T1 Rugby Resources

Game Format & Implementation

The basics:

- Seven players per side with rolling, unlimited subs
- Played on half a pitch
- Seven touches to score
- 20-minute games (10 minutes per half)

What's new?

- Kicking in open play and to restart the game
- A non-contact breakdown formed of five players (three from the defending team and two from the attacking team)
- Scrums with three players from each side (no engagement, no push, no contest)
- Lineouts with three players from each side (no lifting, no contest)

Adaptations:

- Can be played with or without tags and at running or walking pace
- Mixed gender and mixed ages (provided all RFU regulations are followed)
- Pitch size, team size, match length can be adapted to the needs of your team.
- Rules such as kicking can be removed.

- Game infographic
- Game rules infographic
- How to play (short rules) infographic
- How to play (long rules) document
- RFU Activate
- T1 Rugby Video - How to play

6-week lesson plans

- Stage 1 plans (suitable for primary, or non-specialist PE staff)
- Stage 2 plans
- How to introduce and progress T1 Rugby support video
- Referee tips
- Curriculum maps
- Scheme of work
- Knowledge organiser
- MegaFest

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