutions can

only take place when the ball is dead and always with the referee's permission.

Coaches are not permitted on the pitch when the game is in play and the referee is encouraged to advise and guide the teams and players.

#### **Pitch Size:**

The maximum pitch size is 20 metres by 12 metres, plus 5 metres for each in-goal area.

The referee and coaches may agree to reduce the pitch sizes provided that they agree it is safe to do so.

Adjacent pitches should be no closer than 5 metres.

#### **Passing:**

The ball may only be passed sideways or backwards (but not forwards) through the air and may not be handed to another player.

If the ball is handed to another player or passed forward then a free pass is awarded to the non-offending team, unless advantage occurs to the non-offending team. If the ball is accidentally knocked forwards towards the opponents' dead ball line this does not constitute an offence and play can continue.

In order to keep the game flowing, referees should play advantage wherever possible.

#### **Free Passes:**

The sanction for all infringements is initially a free pass.

A free pass is also awarded:

To start the match at the beginning of each half from the centre of the pitch.

From the side of the pitch when the ball or ball carrier goes into touch at the point where the ball or ball carrier went out of play.

From where the referee makes a mark when an infringement has taken place.

After a try is scored, to restart the match by the non-scoring team from the centre of the pitch.

When the ball is pulled from the ball carrier's grasp.

At a free pass, the passer must start with the ball in both hands and, when the referee calls "Play", pass the ball backwards through the air to a member of their team. For safety reasons, no player may run until the pass is made.

- i. At a free pass, the opposition must be 3 metres back from the mark. They cannot start moving forward until the ball leaves the hands of the player passing the ball.
- ii. If an infringement takes place or the ball goes into touch over the goal line or within 3 metres of the goal line, then the free pass must be awarded to the non-offending team 3 metres from the goal line. This gives more space for both teams to play. A mark for a free pass may not take place within 3 metres of a goal line.

### **The Tag:**

All players must wear a tag belt around their waist with two tags attached to it by Velcro positioned over each hip. Tag belts are to be securely fastened and any excess belt is to be tucked away so that this cannot be pulled. Tag belts must be worn outside of shirts and not obscured in any way. Tags must not be wrapped around the belt or otherwise to prevent them from being pulled off.

The standard dimensions for a tag are 38cms in length by 5cms in width although slight variations of a few millimetres are permitted. They should be made of flexible plastic or plastic/canvas material. Tags are generally provided in red, blue, green and yellow and must sufficiently stand out against the player's strip. The tags must not be the same colour as the players' shorts or shirts. Tags must be positioned on the side of the hips (not at the front or back).

A "Tag" is the removal of one or two tags from the ball carrier's belt. Only the ball carrier can be tagged. The ball carrier can run and dodge potential taggers but cannot fend them off using their hands or the ball and cannot guard or shield their tags in any way. The ball cannot be pulled out of the ball carrier's hands at any time.

If a player does not have two tags on their belt, one on each hip, they will be penalised if they become a ball carrier or if they tag an opponent and a free pass will be awarded to the non-offending team at the place of infringement (i.e. where the infringement was noticed).

### **ACTIONS BY THE BALL CARRIER:**

When the ball carrier is tagged the ball must be passed to a team mate within 3 seconds. The ball carrier must attempt to stop as soon as possible; within approximately 3 strides, but the ball can be passed in the act of stopping. If the pass takes longer than 3 seconds or the player takes more than approximately 3 strides a free pass is awarded to the non-offending team at the place where the tag occurred.

After a ball carrier has been tagged, that player must go to the tagger, retrieve their tag and place it back on their belt before re-joining play. If the player continues to play and influences the game without collecting their tag, a free pass is awarded to the non-offending team at the place of infringement (i.e. the point at which that player had influence).

Players are however only allowed one step to score a try after being tagged.

If the ball carrier is tagged whilst standing inside the opponents' in-goal area they must ground the ball immediately in order to score. Referees may assist by advising the ball carrier "Touch the ball down and I'll award the try", or similar.

If the ball carrier dives to ground to score a try it will be disallowed and a free pass will be awarded to the defending team 3 metres out from the goal line.

### **ACTIONS BY THE TAGGER:**

When a tag is made, the tagger must stop running, hold the tag above their head and shout, "Tag". At this stage the referee must call, "Tag –Pass".

If the ball carrier stops running within 1 metre of the tagger, the tagger must move back towards their own goal line, at least 1 metre, to allow room for the ball to be passed. If the tagger fails to retire at least 1 metre before re-joining the game, they are to be considered offside and a free pass will be awarded to the non-offending team at the place of infringement (i.e. where the infringement was noticed).

Once the ball has been passed, the tagger must hand back the tag to the player and cannot re-join the match until this has been done. If a tagger continues to play and influences the match with an

opponent's tag in their hand, or throws it to the floor, a free pass is awarded to the non-offending team at the place of infringement.

#### **Offside:**

Offside only occurs at the time of the tag where the offside line is through the centre of the ball except for the tagger for whom it is 1 metre further back. When a tag is made, all the other players from the tagger's team must attempt to retire towards their own goal line until they are behind the ball. If a player, in an offside position, intercepts, prevents or slows down a pass from the tagged player to a team mate, a free pass will be awarded to the non-offending team. A player can, however, run from an onside position to intercept a pass before it reaches the intended receiver.

#### **Ball on the Ground:**

- i. Players of Tag Rugby must be encouraged to stay on their feet, with the ball in hand. If the ball goes to ground, players can pick it up, run and pass but they must not dive to the floor to recover the ball.
- ii. If the ball is passed other than forward and goes to ground, play will continue and either team may pick up the ball. If the passed ball rolls into touch a free pass will be taken from the touchline by the opponents of the team who the ball touched last.
- iii. If the ball is passed forward, a free pass is awarded to the non-offending team unless advantage occurs to the non-offending team.
- iv. If the ball is accidentally knocked forwards towards the opponents' dead ball line this does not constitute an infringement and play can continue.
- v. If the player falls to the ground with the ball then a free pass will be awarded to the non-offending team.

#### **Infringements:**

In Tag Rugby, there is an emphasis on running with the ball, evasion, running in support of the ball carrier, passing and running to tag the ball carrier. The following are not permitted:

- i. tackling or contact: The only contact allowed between the two teams is the removal of a tag from the belt of the ball carrier. Any other type of contact on the ball carrier, such as shirt pulling, running in front of or barging the ball carrier, forcing the ball carrier into touch, etc must be penalised with a free pass and the players concerned reminded of the rules;
- ii. kicking of any kind;
- iii. hand off or fend off (a hand off being the placing of an open palmed hand against an opponent's face or body while a fend off is an outstretched arm by the ball carrier towards an opponent to discourage that person from making a tag);
- iv. the ball carrier or a potential tagger must not deliberately make contact with an opponent. If such contact is made the game must be stopped, the offender spoken to, reminded of the non-contact rules of tag and a free pass awarded to the non-offending team; and
- v. the ball must not be pulled from the ball carrier's grasp.
- vi. acts of foul play.