



T1 RUGBY

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



INTEGRITY

PASSION

SOLIDARITY

DISCIPLINE

RESPECT

THE GAME

- Played on 1/2 pitch
- 7 Players per side
- 7 touches to score
- Rolling unlimited subs
- 10 mins per half (20 mins per game)
- Kick off (drop kick or any kick) to opposing team (no contest for the ball)
- Ball kicked dead from restart = kick/scrum at middle
- Kick on any play – no restrictions
- Ball kicked dead = 15m free tap & pass
- 7 touches to score – turnover on 7th (free tap & pass)
- Breakdown = 5 players (2 attack, 3 defence)
- Once touched, ball carrier turns and presents ball to team mate
- Team mate ‘rips’ ball, and must pass or kick within 3 steps
- Ripper can’t score from breakdown

- Breakdown Defence – Toucher/Tagger plus 2 players in defence must join (place hands on the defender who touches the attacker – form a triangle with outside arm – creates offside line)
- Rest of the defenders must be on back foot
- No sanction if attack play away before defence set
- Scrum (3v3 – bind up with team mates and opposition, passive, no engagement, no push, no contest, defending scrum half behind, other players back 5m)
Scrum half can pass within 3 steps or kick
- Lineout (3v3 – no lifting, no contest)
Catcher passes back to team mate (5m back) or to thrower-in on sweep round
- Trying scoring team kicks off
- Penalties (tap and pass, defenders back 5m)
- Knock on/forward pass = scrum restart (if no advantage)
- Ball knocked backwards in open play – play on
- One handed touch below shoulder height is required in defence
- Defenders must make an attempt to move towards the breakdown area to set their defensive triangle

GAME ON

GLOBAL GAME WITH LOCAL FLEXIBILITY

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

- Can be played in a touch or tag version
- Size of pitch can be adjusted as required
- Kicking in open play can be removed by agreement
- Match length can be reduced or extended by agreement (generally in line with playing numbers)
- 1v1 LO contest (no lift) ball thrown above shoulder height down the middle of the lineout, 2 players jump (must land on same spot) and contest for the ball
- Breakdown area of contest – defence force the turnover if the 3rd defender is in place before the ball is passed away by the attack
- Remove the 7 touch for turnover – could play unlimited touches if in agreement
- Selected players can be identified to have 2 touches before stopping

