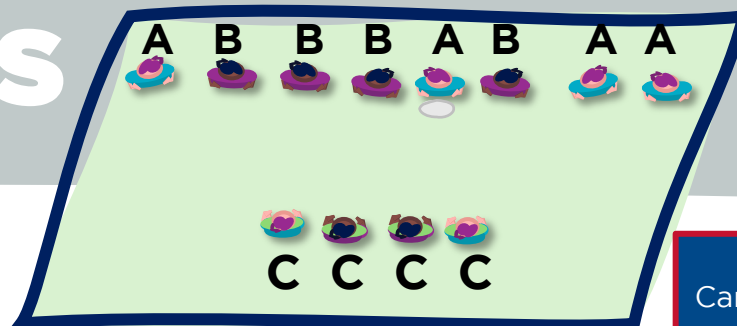


GAME INTENTIONS

- How to score tries
- How to beat defenders
- How to stop tries
- Play something that looks like rugby



AB v C game

T1 RUGBY TACKLE

Can be a one-hand touch
OR a flag pull

AB v C

- Split into three teams. Combine two teams for the attack.
- They have three touch-tackles to score. If tackled, they rip-and-pass. There is NO tackle-triangle. There is no kicking.
- They have three attempts to score. They always restart 10m from their own line.
- After the three attempts, the defending team swap with one of the attacking teams.

No	8 v 4	Pitch	40m (w) 40m (l)
----	-------	-------	-----------------

Bulletball

- Score a try as normal.
- Can run with the ball.
- Can pass in any direction unless touch-tackled
- If touch-tackled must turn towards own try line.
- Defenders can intercept a pass but not a pass from the touch-tackle.
- Any number of tackles but the attackers lose a life if they run into out of bounds..
- Three lives.
- If the ball goes on the ground and the attack can pick it up within three seconds, then play on. Otherwise, it's a turnover.
- After a try, the conceding team restarts from the middle with a pass.

Bulletball UPGRADE

- Like Bulletball, but all passes must go backwards.
- No offside! But defence cannot intercept ANY passes.
- The attack has seven touch-tackles to score.

T1 RUGBY MINUS

-3	No scrums, lineouts or kicking
-2	No lineouts, no kicking
-1	No lineouts OR no kicking

Kick, catch, score

- Play on a narrow/long pitch (20m wide, 40m long)
- One team kicks from their own try line.
- The other team have three touch-tackles to score.
- Any attack error means they restart on their own try line with a kick.
- If the receiving team fails to gather the kick that bounces before it goes into touch, it means they kick off as above.

No	5 v 5	Pitch	20m (w) 40m (l)
----	-------	-------	-----------------

Beat us in five

- Ideally, for less experienced players to build T1 Rugby awareness of space.
- No kicking, lineouts or scrums.
- The attack has five touch-tackles to score. Use tackle-triangles and rip-and-pass.
- The defence challenge the attack to score in less.
- That means the tackle-count goes down to four or three before a turnover.
- Every tackle off the tackle-count means an extra point scored if a try is scored.
- Knocked-on balls or going into touch means a turnover of possession.

No	5 v 5	Pitch	20m (w) 20m (l)
----	-------	-------	-----------------

TIKTOK rugby

- Play T1 Rugby (with minus if appropriate).
- Different restarts to allow players to see set-ups: Tackle-triangle, scrums, lineouts, kick-offs.
- Start with walking and move into running, or start with running.
- Use it to practise T1 Rugby-specific restarts when learning the game.

RULE ADAPPTIONS

Food rule

If an attacking player drops the ball and it goes forward, and any one of their team picks it up within three seconds, they retain possession.

Two first receivers

As above, but instead, nominate two players who must be the first receiver.

Two rippers

To help involve more players, nominate two players who can rip the ball from a tackle. Add some jeopardy by making sure that this player must pass within 5 seconds (or less!) or the team loses a tackle.

Must pass

The first receiver must pass or score. If they are touched, the team loses TWO tackles, or, with more experienced players, the ball is turned over.