



T1 RUGBY RUGBY FOR **EVERYONE.**

Non-contact rugby. Easy to understand. Made for everyone.

7

A SIDE

2x10

MINUTES

1/2

A PITCH

0

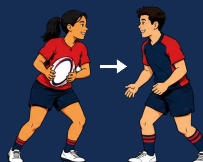
CONTACT



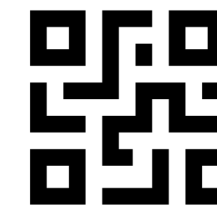
WHY YOU'LL **LOVE IT**

PLENTY OF
TRIESHIGH BALL
IN PLAYLOTS OF
PASSESDECISION
MAKINGKICKING
ALLOWEDSCRUMS &
LINEOUTS

HOW IT PLAYS IN 20 SECONDS

1RUN, PASS
OR KICK**2**STOP WITH
A TOUCH**3**PRESENT,
RIP & PASS**4**7 TOUCHES/FLAGS,
THEN TURNOVER

READY TO PLAY?
Scan for rules and
starter activities





T1 RUGBY RULES



7

A SIDE
ROLLING SUBS

2x10

MINUTES

1/2

A PITCH

7

TOUCHES
TO SCORE

2+3

ATTACK
DEFENCE

**NON-CONTACT
TACKLE OPTIONS: TOUCH OR FLAG
MADE FOR EVERYONE**

SET PIECES & RESTARTS

SCRUM

- 3v3 – bind up with teammates and opposition.
- Passive, no push, no engagement no contest, defending scrum half behind, all other players back 5m
- Scrum half can pass within 3 steps or kick

LINEOUT

- 3v3 – no lifting, no contest
- Catcher passes back to teammate (5m back) or to thrower-in on sweep round

RESTARTS

- Penalties – tap and pass, defenders back 5m
- Knock on/forward pass – scrum restart (if no advantage)
- Ball knocked backwards in open play – play on

BREAKDOWN & KICKING

THE BREAKDOWN (2A v 3D)

- Once tackled, the ball carrier turns and presents the ball to a teammate.
- Teammate 'rips' ball & must pass in 3 steps
- Defence – tackler plus 2 players in defence must join, place hands on the defender who tackled the attacker – form a triangle with outside arm – creates offside line.
- Rest of the defenders must be on the back foot.

SEVEN TOUCHES OR FLAGS)

- Seven tackles to score – turnover on 7th.

KICKING

- Kick off (drop kick (or any kick) to opposing team – no contest for ball.
- Kick on any play – no restrictions, no contest for the ball.

FLEXIBLE RULES

RULES OPTIONS

The following elements can be adapted or flexed with agreement of both sides.

- Pitch size can be adjusted as required
- Player numbers, specified mix of age/gender 6v6 up to 10v10
- Kicking in open play can be removed.
- Match length can be reduced by agreement (generally in line with player numbers)

CONTESTABLE AREAS

- 1v1 lineout
- Breakdown: If defenders beat attackers into breakdown area before ball is played away = turnover

