T1 RUGBY

NON-CONTACT RUGBY
UNDERSTOOD BY *EVERYONE*
PLAYED BY *ANYONE*

INTEGRITY | **PASSION** | **SOLIDARITY** | **DISCIPLINE** | **RESPECT**

WHY T1 RUGBY?

Rugby needs a simple, engaging and credible non-contact format. T1 Rugby looks like rugby union; it is easy to understand, it is a game for all shapes, sizes and for everyone. It is easy and fun to play, and it can target new audiences as well as existing rugby lovers. It will have a global brand but have the local flexibility to fit in the local context. Most of all it is fun to play.

20 MIN *10 mins per half*

7 *players per side (unlimited rolling subs)*

HALF A PITCH *played on 1/2 pitch*

SCRUM

3v3 – bind up with teammates and opposition. Passive, no engagement no push, no contest, defending scrum half behind, all other players back 5m
Scrum half can pass within 3 steps or kick 1 2 3

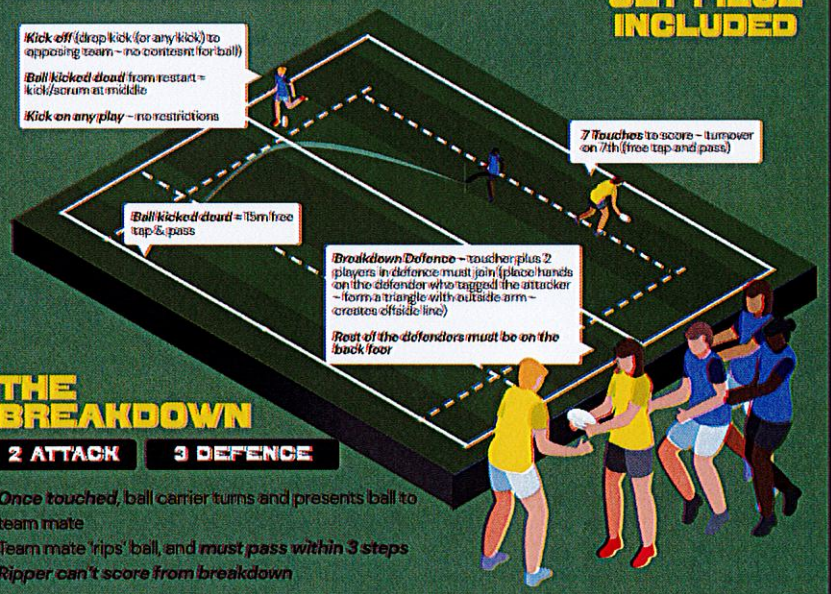
LINEOUT

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

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

PLENTY OF TRIES | **HIGH BALL IN PLAY** | **LOTS OF PASSES**

TESTING YOUR DECISION MAKING | **KICKING ALLOWED** | **SET PIECE INCLUDED**



THE BREAKDOWN

2 ATTACK | **3 DEFENCE**

Once touched, ball carrier turns and presents ball to team mate
Team mate 'rips' ball, and ***must pass within 3 steps***
Ripper can't score from breakdown

FLEXIBLE RULES

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

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

Contestable Areas
1v1 L/O & Breakdown: If defenders beat attackers into breakdown area before ball is played away = turnover

GAME FOR ALL