



COACH
DEVELOPMENT

RUGBY
AU

KIDS PATHWAY SKILLS MANUAL

Welcome to the Rugby AU Kids Pathway Skills Course

Junior Rugby participation should be an enjoyable and rewarding experience for all those involved in the game. Kids Pathway Skills provides coaches and teachers with the fundamentals for coaching the modified games of the Rugby Australia Player Pathway to U6-U12 kids.

This course has been designed to assist you in creating an atmosphere at RUGBY training that is ENJOYABLE, requires kids to be ACTIVE most of the time and is a genuine LEARNING experience. We call this REAL Rugby, and if you can put it into practice, your players will develop their love for the game in a positive team environment that all can participate in.

I hope you enjoy the course. Within the booklet you'll find a host of practical examples of key Rugby skill and drills, essential game management advice and laws, and helpful group management tips.

On behalf of Rugby Australia, best of luck to you and your junior team for a safe and enjoyable season.

Rugby AU Coach Development

TABLE OF CONTENTS

Chapter 1	INTRODUCTION	2
Chapter 2	U6 - U12 NATIONAL LITERACY	10
Chapter 3	COACHING ATTACK	17
Chapter 4	COACHING DEFENCE	21
Chapter 5	COACHING TACKLE CONTEST	24
Chapter 6	COACHING SET PIECE	27
Chapter 7	TOUCH 7s	33
Chapter 8	HELPFUL GROUP MANAGEMENT TIPS	34
Chapter 9	GAME MANAGEMENT AND LAWS	37

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KIDS PATHWAY SKILLS

CHAPTER 1 – INTRODUCTION

Aim of the Course

Junior Rugby participation should be an enjoyable and rewarding experience for all those involved in the game. The aim of this course is to provide the junior Rugby coach with the fundamentals of:

- How to coach kids Rugby
- How to develop Rugby skills
- How to play the modified games in the Kids Pathway

This booklet has been developed with three goals in mind:

1. To illustrate in simple terms Rugby skills
2. To outline the modified Rugby laws that are better suited to kids
3. To provide examples of helpful group management tips

Kids Pathway for 2019

Aim and philosophy of the Kids Pathway

The aim of the Kids Pathway for U6 to U12 players is to provide a series of age-specific modified rugby games. These modified rugby games progressively develop the individual skills, fitness and team work of all players in accordance with their physical maturity and understanding of the game.

The philosophy is child-centred and ensures all players receive the greatest possible **participation and enjoyment** from playing the game of Rugby.

What are the benefits?

The Kids Pathway for U6 to U12 players has been developed to:

- Increase activity levels for maximum participation and enjoyment.
- Meet the developmental needs of young Rugby players in line with the safety focus of the modern game.
- Provide an integrated and consistent approach to the development of U6 to U12 players, coaches and referees across the country.

Want more information?

The website www.rugbyaustralia.com.au/coaching provides a number of education resources for clubs, schools, parents and volunteers to find out more about the Kids Pathway for U6 to U12 players.

This includes targeted courses for coaches to help provide the best environment for children to learn, develop and enjoy the game.

	U6	U7	U8	U9	U10	U11	U12
Game Style	Small-Sided Games	7-a-side Tag	7-a-side Tackle	10-a-side Tackle	12-a-side Tackle	15-a-side Tackle	
Skills Focus	Evasion and Tag Catch and Pass Running Scoring Tries Enjoyment	Tackle Ruck Maul	Attack Defence	Kick in General Play Contested Scrum and Line-out		Positional Awareness	
Playing Area	1/4 field		1/2 field		Full field less 10m width	Full field	
Playing Time	2 x small-sided games, then 2 x 10min tag game	2 x 15 mins	2 x 15 mins	2 x 20 mins	2 x 20 mins		2 x 25 mins

How the Program Operates

The new Kids Pathway Skills program allows participants a 2 hour face-to-face Skills Session that focuses on the National non-negotiable skills for U6-U12 pathway athletes.

This program is delivered by the Member Unions or licensed Rugby AU trained Coach Developers.

Match Official Abuse - the Coach's Role

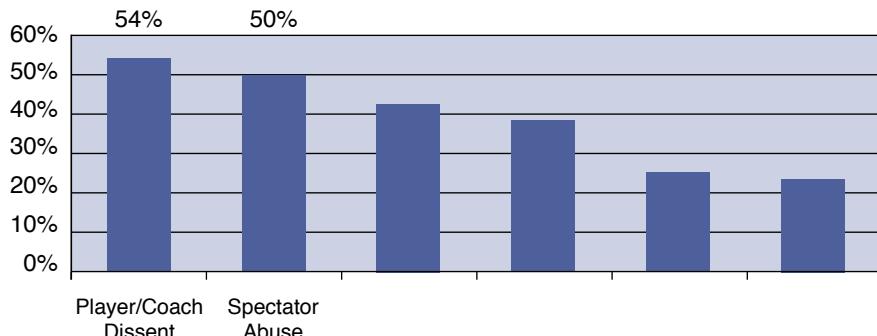
Rugby should be an enjoyable experience for all participants in the game including Match Official and referees. In accordance with the Rugby AU's Code of Conduct any form of abuse, dissension, displeasure or disapproval towards Match Officials will not be tolerated.

Match Official abuse has many negative consequences for Rugby. The match environment is less enjoyable for players and spectators. Furthermore, abuse can effect the referee's concentration, confidence, control and level-headedness. This can lead to poor decision making which equals poor outcomes for both teams.

Players often take their cues from the sideline behaviour of their coach and spectators. Negative messages from the coach about the refereeing can effect the way players interact with the referee, usually to the detriment of the team involved.

Match Official abuse is the single greatest factor preventing the recruitment and retention of referees. If we don't have referees, we don't have a game. Have you ever seen a referee whose performance has improved after he was abused? There is no excuse for abuse! It is unacceptable and must be removed from our game.

Issues of most concern for Rugby Australia



The graph above illustrates the issues that most concern referees in Australia. Coaches need to understand that their behaviour has a direct impact on player dissent and the ripple-effect this has on spectator abuse of match officials.

What can you do?

- Ensure your sideline behaviour is positive towards match officials, supporting their on-field decisions and taking responsibility for any poor player behaviour.
- Focus on coaching your team and do not get caught up with referee decisions or the opposition.
- Censure any negative sideline behaviour from your supporter group and if assistance is required to achieve this make sure the Ground Marshall is alerted.
- Remember, the game is supposed to be an enjoyable experience for all involved in the game and this includes referees.

Laws for 2018

World Rugby conduct a regular review of Laws following each World Cup. There are several minor changes to Law which will apply from 1 January 2017.

More details about these can be found in the Rugby AU Game Management Guidelines 2018 which is available at www.rugbyaustralia.com.au/laws

TACKLE

Laws 14.5(b) and 14.6

The tackler must get up before playing the ball and then can only play from their side of the tackle 'gate'. (PK)

A tackler who ends up on their opponents' side of the tackle must roll away immediately. Previously a tackler (player who goes to ground in the act of making a tackle) could play the ball from any direction after getting up.

RUCK

Law 15.2

A ruck commences when at least one player is on their feet and over the ball which is on the ground (tackled player, tackler). At this point the offside line is created. An arriving player can either create an offside line by being on feet and over the ball, or they may use their hands to pick up the ball as long as this is immediate.

Note: There is NO CHANGE to the 2017 approach regarding when arriving players may play for the ball. Even if an attacking player gets over the ball first (forming a one person 'ruck'), a defensive jackal player can still go for the ball with their hands if they are the first arriving player from their team. As in 2017, if two opponents make physical contact over the ball first, no hands can be used.

Law 15.14

A player must not kick the ball out of a ruck. The player can only hook it in a backwards motion. (PK)

SCRUM

Law 19.15

There will be no signal from the referee to the scrum-half to feed the ball. However, the scrum must be stable before the ball is fed, and there must be no delay of feed from the scrum-half once the ball has been presented to the scrum (FK).

Law 19.16(f)

The scrum-half must throw the ball in straight, but is allowed to align their shoulder on the middle line of the scrum, therefore allowing them to stand a shoulder width towards their side of the middle line.

Laws 19.21 and 19.24

One front-row player from the team who put the ball in must strike for the ball. (FK)
The Number 8 can reach into the scrum and pick up the ball from under the feet
of the second-rows.

MARK

Law 17.1(a)

To make a Mark, a player must have one or both feet on or behind that player's
22-metre line and catch a ball that has reached the plane of the 22-metre line.

Rugby AU Code of Conduct

Rugby AU is committed to promoting and strengthening the positive image of
Rugby and its participants in Australia. To do so, all stakeholders need to be
committed to living rugby's core values of:

**PASSION INTEGRITY DISCIPLINE
RESPECT TEAMWORK**

Rugby AU's Code of Conduct aims to ensure that Rugby Australia's core values,
good reputation and positive behaviours are maintained by all stakeholders of
our great global game.

Teachers are encouraged to read through Rugby AU's Code of Conduct in order
to gain an understanding of the responsibility they have when participating
with their school in rugby activities (GET INTO RUGBY, TOUCH 7s, Gala Days and
Association competitions).

For more information please visit the Rugby Australia Community Rugby website.

Code Of Conduct - Coaches

- The safety, health and welfare of players comes first. Be aware of, and always comply with, the Rugby AU Safety Policies and Guidelines and be alert to minimise dangerous or foul play.
- Treat everyone equally regardless of gender or gender identity, sexual orientation, ethnicity, cultural or religious background or disability. Any form of bullying, harassment or discrimination has no place in Rugby.
- Be aware of, and always comply with the Rugby AU Participation and Inclusion Policy(s) and Guidelines.
- Obtain and maintain all required coaching accreditation/s and complete all training and education associated with such accreditation.
- Maintain a thorough knowledge of the Laws of the Game and current coaching methods.
- Actively discourage foul play and/or unsportsmanlike behaviour of players.
- Maintain appropriate, professional relationships with players at all times.
- Do not make any public comment that is critical of the performance of a match official, player, team official, coach or employee/officer/volunteer of any club or a Union; or otherwise make any public comment that would likely be detrimental to the best interests, image and welfare of the Game, a team, a club, a competition or Union.
- Use Social Media appropriately. By all means share your positive experiences of Rugby but do not use Social Media as a means to breach any of the expectations and requirements of you as a coach contained in this Code or as required in any Union, club or competition rules and regulations.
- Do not encourage, promote or turn a blind eye to any fixing or attempt to achieve a contrived outcome in a match or any moment or aspect of a match. If you notice something, you must report it immediately.
- Do not otherwise act in a way that may adversely affect or reflect on, or bring you, your team, club, Union or Rugby into disrepute or discredit.
- Do not provide inaccurate and/or misleading information during the course of an investigation or hearing under this Code or in relation to any other disciplinary proceedings.
- You must disclose any incident that does or has the potential to render you unfit to be a Participant in Australian Rugby or violates Rugby AU's Core Values, irrespective of when such event occurred.

Safety and Participation Policies 2019

Policy And Procedure Changes

From the Rugby Australia Strategic Plan 2016-2020, under the Pillar “Make Rugby a Game for All”, Rugby AU is committed to ensuring that Rugby is safe, inclusive and fair. The key aspects of this direction are underpinned by the Rugby AU Safety Policy that states:

The primary consideration in all participation decisions must be the safety of all participants as a requirement that overrides all others.

The Rugby AU Participation Policy defines the framework for safe participation to take place stating:

All endeavours must be made for Rugby participants with broadly compatible physical development in conjunction with ability and/or experience to play with and against each other.

To further enable safe, inclusive and fair participation, a series of dispensation procedures from participation policy positions that provide step-by-step processes to achieve this policy objective.

Starting Policy Positions

Eligible Age Grades

Subject to available dispensations, between the Under 8 and the Under 18 age group, a player may play in the age group he/she is turning in the playing year and in the age group one year above. For example, a player turning 15 in the calendar year (1 January – 31 December) is eligible to play in the Under 15 age group and the Under 16 age group.

Senior Rugby

Subject to available dispensations, a player can participate in Senior Rugby when he/she has turned 18 years of age.

Dispensation to enable safe, inclusive and fair participation

The procedures to be followed to apply for any of the following dispensations will be available online at: <http://www.rugbyau.com/about/codes-and-policies/safety-and-welfare/player-dispensation>

Age Dispensation

A player's physical development in conjunction with their ability and/or experience may be such that he or she may be allowed to participate in an age grade competition that is one year above or one year below their Eligible Age Grades.

For example, the player turning 15 in the calendar year (1 January – 31 December) who is already eligible to play in the Under 15 age group and the Under 16 age group, may receive dispensation to be able to participate in the Under 14 age group or Under 17 age group.

Players who turn 19 in the relevant calendar year and are therefore considered senior rugby players, may receive dispensation to play in the under 18 age grade.

Senior Rugby Dispensation

A player's physical development in conjunction with their ability and/or experience may be such that:

- Players who turns 18 in the relevant calendar year but have not yet turned 18 at the start of or during the competition, may be eligible to participate in Senior Rugby with parental / guardian approval.
- Only in exceptional circumstances, players turning 17 in the relevant calendar year may be eligible to participate in Senior Rugby with parental / guardian approval and coach / competition manager assessment.

Other Dispensation Procedures

The **Mixed Gender Dispensation** procedure allows in exceptional circumstances girls over the age of 12 to participate with boys up to and including the year that they turn 15 years of age. This provides more opportunities for girls to continue to participate in Rugby where no other opportunities exist.

The **Disability Dispensation** Procedure and the **Gender Identification**

Dispensation Procedure provide further opportunities for inclusion where it is safe to do so. Expert external third party organisations have assisted the Rugby AU develop these inclusion policies.

CHAPTER 2 – U6 - U12

NATIONAL LITERACY

This table should be used when planning what skills should be taught at the different age groups. Development of skills should be sequential with the level of task difficulty increasing with competency.

The **Principles of Team Play** helps to provide players with the necessary skills that are fundamental to rugby.

PRINCIPLES OF RUGBY	U6	U7	U8	U9	U10	U11	U12
Space – Understand where the space is and how to utilize it.							
Go Forward – Move the ball forward through play.							
Support (Reload) – Always try to be behind the ball.							

Decision Making is a key skill that all players need to develop. Being able to develop an awareness of what to do with a ball and when are intrinsically linked to the Principles of Rugby. Players must be allowed to learn through trial and error so that the choices they make get more proficient with age. Moreover, as rugby is a team sport communication is paramount to the decision-making process. Players must be able to develop the skills of saying the right words, at the right time and reacting positively to information they are given on the field.

DECISION MAKING	U6	U7	U8	U9	U10	U11	U12
Options (Awareness) – Develop an awareness of where players are on the field, where the space is and how to move the ball to that space.							
Choice (Action/Reaction & Communication) – Develop an understanding that actions have consequences on the field and that players should be able to make different choices in different situations on the field.							
Talk (Information Feed) – Develop positive on-field communication that focuses on positive outcomes.							

The key components of **ATTACK** are **Alignment**, **Running (Evasion)**, **Catch/Pass/Support** and **Kick**. Each of these components will be broken down to provide coaches with the necessary understanding to develop the attacking skills of their players.

Alignment is the first of the attacking skills. Coaches should look at where these skills can be developed and use the correct cues when coaching.

ATTACK	U6	U7	U8	U9	U10	U11	U12
Alignment - Contains four key components:							
Eyes Up – Players should learn to look at what is in front of them							
Depth – Players must be behind the ball so that they are always moving forward and in a position of support							
Width – Players need to be spaced so that they can undertake attack skills (running, catch and pass, kick) and maintain their ability to provide support.							
Timing – Players need to develop the ability to perform skills at the right time. In order to achieve this they need to learn when to slow down and when to speed up.							

Running (Evasion) is the second of the attacking skills. At a Kids Pathway level, these skills should be developed through mini-skills and challenge games.

ATTACK	U6	U7	U8	U9	U10	U11	U12
Running (Evasion) - Contains four key components:							
Fast Feet - Players should develop the ability to have fast feet, especially when moving into or avoiding contact situations. Players will need to develop how to slow or speed up, step and swerve.							
Grip (run with the ball in two hands) - This is a fundamental skill all players must do within the game. To hold the ball in two hands allows the attacker to run, pass or kick.							
Eye Contact - Players need to have eye contact with their direct opponents. This allows them to develop their decision-making and choose the correct attacking option.							
Body Shape - When running players need to keep their feet under their hips. This allows a player to step and swerve opponents in a safe manner.							

Catch/Pass/Support is the third of the attacking skill. The skills players learn at this level become the cornerstone of the game in later years. Use of the coaching cues is extremely important for catch/pass/support. Coaches are encouraged to develop cues that players can relate to. For example, to provide a **target** players must **meet and greet** the ball with their **hands up** shaped as a 'W' to *welcome* the ball!

ATTACK	U6	U7	U8	U9	U10	U11	U12
Catch/Pass/Support - Contains four key components:							
Target – refers to players having their (1) hands up towards where the ball is coming from. This is called (2) meet and reach. Players must also try to keep their (3) hips square as to assist with them running forward.							
Fast Hands – refers to players having (1) hands above elbow (hands up), the correct (2) grip on the ball for either a lateral or spin pass, ensuring they (3) point and shoot when throwing the pass, and keeping (4) hips square to assist both the pass and the player's support line.							
Keep Moving Forward – is a key component of catch and pass. Players must be encouraged to run forward when passing as this allows the pass to be thrown into space, which can then be run onto be the support player.							
Support – refers to players both inside and outside the ball carrier. These players must learn to maintain space and alignment so that the ball carrier can utilize all options available.							

Kicking is the fourth attacking skill players will learn in the Kids Pathway. All players should learn how to kick and be given the opportunity to practice this skill in pairs, mini-groups and through games.

ATTACK	U6	U7	U8	U9	U10	U11	U12
Kick - Contains four key components:							
Grip – players need to learn to grip the ball either side of the seam (similar to lateral pass grip)							
Release – refers to pointing the seam of the ball directly downwards through hip height to contact with the foot.							
Contact – refers to players having (1) head over the ball and (2) hips to target.							
Follow Through - is key to gaining accuracy and distance on a kick. Players need to learn to land on their kicking foot and still continue to move forward.							

The key components of **DEFENCE** are **Tracking** and **Contact (Tag and Tackle)**. Each of these components will be broken down to provide coaches with the necessary understanding to develop the defence skills of their players.

Tracking is fundamental to developing effective and safe contact. As most tackles (and tags) are missed through poor positioning coaches must separate the skill of tracking, which permits a tackler to gain the correct field and body position to execute a tackle, from the skill of tackling.

DEFENCE	U6	U7	U8	U9	U10	U11	U12
Tracking - Contains four key components:							
Align – players need to align correctly on their (1) opponent (shoulder to shoulder) and on their (2) teammate.							
Approach – refers to the players denying opponents ‘time and space’ to play the ball							
Balance – ensures that the players can slow their feet (shuffle/paddle) whilst moving close to the attacker.							
Target – players must have their eyes forward (eyes to thighs) and ensure they have a good, strong body-shape							

The **Contact** element of defence must be taught sequentially and players allowed to develop confidence through repeat efforts. Player development through the three key focus areas is imperative for a safe and enjoyable game by the participants.

DEFENCE	U6	U7	U8	U9	U10	U11	U12
Contact (Tag/Tackle) - Contains three key components:							
Active Feet - refers to maintaining a balanced body-shape with feet moving forward into the contact.							
Shoulder On - refers to the 'grip, stick and squeeze' required to make a tackle. Having a shoulder on also allows the player to get their head in the correct position (cheek to cheek)							
Release & Roll/React - refers to the laws of the Tackler/Tackle Assist. All players must learn to let go of the Tackled Player and move away from the area the ball is being played.							

The key components of **TACKLE CONTEST** are **Target**, **Control** and **Adapt**. Each of these components are the same whether the team has the ball and wishes to maintain it or are defence and are trying to recapture it.

The **Contact** element of the Tackle Contest ensures players become proficient so that they are safe in contact at all times. This is especially true when tackles become rucks.

TACKLE CONTEST	U6	U7	U8	U9	U10	U11	U12
Target - Contains two key components:							
Eyes Up (Look) - refers to players identifying threats in the tackle area and ensuring that their body gets into a safe position.							
Speed Up / Slow Down - refers to the player entering a tackle contest safely and with strong body-shape.							

The **Control** element of the Tackle Contest allows players to maintain a positive body position through contact. It is important that players control their body so that they (1) remain safe and (2) be effective.

TACKLE CONTEST	U6	U7	U8	U9	U10	U11	U12
Control - Contains four key components:							
Skim & Win Space – refers to taking the space over and past the ball before an opposition player does.							
Drive Up (Airplanes Taking Off) – refers to the body-shape of the player entering the tackle contest. Players need to develop the skill of having their shoulders under those of the opposition and then driving up and forwards.							
Keep Moving Forwards – is the key to winning the tackle contest. By doing this players will win the space and possession.							
Strong Body-Shape – allows players to be safe at all times. Coaches should look to ensure that players are sequentially strong through feet, knees, hips, chest, chin and eyes.							

The **Adapt** element of the Tackle Contest that players utilize to ensure they remain in the contest for possession.

TACKLE CONTEST	U6	U7	U8	U9	U10	U11	U12
Control - Contains the key component:							
Pump the Legs – refers to keeping the (1) feet active and under the body, plus being able to (2) fight for position past the ball.							

Video resources can be found at:

<http://www.rugbyau.com/participate/get-into-rugby/club-resources>

CHAPTER 3 – COACHING ATTACK

Evasion

Evasion is the ability to use speed to find space away from defenders and avoid contact. It is a combination of identifying where the space is and changing direction to catch the defender off balance and advance past them.

The Sidestep is used when running at low speed. It is performed best 1 – 2 metres from the defender with a lowered body height.

Key points for the sidestep are:

1. To commit the defender, make eye contact holding the ball out in front with two hands.
2. To halt their progress, step towards one side of the defender lowering the shoulder and head over the knee.
3. To catch them off balance, plant the inside foot sharply and step to the other side of the defender. Accelerate into space with two fast steps.



The Swerve is used when running at high speed. It is performed best 3 - 5 metres from the defender whilst staying upright.

Key points for the swerve are:

1. To commit the defender, make eye contact holding the ball out in front with two hands.
2. To slow their progress, take smaller steps and lean inwards towards them.
3. To catch them off balance, push off the inside foot and swerve outwards into space at high speed.



Catch and Pass

Catch and pass ability is the key to scoring points in attack. It involves receiving the ball from a team-mate and transferring it on to another, who is positioned next to or slightly behind you.

To catch and pass at speed, the upper body and lower body must work independently of each other ie. the upper body performs the task whilst the lower body gets you in the right position to do so. Catch and pass is a skill that should be practiced regularly with a partner before performed against defenders.

CATCH

Key points for the catch are:

1. To meet the ball early, twist upper body towards the ball carrier and position hands at chest height with fingers spread and palms pointing downwards.
2. To catch the ball cleanly, extend hands towards the ball watching it meet your fingers.
3. To carry the ball securely, hold it in two hands close to the chest.

Target

- Meet & Reach
- Hands up
- Hips square

PASS

Key points for the pass are:

1. To grip the ball correctly, hold with thumbs on top and fingers underneath. Use the wrists to tilt the tip of the ball downwards.
2. To pass the ball strongly, bend the elbows and pull the ball sideward to waist height. Transfer the ball across the body towards the receiver by punching hands.
3. To release the ball accurately, snap upwards with the wrists following through in the direction of the pass.

Fast Hands

- Hands above elbows / Hands Up
- Grip (lateral or punch pass)
- Point & shoot
- Hips square

Clearing Pass Extension

Key points for the clearing pass are:

1. Arrive at the ball and crouch the body through the hips and knees.
2. Plant 'back' foot beside the ball with a slightly larger than shoulder width stance and aim leading foot 1m behind the player catching the ball.
3. Players head must be over the ball and eyes on the ball, gripping the ball as in a spin pass.
4. "Punch" the ball from the ground and transfer the weight from back to leading foot which will provide power.
5. Shoot hands to target and chase your pass all the way to the receiver in case they are tackled and require support.



Spin Pass Extension

Key points for the spin pass are:

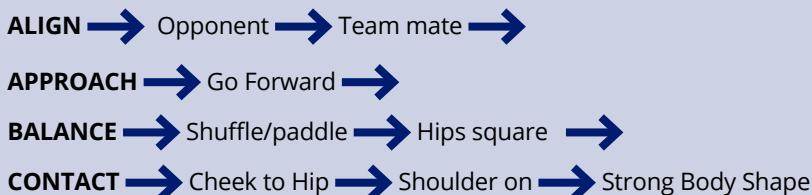
1. To grip the ball correctly, hold with outside hand on back 1/3 of ball and inside hand on front 1/3 of ball. Position thumbs on top and fingers underneath.
2. To pass the ball strongly, bend the elbows and pull the ball sideward to outside of hip. Shoot or punch hands and extend fingers directly at target.
3. To spin the ball accurately, rotate the wrists towards the body following through in the direction of the pass.

CHAPTER 4 – COACHING DEFENCE

Tracking

Tracking enables the defender to gain the correct field and body position to execute a tag or a tackle. It involves moving toward the ball carrier initially before establishing balance and stability for effective contact.

Key points for tracking are:



1. To reduce the ball carrier's time and space, move toward them approaching from the side.
2. To balance yourself prior to contact, lower the body by bending at the knees and hips placing a foot as close as possible to the ball carrier (same foot, same shoulder).

Tag

A tag is made by contacting the ball carrier with both hands simultaneously on the shorts.

Key points for tagging are:

1. To position yourself safely, look forward at the ball carriers' hips and place your head to the nearest side.
2. To tag accurately, place the palms of both hands simultaneously on the ball carriers' shorts.



Taking the Ball into Contact

The skill of taking the ball into contact is as important as the skill of tackling. It is imperative that ball carriers have confidence when taking the ball into contact, to go to ground safely.



Tackling

A tackle involves wrapping both arms around the ball carrier and driving with the legs to dominate contact and bring the ball carrier to ground.

Key points for tackling are:

1. To position yourself safely, look forward at the ball carriers' hips and place your head to the nearest side.
2. To impact accurately, drive with the legs making firm contact with the front of the nearest shoulder (same foot, same shoulder) with active feet.
3. To tackle to ground strongly, wrap both arms around the ball carrier's legs and squeeze tightly to allow your body to finish on top.



Maul Avoidance

Young players have a habit of running upright and being held up by opposing players. If a maul forms and they cannot get the ball back to their teammates, and the referee deems the maul unplayable, the scrum feed is given to the opposition team. Therefore, players must work hard to maintain possession by learning to have good body-shape when entering contact and work to get to ground.

CHAPTER 5 – COACHING TACKLE CONTEST

The contest for possession that occurs once a ball carrier is held is called the tackle contest. It results in the formation of either a ruck or a maul and requires support players to arrive on their feet and adopt a low body position into contact.

Ruck

At the ruck, players position themselves over the ball to win possession of it and drive out opponents. For continuity at the ruck, tackled players should place the ball as far back as possible towards support players.

Key points for driving out are:

1. To position yourself squarely, arrive with reduced speed lowering the body by bending at the knees and hips over the ball.
2. To impact safely, position your head to the nearest side of the opponent's body looking forwards at all times.
3. To drive out strongly, make contact with front of shoulder and drive with the legs under hips. Wrap arms around opponent and stay on your feet.



Maul

At the maul, players work together with their team mates to drive forward and secure possession of the ball. For continuity at the maul, ball carriers should turn and present the ball to support players.

Key points for mauling are:

1. To position yourself squarely, join from behind the last feet of your team mates with reduced speed. Lower the body by bending at the knees and hips.
2. To impact safely, position your head to the nearest side of the team mates body looking forwards at all times.
3. To maul strongly, bind firmly around the waists of your team mates and drive with the legs, transferring the ball to the rear of the maul.



CHAPTER 6 – COACHING SET PIECE

Through the Kids Rugby Pathway modifications have been made to ensure there is a balance between technical skill development and maintaining the key principle of ‘Contest for Possession’.

In the facet of lineout and scrum this is clearly evident (please refer to the Law Modifications for each age group in the next section of this manual).

- In the lineout there is no contest for possession at U8-U9 and no lifting at U10-U12.
- At scrum there is no contest at U8-U9, while at U10-U12 scrums are contested but with only a 1m push.

Lineout Throw, Jump and Catch

The lineout is a simple restart of play which involves an overhead throw from the sideline, with a co-ordinated jump and catch.

Throw

Key points for the throw are:

1. To grip the ball correctly, hold out in front with thumbs on top and fingers underneath the midline of the ball.
2. To throw the ball strongly, take a balanced stance and pull the ball behind the head. The elbows should be bent overhead and facing forward.
3. To release the ball accurately, move the arms forward and snap the wrists following through in the direction of the throw.



Spin Throw Extension

Key points for the spin throw are:

1. To grip the ball correctly, hold out in front with writing hand on front 1/3 of ball and other hand on back 1/3 of ball.
2. To throw the ball strongly, take a balanced stance and pull the ball behind the head. The elbows should be bent overhead and facing forward.
3. To spin the ball accurately, move the arms forward and rotate with the wrists following through in the direction of the throw.



Jump and Catch

Key points for the jump and catch are:

1. To meet the ball early, leap off balls of feet driving hands upwards and forwards from chest height.
2. To catch the ball cleanly, reach hands towards the ball, and watch the ball meet your fingers.
3. To hold the ball securely, pull it tightly against the chest before returning to ground.



Scrum Body Shape

A strong and stable body shape is essential for safe scrummaging. Players must face their opponents in an 'offset' position, always lining up to the left. This enables both players to come together and scrummage with their heads adjacent to one another.

Key points for scrummaging 1v1 against a partner are:

1. To crouch squarely, plant feet shoulder width apart and squat downwards keeping the back as straight as possible. The knees should be bent beneath the hips and ahead of the toes.
2. To bind and then set with your opponent safely, push off the balls of the feet in a short horizontal movement. Position the head and shoulders through as far as possible underneath the opponent's right shoulder.
3. To scrummage strongly, grip opponent's jersey on the back or side, pull towards you and hold. Remember to keep the chin and chest as far through as possible.

It is very important for players to keep their heads straight and look forward at all times as flexion and rotation of the neck increases the risk of injury.



Scrum Engagement Sequence (For games at all levels)

The scrum engagement is managed in sequence by the referee to ensure that it occurs safely, squarely and in synchronisation. If any part of the scrum set-up is not right, the referee should call the front rows up and re-start the process.

The Law requires that referees will call the scrum engagement in the sequence CROUCH, BIND and then, when both front rows are ready, SET. This is to be strictly observed.

1.



CROUCH

Front rowers should adopt a CROUCH position with their head and shoulders at or above the level of the hips, feet square, and knees bent sufficiently to make a simple forward movement into engagement. Players should keep their head straight, in order to maintain the normal and safe alignment of the cervical spine.

Once all front-rowers are crouched, there must be a non-verbal pause, during which time the referee should be checking that:

- the distance between opposing front rows should be close enough that players' heads are interlinked (approximately ear to ear)
- the height of the two packs is the same
- all players are balanced, and are set up straight (not at an angle)

2.



BIND

The BIND call requires each prop to bind on the side or back of their opposing prop (not on the arm or shoulder). Props should grab onto the jersey, not just rest their hand in place.

Once all front-rowers are bound, there must be a non-verbal pause, during which time the referee should check that all players are balanced and stationary.

3.



SET

On the SET call, and not before, the front rows should engage the opposition firmly with a short horizontal movement and the props should draw with their outside binds. In this position, all players must be able to maintain body shape and pressure on the opposition scrum.

4.

FEED

The scrum must be stationary and stable before the feed – no hit and chase off the mark allowed (FK). There will be **NO SIGNAL** from the referee to the scrum-half to feed the ball. There must be no delay of feed from the scrum-half once the ball has been presented (FK). One player from the team who put the ball in must strike for the ball (FK).

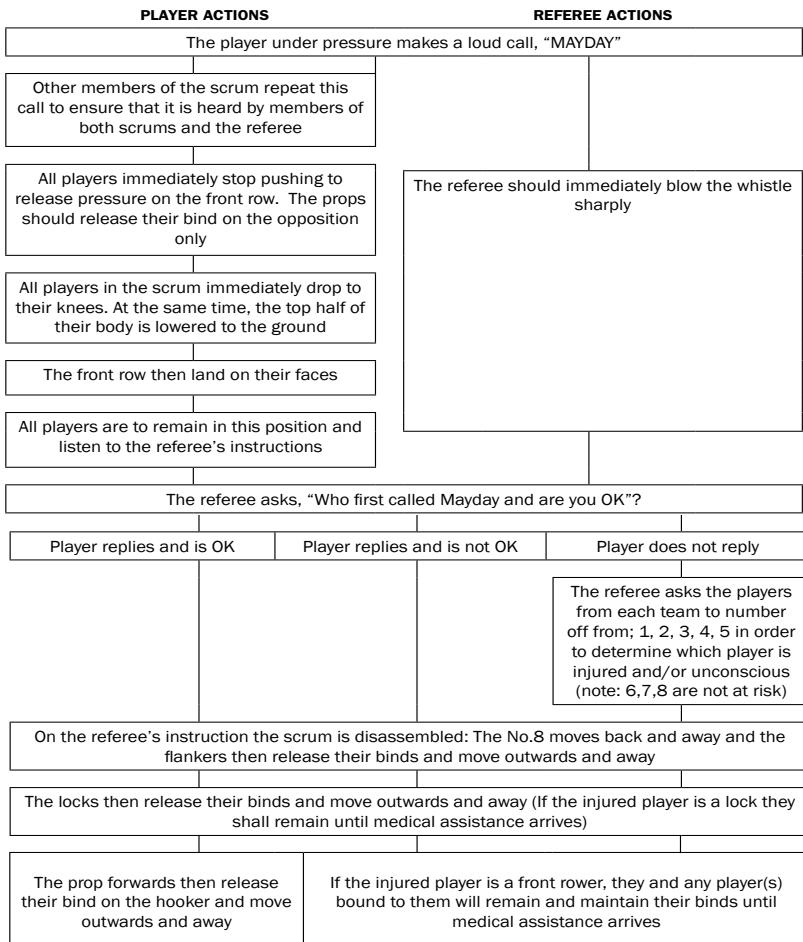
Mayday Safety Procedure

Occasionally, individuals in a scrum may find themselves in a situation where there is significant pressure on their neck. It will nearly always be a hooker or tighthead prop.

The Mayday Safety Procedure has been developed to enable players to take prompt action to relieve the pressure, if this situation occurs in a scrum.

The following is a detailed flowchart to be followed in sequence when a "Mayday" call is heard.

Mayday Call & Procedure



CHAPTER 7 – TOUCH 7s

Relevance of TOUCH 7s to Player Core Skill Development

TOUCH 7s is a modified version of the game that helps develop the core skills of players within all age groups. The focus for Kids Rugby Pathway coaches should be on using TOUCH 7s to assist with player development in:

1. Catch & Pass skills
2. Cleaning Pass
3. Evasion
4. Track to tag

The TOUCH 7s game should be used as part of your training session. This should become the final game played at each session.

How to Play

	Seven (7) players (male, female or mixed) in each team
	TOUCHES not tackles
	Seven (7) touches to score before ball given to opposition
	PASS to a teammate or perform a BALL PLACE once you're touched: PASS: 2 seconds to offload a pass & 2 steps allowed. BALL PLACE: Defenders have to stand back 5 metres
	When ball goes over the sideline, a quick throw back in takes place
	Kicking allowed in general play (depending on age and skill)
	Turnovers - Ball goes to other team when attacking team: Drops the ball forward? Does a forward pass uses up their 7 touches?

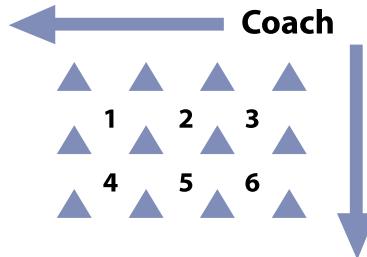
Chapter 8 – HELPFUL MANAGEMENT TIPS



A coach's job is made easier by applying good group management skills. Here are twelve helpful group management tips that will make you a better coach.

- 1. Make your expectations clear** – At the beginning of the training session outline with the team your expectations in relation to practice, recovery, discipline, safety and instructions. In particular establish a signal for attention when you want the players to stop what they are **doing and listen; ie. whistle or loud phrase**.
- 2. Use grids and small groups for practice** – Set up a training grid to manage training space and numbers of groups effectively. Position 12 markers in a 'six pack' and place small groups in each of the six grids **for skills practice (see below)**.
- 3. Utilise partner activities** – For maximum involvement have players pair up and practice skills one-on-one. Encourage players to experiment with skills and to discuss techniques with their partner.
- 4. Organise your equipment** – Ensure enough equipment is ready for the training tasks and set up a 'gear square'. It is important also to establish a system to issue, collect and down gear during sessions; ie. nominate gear stewards, all balls on the ground etc.

- 5. Adopt an effective teaching position** – Demonstrate and deliver instructions from a central position where you are easily seen and heard. Position your players in a semi-circle facing you, so any potential distractions are behind them; ie. the sun or other training groups. Ensure that you are not wearing sunglasses so you can make eye contact with your players.
- 6. Utilise volunteers** – To allow efficient teaching of the players during practice, ask parents to assist with the co-ordination of simple drills. Place them in the grid at key positions and have them direct the players whilst you observe practice and provide feedback.



- 7. Ensure safety first** – It is important players are prepared adequately for training in particular when practicing contact elements of the game. Attention must be paid to a correct warm up and cool down, suitable recovery periods, use of protective gear including mouth guards and matching of body types where possible.
- 8. Vary your tone of voice** – Use variation to stress different points. ie. softer for individualised instruction, louder for group safety and/or discipline instructions, slower and pronounced for key points, faster for verbal cues given on the run.
- 9. Teach discipline** – Most players misbehave when they are forced to wait and/or do not know what are the expectations of the coach. From the beginning outline what behaviour you expect from them and if necessary put in place a 3 strikes rule. This allows for two repeated warnings for bad behaviour followed by removal to the 'sin bin' after the third indiscretion for a designated period of time. The sin bin should be a small marked out area, in view of the coach but away from the distractions of other players at training.
- 10. Provide recovery and revision** – Ensure players have water readily available and allow them to recover and hydrate at regular intervals during the session. Also, use the time before, during and after the session when the players are 'off task' to reinforce concepts from the practice.
- 11. Give regular feedback** – Clear and constructive comments make players feel as though their efforts are valued. It is important you praise good effort as much as possible and give specific feedback on players performances based on what they have been taught. Feedback is best received by individuals straight away; and by the team after the drill or game has been completed.

12. Learn to use the whistle – The whistle is a valuable tool to gain your players attention if used sparingly. Practice a number of whistle sounds to display different signals ie. short to stop and start activities, loud and long for discipline, loud and repeated sharply for safety matters; and use them consistently at training for the best effect.



CHAPTER 9 GAME MANAGEMENT AND LAWS

LAWS SUMMARY FOR U6 TO U12

	U6	U7	U8	U9	U10	U11	U12
Player Numbers	7	7	10		12		15
Playing Area	1/4 field L:40m, W:25m		1/2 field L:60m, W:35m		Full field less 10m L:100m, W:60m		Full field L:100m, W:70m
Playing Time	2 x small-sided games, then 2 x 10min halves	2 x 15mins	2 x 15mins	2 x 20mins	2 x 20mins		2 x 25mins
Ball size	Size 2		Size 3		Size 4		Size 4
Conversions	No		Optional In front, 10m back		Yes Not past 15m-line	Yes Not past 15m-line	
Kick-off	Punt 5m Exclusion zone		Punt or drop 5m Exclusion zone		Drop		Drop
Restart after score	Tap on half way by non-scoring team		Tap on half way by non-scoring team		Kick-off by non-scoring team	Kick-off by non-scoring team	
Kicking	No		No		Yes		Yes
Tackle	2 handed tag on shorts No offside line for defence		Yes		Yes		Yes
Lineout	Tap restart	2 players No contest	2 players No contest	4 players No contest	5 players Contested No lifting	7 players Contested No lifting	
Lineout receiver		Must pass	Must pass		All options		All options
Scrum	Tap restart	3 players No contest	3 players No contest	5 players No contest	6 players Contested 1m push	8 players Contested 1m push	
Scrum half		Must pass	Must pass		All options #8 moves illegal	All options	
When is Lineout and Scrum over?	Played by fly-half or bounces		Played by fly-half or bounces		Ball out	Ball out	
Penalty Kicks and Free Kicks	Tap only Opp 5m back		Tap only Opp 5m back		All options Opp 10m back	All options Opp 10m back	

COMMON PATHWAY LAWS FOR U6 TO U12

Player Numbers	Equal number of players on each team. If one team is short, teams MUST share players to reach the maximum number of equal players possible. Unlimited rolling replacements.		
Scrum	Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'bind' and 'set'. Defending scrum-half can't go past midline and cannot leave scrum.		
Scoring	No Drop Goals No Penalty Goals	Tackle	Slinging tackles, fending to the head and squeeze ball illegal
Lineout	No Quick Throw-ins No variation in numbers allowed Must have a lineout receiver	Foul Play	Yellow card = 5 minutes A player given a Yellow card or Red card may be replaced

Under 6 Game Modifications 2018

Competitions	<ul style="list-style-type: none"> No finals series, no competition ladders and no premierships allowed. Coaches are allowed on the field for the duration of the game.
The Ground	<ul style="list-style-type: none"> 40m x 25m maximum (ie. usually 1/4 field) <p>Playing enclosure 5m clear area from playing area to roped boundary</p> <p>In-goal area 5m Field of play 40m x 25m In-goal area</p> <p>Try line Touch line Field of play 5m</p>
The Ball	<ul style="list-style-type: none"> Size 2
Number of Players	<ul style="list-style-type: none"> 7 players Teams must match numbers on the field during play. If either team has fewer than 7 players during play, then teams must share players to get the maximum number of players on the field, while maintaining equal numbers. If a team has few or no reserve players, the coach or manager should inform the opposing team before the game starts that they may be required to share players at some point during the game. Rolling replacements are allowed and these are unlimited in number, but can only be made when the ball is dead. It is recommended that the maximum size of a team's squad be 10 players.
Time	<ul style="list-style-type: none"> Two small-sided games are to be played, which are Activities 1 and 4 from that week's activities in the Under 6 Coaching Manual. This is then followed by 2 x 10min halves of tag rugby, with a 5min half time. There is no time off for injury or other stoppages.
Scoring	<ul style="list-style-type: none"> A try is awarded 5 points. Conversions, Drop Goals and Penalty Goals are not permitted.
Foul Play	<ul style="list-style-type: none"> No tackling allowed (PK). No fending allowed (PK). No kicking allowed in general play (tap restart). A red card = sent off and cannot return.

	<ul style="list-style-type: none"> A yellow card = 5 mins in the sin-bin and if the time period has not expired when half-time or full-time is called, the temporary suspension ends. When a yellow or red card is issued, the player may be replaced.
Knock on and Forward Pass	<ul style="list-style-type: none"> Referees are encouraged to be lenient. The assumption should be that the ball has gone backwards unless it is clearly and obviously forwards.
Kick-off and Restarts	<ul style="list-style-type: none"> Kick-offs to begin each half are punt kicks. The receiving team at a kick-off must be at least 5m back from half-way. If a kick-off is unsuccessful in any way (eg. wrong kick, doesn't go 5m, goes dead etc), another chance is provided until the kick is successfully taken. There is a 5m radius circle 'exclusion zone' around a player attempting to field the ball after a kick-off. No opposing player can enter this zone until the receiving player has caught or picked up the ball (PK). After a try, the non-scoring team takes a tap restart from the centre of the half-way line.
The Tag	<ul style="list-style-type: none"> A tag MUST be: <ul style="list-style-type: none"> - a two-handed touch, and - on the shorts only. Tags are not permitted on the jersey above the waist from either in front or behind. A tag is not permitted on the legs. The referee MUST apply this strictly, as this will allow attacking players to continue running when incorrectly tagged, and reinforce good habits in defence. Players' jerseys should be tucked in. Referee will call "TAG" if performed correctly, or "PLAY ON" if not. Once the referee has called "TAG", the coach may then call "TURN AND PASS". Once tagged, players are required to stop as quickly as possible and turn and pass to a team-mate. They are not required to return to the mark where they were tagged. There are no offside lines at a tag for the defence. The players of the team not in possession of the ball do not need to retreat to any line. This ensures game continuity and forward progress for the team in possession by removing a fully set line of defence. To defend effectively, players may need to be encouraged by their coaches to retreat backwards to remain in front of the attacking team. No opposing player may block or prevent the tagged player from passing the ball to a teammate (PK). If a player cannot pass for any reason, a tap restart is awarded to the team in possession.
Lineout	<ul style="list-style-type: none"> Where a lineout would normally be played, the team which would normally be given the throw-in is awarded a tap restart, 5 metres in from the touch line.
Scrum	<ul style="list-style-type: none"> Where a scrum would normally be played, the team which would normally be given the throw-in is awarded a tap restart at the place where the scrum would be formed.

Tap Restarts	<ul style="list-style-type: none"> All Penalty Kicks (PK) and Free Kicks (FK) are taken as a tap restart. The opposing team must run back at least 5 metres from the mark. At a tap restart the ball must be either kicked out of the hands, or put on the ground and kicked a visible distance. The player must not hold the ball and tap with the foot without letting go. Another chance is provided until taken correctly.
In-Goal	<ul style="list-style-type: none"> If a player grounds the ball in the opposition in-goal, but is tagged in the act of scoring, a try is awarded. If a player is tagged in the opposition in-goal, the referee should encourage the player to ground the ball and then award the try. A player is not permitted to 'dive' when scoring a try (either through a defensive line or when in the clear). A player must be on their feet to score a try, otherwise a tap restart is awarded to the team in possession, 5 metres out from the goal line in line with where the player attempted to score the try. If the ball becomes dead in in-goal, play restarts with a tap restart to the defending team, 5m out from their goal line.

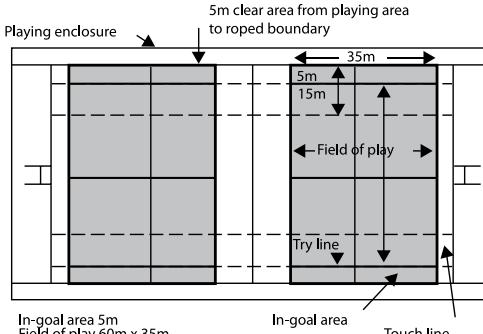
Under 7 Game Modifications 2018	
Competitions	<ul style="list-style-type: none"> No finals series, no competition ladders and no premierships allowed. Coaches are allowed on the field for the duration of the game.
The Ground	<ul style="list-style-type: none"> 40m x 25m maximum (ie. usually 1/4 field) <p>Playing enclosure 5m clear area from playing area to roped boundary</p> <p>Try line Touch line</p> <p>In-goal area 5m Field of play 40m x 25m</p> <p>In-goal area</p>
The Ball	<ul style="list-style-type: none"> Size 2
Number of Players	<ul style="list-style-type: none"> 7 players Teams must match numbers on the field during play. If either team has fewer than 7 players during play, then teams must share players to get the maximum number of players on the field, while maintaining equal numbers. If a team has few or no reserve players, the coach or manager should inform the opposing team before the game starts that they may be required to share players at some point during the game.

	<ul style="list-style-type: none"> • Rolling replacements are allowed and these are unlimited in number, but can only be made when the ball is dead. • It is recommended that the maximum size of a team's squad be 10 players.
Time	<ul style="list-style-type: none"> • 2 x 15min halves, 5 min half time. • There is no time off for injury or other stoppages.
Scoring	<ul style="list-style-type: none"> • A try is awarded 5 points. • Conversions, Drop Goals and Penalty Goals are not permitted.
Foul Play	<ul style="list-style-type: none"> • No tackling allowed (PK). • No fending allowed (PK). • No kicking allowed in general play (scrum). • A red card = sent off and cannot return. • A yellow card = 5 mins in the sin-bin and if the time period has not expired when half-time or full-time is called, the temporary suspension ends. • When a yellow or red card is issued, the player may be replaced.
Knock on and Forward Pass	<ul style="list-style-type: none"> • Referees are encouraged to be lenient. • The assumption should be that the ball has gone backwards unless it is clearly and obviously forwards.
Kick-off and Restarts	<ul style="list-style-type: none"> • Kick-offs to begin each half are punt kicks. • The receiving team at a kick-off must be at least 5m back from half-way. • If a kick-off is unsuccessful in any way (eg. wrong kick, doesn't go 5m, goes dead etc), another chance is provided until the kick is successfully taken. • There is a 5m radius circle 'exclusion zone' around a player attempting to field the ball after a kick-off. No opposing player can enter this zone until the receiving player has caught or picked up the ball (PK). • After a try, the non-scoring team takes a tap restart from the centre of the half-way line.
The Tag	<ul style="list-style-type: none"> • A tag MUST be: <ul style="list-style-type: none"> - a two-handed touch, and - on the shorts only. • Tags are not permitted on the jersey above the waist from either in front or behind. A tag is not permitted on the legs. • The referee MUST apply this strictly, as this will allow attacking players to continue running when incorrectly tagged, and reinforce good habits in defence. • Players' jerseys should be tucked in. • Referee will call "TAG" if performed correctly, or "PLAY ON" if not. • Once the referee has called "TAG", the coach may then call "TURN AND PASS". • Once tagged, players are required to stop as quickly as possible and turn and pass to a team-mate. They are not required to return to the mark where they were tagged. • There are no offside lines at a tag for the defence. The players of the team not in possession of the ball do not need to retreat to any line. This ensures game continuity and forward progress for the team in possession by removing a fully set line of defence.

	<ul style="list-style-type: none"> To defend effectively, players may need to be encouraged by their coaches to retreat backwards to remain in front of the attacking team. No opposing player may block or prevent the tagged player from passing the ball to a teammate (PK). If a player cannot pass for any reason, a tap restart is awarded to the team in possession.
Lineout setup	<ul style="list-style-type: none"> No quick throw-ins allowed. 2 players from each team stand as catchers 1 metre from the opposition players in a single line 3 metres away from the touch line. The thrower of the team in possession stands opposite their team's first catcher. The thrower's immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch. There must be a receiver (scrum-half) 2 metres back from the line-out. The receiver must stay in position until they receive the ball from the lineout. All other players not taking part in the line-out must be back at least 5 metres. If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.
Lineout play	<ul style="list-style-type: none"> The team throwing the ball in must win it. The ball is passed or knocked to the receiver who must then pass it to a team-mate. If the wrong team wins the ball or the receiver doesn't pass, the referee awards another lineout with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Lineout offside	<ul style="list-style-type: none"> The lineout does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver. Opposition backline players must stay onside and lineout players must stay in the lineout until the line-out is over. If players are offside, the referee awards another lineout with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Scrum setup	<ul style="list-style-type: none"> 3 players from each team form the scrum. Both scrum-halves must stand on the same side of the scrum. All other players not taking part in the scrum must be back at least 5 metres. If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.
Scrum play	<ul style="list-style-type: none"> Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'bind' and 'set'. There is no pushing in the scrum and the team throwing in the ball must win it. After gathering the ball, the scrum-half must pass it to a team-mate.

	<ul style="list-style-type: none"> If the scrum-half doesn't pass, the referee awards another scrum with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Scrum offside	<ul style="list-style-type: none"> The scrum does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver. The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over. Opposition players must stay onside or bound until the scrum is over. If players are offside, the referee awards another scrum with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Tap Restarts	<ul style="list-style-type: none"> All Penalty Kicks (PK) and Free Kicks (FK) are taken as a tap restart. The opposing team must run back at least 5 metres from the mark. At a tap restart the ball must be either kicked out of the hands, or put on the ground and kicked a visible distance. The player must not hold the ball and tap with the foot without letting go. Another chance is provided until taken correctly.
In-Goal	<ul style="list-style-type: none"> If a player grounds the ball in the opposition in-goal, but is tagged in the act of scoring, a try is awarded. If a player is tagged in the opposition in-goal, the referee should encourage the player to ground the ball and then award the try. A player is not permitted to 'dive' when scoring a try (either through a defensive line or when in the clear). A player must be on their feet to score a try, otherwise a tap restart is awarded to the team in possession, 5 metres out from the goal line in line with where the player attempted to score the try. If the ball becomes dead in in-goal, play restarts with a tap restart to the defending team, 5m out from their goal line.

Under 8 and Under 9 Game Modifications 2018

Competitions	<ul style="list-style-type: none"> No finals series allowed. Competition ladders and premierships are actively discouraged. Coaches are not allowed on the field beyond the first half of the season in the Under 9 age group.
The Ground	<ul style="list-style-type: none"> 60m x 35m maximum (ie. usually 1/2 field) 
The Ball	<ul style="list-style-type: none"> Size 3
Number of Players	<ul style="list-style-type: none"> Under 8: 7 players Under 9: 10 players Teams must match numbers on the field during play. If either team has fewer than the standard number of players during play, then teams must share players to get the maximum number of players on the field, while maintaining equal numbers. If a team has few or no reserve players, the coach or manager should inform the opposing team before the game starts that they may be required to share players at some point during the game. Rolling replacements are allowed and these are unlimited in number, but can only be made when the ball is dead. It is recommended that the maximum size of a team's squad be 10 players for Under 8 and 14 players for Under 9.
Time	<ul style="list-style-type: none"> Under 8: 2 x 15min halves, 5min half time. Under 9: 2 x 20min halves, 5min half time. There is no time off for injury or other stoppages.
Scoring	<ul style="list-style-type: none"> A try is awarded 5 points. Drop Goals and Penalty Goals are not permitted. Conversions, if allowed by the competition organiser, can be either a drop kick or a place kick, and are taken on a line through the centre of the goal posts from 10m away. Players may not charge a Conversion attempt.

Foul Play	<ul style="list-style-type: none"> • No fending to the face or head allowed (PK). • No jersey swinging tackles allowed (PK). • No kicking allowed in general play (scrum). • A red card = sent off and cannot return. • A yellow card = 5 mins in the sin-bin and if the time period has not expired when half-time or full-time is called, the temporary suspension ends. • When a yellow or red card is issued, the player may be replaced. • 'Squeeze ball' technique illegal (PK).
Kick-off and Restarts	<ul style="list-style-type: none"> • Kick-offs to begin each half are punt kicks or drop kicks. • The receiving team at a kick-off must be at least 5m back from half-way. • If a kick-off is unsuccessful in any way (eg. wrong kick, doesn't go 5m, goes dead etc), another chance is provided until the kick is successfully taken. • There is a 5m radius circle 'exclusion zone' around a player attempting to field the ball after a kick-off. No opposing player can enter this zone until the receiving player has caught or picked up the ball (PK). • After a try, the non-scoring team takes a tap restart from the centre of the half-way line. • Where a drop-out would normally occur under Law, the team entitled to the drop out will restart play with a tap restart at the centre of the 15-metre line.
Tackle / Ruck	<ul style="list-style-type: none"> • Referees are reminded to encourage players to only play for the ball when they are on their feet. After the tackled player has passed or released the ball, no player may play the ball while on their knees.
Lineout setup	<ul style="list-style-type: none"> • No quick throw-ins allowed. • 2 players (in Under 8s) or 4 players (in Under 9s) from each team stand as catchers 1 metre from the opposition players in a single line 4 metres away from the touch line. • The thrower of the team in possession stands on the line of touch. • The thrower's immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch. • There must be a receiver (scrum-half) 2 metres back from the lineout. The receiver must stay in position until they receive the ball from the lineout. • All other players not taking part in the line-out must be back at least 5 metres. • If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.
Lineout play	<ul style="list-style-type: none"> • The team throwing the ball in must win it. • The ball is passed or knocked to the receiver who must then pass it to a team-mate. • If the wrong team wins the ball or the receiver doesn't pass, the referee awards another lineout with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Lineout offside	<ul style="list-style-type: none"> • The lineout does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver. • Opposition backline players must stay onside and lineout players must stay in the lineout until the line-out is over. • If players are offside, the referee awards a Penalty Kick.

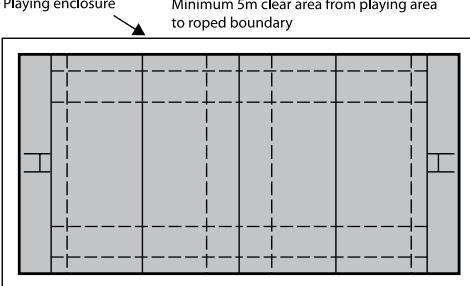
Scrum setup	<ul style="list-style-type: none"> 3 players (in Under 8s) or 5 players (in Under 9s) from each team form the scrum. Both scrum-halves must stand on the same side of the scrum. All other players not taking part in the scrum must be back at least 5 metres. If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.
Scrum play	<ul style="list-style-type: none"> Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'bind' and 'set'. There is no pushing in the scrum and the team throwing in the ball must win it. After gathering the ball, the scrum-half must pass it to a team-mate. If the scrum-half doesn't pass, the referee awards another scrum with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Scrum offside	<ul style="list-style-type: none"> The scrum does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver. The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over. Opposition players must stay onside or stay bound until the scrum is over. If players are offside, the referee awards a Penalty Kick.
Tap Restarts	<ul style="list-style-type: none"> All Penalty Kicks (PK) and Free Kicks (FK) are taken as a tap restart. The opposing team must run back at least 5 metres from the mark. At a tap restart the ball must be either kicked out of the hands, or put on the ground and kicked a visible distance. The player must not hold the ball and tap with the foot without letting go. Another chance is provided until taken correctly.

Under 10 and Under 11 Game Modifications 2018

Competitions	<ul style="list-style-type: none"> Finals series, competition ladders and premierships allowed.
The Ground	<ul style="list-style-type: none"> 100m x 60m maximum (ie. usually full field minus 10m width) <p>Playing enclosure Minimum 5m clear area from playing area to roped boundary</p> <p>Field of play 100m x 60m In-goal area 10m</p>
The Ball	<ul style="list-style-type: none"> Size 4

Number of Players	<ul style="list-style-type: none"> • 12 players • Teams must match numbers on the field during play. • If either team has fewer than 12 players during play, then teams must share players to get the maximum number of players on the field, while maintaining equal numbers. • If a team has few or no reserve players, the coach or manager should inform the opposing team before the game starts that they may be required to share players at some point during the game. • Rolling replacements are allowed and these are unlimited in number, but can only be made when the ball is dead. • It is recommended that the maximum size of a team's squad be 17 players.
Time	<ul style="list-style-type: none"> • 2 x 20min halves, 5min half time. • There is no time off for injury or other stoppages.
Scoring	<ul style="list-style-type: none"> • A try is awarded 5 points. • Drop Goals and Penalty Goals are not permitted. • Conversions are taken on a line through the place where the try was scored, up to but not beyond the 15-metre line (ie. 10 metres from the touch line). • Players may not charge a Conversion attempt.
Foul Play	<ul style="list-style-type: none"> • No fending to the face or head allowed (PK). • No jersey swinging tackles allowed (PK). • A red card = sent off and cannot return. • A yellow card = 5 mins in the sin-bin and if the time period has not expired when half-time or full-time is called, the temporary suspension ends. • When a yellow or red card is issued, the player may be replaced. • 'Squeeze ball' technique illegal (PK).
Kick-off and Restarts	<ul style="list-style-type: none"> • Kick-offs and restarts are drop kicks. • If a kick-off or drop-out is unsuccessful in any way (eg. wrong kick, goes dead etc), another chance is provided, and if the second kick is also unsuccessful, then a scrum is awarded at the centre of the half-way line or 22m-line with the throw-in to the non-infringing team.
Lineout setup	<ul style="list-style-type: none"> • No quick throw-ins allowed. • 5 players from each team stand as catchers 1 metre from the opposition players in a single line 5 metres away from the touch line. • The thrower of the team in possession stands on the line of touch. • The thrower's immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch. • There must be a receiver (scrum-half) 2 metres back from the line-out. The receiver may not switch positions or join the lineout until the ball is thrown. • All other players not taking part in the line-out must be back at least 10 metres. • If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.

Lineout play	<ul style="list-style-type: none"> If the throw is incorrect (eg. not straight), the referee awards another lineout with the same team throwing in, so the players can get it right. If the second attempt is also incorrect, a scrum is awarded to the non-infringing team. There is no lifting or supporting allowed (FK).
Scrum setup	<ul style="list-style-type: none"> 6 players from each team form the scrum. Both scrum-halves must stand on the same side of the scrum. All other players not taking part in the scrum must be back at least 5 metres. If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.
Scrum play	<ul style="list-style-type: none"> Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'bind' and 'set'. A team must not push the scrum more than 1 metre (FK). No Number 8 moves allowed (FK).
Scrum offside	<ul style="list-style-type: none"> The scrum is not over until the ball is completely out of the scrum (eg. even if the scrum-half has hands on the ball it is not out). The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over. Opposition players must stay onside or stay bound until the scrum is over. If players are offside, the referee awards a Penalty Kick.

Under 12 Game Modifications 2018	
Competitions	<ul style="list-style-type: none"> Finals series, competition ladders and premierships allowed.
The Ground	<ul style="list-style-type: none"> 100m x 70m maximum (ie. usually full field)  <p>Field of play 100m x 70m In-goal area 10m</p>
The Ball	<ul style="list-style-type: none"> Size 4
Number of Players	<ul style="list-style-type: none"> 15 players Teams must match numbers on the field during play.

	<ul style="list-style-type: none"> If either team has fewer than 15 players during play, then teams must share players to get the maximum number of players on the field, while maintaining equal numbers. If a team has few or no reserve players, the coach or manager should inform the opposing team before the game starts that they may be required to share players at some point during the game. Rolling replacements are allowed and these are unlimited in number, but can only be made when the ball is dead. It is recommended that the maximum size of a team's squad be 20 players.
Time	<ul style="list-style-type: none"> 2 x 25min halves, 5min half time. There is no time off for injury or other stoppages.
Scoring	<ul style="list-style-type: none"> A try is awarded 5 points. Drop Goals and Penalty Goals are not permitted. Conversions are taken on a line through the place where the try was scored, up to but not beyond the 15-metre line. Players may not charge a Conversion attempt.
Foul Play	<ul style="list-style-type: none"> No fending to the face or head allowed (PK). No jersey swinging tackles allowed (PK). A red card = sent off and cannot return. A yellow card = 5 mins in the sin-bin and if the time period has not expired when half-time or full-time is called, the temporary suspension ends. When a yellow or red card is issued, the player may be replaced. 'Squeeze ball' technique illegal (PK).
Kick-off and Restarts	<ul style="list-style-type: none"> Kick-offs and restarts are drop kicks. No second chances for incorrect kick-offs and drop-outs.
Lineout setup	<ul style="list-style-type: none"> No quick throw-ins allowed. 7 players from each team stand as catchers 1 metre from the opposition players in a single line 5 metres away from the touch line. The thrower of the team in possession stands on the line of touch. The thrower's immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch. There must be a receiver (scrum-half) 2 metres back from the lineout. The receiver may not switch positions or join the lineout until the ball is thrown. All other players not taking part in the lineout must be back at least 10 metres. If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.
Lineout play	<ul style="list-style-type: none"> No second chance if the throw is incorrect (ie not straight). There is no lifting or supporting allowed (FK).
Scrum setup	<ul style="list-style-type: none"> 8 players from each team form the scrum. Both scrum-halves must stand on the same side of the scrum. All other players not taking part in the scrum must be back at least 5 metres.

	<ul style="list-style-type: none"> If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.
Scrum play	<ul style="list-style-type: none"> Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'bind' and 'set'. A team must not push the scrum more than 1 metre (FK).
Scrum offside	<ul style="list-style-type: none"> The scrum is not over until the ball is completely out of the scrum (eg. even if the scrum-half has hands on the ball it is not out). The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over. Opposition players must stay onside or stay bound until the scrum is over. If players are offside, the referee awards a Penalty Kick.

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There are inherent risks associated with participating in the game of Rugby and in Rugby-related activities. Accidents can happen. Rugby Australia does not accept any responsibility or liability in relation to any injury, loss or damage suffered by persons seeking to replicate activities demonstrated in this guide, or participating in Rugby-related activities generally.

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