

# Age Grade & Mini-Rugby Manual



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**October 2, 2001**

**B.C.R.U. YOUTH RUGBY PROGRAM**

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# **B.C.R.U. YOUTH RUGBY PROGRAM**

## **SECTION 1**

### **PROGRAM OBJECTIVES**

To prepare and implement a detailed five-year plan for the development of Mini-Rugby in all BC Rugby Clubs.

### **STRATEGIC PRIORITIES:**

In order of priority, are:

#### **1. Mini-Rugby in your Club**

1. Promote Mini-Rugby as a **Game of Choice**
2. **Introduce Rugby** to 5-15 year old boys and girls
3. Introduce players to Mini-Rugby in a **controlled safe environment**
4. Promote Rugby as an **enjoyable experience**
5. Encourage/Ensure **acquisition of good basic Rugby skills**
6. **Retain interest and participation** of players
7. Encourage/ensure **advancement to Junior Rugby**
8. **Strengthen Membership** of Club by recruiting
  - Mini-Rugby Players
  - Parent Social members
  - Parent Participating members
9. **Self Funding** through Sponsorship/Membership/Clubhouse Receipts/Program Fees

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **2. Mini-Rugby in your neighbourhood**

1. Promote Mini-Rugby as a **Game of Choice for 5-15 year old boys and girls**
2. Promote Mini-Rugby as a **desirable/necessary program** for schools/bodies
3. Promote your Club as **centre of choice**
4. Secure **B.C.R.U. recognition/support**

### **3. Mini-Rugby in B.C.**

1. Promote Mini-Rugby as a **Game of Choice for 5-15 year old boys and girls**
2. Promote Mini-Rugby as a **desirable/necessary program** for B.C.R.U. Clubs/schools/bodies.
3. Introduce **Inter-Club competition/interplay**

### **4. Mini-Rugby in Canada**

1. Promote Mini-Rugby as a **Game of Choice for 5-15 year old boys and girls**
2. Promote Mini-Rugby as a **desirable/necessary program** for clubs/schools/bodies
3. Promote B.C. as **centre of excellence**
4. Secure **C.R.F.U. recognition/support/finance**

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **OUTLINE ACTION PLAN**

#### **MINI-RUGBY IN YOUR RUGBY CLUB**

##### ***1. Promote Mini-Rugby as a Game of Choice***

##### ***2. Introduce Rugby to 5-15 year old boys and girls***

##### **A. Sources of Mini-Rugby Participants:**

- Your Club Mini Age Group Parents/Siblings
- Your Club Mini Age Group Kids
- Your neighbourhood Mini Age Group Kids
- Local Elementary Schools
- Local Rec. programs
- Local Mini Age Group Parents
- Other Rugby Clubs without Mini Rugby programs/Rugby player/ex-player parents

##### **B. Methods of Promotion**

- i. Initial emphasis should be in recruiting participants from WITHIN your Club. We therefore need to identify those members of the Club with children or younger brothers/sisters in the Mini-Rugby age group of 5-15 years.

This group should be quantified and contacted via parents, and invited to attend an initial Mini-Rugby camp to be held at the Club on a Sunday morning.

Objective of the camp is FUN and a SAFE introduction to Mini-Rugby for both players and parents.

Camp should repeat in the following week with a Buddy Day: each participant to bring at least one friend to participate: prize for participant bringing most new players.

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Training should, thereafter, be held each Sunday morning throughout the Rugby season.

ii. Ongoing Contact/Promotion Program should be implemented with

- Kids/Parents via local Elementary Schools
- Kids/Parents via local Rec. Program
- Kids via ongoing Buddy Program/Newsletter
- Parents via Newspaper Ads/Editorial
- Kids/Parents via Other Vancouver Rugby Clubs

Objective is to encourage Kids to attend Sunday Morning Mini-Rugby training sessions AT Your Club

iii. Mini-Rugby Camps should be organised at Your Club during school vacations. Objective of these sessions should be to create ongoing interest in Mini-Rugby and to recruit new players to participate in the ongoing Sunday morning sessions. Camps should be promoted via schools, rec. centres and local newspapers. “Celebrity” players such as members of the Canadian National Team should be invited to give motivational talks to kids during these sessions. A charge should be made to cover the costs of the Camp, and Tee shirts with promotional logo should be given to all participants.

iv. Programs should be instituted with local elementary schools to conduct an introductory Mini-Rugby promotional presentation within the schools. These sessions should be a short presentation, taking no more than 10 to 15 minutes, which may, or may not, be followed by a short training session: training sessions should be short and fun oriented and give each child a “feel of the ball”. The objective of these sessions should be to create sufficient interest in the game for students to wish to attend Sunday training sessions at Your Club. A copy of the BCRU Mini-Rugby Video should be shown at these sessions and left at the school for future use and reference. The accompanying brochure outlining the benefits and stressing the safety of Mini-Rugby should be given to each student to take home to introduce and promote your Club Mini-Rugby Program to parents. Encourage the schools to feature your program in their regular newsletters to parents.

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- v. The Club should approach local School Boards to arrange half or full day Professional Day training sessions for elementary school teachers. These Sessions should be chargeable (suggest \$30 - \$40 per attendee) and should include lunch/morning snack, Coaches Manual and Size 4 Rugby Ball for each participant. The objective of the session should be for the teacher to be able to teach a simple Rugby program within the PE program at the school, and to be motivated to promote the Club's Mini-Rugby program to his/her students. The school's Sports and Athletic contact should be the teacher targeted with this program.
  
- vi. Regular mailings to schools should be made via the central mailing facilities of the local school board, appraising Principals and interested teachers of start and restart of programs, and of events of interest such as tournaments, Mini-Rugby games allied to major senior games or events.
  
- vii. Contact should be made with Rec. Centres with the objective of promoting the Your Club Mini-Rugby Program as part of the local Continuing Education Program for Kids.
  
- viii. The BCRU promotional poster promoting Mini-Rugby should be distributed to schools, rec. centres and to other BC Rugby Clubs.

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*3. Introduce players to Mini-Rugby in a controlled safe environment*

*4. Promote Rugby as an enjoyable experience*

*5. Encourage/Ensure acquisition of good basic Rugby skills*

### **1. Coaching**

#### **i. Recruitment**

Coaches should be recruited from the following sources:

- Mini-Rugby Program Participants' Parents (including your Club's players/ex-players)
- Your Club's Senior, Women and Over-Forties players
- Overseas players sponsored by your Club under a Rugby development program
- Your Club's Juniors/local High School players
- B.C.R.U. coaches
- School teachers with an interest in Rugby

Emphasis should be placed on recruiting interested parents to participate in the regular Sunday coaching program as it has been proven elsewhere that continuity and reliability is greater within this group.

The aim should be for each age group (under 7's, under 8's, under 9's, under 10's, under 11's, under 12's, under 14's, under 16's) to have at least two trained coaches.

Senior players who are not in full time employment and local High School teachers should be invited to coach Summer Camps (on a paid basis). Investigate the use of Parents/Over Forties/Juniors/High School players to participate in the elementary school introductory sessions.

Liaise with local High Schools to investigate the acquisition of grade credits for students offering assistance in the Program.



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### ii. Training of Coaches

A Mini-Rugby Coaches program should be put in place to train the coaches under the guidance of the Mini-Rugby Committee and Your Club Director of Coaching.

The Mini-Rugby Program and Coaches Manual should be distributed to coaches. This includes a full description of the game, and detailed training sessions, tailored to players' ages, to coach the following skills:

#### Passing

- Running pass
- Standing/Scrum half pass

#### Picking Up/Putting down Ball

#### Tackling

- Front
- Side
- Rear
- Falling
- Smother Tackle

#### Falling on ball defensively

#### Scrummage

- Foot position
- Binding
- Hooking
- Pushing/Channelling

#### Ruck & Maul

- Making Ball Available
- Retaining possession
- Support/Binding on

#### Running Skills

- Side-step
- Swerve
- Hand-off
- Change of Pace
- Dummy Pass & Kick

#### Kicking Off/Receiving

#### Kicking and Catching

- Punt/Drop Kick/Place Kick
- Catching Ball

#### Line Out

#### Laws of the Game

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A typical training session should have the following format:

### A) Warm Up

- Stretch/Running/Fitness games
- “Fun” game e.g. British Bulldogs, End Ball, Corner Ball

### B) Skills Session

- Demonstration
- Simple Practice Exercise
- More Complex Exercises

### C) Controlled Game

- Emphasis on Using Skill Learnt Today (plus using previous skills learned)

Consider holding a “Skills Day”, when players will be tested and evaluated on the various skills they have acquired. A small prize should be given to the winner in each age group.

### iii. Safety

Coaching emphasis should at all times be on safety and fun.

Players (Boys and Girls) should play within narrow controlled age/size bands.

Physical Contact should be introduced gradually into the game, considering the abilities and age group of players. Emphasis in all age groups should be on running and passing, with the objective of “graduating” players into the Junior Program (age 14 and over, Grade 8) with a full range of Rugby skills.

⇒ Under 7 (Grade 1 and under) Age Group

< 7 players

No Tackling (Introduce 2-handed touch)

No Scrummage

No Line Out

No Kicking

No Rucking or Mauling

Play-the-ball start/restart/penalty

No differentiation between forwards and backs

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### ⇒ Under 8 (Grade 2) Age Group

7 Players

No Scrummage (may be introduced in 2<sup>nd</sup> half as no-push, no counter-strike scrum with 2 Props, Hooker + Scrum-half, Stand-off, centre, 2 Wings).

Place kick start\*; play-the-ball restart/penalty

No Conversions

No Tackling

No Line Out

No Kicking

No Rucking/Mauling

### ⇒ Under 9 (Grade 3) Age Group

9 Players

Three Player no-push, no counter-strike scrum (2 Props, Hooker)

Scrum-half, Stand-off, 2 Centres, 2 Wings.

Place kick start\*; drop kick restart\*; play-the-ball penalty

Introduce Tackling

Introduce Mauling

Introduce Rucking; No Pile-ups

No Conversions

No Line Out

No Kicking

### ⇒ Under 10 (Grade 4) Age Group

Three Player contested scrum (2 Props, Hooker)

Scrum-half, Stand-off, 2 Centres, 2 Wings.

Place kick start\*; drop kick restart\*; play-the-ball penalty

No Conversions

Introduce Line Out

No Pile-ups

### ⇒ Under 11 (Grade 5) Age Group

Five Player scrum (2 Props, Hooker, 2 Locks)

Scrum-half, Stand-off, 2 Centres, 2 Wings.

Place kick start; drop kick restart; play-the-ball penalty

No Pile-ups

### ⇒ Under 12 (Grade 6) Age Group

Five Player scrum (2 Props, Hooker, 2 Locks)

Scrum-half, Stand-off, 2 Centres, 2 Wings.

Place kick start; drop kick restart; play-the-ball penalty

Kicking in attack

No Pile-ups

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- ⇒ Under 13/14 (Grade 7 & 8) Age Group  
Five Player scrum (2 Props, Hooker, 2 Locks)  
Scrum-half, Stand-off, 2 Centres, 2 Wings, Fullback.  
Place kick start; drop kick restart; play-the-ball penalty  
Amended U19 Laws (see later section)
- ⇒ Under 15/16 (Grade 9 & 10) Age Group  
Six Player scrum (2 Props, Hooker, 2 Locks, No.8)  
Scrum-half, Stand-off, 2 Centres, 2 Wings, Fullback.  
Place kick start; drop kick restart; play-the-ball penalty  
Amended U19 Laws (see later section)

- iv. *NOTE: “\* ”: RFU does not recommend introducing kicking until “under 11” age group: my experience is that kids enjoy kicking off/catching the ball and I always include this in my coaching. I do not include conversions in my games until U14 as they waste playing time and goal posts are often not available.*
- v. Each age group should have at least two Coaches. During games, one coach should act as referee, and one coach should be allowed on the pitch behind his/her team during play to provide constructive positional advice and guidance to players. Referees should explain/coach players at breakdowns in play.
- vi. All players must wear mouth guards.
- vii. All players must wear appropriate clothing and footwear. Coaches are responsible for checking for worn or otherwise dangerous cleats and equipment.
- viii. All coaches should be required to be members of your Club (and hence BCRU) and to submit to a police background check.
- ix. Coaches should be encouraged to participate in BCRU coaching programs and to gain BCRU accreditation. At least one coach in each age group should be Level 1 certified. Regular Mini-Rugby orientated level 1 courses are run throughout the province and can be run on site for groups of coaches from individual clubs.
- x. The Club MUST ensure that all Coaches are covered by liability insurance (BCRU or otherwise).
- xi. All participants/parents MUST be obliged to sign waiver form before participating in any practice, game or activity.
- xii. An excellent coaching resource is the CANCoach/BCRU Mini-Rugby CD, available from CANCoach at (604) 736-9068 ([www.cancoach.com](http://www.cancoach.com)). This product has an excellent section

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on planning practice sessions and drills. It is recommended that all coaches at least make themselves familiar with its content.

### ***6. Retain interest and participation of players***

### ***7. Encourage/ensure advancement to Junior Rugby***

### ***8. Strengthen Membership of Club by recruiting***

1. The Mini Rugby Program should be organised in age/size bands, with “graduation” to the next band at the end of each season, having achieved the requisite skills of the age group. Emphasis in all age bands should be on Players and Parents enjoying their “Rugby Experience”, and looking forward to the next stage of development.
2. During the initial stages, training should take place within the Club: as Mini-Rugby develops within Vancouver (see later section), tournaments/interclub games should add the element of competition, with players competing to gain a place in “Teams” at each age group (though the objective of “Teams” should be to give all players, of varying abilities, equal opportunity to play in the “Team”).
3. All participants in Sunday Sessions should be invited/obliged to join your Club Mini-Rugby Section after attending their first training. Cost of this membership should be \$40 per player. This sum includes full player insurance. Parents should be encouraged to join the Club as social members. The Club should consider a family membership package. For liability reasons, it is essential that all players, coaches and assistant coaches complete the BCRU registration form, and that this form is sent to the BCRU office without delay. No player should be allowed to participate in any game, practice or activity (including "Buddy Days") without having first completed the form and having it countersigned by a parent or guardian.
4. Training/playing Sessions should be followed by “Social” session in the Clubhouse with “pop”/chips/hot dogs/videos/games machines available to Kids and limited bar service available to parents who have taken social membership (wine, coffee and beer), and parents of visiting teams. Coffee, donuts and bacon sandwiches should be available to parents before and during Training Sessions.
5. Experience in other countries shows that most players involved in well run Mini-Rugby programs should pass on to the Junior Rugby Program. We currently run programs for all age groups from Kindergarten to Grade 12, with a competitive league and cup program for Under 14 (Grade 7 & 8) age groups, and a competitive League and Cup for U16s (grade 9 & 10). Our aim is that players will pass from these programs to U19, U21 and adult programs without the drop-out effect of school leavers found with players exposed to the game solely in High school.

# B.C.R.U. YOUTH RUGBY PROGRAM

## BRITISH COLUMBIA RUGBY UNION / YOUR RFC MINI RUGBY SECTION

### INDIVIDUAL REGISTRATION FORM

*All information gathered by the BCRU is strictly confidential*

NAME \_\_\_\_\_ PLAYED LAST YEAR? YES / NO  
BIRTHDATE \_\_\_ dd \_\_\_ mm \_\_\_ yr CITIZENSHIP: CANADIAN LANDED IMMIGRANT OTHER  
ADDRESS \_\_\_\_\_  
TELEPHONE ( ) \_\_\_\_\_ E-MAIL \_\_\_\_\_  
SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_ GENDER \_\_\_\_\_  
PLAYS RUGBY AT SCHOOL? YES / NO B.C. MEDICAL # \_\_\_\_\_

*The BCRU insurance policy does not replace your BC medical coverage. You MUST be covered by BC Medical or private/overseas insurance (sport specific) to be eligible for BCRU medical insurance*

Office Use Only: Registration Fee Paid: Cash Cheque

BCRU MEMBER #: \_\_\_\_\_

### CONSENT TO PLAY - Please Ensure You Complete Both Parts A & B

#### A. PARTICIPANT

I, \_\_\_\_\_, born \_\_\_\_\_, hereby acknowledge that I wish to play and participate as a member of *YOUR RUGBY CLUB* in the sport of rugby, and I hereby acknowledge and agree as follows:

1. That I am aware that the sport of rugby is a game of physical contact and constant physical motion that may result in serious personal injury to its participants;
2. That I am aware that one must be healthy and maintain a certain level of physical conditioning to participate in the sport of rugby, and I believe that I am in such state of health and physical condition to enable me to participate safely in the sport of rugby;
3. That I acknowledge and accept that all members of *YOUR RUGBY CLUB*, of *YOUR RUGBY UNION* and the BRITISH COLUMBIA RUGBY UNION, including those who are on the executive, all coaches, all trainers and all playing members, are volunteers who contribute their time freely to further the development and enjoyment of those participating in the sport of rugby;
4. That I have carefully read the above and understand the terms, and I freely and voluntarily sign this document and consent to playing and participating as a member of *YOUR RUGBY CLUB* in the sport of rugby.

Signature of participant: \_\_\_\_\_

#### B. PARENT/GUARDIAN ACKNOWLEDGMENT (for junior players under 19)

I/We, \_\_\_\_\_ and/or \_\_\_\_\_ being parent(s)/legal guardian(s) of the above named participant (hereinafter called "my child"), do hereby acknowledge and agree:

1. That I/we have carefully read and understand the Consent to Play as above.
2. That I/we wish my/our child to participate in the sport of rugby, and in particular, as a member of *YOUR RUGBY CLUB*.

Signature of parent(s)/guardian(s) \_\_\_\_\_

Dated at *YOUR CLUB LOCATION*, BRITISH COLUMBIA, the \_\_\_ day of \_\_\_\_\_ in the year 199\_\_

The Mini-Rugby Program is run entirely by parent volunteers and funded by donations from Sponsors: please help us to provide your child with a superb Rugby experience by volunteering to help out in one of the following roles:

Coach Coaching Assistant Catering Fund Raiser Schools Liaison Registration Desk Consignment/Uniform Shop Committee Member  
Set Up/ Clear Away Sponsor Team Manager

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6. You should set up a Mini-Rugby Committee to administer the running of the Mini-Rugby Section. This elected Committee should be comprised mainly of parents and should report to Your Club Executive through its Chairman. Duties and responsibilities should include:
  - Recruitment of Players
  - Recruitment/Induction/Training/Allocation of Coaches
  - Administration/Staffing of Schools Program
  - Liaison with Recreation Bodies
  - Liaison with BCRU
  - Organisation of Tournaments/Camps
  - Recruitment of Mini-Rugby Team Sponsors
  - Publicity
  - Organisation of Catering and Bar Service
  - Organisation of Social Events (Kids Discos/Parents Dances, Xmas Party, End of Season Banquet, After-Training Videos etc.)
  - Liaison with Your Club re. Scheduling/use of facilities
  - Registration of players, collection of dues and control of expenditure
  - Design and acquisition of Tee Shirts, Uniforms, etc.
  - Liaison and reporting to Your Club Executive
  
7. Consider setting up the Mini-Rugby section of your club as a separate society under the Societies Act with its own Constitution and by-laws. The advantage of this approach is that it allows you to approach local municipalities, trusts, foundations and the BC Gaming Commission for funds as an organisation whose sole aims are providing community based programs for children. There is a much better chance of obtaining funds via this route than as a section of an adult Rugby club, who may be excluded entirely from access to these sources (especially in the case of the Gaming Commission).

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### *9. Self Funding through Sponsorship/Membership/Clubhouse Receipts/Program Fees*

Mini Rugby has proven to be a valuable source of revenue to clubs in other countries. A typical example would be in England, where over 150 under 12 age group players, plus a similar number of parents, would use the facilities of an average size Club on Sunday morning Mini-Rugby game days (with about half that number training on Wednesday evenings). Parents buy refreshments and use the bar facilities as social members. Sunday Mini-Rugby bar receipts are often as high as on Saturday senior team game days, with “pop” sales contributing as high an overall return as beer sales.

#### Sources of Income

Players Registration Fees

Parents Social Membership Fees

Profit on Sales of Players’ Club Shirts, Shorts and Socks

Profit on Mouthguard Sales

Profit on Sales of Coffee/Donuts/Bacon Sandwiches to Mini-Rugby parents

Profit on Sales of Hot Dogs/Hamburgers

Chips and Pop sales to Mini-Rugby Players

Profit on Bar Sales to Social Members/Visitors

Profit on Social Functions/Dances etc.

Game Day/Tournament Raffle

Tournament Registration Fees

Training Camp Registration Fees

External Sponsorship

Gaming Commission, Local Foundation grants

#### Expenditure

Coaching Manuals (Free from BCRU) and CANCoach CD ROMs

Mini Rugby Promotional Brochure (Free from BCRU)

Mini Rugby Promotional Posters (Free)

Mini Rugby Promotional Videos (Free)

Balls (Size 3 and 4): 6 for Each Age Group

Pitch Marker Flags (Use Club’s if available)

Training Cones (If unavailable from your senior Club)

Tackling Bags (If unavailable from Club)

Tee Shirts for Training Camps

Payment of Training Camp Coaches (?)

After-Game/Training Video Rental

Buddy Day Prizes

Game Day/Tournament Raffle Prizes

Advertising - Local Newspapers



## B.C.R.U. YOUTH RUGBY PROGRAM

### *Typical Mini Rugby Budget*

	Number		Income	Expenditure
Players Registration Fees	80 @ \$40.00		\$3,200.00	
Parents Social Membership Fees	40 @ \$25.00		\$1,000.00	
Sales of Players' Club Game Shirts	80 @ \$32.50	\$2,600.00		
less Cost of Sales	80 @ \$26.75	\$2,140.00	\$460.00	
Mouthguard Sales	80 @ \$ 3.00	\$240.00		
less Cost of Sales	80 @ \$ 1.00	\$80.00	\$160.00	
Sales of Players' Club Game Shorts	80 @ \$15.00	\$1,200.00		
less Cost of Sales	80 @ \$13.00	\$1,040.00	\$160.00	
Sales of Players' Club Game Socks	80 @ \$10.00	\$800.00		
less Cost of Sales	80 @ \$ 6.00	\$480.00	\$320.00	
Sales of Balls	20 @ \$30.00	\$600.00		
less Cost of Sales	20 @ \$20.00	\$400.00	\$200.00	
Profit on Sales of Food & Pop	24 @ \$80.00		\$1,920.00	
Profit on Bar Sales to Social Members/Visitors	If Applicable			
Game Day/Tournament Raffle	Varies \$200-600		\$\$\$	
Summer Camp Registration Profit	50 @ \$30.00		\$1,500.00	
External Sponsorship	Varies by Club		\$\$\$	
Gaming Commission Casino Grant	Varies by Club		\$\$\$	
Local Foundation Grants	Varies by Club		\$\$\$	
BCRU Mini-Rugby Levy <b>(NB, Not in First Year)</b>	80 @ \$20.00			\$ 4,000.00
Coaching Manuals	14 @ \$10.00			Free from BCRU
CANCoach Coaching CD ROM	1 @ \$45.00			\$ 45.00
Mini Rugby Promotional Brochure	2000 @ \$ .10			Free from BCRU
Mini Rugby Promotional Posters	40 @ \$ 5.00			Free from BCRU
Mini Rugby Promotional Videos	20 @ \$10.00			Free from BCRU
Membership Cards/Printing etc.				\$ 100.00
Balls (Size 3 and 4): 6 for Each Age Group	42 @ \$20.00			\$ 840.00
Tee Shirts for Training Camps	50 @ \$ 8.00			\$ 400.00
After-Game/Training Video Rental	20 @ \$ 4.50			\$ 90.00
Buddy Day Prizes	2 @ \$20.00			\$ 40.00
Game Day/Tournament Raffle Prizes	Donated by Sponsors			
Xmas Party Gift	80 @ \$ 5.00			\$ 400.00
Xmas Party Food	Paid by Sponsor			
Xmas Party Entertainment	Paid by Sponsor			
Banquet Trophies	Paid by Sponsor			
Advertising - Local Newspaper	Varies			
Coaches Police Checks	Usually Free			
Coaches Certification	Paid by Coaches			
<b>Total</b>			\$8,920.00 (+ \$\$\$)	\$ 5,915.00 (less \$4,000 in Year 1)

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **Balls and Equipment**

When we first decided to run mini-rugby, we tried to find kid-sized rugby clothing, and size 3 and 4 rugby balls to use in our programs. Unfortunately we couldn't find anything we needed domestically at any price. After a lot of searching we imported some balls and jerseys from a source in England, but the price and inconvenience made it impractical as a long-term solution.

Our goal was to make it possible for kids to get their hands on a high quality rugby balls and equipment at a reasonable price. Our ultimate goal was for coaches to be able to give a ball to every young player and enable the cost to be absorbed into our program fees.

There are a number of suppliers who now realise that there is a large market for Rugby equipment with junior players and are able to supply our needs for jerseys, shorts, socks and boots (their contact details are listed at the end of this manual). However, as these are all commercial organisations, their prices include a their own (and often wholesalers') mark-ups and profits. Prices of balls and mouthguards, in particular, tend to be very high and quality is often not as good as we would like.

For that reason, we decided to source balls and mouthguards directly from the overseas manufacturers (nearly all Rugby balls, except the most expensive Gilbert match balls, are made in the Indian sub-continent), and to supply them directly at factory prices to our clubs. Once we chose suppliers, we went to great lengths to satisfy ourselves that any products to carry our endorsement were produced without the use of child labour. An independent monitoring organization has certified that the factories we use do not employ any child labour. We understand that this is not necessarily the case with many other balls available commercially in Canada. As there are no profit mark-ups once the products leave the factory, our only add-ons being freight, duty, GST and PST, our balls represent superb value for our clubs, both for their own use and to sell to players (often as an Xmas gift) as a fundraiser.

We can supply a top quality junior rugby ball, size 3, 4 or 5, custom designed with your mini-rugby club logos, for much less than the cost of a low quality commercial alternative. Our mouthguards are made in the USA, come in adult, youth and child sizes in a range of "fashion" colours, and are better quality than anything we were able to source locally, together with an inclusive insurance policy should the player experience any accidental tooth damage whilst wearing the device.

Contact Paul Timperley, BCRU Director of Age Grade and Mini Rugby programs on (604) 921-6623 for details of these BCRU products.

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### **Mini-Rugby in Vancouver/B.C.**

- 1. Promote Mini-Rugby as a Game of Choice***
- 2. Promote Mini-Rugby as a desirable/necessary program for B.C.R.U. Clubs/  
Schools/bodies***
- 3. Introduce Inter-Club competition/interplay***

### **B.C.R.U Mini-Rugby Sub Committee**

We have set up a BCRU mini-rugby sub-committee to promote the game, to establish uniformity of playing standards, to co-ordinate our approach to potential sponsors, and to organise an ongoing program of tournaments and inter-club fixtures. The committee meets monthly throughout the Rugby season. We urge all clubs to identify those members interested in starting mini-rugby programs, and to encourage them to attend the committee's meetings, and to participate in this exciting new initiative.

### **Inter Club Competition**

- i. It is important for the development of both the sport of Mini-Rugby, and your own players, that we create an environment where your players can play games against other clubs and in Mini-Rugby tournaments.

It should be your objective to have your players playing competitive rugby (probably in 3 or 4 club mini-tournaments) at least once a month in the medium term, and on a weekly basis with additional mid-week training session in the longer term (see attached timescale/schedule).

- ii. Jamborees

Jamborees will be run every three weeks in the first half and every 2 weeks in the second half. An international end-of-season Festival will take place at the end of the season to which all teams playing Mini-Rugby in North America will be invited.

BCRU will publish a schedule of Jamborees each season. One or two Jamborees will usually be run on these dates, depending on the facilities available at the venue (see Size Guidelines below).

## **B.C.R.U. YOUTH RUGBY PROGRAM**

For ages 4-13 (K to Grade 7), jamborees are non-competitive and non-elitist: every player should get equal playing time/opportunity and scores should not be recorded or posted: the objective is for each player to have fun and enjoy the experience of playing against other teams and clubs.

- **Size Guidelines**

Duration of Jamborees should be no longer than 3 hours for grades 3 to 7 and two hours for grades K to 2.

To ensure this, the following guidelines should be adhered to:

Club has one pitch only	3 Clubs maximum: two games per team
Club has two pitches	4 Clubs maximum: three games per team
Club has three pitches	6 Clubs maximum: three games per team
Club has four pitches	8 Clubs maximum: three games per team

Jamborees should start promptly at 10 am and organisers must ensure that games run to schedule.

- **Laws**

Wherever possible, the laws as set out in the Rugby Continuum should be followed. Where children have not yet progressed to the level of the Continuum, modified games without tackling, scrummaging, lineouts etc. should be played at the discretion of the coaches, who should agree local rules before each age groups' games.

No over-competitive or rough play should be permitted at any level, persistent offenders being removed from the game and counselled by their coach. Over enthusiastic or competitive support by parents should be discouraged.

- **Organisation of Jamborees**

The Jamboree should provide an enjoyable rugby experience for children, parents and coaches. 600-700 players may attend a jamboree, which means that over 1200 parents and 600 cars could visit the club.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

It is important that the host Club plans the Jamboree carefully and ensures that sufficient facilities and volunteers are available to cope with the expected influx of cars and visitors and to enable the Jamboree to progress in a well-organised manner.

### **a) Parking:**

Should be in designated areas, clearly signed and marshals available to assist drivers to park their cars in an orderly fashion with minimum annoyance to neighbours.

Marshals should be distinguished by orange dayglo vests or similar means of identification.

Marshals should assist drivers to leave the vicinity of the jamboree at the conclusion of the day's play.

### **b) Catering:**

A catering service for players and parents should be available from the outset of play to the end of the tournament.

Minimum requirement is the provision of coffee and baked goods for parents and pop, juice, hot chocolate and hot dogs for players.

Alcohol should not be available in the proximity of areas to which children have access.

Price lists should be clearly displayed in catering areas.

Tents should be erected in catering areas and seating/tables available if clubhouse facilities are not available.

Garbage facilities should be provided in both the catering and playing areas.

An example menu is attached.

### **c) Shelter:**

Sheltered areas should be available adjacent to each playing area to allow players to keep warm and dry between games. Tents should be set up if no other suitable shelter is available.

### **d) Washrooms:**

Adequate male and female washrooms should be provided adjacent to playing areas to deal with the numbers of players/parents attending the Jamboree.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **e) Changing Facilities:**

Boys and Girls changing facilities and ideally, showers, should be available and clearly signed. Closed tents should be set up if no other facilities are available.

### **f) First Aid:**

A qualified first aid provider and first aid kit MUST be present throughout the Jamboree. A First Aid Post should be set up and clearly signed.

Field Marshals should be made aware of the location of the First Aid Post and a stretcher should be available.

If clubhouse facilities are not available, a tent should be available for First Aid use.

### **g) Public Address System:**

Should be available to address the players/coaches prior to commencement of the tournament and to make announcements throughout the tournament (e.g. lost children/parents).

Players should be advised of the schedule, necessity of adhering to time, and encouraged to have an enjoyable experience prior to commencement of play.

### **h) Field Organisation:**

Each field should be clearly marked with signs for the appropriate age group. Line markings and corner flags should designate the playing area for each age group.

If goal posts are adjacent to playing areas, post pads MUST be put up to prevent impact/collision injuries.

Field marshals should be allocated to each age group's playing area to co-ordinate each age group's activities, ensure adherence to schedules, provide match play balls, ensure that referees and coaches are available for each game, clear the pitch at the end of each game and to assist coaches to get their teams on and off the pitch before and after each game.

Marshals should wear dayglo vests or similar means of identification and should be provided with a copy of their section's schedule with sufficient extra copies for the coaches of each team playing in their section.

Marshals must be aware of the procedure to be followed in case of injury to players in their field section.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **i) Balls:**

It is the responsibility of the organising club to provide match balls for each age group/field area.

### **j) Schedules:**

It is the responsibility of the organising club to provide each coach and field marshal with a copy of the schedule of the day's play.

Schedules should be posted in conspicuous positions around the playing area.

### **k) Role of Coaches/Referees:**

Each team in each age group should have at least two coaches present: one to be present behind his/her team during the game to offer positional/coaching advice and guidance, and one to be available to referee the game.

Players should be freely substituted at half-time and if injuries occur to ensure that all players get equal opportunity to play.

Referees should be proactive and use breakdowns in play as opportunities to coach players in the reasons for breakdown. Referees should adjust the strictness of their law interpretation according to the age and experience of the players to allow games to flow as freely as possible.

Teams and coaches should congratulate their opponents at the end of each game.

The team listed as the "home" team will normally provide the referee for each game: coaches may agree a different policy if they so wish.

Schedulers should ensure that each team has equal designation as "home" team.

### **l) Uniforms**

Each team should ensure that its players have distinctive Rugby jerseys, tee-shirts or coloured bibs to allow team identification during games.

### **m) Fund Raising:**

No charge should be made for entry to the ground.

Clubs are encouraged to run a raffle or similar fund raising event during the Jamboree to raise funds for their program.

**B.C.R.U. YOUTH RUGBY PROGRAM**

***Sample Mini-Rugby Sunday Menu***

<b>Cookies.....</b>	<b>\$.00.50</b>
<b>Cheezies.....</b>	<b>0.50</b>
<b>Chips.....</b>	<b>1.00</b>
<b>Donuts/Muffins.....</b>	<b>1.00</b>
<b>Cinammon Bun.....</b>	<b>1.00</b>
<b>Hot Dog.....</b>	<b>2.00</b>
<b>Bacon Sandwich.....</b>	<b>2.00</b>
<b>Egg Sandwich.....</b>	<b>2.00</b>
<b>Bacon &amp; Egg Sandwich.....</b>	<b>3.00</b>
<b>Bacon &amp; Double Egg Sandwich.....</b>	<b>4.00</b>
<b>Coffe/Tea.....</b>	<b>1.00</b>
<b>Hot Chocolate.....</b>	<b>1.00</b>
<b>Juice.....</b>	<b>1.00</b>
<b>Bottled Water.....</b>	<b>1.00</b>
<b>Sports Blast Drink.....</b>	<b>1.00</b>
<b>Gatorade.....</b>	<b>2.00</b>



## B.C.R.U. YOUTH RUGBY PROGRAM

### TIMESCALES:

Activity	Suggested Deadline	Responsibility
Establish Mini-Rugby Relationship with BCRU Mini-Rugby Director	- 3 months	Mini-Rugby Director
Establish Liaison with other Vancouver Clubs	- 3 months	Mini-Rugby Director
Secure mandate to prepare and implement Plan	- 2 months	Club Executive
Canvas Club Membership for potential players	- 3 weeks	Mini-Rugby Director
Canvas Club Membership for potential coaches	- 3 weeks	Mini-Rugby Director
Order Coaches Manuals	- 3 weeks	Mini-Rugby Director
Order Balls, Cones etc.	- 3 weeks	Mini-Rugby Director
Arrange/Run Coaches' Initial Training Session	- 2 weeks	Mini-Rugby Director
Arrange Police Checks on Coaches	- 1 week	Mini-Rugby Director
Arrange/Run Initial Mini Rugby Camp & invite participants	Week 1	Mini-Rugby Director
Arrange/Run Follow-up Buddy day	Week 2	Mini-Rugby Director
Arrange Parents Meeting/Elect Committee	Week 3	Mini-Rugby Director
Allocate Responsibilities to Committee Members	Week 3	Mini-Rugby Committee
Schedule Coaches' Training Sessions/Allocate coaches	Week 4	Mini-Rugby Committee
Schedule Player Training sessions	Week 4	Mini-Rugby Committee
Schedule Social Activities (Xmas, Easter, End of Season)	Week 4	Mini-Rugby Committee
Order Promotional Brochures	Week 4	Mini-Rugby Committee
Order Promotional Videos ( 1 per school )	Week 4	Mini-Rugby Committee
Order Promotional Posters	Week 4	Mini-Rugby Committee
Commence ongoing Elementary School Program	Week 5	Mini-Rugby Committee
Establish relationship with local Rec. Program	Week 5	Mini-Rugby Committee
Design and Order Uniforms	Week 6	Mini-Rugby Committee
Attend Mini-Rugby Tournament/Arrange Ongoing Tournaments	Week 12	Mini-Rugby Committee

# **B.C.R.U. YOUTH RUGBY PROGRAM**

## **SECTION 2**

### **RFU RUGBY CONTINUUM: THE LAWS OF MINI RUGBY**

#### **RULES OF PLAY**

1. Except where the following Rules amend or adapt the Laws of the Game to suit the development of young players, the Laws of the Game shall apply.
2. The International Rugby Board has recommended as appropriate the following KEY STAGES for each age group.

#### **Key Stage 1**

Non-Contact Mini Rugby Under 7 (in BC this is Grades K - 1)

#### **Key Stage 2**

Non-Contact Mini Rugby Under 8 (in BC this is Grade 2)

Mini Rugby Under 9 (in BC this is Grade 3)

Mini Rugby Under 10 (in BC this is Grade 4)

#### **Key Stage 3**

Under 11 Midi Rugby (in BC this is Grade 5)

Under 12 Midi Rugby (in BC this is Grade 6)

In addition, BCRU has extended its program to include age groups classified by the IRB as "Age Grade Rugby"

#### **Key Stage 4**

Under 13 Age Grade Rugby (in BC this is Grade 7)

Under 14 Age Grade Rugby (in BC this is Grade 8)

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### Key Stage 5

Under 15 Age Grade Rugby (in BC this is Grade 9)

Under 16 Age Grade Rugby (in BC this is Grade 10)

### Key Stage 6

Under 17 Age Grade Rugby (in BC this is Grade 11)

Under 19 Age Grade Rugby

### Key Stage 7

Under 21 Age Grade Rugby

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **KEY STAGE 1: Non-Contact Mini Rugby Under 7 (Grade K to 1)**

- 7.1 The object of the game is to score a try (5 points) in accordance with the Laws of the Game.
- 7.2 The game is played between teams of not more than seven players.
- 7.3 The ball can ONLY be passed sideways or backwards.
- 7.4 The game is started or re-started from the centre of the field, or after a penalty, with a free pass. The starter's team must be behind the ball (i.e. nearer their own try line than the starter). Before the pass is taken, the opposing team must be 7 metres away nearer its own goal line. If the place for the free pass is given within 7 metres of the goal line, the free pass is to be taken at or behind the mark on a line through the mark at least 7 metres from the goal line.

NOTE: At the free pass the ball is held in two hands off the ground and is to be passed through the air to a team member. The referee is to ensure that the opposition are 7 metres back before indicating that play is to commence. The receiver of the free pass must start no more than 2 metres behind the passer but may be at any distance laterally across the width of the field of play. The passer must not run with the ball or dummy pass. Normal play resumes as the ball leaves the hand of the passer.

- 7.5 If a player running with the ball is touched with two hands below the waist by an opponent, the player must pass the ball immediately. Opponents must not prevent the passer from passing the ball. (Penalty: A free pass re-start to the opposition). If a player running with the ball is in the immediate act of touching the ball down for a try when touched by the opposition, a try should be awarded (otherwise the ball has to be passed).

NOTE 1: Touch below waist/hip area and not above.

NOTE 2: At this level, players should be allowed some leeway, i.e. a tackled player must be allowed to pass the ball even if it is knocked out of his/her hands. Any player going to ground after a touch must be allowed to regain his/her feet and pass the ball.

NOTE 3: If a player, in the immediate act of scoring a try is legally touched, a try shall be awarded, provided the ball is touched down and the player was considered by the referee to be in the act of touching down.

NOTE 4: It is helpful for the referee to indicate that a "tackle" has been made, i.e. that the player has been touched, by shouting "tackled".

## **B.C.R.U. YOUTH RUGBY PROGRAM**

7.6 If a player, legally touched, fails to pass, the ball goes to the opposing team for a free pass re-start.

7.7 When the ball, or player carrying the ball goes into touch, the game shall be re-started with a free pass to the opponents of the team who carried or last touched the ball before it went into touch. The position of the free pass shall be 2 metres in from touch, parallel to the point where the ball or ball carrier crossed the touchline. The team not re-starting shall retire as for a free pass re-start (detailed in 7.4 above).

7.8 The offside line in games at this level is the ball.

NOTE: A player in front of the ball carrier of his own team is to be penalised for being offside unless that player is making an obvious attempt to return to an onside position (i.e. behind the ball).

7.9 A player must not hand-off or fend-off an opponent in any way. (Penalty: A free pass re-start to the opposition). (A hand-off or fend-off is defined as "any movement of the hand, arm or ball to ward off a would-be tackler").

NOTE: Players are recommended to carry the ball in two hands.

7.10 A player may not kick the ball. If this happens, possession goes to the opposing team for a free pass re-start at the point at which the ball was kicked.

7.11 After a try has been scored, the game re-starts from the centre with a free pass (as in 7.4 above) to the side which conceded the try. The re-start shall not take place until the opponents have returned to a line 7 metres back from the centre on the side which they are defending.

7.12 In addition to the provision to Law 26, a player shall not use excessive force in tackling another player (such as pushing an opponent over) nor should a player carrying the ball deliberately barge or run into any other players. (Penalty: A free pass re-start to the opposition). Any push into touch is to be penalised and the free pass is to be taken 2 metres from the touchline, level with the place where the player went into touch.)

7.13 After any stoppage not covered in the Rules, the game shall re-start with a free pass to the team who were moving forward, or if neither team were moving forward, by the team who were last in possession of the ball.

7.14 A game should be made up of two halves, each of up to ten minutes duration. During the interval, coaches should take adequate time to talk to, encourage, coach and explain the game to the players. During the game, coaches can direct and develop play in a coaching sense from on the field of play, ideally behind their teams.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **Coaches Instructions:**

1. A size 3 ball should be used.
2. The emphasis should be on enjoyment. The children should be encouraged to enjoy the physical skills of running, passing, and evasion and coached accordingly.
3. A coaching session should last no longer than 60 minutes with no more than 20 minutes devoted to match play.
4. All players are advised to wear mouth guards.
5. Coaches are advised to check studs before training sessions, games or tournaments in accordance with the Laws of the Game.

**IN THIS VERSION OF THE GAME THERE IS A TOTAL EMPHASIS ON RUNNING WITH THE BALL, EVASION, RUNNING IN SUPPORT OF THE BALL CARRIER, PASSING AND RUNNING TO TOUCH THE BALL CARRIER.**

THERE IS NO TACKLING

NO SCRUMMAGE

NO LINE-OUT

NO KICKING

NO HAND-OFF/FEND-OFF

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **KEY STAGE 2: Non-Contact Mini Rugby Under 8 (Grade 2)**

- 8.1 The object of the game is to score a try (5 points) in accordance with the Laws of the Game.
- 8.2 The game is played between teams of not more than seven players.
- 8.3 The ball can ONLY be passed sideways or backwards.
- 8.4 The game is started or re-started from the centre of the field, or after a penalty, with a free pass. The starter's team must be behind the ball (i.e. nearer their own try line than the starter). Before the pass is taken, the opposing team must be 7 metres away nearer its own goal line. If the place for the free pass is given within 7 metres of the goal line, the free pass is to be taken at or behind the mark on a line through the mark at least 7 metres from the goal line.

NOTE: At the free pass the ball is held in two hands off the ground and is to be passed through the air to a team member. The referee is to ensure that the opposition are 7 metres back before indicating that play is to commence. The receiver of the free pass must start no more than 2 metres behind the passer but may be at any distance laterally across the width of the field of play. The passer must not run with the ball or dummy pass. Normal play resumes as the ball leaves the hand of the passer.

- 8.5 If a player running with the ball is touched with two hands below the waist by an opponent, the player must pass the ball immediately. Opponents must not prevent the passer from passing the ball. (Penalty: A free pass re-start to the opposition). If a player running with the ball is in the immediate act of touching the ball down for a try when touched by the opposition, a try should be awarded (otherwise the ball has to be passed).

NOTE 1: Touch below waist/hip area and not above.

NOTE 2: At this level, players should be allowed some leeway, i.e. a tackled player must be allowed to pass the ball even if it is knocked out of his/her hands. Any player going to ground after a touch must be allowed to regain his/her feet and pass the ball.

NOTE 3: If a player, in the immediate act of scoring a try is legally touched, a try shall be awarded, provided the ball is touched down and the player was considered by the referee to be in the act of touching down.

NOTE 4: It is helpful for the referee to indicate that a "tackle" has been made, i.e. that the player has been touched, by shouting "tackled".

## **B.C.R.U. YOUTH RUGBY PROGRAM**

8.6 If a player, legally touched, fails to pass, the ball goes to the opposing team for a free pass re-start.

8.7 When the ball, or player carrying the ball goes into touch, the game shall be re-started with a free pass to the opponents of the team who carried or last touched the ball before it went into touch. The position of the free pass shall be 2 metres in from touch, parallel to the point where the ball or ball carrier crossed the touchline. The team not re-starting shall retire as for a free pass re-start (detailed in 8.4 above).

8.8 The offside line in games at this level is the ball.

NOTE: A player in front of the ball carrier of his own team is to be penalised for being offside unless that player is making an obvious attempt to return to an onside position (i.e. behind the ball).

8.9 A player must not hand-off or fend-off an opponent in any way. (Penalty: A free pass re-start to the opposition). (A hand-off or fend-off is defined as “any movement of the hand, arm or ball to ward off a would-be tackler”).

NOTE: Players are recommended to carry the ball in two hands.

8.10 A player may not kick the ball. If this happens, possession goes to the opposing team for a free pass re-start at the point at which the ball was kicked.

8.11 After a try has been scored, the game re-starts from the centre with a free pass (as in 8.4 above) to the side which conceded the try. The re-start shall not take place until the opponents have returned to a line 7 metres back from the centre on the side which they are defending.

8.12 In addition to the provision to Law 26, a player shall not use excessive force in tackling another player (such as pushing an opponent over) nor should a player carrying the ball deliberately barge or run into any other players. (Penalty: A free pass re-start to the opposition). Any push taken 2 metres from the touchline level with the place where the player went into touch.

8.13 After any stoppage not covered in the Rules, the game shall re-start with a free pass to the team who were moving forward, or if neither team were moving forward, by the team who were last in possession of the ball.

8.14 A game should be made up of two halves, each of up to ten minutes duration. During the interval, coaches should take adequate time to talk to, encourage, coach and explain the game to the players.



## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **Coaches Instructions:**

1. A size 3 ball should be used.
2. The emphasis should be on enjoyment. The children should be encouraged to enjoy the physical skills of running, passing, and evasion and coached accordingly.
3. A coaching session should last no longer than 60 minutes with no more than 20 minutes devoted to match play.
4. As the end of the season approaches (but NOT before 1st February), the concept of the set piece play of scrummage and back line may be introduced a three player uncontested scrummage. The scrummage should be made up of one row of three players from each team. The ball is put into the scrummage as laid down in the Laws of the Game of Rugby Football Union. The centre player of the three in the non-offending team sweeps the ball back through the legs of the player on their left with the right foot (see diagrams below). The players of the offending team in the scrummage must not attempt to hook the ball or push their opponents backwards.
5. The back line in the team not putting the ball into the scrummage must remain 7 metres behind the scrummage until normal play re-starts, with the exception of the scrum half, who must remain behind the hindmost foot of the scrummage, until normal play re-starts. Normal play should re-start when the ball has emerged from the scrummage.
6. As the end of the season approaches (but NOT before 1st February), tackling might be introduced into training sessions but not introduced to the game format until the next age group (i.e. Under 9). Tackling must be introduced progressively.
9. All players are advised to wear mouth guards.
10. Coaches are advised to check studs before training sessions, games or tournaments in accordance with the Laws of the Game.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

**IN THIS VERSION OF THE GAME THERE IS A TOTAL EMPHASIS ON RUNNING WITH THE BALL EVASION, RUNNING IN SUPPORT OF THE BALL CARRIER, PASSING AND RUNNING TO TOUCH THE BALL CARRIER.**

THERE IS NO TACKLING

NO SCRUMMAGE

NO LINE-OUT

NO KICKING

NO HAND-OFF/FEND-OFF

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **KEY STAGE 2: Mini Rugby Under 9 (Grade 3)**

- 9.1 The object of the game is to score a try (5 points) in accordance with the Laws of the Game.
- 9.2 The game is played between teams of nine players, three of whom and no more should form the scrummage, the remaining six should form the back line. Positions should be interchangeable.
- 9.3 The ball can ONLY be passed sideways or backwards.
- 9.4 The game is started or re-started from the centre of the field, or after a penalty, with a free pass. The starter's team must be behind the ball (i.e. nearer their own try line than the starter). Before the pass is taken, the opposing team must be 7 metres away nearer its own goal line. If the place for the free pass is given within 7 metres of the goal line, the free pass is to be taken at or behind the mark on a line through the mark at least 7 metres from the goal line.

NOTE: At the free pass the ball is held in two hands off the ground and is to be passed through the air to a team member. The referee is to ensure that the opposition are 7 metres back before indicating that play is to commence. The receiver of the free pass must start no more than 2 metres behind the passer but may be at any distance laterally across the width of the field of play. The passer must not run with the ball or dummy pass. Normal play resumes as the ball leaves the hand of the passer.

- 9.5 If the ball is passed forward or knocked on, an uncontested scrummage is awarded.
- 9.6 Any player who has the ball and is on his/her feet (except in a maul) can be tackled as laid down in the Laws of the Game. (Penalty for illegal tackle: A free pass re-start to the opposition). A player so tackled must play the ball immediately.

NOTE 1: Any tackle level with or above the armpit is to be considered a high tackle. (Penalty: A free pass re-start to the opposition).

NOTE 2: The referee should encourage tackler and tackled player to get away from the ball IMMEDIATELY so that the game can continue. Where a ruck or maul occurs, the off-side line for players not in the ruck or maul is at the hindmost foot on their side of the ruck or maul. (Penalty: A free pass re-start to the opposition).

- 9.7 If the ball is not playable IMMEDIATELY after a tackle, an uncontested scrummage is awarded. The scrummage is awarded to the team designated under Laws 21 and 22 of the Laws of the Game.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

- 9.8 The scrummage should be made up of one row of three players (and no more) from each team. The team awarded the scrummage should put the ball into the scrummage and must be allowed to win it without contest. (Opponents cannot push or strike for the ball). With these exceptions the Laws of the Game pertaining to the scrummage should apply. (Penalty: A free pass re-start to the opposition).
- 9.9 The back line of the team not putting the ball into the scrummage must remain 7 metres behind the scrummage until normal play resumes, with the exception of the scrum half, who must remain behind the hindmost foot of the scrummage until the ball emerges.
- 9.10 Normal play should re-start when the ball has emerged from the scrummage.
- 9.11 Offside in general play shall be penalised in accordance with the Laws of the Game. A player off-side in general play is to be penalised for being off-side unless that player is making an obvious attempt to return to on-side position. (Penalty: A free pass re-start to the opposition).
- 9.12 When the ball, or player carrying the ball, goes into touch, the game shall be re-started with a free pass to the opponents of the team who carried or last touched the ball before it went into touch. The position of the free pass shall be 7 metres in from touch, parallel to the point where the ball or carrier crossed the touchline. The team not re-starting shall retire as for a free pass re-start in 9.4
- 9.13 After a try has been scored, the game re-starts from the centre with a free pass (as in 9.4 above). The re-start shall not take place until the opponents have returned to a line 7 metres back from the centre on the side which they are defending.

A player must not hand-off or fend-off an opponent in any way. (Penalty: A free pass re-start to the opposition). (A hand-off or fend-off is defined as "any movement of the hand, arm or ball to ward off a would-be tackler").

NOTE: Players are recommended to carry the ball in two hands.

- 9.15 A player may not kick the ball. If this happens, possession goes to the opposing team for a free pass re-start at the point at which the ball was kicked.
- 9.16 Following an infringement for:
- off-side
  - high or late tackle
  - obstruction
  - hand-off/fend-off
  - kicking
  - scrum feeding
  - striking for the ball and pushing in the scrummage

## **B.C.R.U. YOUTH RUGBY PROGRAM**

a free pass re-start ensues. The offending team must retire 7 metres from the point of re-start, towards their own goal line.

9.17 After any stoppage not covered in the Rules, the game shall re-start with a scrummage to the team moving forward, or, if neither team were moving forward, by the team who were in possession of the ball.

9.18 A game should be made up of two halves, each of not more than 15 minutes duration. During the interval, coaches should take adequate time to talk to, encourage, coach and explain the game to the players.

### **Coaches Instructions:**

1. A size 3 ball should be used.
2. Tackling must be introduced progressively.
3. The formation of the scrummage must be introduced in a progressive way with great emphasis placed on body position, foot placement, binding, putting the ball into the scrummage and hooking techniques.
4. The emphasis should be on enjoyment. The children should be encouraged to enjoy the physical side of running, passing, and evasion and coached accordingly.
5. A coaching session should last no longer than 60 minutes with no more than 20 minutes devoted to match play.
6. On match days against outside opposition, a coaching session should normally precede the match. Matches should be used as an extension of the coaching session, with the emphasis being on the quality of performance rather than the result.
7. All players are advised to wear mouth guards.
8. Coaches are advised to check studs before training sessions, games or tournaments in accordance with the Laws of the Game.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **IN THIS VERSION THERE IS:**

NO PUSH IN SCRUM

NO LINE-OUT

NO KICKING

NO HAND-OFF/FEND-OFF

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **KEY STAGE 2: Mini Rugby Under 10 (Grade 4)**

10.1 The object of the game is to score a try (5 points) in accordance with the Laws of the Game.

10.2 The game is played between teams of nine players, three of whom and no more should form the scrummage, and the remaining six who should form the back line. Positions should be interchangeable.

10.3 The ball can ONLY be passed backwards or sideways.

10.4 The game is started or re-started from the centre of the field, or after a penalty, with a free pass. The starter's team must be behind the ball (i.e. nearer their own try line than the starter). Before the pass is taken, the opposing team must be 7 metres away nearer its own goal line. If the place for the free pass is given within 7 metres of the goal line, the free pass is to be taken at or behind the mark on a line through the mark at least 7 metres from the goal line.

NOTE: At the free pass the ball is held in two hands off the ground and is to be passed through the air to a team 7 metres back before indicating that play is to commence. The receiver of the free pass must start no more than 2 metres behind the passer but may be at any distance laterally across the width of the field of play. The passer must not run with the ball or dummy pass. Normal play resumes as the ball leaves the hand of the passer.

10.4 The ball can ONLY be passed backwards of sideways.

10.5 If the ball is passed forward or knocked on, a contested scrummage is awarded. At this age group the scrummage can be contested.

10.6 Any player who has the ball and is on his/her feet (except in a maul) can be tackled as laid down in the Laws of the Game. (Penalty for illegal tackle: A free pass re-start to the opposition). A player so tackled must play the ball immediately.

NOTE 1: Any tackle level with or above the armpit is to be considered a high tackle. (Penalty: A free pass re-start to the opposition).

NOTE 2: The referee should encourage tackler and tackled player to get away from the ball IMMEDIATELY so that the game can continue. Where a ruck or maul occurs, the off-side line for players not in the ruck or maul is at the hindmost foot on their side of the ruck or maul. (Penalty: A free pass re-start to the opposition).

## **B.C.R.U. YOUTH RUGBY PROGRAM**

- 10.7 If the ball is not playable IMMEDIATELY after a tackle, a contested scrummage is awarded. The scrummage is awarded to the team designated under Laws 21 and 22 of the Laws of the Game.
- 10.8 The scrummage should be made up of one row of three players (and no more) from each team. The team awarded the scrummage should put the ball in. All the Laws of the Game pertaining to the U19 scrummage, including off-side should apply except that the scrum-half of the team not putting in the ball must remain behind the hindmost foot of the forwards until normal play re-starts. Normal play should re-start when the ball has emerged from the scrummage. In the event of a strike against the head, the scrum-half who has put the ball into the scrummage must not follow the ball until it is out of the scrummage. In the interests of safety, each prop should touch on their opponents upper arm, then pause prior to engagement in sequence: crouch, touch, pause, engage. Players may not push the opposing scrum more than 1.5 metres from the original middle line of the scrummage towards either goal line.
- 10.9 If the ball or player carrying the ball goes out of play, a contested line-out at the point at which the ball or players crossed the touch-line should take place. A quick throw in is not permitted.
- 10.9.1 The line-out should be made up of no more than two players from each team plus the player throwing the ball in and an immediate opponent who must stand within the 2 metre area and one player from either side in a position to receive the ball (i.e. scrum-half). Both the thrower in and his immediate opponent are able to take an active role in the game as soon as the ball has been touched by one of the players contesting the line-out.
- 10.9.2 The line-out should extend from 2 to 7 metres from the touch-line.
- 10.9.3 The opponents of the team who carried or last touched the ball before it went into touch shall throw the ball in.
- 10.9.4 Lifting is prohibited at this level.
- 10.10 The off-side line for all players not participating in the line-out (all players other than those described under Rule 10.9.1 above) should be 7 metres back from the line of touch parallel to the goal-line and they must remain behind that off-side line until the line-out has ended.

NOTE: See Laws of the Game for when line-out ends.

- 10.11 Offside in general play shall be penalised in accordance with the Laws of the Game. A player off-side in general play is to be penalised for being off-side unless



## **B.C.R.U. YOUTH RUGBY PROGRAM**

that player is making an obvious attempt to return to on-side position. (Penalty: A free pass re-start to the opposition).

10.12 A player must not hand-off or fend-off an opponent in any way. (Penalty: A free pass re-start to the opposition). (A hand-off or fend-off is defined as "any movement of the hand, arm or ball to ward off a would-be tackler").

10.13 After a try has been scored, the game re-starts from the centre with a free pass (as in 10.4 above). The re-start shall not take place until the opponents have returned to a line 7 metres back from the centre on the side which they are defending.

10.14 A player may not kick the ball. If this happens, possession goes to the opposing team for a free pass re-start at the point at which the ball was kicked.

10.15 Following an infringement for:

- off-side
- high or late tackle
- obstruction
- hand-off/fend-off
- kicking
- scrum feeding

a free pass re-start ensues as in 10.4 above.

10.16 After any stoppage not covered in the Rules, the game shall re-start with a scrummage to the team moving forward, or, if neither team were moving forward, by the team who were last in possession of the ball.

10.17 A game should be made up of two halves, each of not more than fifteen minutes duration. During the interval, coaches should take adequate time to talk to, encourage, coach and explain the game to the players.

### **Coaches Instructions:**

1. Size 4 ball should be used.
2. Tackling must be introduced progressively.
3. The formation of the scrummage must be introduced in a progressive way with great emphasis placed on body position, foot placement, binding, putting the ball into the scrummage and hooking techniques. In the interests of safety, each prop should touch on their opponents upper arm, then pause prior to engagement in sequence: crouch, touch, pause, engage. Players may not push the opposing scrum more than 1.5 metres from the original middle line of the scrummage towards either goal line.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

4. Line-out must be introduced following the progressions described in "Even Better Rugby" with great emphasis placed on body positions, support for and protection of the catcher.
3. The emphasis should be on enjoyment. The children should be encouraged to enjoy the physical side of running, passing, and evasion and coached accordingly.
4. Coaching session should last no longer than 60 minutes with no more than 20 minutes devoted to match play.
5. On match days against outside opposition, a coaching session should normally precede the match. Matches should be used as an extension of the coaching session, with the emphasis being on the quality of performance rather than the result.
6. All players are advised to wear mouth guards.
7. Coaches are advised to check studs before training sessions, games or tournaments in accordance with the Laws of the Game.

### **IN THIS VERSION THERE IS:**

NO KICKING

NO HAND-OFF/FEND-OFF

NO LIFTING IN LINE-OUT

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **KEY STAGE 3: Under 11 Midi Rugby (Grade 5)**

- 11.1 The object of the game is to score a try (5 points) in accordance with the Laws of the Game.
- 11.2 Teams should be made up of eleven players, five of whom and no more should be forwards with the remaining six forming the back line.
- 11.3 At this age, the game should start with a KICK-OFF from the centre of the field. The kicker's team must be behind the ball until it has been kicked and the receiving team must be at least 7 metres back from the ball.

NOTE: See Laws of the Game if the ball is kicked off directly into touch and in-goal.

In all other situations, the Laws of the Game of Rugby Union Football apply with the following exceptions:

#### **11.4 SCRUMMAGE**

- a. The locks forming the second row must bind to each other with their inside arm and with their outside arm around the hips of the front row (props).
- b. The scrum-half not putting the ball in must remain behind the off-side line (the hindmost foot) until the ball has emerged from the scrummage. In the event of a strike against the head, the scrum-half who has put the ball into the scrummage must not follow the ball until it is out.
- c. In the interests of safety, each prop should touch on their opponents upper arm, then pause prior to engagement in sequence: crouch, touch, pause, engage. Players may not push the opposing scrum more than 1.5 metres from the original middle line of the scrummage towards either goal line.
- d. See the Under 19 Laws.

#### **11.5 LINE-OUT**

- a. The line-out should be made up of two, three or four players from each side plus the player throwing the ball in and the latter's immediate opponent who must stand within the 2 metre area and one player from either side in a position to receive the ball (i.e. scrum-half). Both the thrower-in and his immediate opponent are able to

## **B.C.R.U. YOUTH RUGBY PROGRAM**

take an active role in the game as soon as the ball has been touched by one of the players contesting the line-out. A quick throw in is NOT permitted.

- b. The line-out should extend from between 2 - 10 metres from the touch-line.
- c. See the Under 19 Laws, except that lifting is prohibited at this level.

11.6 All off-side lines defined in the Laws of the Game also apply in these Rules.

11.7 Any player who has the ball and is on his/her feet (except in a maul) can be tackled as laid down in the Laws of the Game. (Penalty for illegal tackle: A penalty kick). A player so tackled must play the ball immediately.

NOTE 1: Any tackle level with or above the armpit is to be considered a high tackle. (Penalty: Penalty kick).

NOTE 2: The referee should encourage tackler and tackled player to get away from the ball IMMEDIATELY so that the game can continue. Where a ruck or maul occurs, the off-side line for players not in the ruck or maul is at the hindmost foot on their side of the ruck or maul. (Penalty: A penalty kick).

At all penalty kicks, the offending team must retire 7 metres towards their own goal-line from the place where the penalty kick is awarded.

11.8 If the ball is not playable IMMEDIATELY after a tackle, a scrummage is awarded. The scrummage is awarded to the team designated under Laws 21 and 22 of the Laws of the Game.

11.9 A player must not hand-off or fend-off an opponent in any way. (Penalty: A penalty kick to the opposition). (A hand-off or fend-off is defined as "any movement of the hand, arm or ball to ward off a would be tackler").

NOTE: Players are recommended to carry the ball in two hands.

11.10 All the Laws of the Game pertaining to kicking in open play should apply, except that players may not kick the ball other than out of their hands. Fly hacking is not permitted (Penalty: A penalty kick).

11.11 After a try has been scored, the game should re-start with a drop kick.

11.12 When an infringement occurs as per the Laws of the Game, a penalty or free kick should be awarded. The opposition must retire at least 7 metres back towards their own goal line from the place where the kick is awarded.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

11.13 After any stoppage not covered in the Rules, the game shall re-start with a scrummage to the team who were moving forward, or, if neither team were moving forward, by the team who were last in possession of the ball.

11.14 A game should be made up of two equal halves, each of not more than 20 minutes. During the interval, coaches should take adequate time to talk to, encourage, coach and explain the game to players.

### **Coaches Instructions:**

1. A size 4 ball should be used.
2. Tackling must be introduced progressively.
3. The formation of the scrummage must be introduced in a progressive way with great emphasis placed on body position, foot placement, binding, putting the ball into the scrummage and hooking techniques. In the interests of safety, each prop should touch on their opponents upper arm, then pause prior to engagement in sequence: crouch, touch, pause, engage. Players may not push the opposing scrum more than 1.5 metres from the original middle line of the scrummage towards either goal line.
4. The emphasis should be on enjoyment. The children should be encouraged to enjoy the physical side of running, passing, and evasion and coached accordingly.
5. A practical coaching session that includes talks and videos etc., should last no longer than two hours including a maximum of 40 minutes devoted to match play.
6. In match days against outside opposition, a coaching session should normally precede the match. Matches should be used as an extension of the coaching session, with the emphasis being on the quality of performance rather than the result.
7. All players are advised to wear mouth guards.
8. Coaches are advised to check studs before training sessions, games or tournaments in accordance with the Laws of the Game.

### **IN THIS VERSION THERE IS:**

NO HAND-OFF/FEND-OFF

NO LIFTING IN LINE-OUT

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **KEY STAGE 3: Under 12 Midi Rugby (Grade 6)**

- 12.1 The object of the game is to score a try (5 points) in accordance with the Laws of the Game.
- 12.2 Teams should be made up of eleven players, five of whom and no more should be forwards with the remaining six forming the back line.
- 12.3 At this age, the game should start with a KICK-OFF from the centre of the field. The kicker's team must be behind the ball until it has been kicked and the receiving team must be at least 7 metres back from the ball.

NOTE: See Laws of the Game if the ball is kicked off directly into touch and in-goal.

*IN ALL OTHER SITUATIONS, THE LAWS OF THE GAME OF RUGBY UNION FOOTBALL APPLY WITH THE FOLLOWING EXCEPTIONS:*

#### 12.4 SCRUMMAGE

- a. The locks forming the second row must bind to each other with their inside arm and with their outside arm around the hips of the front row (props).
- b. The scrum-half not putting the ball in must remain behind the off-side line (the hindmost foot) until the ball has emerged from the scrummage. In the event of a strike against the head, the scrum-half who has put the ball into the scrummage must not follow the ball until it is out.
- c. In the interests of safety, each prop should touch on their opponents upper arm, then pause prior to engagement in sequence: crouch, touch, pause, engage. Players may not push the opposing scrum more than 1.5 metres from the original middle line of the scrummage towards either goal line.
- d. See the Under 19 Laws.

#### 12.5 LINE-OUT

- a. The line-out should be made up of two, three or four players from each side plus the player throwing the ball in and the latter's immediate opponent who must stand within the 2 metre area and one player from either side in a position to receive the ball (i.e. scrum-half). Both the thrower-in and his immediate opponent are able to take an active role in the game as soon as the ball has been touched by one of the players contesting the line-out. A quick throw in is now permitted.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

- b. The line-out should extend from between 2 - 10 metres from the touch-line.
- c. See the Under 19 Laws, except that lifting is prohibited at this level.

12.6 All off-side lines defined in the Laws of the Game also apply in these Rules.

12.7 Any player who has the ball and is on his/her feet (except in a maul) can be tackled as laid down in the Laws of the Game. (Penalty for illegal tackle: A penalty kick). A player so tackled must play the ball immediately.

NOTE 1: Any tackle level with or above the armpit is to be considered a high tackle. (Penalty: Penalty kick).

NOTE 2: The referee should encourage tackler and tackled player to get away from the ball IMMEDIATELY so that the game can continue. Where a ruck or maul occurs, the off-side line for players not in the ruck or maul is at the hindmost foot on their side of the ruck or maul. (Penalty: A penalty kick).

At all penalty kicks, the offending team must retire 7 metres towards their own goal-line from the place where the penalty kick is awarded.

12.8 If the ball is not playable IMMEDIATELY after a tackle, a scrummage is awarded. The scrummage is awarded to the team designated under Laws 21 and 22 of the Laws of the Game.

12.9 A player must not hand-off or fend-off an opponent in any way. (Penalty: A penalty kick to the opposition). (A hand-off or fend-off is defined as "any movement of the hand, arm or ball to ward off a would be tackler").

NOTE: Players are recommended to carry the ball in two hands.

12.10 All the Laws of the Game pertaining to kicking in open play should apply, except that players may not kick the ball other than out of their hands. Fly hacking is not permitted (Penalty: A penalty kick).

12.11 After a try has been scored, the game should re-start with a drop kick.

12.12 When an infringement occurs as per the Laws of the Game, a penalty or free kick should be awarded. The opposition must retire at least 7 metres back towards their own goal line from the place where the kick is awarded.

12.13 After any stoppage not covered in the Rules, the game shall re-start with a scrummage to the team who were moving forward, or, if neither team were moving forward, by the team who were last in possession of the ball.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

12.14 A game should be made up of two equal halves, each of not more than 20 minutes. During the interval, coaches should take adequate time to talk to, encourage, coach and explain the game to players.

### **Coaches Instructions:**

1. A size 4 ball should be used.
2. Tackling must be introduced progressively.
3. The formation of the scrummage must be introduced in a progressive way with great emphasis placed on body position, foot placement, binding, putting the ball into the scrummage and hooking techniques. In the interests of safety, each prop should touch on their opponents upper arm, then pause prior to engagement in sequence: crouch, touch, pause, engage. Players may not push the opposing scrum more than 1.5 metres from the original middle line of the scrummage towards either goal line.
4. The emphasis should be on enjoyment. The players should be encouraged to enjoy the physical side of running, passing, and evasion and coached accordingly.
5. A practical coaching session that includes talks and videos etc., should last no longer than two hours including a maximum of 40 minutes devoted to match play.
6. In match days against outside opposition, a coaching session should normally precede the match. Matches should be used as an extension of the coaching session, with the emphasis being on the quality of performance rather than the result.
7. All players are advised to wear mouth guards.
8. Coaches are advised to check studs before training sessions, games or tournaments in accordance with the Laws of the Game.

### **IN THIS VERSION THERE IS:**

NO HAND-OFF/FEND-OFF

NO LIFTING IN LINE-OUT



## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **KEY STAGE 4: Under 13/14 Age Grade Rugby (Grade 7 & 8)**

- 14.1 The object of the game is to score a try (5 points) in accordance with the Laws of the Game.
- 14.2 Teams should be made up of twelve players, five of whom and no more should be forwards with the remaining seven forming the back line.
- 14.3 The game will consist of two 30-minute halves. The game should start with a KICK-OFF from the centre of the field. The kicker's team must be behind the ball until it has been kicked and the receiving team must be at least 10 metres back from the ball.

NOTE: See Laws of the Game if the ball is kicked off directly into touch and in-goal.

*IN ALL OTHER SITUATIONS, THE LAWS OF THE GAME OF RUGBY UNION FOOTBALL AS AMENDED FOR U19 PLAYERS APPLY WITH THE FOLLOWING EXCEPTIONS:*

#### **14.4 SCRUMMAGE**

- a. The locks forming the second row must bind to each other with their inside arm and with their outside arm around the hips of the front row (props).
- b. The scrum-half not putting the ball in must remain behind the off-side line (the hindmost foot) until the ball has emerged from the scrummage. In the event of a strike against the head, the scrum-half who has put the ball into the scrummage must not follow the ball until it is out.
- c. In the interests of safety, each prop should touch on their opponents upper arm, then pause prior to engagement in sequence: crouch, touch, pause, engage. Players may not push the opposing scrum more than 1.5 metres from the original middle line of the scrummage towards either goal line.
- d. See the Under 19 Laws.

#### **14.5 LINE-OUT**

- a. The line-out should be made up of two, three or four players from each side plus the player throwing the ball in and the latter's immediate opponent who must stand within the 5 metre area and one player from either side in a position to receive the ball (i.e. scrum-half). Both the thrower-in and his immediate opponent are able to take an active role in the game as soon as the ball has been touched by one of the players contesting the line-out. A quick throw in is permitted.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

- b. The line-out should extend from between 5 - 10 metres from the touch-line.
- c. See the Under 19 Laws. Lifting is not permitted at this level.

14.6 All off-side lines defined in the Laws of the Game also apply in these Rules.

14.7 Any player who has the ball and is on his/her feet (except in a maul) can be tackled as laid down in the Laws of the Game. (Penalty for illegal tackle: A penalty kick). A player so tackled must play the ball immediately.

NOTE 1: Any tackle level with or above the armpit is to be considered a high tackle. (Penalty: Penalty kick).

NOTE 2: The referee should encourage tackler and tackled player to get away from the ball IMMEDIATELY so that the game can continue. Where a ruck or maul occurs, the off-side line for players not in the ruck or maul is at the hindmost foot on their side of the ruck or maul. (Penalty: A penalty kick).

At all penalty kicks, the offending team must retire 10 metres towards their own goal-line from the place where the penalty kick is awarded.

14.8 If the ball is not playable IMMEDIATELY after a tackle, a scrummage is awarded. The scrummage is awarded to the team designated under Laws 21 and 22 of the Laws of the Game.

14.9 All the Laws of the Game pertaining to kicking in open play should apply.

14.10 After a try has been scored, the team can attempt to convert the try into a goal. The kick at goal should take place from anywhere in front of the posts.

14.11 After a try or goal has been scored, the game should re-start with a drop kick.

14.12 When an infringement occurs as per the Laws of the Game, a penalty or free kick should be awarded. The opposition must retire at least 10 metres back towards their own goal line from the place where the kick is awarded.

14.13 After any stoppage not covered in the Rules, the game shall re-start with a scrummage to the team who were moving forward, or, if neither team were moving forward, by the team who were last in possession of the ball.

14.14 A game should be made up of two equal halves, each of not more than 30 minutes. During the interval, coaches should take adequate time to talk to, encourage, coach and explain the game to players.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **Coaches Instructions:**

1. A size 5 ball should be used.
2. In league games, teams should be made up of twelve players, five of whom, and no more, should be forwards with the remaining seven forming the back line
3. Under 14 games should take place on a full-size field. Post pads, touch flags etc. must be provided.
4. League games will consist of two 30-minute halves.
5. There will be no body slam tackles.
6. The formation of the scrummage must be introduced in a progressive way with great emphasis placed on body position, foot placement, binding, putting the ball into the scrummage and hooking techniques. In the interests of safety, each prop should touch on their opponents upper arm, then pause prior to engagement in sequence: crouch, touch, pause, engage. Players may not push the opposing scrum more than 1.5 metres from the original middle line of the scrummage towards either goal line.
7. A practical coaching session that includes talks and videos etc., should last no longer than two hours including a maximum of 60 minutes devoted to match play.
8. All players are advised to wear mouth guards.
9. Coaches are advised to check studs before training sessions, games or tournaments in accordance with the Laws of the Game.
10. If the point differential is greater than 40 in inter-club games, the game is either abandoned or the players are mixed into two more evenly matched teams.
11. There are no penalty kicks at goal in this age group.
12. Coaches will referee league games in this age group, the home team providing the referee. All coaches acting as referees must have taken the level 1 refereeing course and clubs must ensure all coaches are fully familiar with the laws, especially the ones regarding safety in contact.
14. U14 is grade 7 & 8 only. No players from younger age groups are allowed to play in older age group teams. Age is under 14, on 1st January of the current season. (i.e. 1<sup>st</sup> January 2002 for the 2001/2002 season).

## B.C.R.U. YOUTH RUGBY PROGRAM

All registration forms for players in these age groups must be submitted to BCRU before players are allowed to participate in league or cup games. Each coach must have a file with copy birth certificates and registration forms for each player available for inspection by the opposing coach. Any player for whom this documentation is unavailable will not be allowed to play in the U16 league under any circumstances.

If players have been kept down or advanced a grade at school, they must play up or down in their actual age grade. Under no circumstances will U16 players be allowed to play in the U14 league, even if teams are short: options are to "borrow" players from opposing team (the preferred way) or to default. If over-age players are found to have played in a game, penalty in the first instance is to award the game to the non-offending team and a 5 league point deduction to the offending team; ejection from the league for subsequent offences.

Please note that it is a requirement that U14 league home teams provide a suitably qualified referee for all league games: coaches without the level 1 certification will not be allowed to referee, and in the absence of a certified referee, the away team will win the game by default.

### 15. Under 14 league regulations:

No scores over 40 points spread will be recorded.

Coaches must stop the game and mix the teams if a 40 point spread occurs:  
Score submitted to BCRU will be the score recorded at this stage.

**KICK OFF TIMES, SUNDAY 11-15 am.**

3 points for WIN or WIN BY DEFAULT

2 points for DRAW

1 point for LOSS

0 points for FAILURE TO FULFIL FIXTURE NOTIFIED BEFORE PREVIOUS SUNDAY

-1 points for FAILURE TO FULFIL FIXTURE NOTIFIED BEFORE PREVIOUS WEDNESDAY

-3 points for FAILURE TO FULFIL FIXTURE AFTER THESE TIMES

-5 points for NO SHOW WITHOUT PRIOR NOTIFICATION

All scores must be sent to BCRU office by winning team manager/ coach

**By 9 am Monday following game**

Tel: 737-3065/ Fax 737-3916/ [bcrugby@bc.sympatico.ca](mailto:bcrugby@bc.sympatico.ca)

LEAGUE CO-ORDINATOR IS DAN WOOD:

HOME 980-8176/ WORK 647-7322/ FAX 641-1447/ [brittanialionsrugby@home.com](mailto:brittanialionsrugby@home.com)

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **KEY STAGE 5: Under 15/16 Junior Rugby (Grade 9 & 10)**

- 16.1 The object of the game is to score a try (5 points) in accordance with the Laws of the Game.
- 16.2 Teams should be made up of thirteen players, six of whom and no more should be forwards with the remaining seven forming the back line.
- 16.3 At this age, the game should start with a KICK-OFF from the centre of the field.  
The kicker's team must be behind the ball until it has been kicked and the receiving team must be at least 10 metres back from the ball.

NOTE: See Laws of the Game if the ball is kicked off directly into touch and in-goal.

*IN ALL OTHER SITUATIONS, THE LAWS OF THE GAME OF RUGBY UNION FOOTBALL APPLY, AS AMENDED FOR U19 PLAYERS WITH THE FOLLOWING EXCEPTIONS:*

#### **16.4 SCRUMMAGE**

- a. The Scrummage will consist of 2 props, hooker, 2 locks and a No.8.
- b. The locks forming the second row must bind to each other with their inside arm and with their outside arm around the hips of the front row (props).
- c. The scrum-half not putting the ball in must remain behind the off-side line (the hindmost foot) until the ball has emerged from the scrummage. In the event of a strike against the head, the scrum-half who has put the ball into the scrummage must not follow the ball until it is out.
- d. In the interests of safety, each prop should touch on their opponents upper arm, then pause prior to engagement in sequence: crouch, touch, pause, engage. Players may not push the opposing scrum more than 1.5 metres from the original middle line of the scrummage towards either goal line.
- e. The No. 8 may not pick up the ball from the set scrum and run with it.
- f. See the Under 19 Laws.

#### **16.5 LINE-OUT**

- a. The line-out should be made up of two, three, four, or five players from each side plus the player throwing the ball in and the latter's immediate opponent who must stand within the 5 metre area and one player from either side in a position to receive

## **B.C.R.U. YOUTH RUGBY PROGRAM**

the ball (i.e. scrum-half). Both the thrower-in and his immediate opponent are able to take an active role in the game as soon as the ball has been touched by one of the players contesting the line-out. A quick throw in is permitted.

- b. The line-out should extend from between 5 - 15 metres from the touch-line.
- c. See the Under 19 Laws. Lifting is permitted at this level.

16.6 All off-side lines defined in the Laws of the Game also apply in these Rules.

16.7 Any player who has the ball and is on his/her feet (except in a maul) can be tackled as laid down in the Laws of the Game. (Penalty for illegal tackle: A penalty kick). A player so tackled must play the ball immediately.

NOTE 1: Any tackle level with or above the armpit is to be considered a high tackle. (Penalty: Penalty kick).

NOTE 2: The referee should encourage tackler and tackled player to get away from the ball IMMEDIATELY so that the game can continue. Where a ruck or maul occurs, the off-side line for players not in the ruck or maul is at the hindmost foot on their side of the ruck or maul. (Penalty: A penalty kick).

At all penalty kicks, the offending team must retire 10 metres towards their own goal-line from the place where the penalty kick is awarded.

16.8 If the ball is not playable IMMEDIATELY after a tackle, a scrummage is awarded. The scrummage is awarded to the team designated under Laws 21 and 22 of the Laws of the Game.

16.9 All the Laws of the Game pertaining to kicking in open play should apply.

16.10 After a try has been scored, the team can attempt to convert the try into a goal. The kick at goal should take place from anywhere in front of the posts.

16.11 After a try or goal has been scored, the game should re-start with a drop kick.

16.12 When an infringement occurs as per the Laws of the Game, a penalty or free kick should be awarded. The opposition must retire at least 10 metres back towards their own goal line from the place where the kick is awarded.

16.13 After any stoppage not covered in the Rules, the game shall re-start with a scrummage to the team who were moving forward, or, if neither team were moving forward, by the team who were last in possession of the ball.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

- 16.14 A game should be made up of two equal halves, each of not more than 30 minutes. During the interval, coaches should take adequate time to talk to, encourage, coach and explain the game to players.

### **Coaches Instructions:**

1. Under 16 games should take place on a full-size pitch. Post pads, touch flags etc. must be provided.
  2. A size 5 ball should be used.
  3. The formation of the scrummage must be introduced in a progressive way with great emphasis placed on body position, foot placement, binding, putting the ball into the scrummage and hooking techniques. In the interests of safety, each prop should touch on their opponents upper arm, then pause prior to engagement in sequence: crouch, touch, pause, engage. Players may not push the opposing scrum more than 1.5 metres from the original middle line of the scrummage towards either goal line.
  4. A practical coaching session that includes talks and videos etc., should last no longer than two hours including a maximum of 60 minutes devoted to match play.
16. All players are advised to wear mouth guards.
17. Coaches are advised to check studs before training sessions, games or tournaments in accordance with the Laws of the Game.
18. If official society referees are not available, Coaches will referee league games in this age group, the home team providing the referee. All coaches acting as referees must have taken the level 1 refereeing course and clubs must ensure all coaches are fully familiar with the laws, especially the ones regarding safety in contact.
19. U16 is grade 9 & 10 only. No players from younger age groups are allowed to play in older age group teams. Age is under 16 on 1st January of the current season (i.e. 1<sup>st</sup> January 2002 for the 2001/2002 season).

All registration forms for players in these age groups must be submitted to BCRU before players are allowed to participate in league or cup games. Each coach must have a file with copy birth certificates and registration forms for each player available for inspection by opposing coach. Any player for whom this documentation is unavailable will not be allowed to play in the U16 league under any circumstances.

If players have been kept down or advanced a grade at school, they must play up or down in their actual age grade. Under no circumstances will U18 players be allowed to play in the U16 league, even if teams are short: options are to "borrow" players from opposing team (the preferred way) or to default. If over-age players are found to have

## **B.C.R.U. YOUTH RUGBY PROGRAM**

played in a game, penalty in the first instance is to award the game to the non-offending team and a 5 league point deduction to the offending team; ejection from the league for subsequent offences.

20. All registration forms for players in these age groups must be submitted to BCRU before players are allowed to participate in league or cup games.

21. Under 15/16 league regulations:

No scores over 40 points spread will be recorded.

Coaches must stop the game and mix the teams if a 40 point spread occurs:

Score submitted to BCRU will be score recorded at this stage

**KICK OFF TIMES, SUNDAY 11-15 am.**

3 points for WIN or WIN BY DEFAULT

2 points for DRAW

1 point for LOSS

0 points for FAILURE TO FULFIL FIXTURE NOTIFIED BEFORE PREVIOUS SUNDAY

-1 points for FAILURE TO FULFIL FIXTURE NOTIFIED BEFORE PREVIOUS WEDNESDAY

-3 points for FAILURE TO FULFIL FIXTURE AFTER THESE TIMES

-5 points for NO SHOW WITHOUT PRIOR NOTIFICATION

Home team to provide suitably qualified referee (Level 1 certified)

All scores must be sent to BCRU office by winning team manager/ coach

**By 9 am Monday following game**

Tel: 737-3065/ Fax 737-3916/ [bcrugby@bc.sympatico.ca](mailto:bcrugby@bc.sympatico.ca)

League co-ordinator is Ed Wight

Tel: 261-7545/ Fax: 266-7545/ E-mail [enwight@telus.net](mailto:enwight@telus.net)



## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **KEY STAGE 6: Under 17/19 Junior Rugby**

The Under 19 Variation Laws apply to this Age Grade

### **KEY STAGE 7: Under 21**

The full Laws of the game apply to this Age Grade

## **Under 16 Fast Track Elite Athlete Development Program**

The program is aimed at Rugby players aged Under 16 on 31<sup>st</sup> December 2001, and aims to take a group of c.40 athletes, identified by their coaches as potential high level Rugby players, and develop their potential in terms of speed, agility, strength and conditioning, nutrition, Rugby skills and knowledge of the game.

### 1. **Selection of Participants**

- I. Players must be playing in the BCRU Under 16 League to be eligible for this program.
- II. Selection will be based upon the recommendation of the players' club coaches, who will recommend players for inclusion at 3 Regional Development Camps, to be held as follows:
  - 8<sup>th</sup> December 2001 Vancouver
  - 9<sup>th</sup> December 2001 Fraser Valley
  - 15<sup>th</sup> December 2001 Vancouver Island

Submissions for inclusion of players in the Regional Development Camps should be made by Club U16 coaches on the U16 Fast Track Program Application Form, copies of which will be distributed to all clubs.

- III. 40 Players will be selected from these camps to participate in an inaugural camp to be held on 5<sup>th</sup> and 6<sup>th</sup> January (Lower Mainland venue to be confirmed).

### 2. **Schedule**

- 5<sup>th</sup>/6<sup>th</sup> January 2002 Inaugural Camp
- 2<sup>nd</sup> Feb. Elite Athlete Development Camp
- 2<sup>nd</sup> March Elite Athlete Development Camp
- 30<sup>th</sup> March Elite Athlete Development Camp
- 27<sup>th</sup> April Elite Athlete Development Camp
- 25<sup>th</sup> May Elite Athlete Development Camp

## **B.C.R.U. YOUTH RUGBY PROGRAM**

- 29<sup>th</sup> June Elite Athlete Development Camp
- 28<sup>th</sup> July Elite Athlete Development Camp
- 5<sup>th</sup>/6<sup>th</sup> August BC U-16 Rep Games in Conjunction with BC Summer Games

### **3. Coaching Structure**

- I. John Graf, BCRU Youth Development Officer, will coordinate the program
- II. A Coach and Manager will be appointed. These positions will be advertised during October 2001 with the objective of having them filled by 1<sup>st</sup> November.
- III. A selection committee consisting of the YDO, Coach, Club U16 coaches, and other invited coaches will select the participants in the program.
- IV. Top coaches and experts will be invited to attend the monthly camps and to cover particular aspects of play/conditioning.
- V. All players will be fitness tested at the commencement of the program and set fitness and conditioning goals, which must be met on an ongoing monthly basis.

### **4. Games**

The season will culminate in August 2002 with the BC Summer Games (Aug 1-4 in Nanaimo). We will seek to set up 2 Rep. Games for the Squad in conjunction with the Games, against incoming touring sides, other Provinces or a Summer Games All Star Team.

### **5. Database/ Further Development of players**

- I. A central database of players will be established and updated with all relevant data concerning players participating in Regional Development Camps.
- II. We envisage that the players will move up to a new U17 Fast Track Program to be established in conjunction with the proposed 2002/3 U17 League at the end of Season 1.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **Under 19/ 17/ 16/ 15/14 League Programs Age Grade/Group Integrity**

These provisions are based on the regulations set down by Rugby Canada for Provincial Team Age Grade Championships.

The intent of the BCRU in promoting Age Grade Rugby in the club system is to provide a clear continuum of developmental progression for participants to learn the game and hone their skills while strengthening the base of participation in their local club. Age Grade Rugby is not about the championship or league titles. Age Grade Rugby is about fostering development and learning for the young Rugby athletes in a fair and safe manner. The structure will allow individuals to progress through Junior Rugby to adult Rugby while developing a broad base of skills. It is not adult Rugby with age limits.

Skill development is one of the primary reasons the BCRU has implemented reduced numbers for Age Grade competitions: 12-a-side for U-13/14 and 13-a-side for U-15 and U-16 competitions. Reduced numbers in an Age Grade game makes it easier for a club to put together a team in an given Age Grade, simplifies the game, making it easier to learn for the novice and, most importantly, promotes open Rugby for the participants. The reduced numbers structure allows a more expansive game to be developed and gives an enhanced opportunity to the participants to develop open field running, jinking, swerving, passing and tackling skills while playing the game.

There is no doubt that youth undergo radical physical changes between the ages of 12 and 21 and should not all play in one mixed group. In order to keep the game safe and not to have too great a discrepancy in size and maturation of the age grade participants, the BCRU Junior Age Grade Rugby competitions occur in age year bands at U-14, U-15, U-16, U-17 and U-19. The BCRU has also instituted a U-21 competition allowing a final developmental phase, incorporating a 3-year age span played under senior law, for participants not yet ready for open senior competition.

### **Implementation of Age Grade Policies**

BCRU is committed to preserving age-grade integrity in all of our Youth Rugby Programs, to ensure the safety of our players, and not to have too great a discrepancy in size and maturation of the age grade participants.

**FOR SAFETY AND LIABILITY REASONS, INDIVIDUALS OLDER THAN THE MAXIMUM AGE ARE NOT ALLOWED TO PARTICIPATE IN A YOUNGER AGE-GRADE UNDER ANY CIRCUMSTANCES.**

The BCRU does not recommend that players be encouraged to play out of their correct age group under any circumstances. However, exceptional players **ONE BIRTH YEAR ONLY** below the age band may play in the next higher age band team if: -

## **B.C.R.U. YOUTH RUGBY PROGRAM**

1. This BCRU policy statement has been made clear **IN WRITING** by the coach to the player's parents and doctor.
2. Players **MUST** have a signed letter from each of:
  - I. The player's parent
  - II. The player's coach
  - III. The player's doctor

which clearly states that each of the authors fully understands the implications and risks of the player competing in the older age group, and that they each affirm that the player is physically, socially and mentally mature enough to play at that next higher Age Grade.

3. Copies of the Coach's letters to the doctor and parents, and the letters from the parents, doctor, and coach, together with copies of the player's registration form, birth certificate and high school picture ID must be filed with the BCRU prior to the athlete taking the field in an Age Grade game above his/her natural age band.

### AGE GRADE AGE LIMITS ARE AS FOLLOWS:

U-21: Age is under 21 on January 1st, 2002 for the 2001/02 season. No players from older age groups are allowed to play in this age group under any circumstances.

U-18: Age is under 18 on January 1st, 2001 for the 2001/02 season. No players from older age groups are allowed to play in this age group under any circumstances.

U-16 is grade 9 & 10 only. Age is under 16 on January 1st, 2002 for the 2001-2002 season. No players from older age groups are allowed to play in this age group under any circumstances.

U-15 is grade 9 only. Age is under 15 on January 1st, 2002 for the 2001-2002 season. No players from older age groups are allowed to play in this age group under any circumstances.

U-14 is grade 7 & 8 only. Age is under 14 on January 1st, 2002 for the 2001-2002 season. No players from older age groups are allowed to play in this age group under any circumstances.

All registration forms for players in these age groups must be submitted to BCRU before players are allowed to participate in league or cup games. Each coach must have a file with copy birth certificates or passport with proof of age, High School picture ID, and registration forms for each player available for inspection by the opposing coach or referee at each league game played (including jamborees). Any player for whom this

## **B.C.R.U. YOUTH RUGBY PROGRAM**

documentation is unavailable will not be allowed to play in any age grade league game under any circumstances.

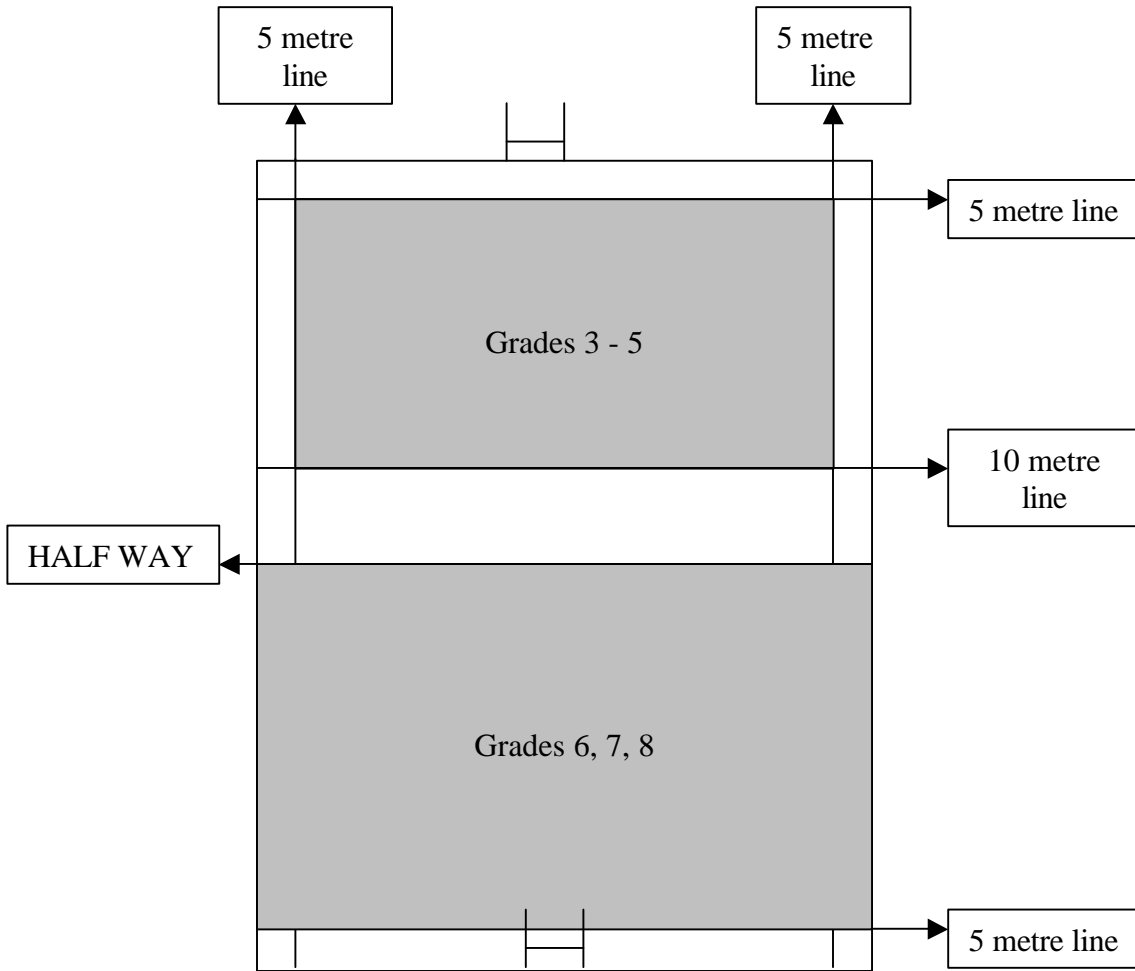
If players have been kept down or advanced a grade at school, they must play up or down in their actual age grade. Under no circumstances will older players be allowed to play in a younger age grade league, even if teams are short: options are to "borrow" players from opposing team (the preferred way) or to default. If over-age players are found to have played in a game, penalty in the first instance is to award the game to the non-offending team and a 5 league point deduction to the offending team; ejection from the league for subsequent offences.

Please note that it is a requirement that all age-grade league home teams provide a suitably qualified referee for all league games: coaches without the level 1 referee certification will not be allowed to referee, and in the absence of a certified referee, the away team will win the game by default. Clubs are encourage to participate in the regular referee certification seminars run throughout BC.

# B.C.R.U. YOUTH RUGBY PROGRAM

## THE PITCH

(Note: Grades K ,1 and 2 play in half field width of Grade 3 -5 pitch.  
U14 League games take place on a full size field.)



## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **SECTION 3**

#### **MINI-RUGBY COACHING GUIDE**

##### Training Session:

A training session should last for one hour: content should depend on the age group and skill level of the children participating, but should follow this model: -

##### 1 Hour Program:

##### 1. Warm Up - 20 minutes

Stretch

Fun Game e.g. British Bulldogs: Pig in the Middle: Murder Ball  
(contact level adapted to age group); End Ball; Corner Ball

Fitness Games: e.g. Relay Races (with ball): Wheelbarrow race; Piggy Back Race; Fireman's Lift race; Neck Support race; Pendulum Carry race

Run to 20 metre line, 5 push ups, run back

Run to 20 metre line, 5 sit ups, run back (or combine)

Slalom Running (swerve)/Slalom Running (sidestep)

Agility Ladder Routines

Chase around the circle

Number running

##### 2. Skills Session - 20 minutes

Demonstrate

Simple Practice Exercise

More Complex Exercise

##### 3. Controlled Game - 20 minutes

Emphasize Use of Skill Learnt Today (plus consolidate previous skills)

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **BASIC SKILLS**

These are the basic techniques of the game that are essential to the development of good playing skills. Every player's aim should be to pass the ball, to tackle, to kick and to catch and receive the ball effectively. This section is designed to break each skill into elements and to teach them to all players. The coach's aim should be that the players understand the object of each exercise, and perform the drills correctly.

The basic skills are:

1. Passing and Receiving the Ball
2. Picking up the Ball
3. Tackling
4. Falling on the Ball
5. Kicking and Catching the Ball

#### **1. Passing**

##### **1.1 Running pass**

- i. This is the pass that is given laterally to a receiver running alongside in support. The passer should deliver the ball without the receiver having to slow down, stop or deviate from his/her direction.
- ii. The ball is held in both hands, with the fingers outspread, little fingers almost touching.
- iii. The passer looks at the receiver.
- iv. The target area for the pass is above the waist and just in front of the receiver so that he/she can run onto the ball and take the ball in full stride.
- v. The ball is swung across the body, with the arms giving direction to the pass and a good follow-through is given with the hands and arms.
- vi. The receiver must play his/her part by being in the correct position to take the pass. Younger players should be encouraged to make a "target" with their hands for the passer to aim at.
- vii. The receiver looks at the passer, waiting for the ball to be released. As he/she receives and controls the ball, he/she accelerates to take him/her away from would-be tacklers.



## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **1.2 The Scrum-half Pass**

- i. This is a standing pass and is given when the ball is passed from the ground (i.e. when it comes out of a scrum, maul or ruck), or from a standing position as at a line-out.
- ii. The back foot should be close to the ball when it is grasped; the front foot should be thrust towards the receiver. This gives a firm, wide base, enabling the passer to execute a long, firm, and accurate pass.
- iii. The passer looks at the receiver when releasing the ball
- iv. The target area is the same as for the running pass - level at above waist height and out in front of the receiver. The ball is swung across the body with hands behind the ball. The follow-through of the arms is important to give accuracy to the pass.
- v. The spin pass should not be taught until the player has learned to pass correctly in the basic manner.

### **1.3 Passing Drills**

The following exercises are intended to demonstrate and teach the basic skills of passing.

#### **i. Basic Passing Drill**

Purpose: To learn passing and receiving the ball

No. of players: 2, rising to 3 as basic skill is mastered

#### **Procedure:**

- a. The players pass the ball between them whilst walking from the goal line to the 20-metre line.
- b. Vary the drill as the basic concept is mastered by progressing to fast walk, jogging, running and fast running.
- c. Add a third player to the group as the basic skill is mastered.

## B.C.R.U. YOUTH RUGBY PROGRAM

### d. ii. Passing in Circle - Stationary

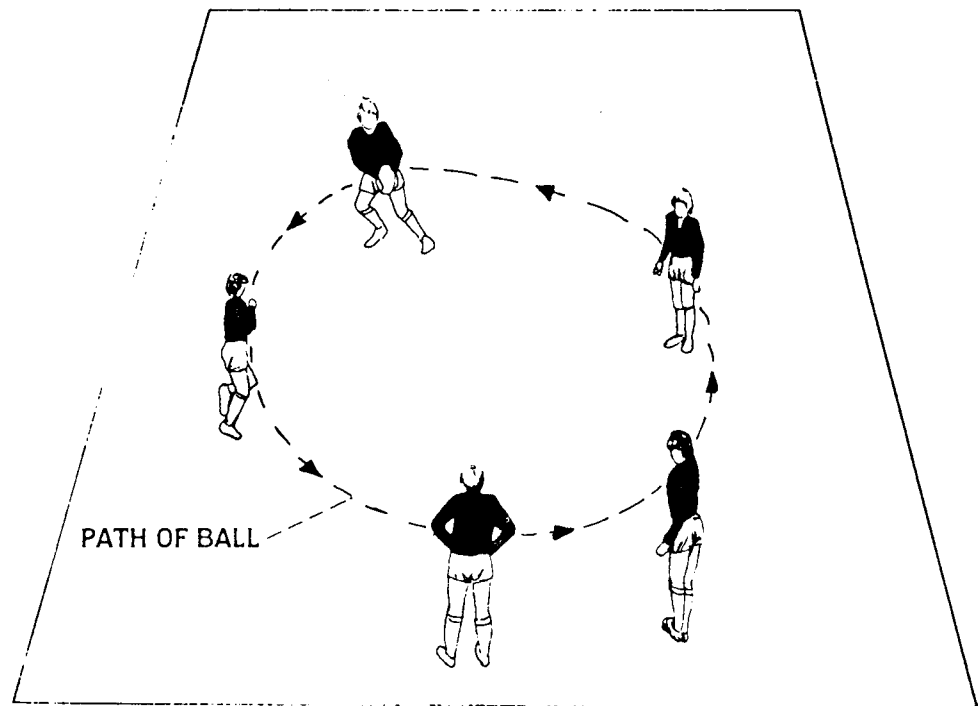
Purpose: To improve passing and receiving the ball

No. of players: Any number (at least 3)

Playing Area: Size dependent on the number of players in the circle

#### Procedure:

- a. The players stand in a circle. The first player passes to the nearest team-mate, who passes the ball around the circle.



Change the drill by having players face inwards or outwards, by reversing the direction of the pass, or by using 2 balls.

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### iii Passing in Circle - Moving

Purpose: To improve passing and receiving the ball

No. of players: Any number (at least 3)

Playing Area: Size dependent on the number of players in the circle

#### Procedure:

- a. The players stand in a circle with one player in the middle of the circle
- b. The first player in the centre passes to a stationary player in the outer circle, who passes the ball back to him/her.
- c. Vary the drill by having the players in the outer circle run around the central player, who passes to the moving players, who in turn pass the ball back to the central player.

### iv Passing in Circle - Following Pass

Purpose: To improve passing and receiving the ball

No. of players: Any number

Playing Area: Size dependent on the number of players in the circle

#### Procedure:

- a. The players stand in a circle facing inwards or outwards
- b. The first player passes to a player next to him/her, who in turn passes the ball around the outside of the circle. Having passed the ball, the original passer immediately runs around the outside of the circle of players, following the direction of his/her pass. The objective is for the first player to get back to his/her original position before the ball arrives there. Repeat the exercise until every player has run.

## B.C.R.U. YOUTH RUGBY PROGRAM

### v High pressure passing: Auckland Grid

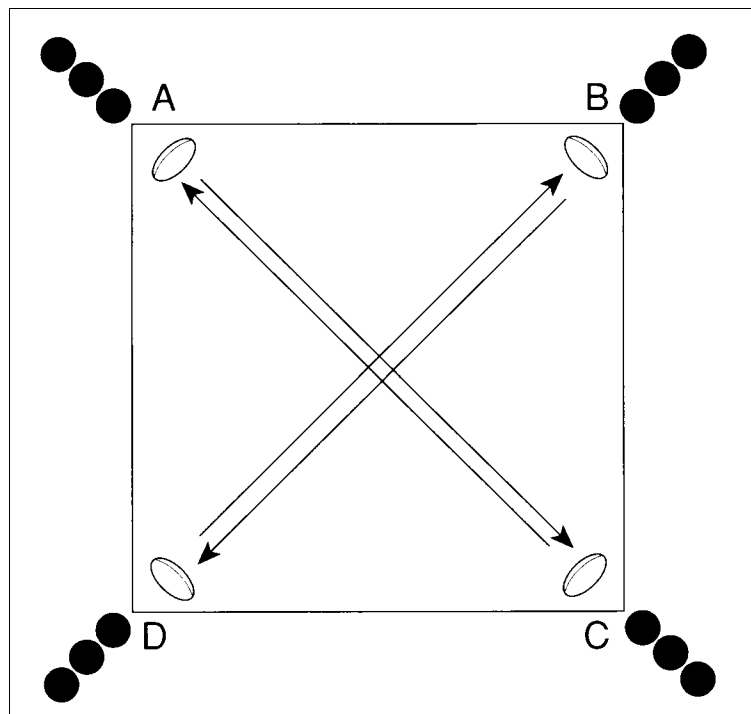
Purpose: To improve passing and receiving the ball

No. of players: Any number (at least 4)

Playing Area: 10 metre grid

#### Procedure:

- The players stand in two groups (A & C) facing each other at opposite corners of the grid.
- The ball carrier (Group A) runs across the grid diagonally and passes to the first player in the opposite group (C), who runs towards the ball carrier: the receiver passes to the next player in Group A. After passing, the players go to the back of the Group.
- Vary the drill by increasing the speed of running, and adding two more groups, B and D, to add the skill of running in a congested area.



## B.C.R.U. YOUTH RUGBY PROGRAM

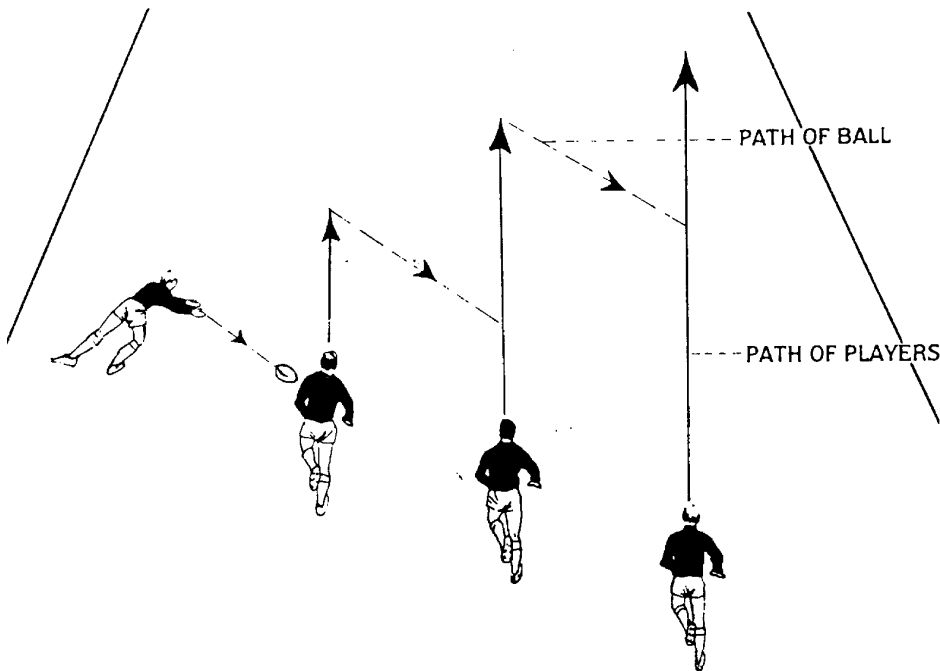
### i. Passing In Line

Purpose: To learn techniques of passing and receiving the ball

No. of players: 3 to 5

#### Procedure:

- a. The players line up side-by-side, but each being slightly behind his/her nearest team-mate to make a diagonal line across the playing area.
- b. The first player has the ball and passes to his/her nearest player, who takes it on the run.
- c. On receiving the ball, the player accelerates and passes the ball along the line.
- d. The movement is continued until the ball reaches the end of the line of players. Turn and restart the exercise.



## B.C.R.U. YOUTH RUGBY PROGRAM

### ii. Passing 2 on 1

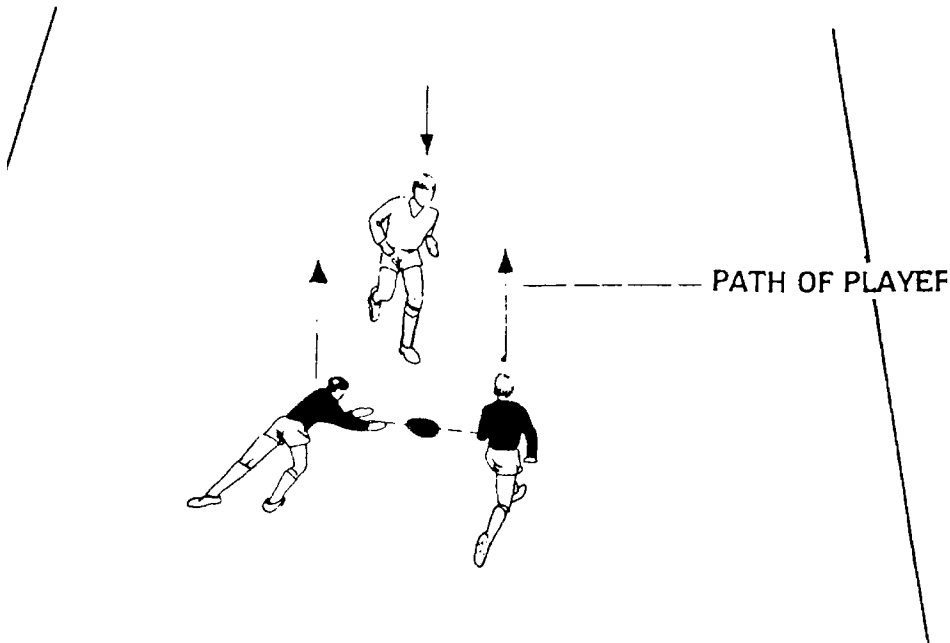
Purpose: To improve passing and receiving under pressure

No of players: 3

Playing Area: 10-metre square

#### Procedure:

- a. Two attackers move towards a single defender.
- b. As the defender approaches the ball carrier, the ball is passed to the supporting player.
- c. When the receiver takes the ball, he/she should run on and touch the ball to the ground. If the pass is dropped, intercepted or knocked down, the passer should change places with the defender.
- d. The players change roles at frequent intervals.



## B.C.R.U. YOUTH RUGBY PROGRAM

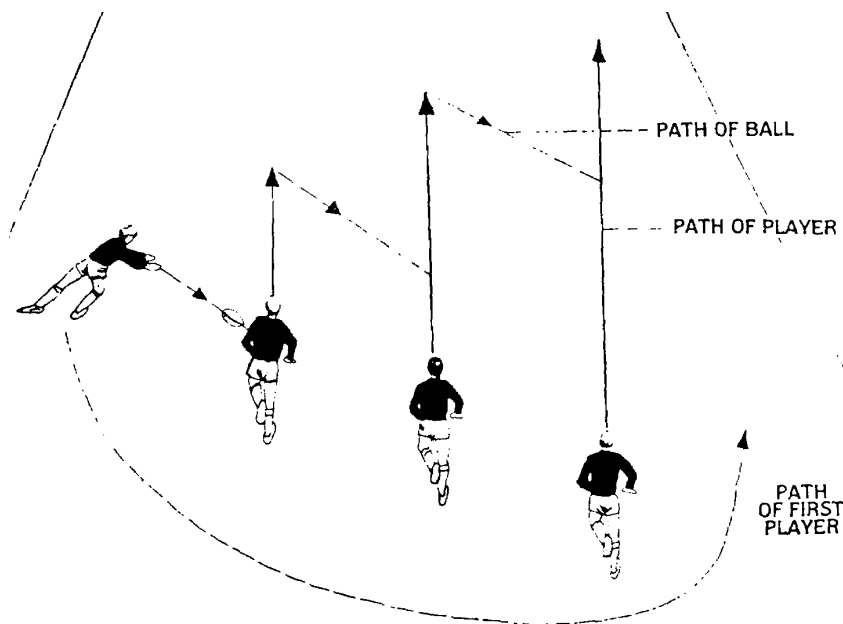
### iii. Passing in Line with Overlap:

No. of Players: 3 to 5

Purpose: To improve techniques of passing and receiving the ball:

#### Procedure:

- The players line up side by side, each being slightly behind his/her nearest teammate to make a diagonal line across the playing area
- The first player has the ball and passes it to his/her nearest player, who takes the ball on the run.
- The passer, on completion of the pass, runs around the back of the moving line to join at the end in time to collect the last pass
- The first receiver accelerates and passes the ball, which goes along the line
- The movement is continued until the ball reaches the end of the line and the original passer has the ball. The exercise is then repeated with another player taking the first spot.



## **B.C.R.U. YOUTH RUGBY PROGRAM**

A variation, as skill levels increase, is for each player to loop in turn after he/she has passed the ball. Vary the drill with the looping player coming into other points in the line.



## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **2. Picking Up/Putting down the ball.**

- A. The player must keep his/her eye on the ball.
- B. The approach should be made alongside the ball, with the knees being bent and the front foot beside the ball.
- C. The rear hand moves towards the ball and at the same time as it touches the ball, the other hand comes down and clamps the ball from the opposite side, bringing it under firm control.
- D. The player then rises to the normal running position with the ball held in both hands.

#### **i. Drills for Picking up and Putting down the Stationary Ball**

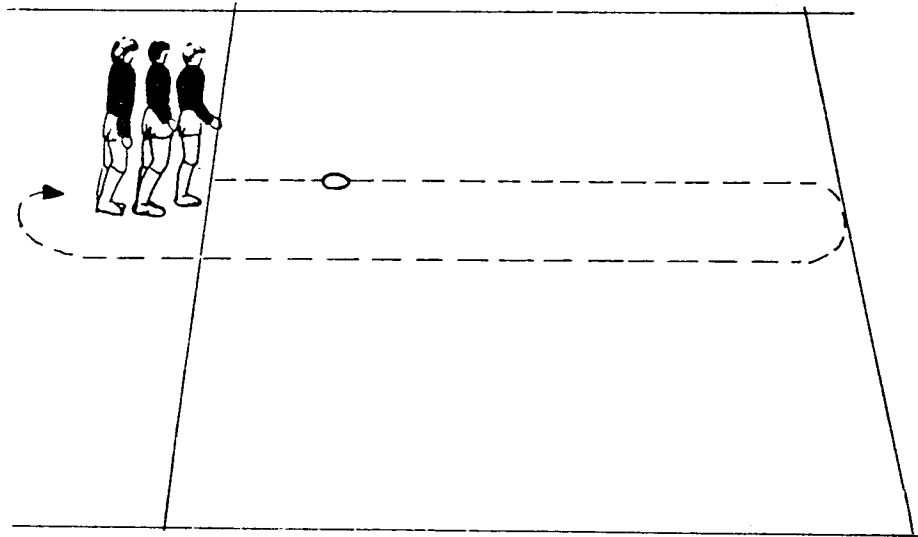
No. of players: 2-6

#### **Procedure:**

- a. Players line up in teams behind each other.
- b. The ball is placed 5 - 10 metres in front of the start line.
- c. The first player runs towards the ball, picks it up and runs on.
- d. He/she touches the 20 metre line, turns and runs back to the start line, replacing the ball on the original spot in a controlled manner, exerting downward pressure.
- e. He/she passes the next front player, touches him/her and returns to the rear of the team.
- f. The front player repeats the drill. The sequence continues until all the players are back in their original positions. The team that finishes first is the winner.

See over....

## B.C.R.U. YOUTH RUGBY PROGRAM



### ii. Drills for Picking up the Moving Ball

No. of players: 2-6: 1 or 2 teams

#### Procedure: 1

- a. Players line up in behind each other on the start line.
- b. The coach stands on the start line and rolls the ball towards the 20 metre line.
- c. The first player runs towards the ball, intercepts it, picks it up and runs on.
- d. He/she touches the 20 metre line, turns and runs along his/her original path, passing the ball back to the coach, and returns to the rear of the team.
- e. The front player repeats the drill. The sequence continues until all the players are back in their original positions.

#### Procedure: 2

- a. Players line up in behind each other on the goal line.
- b. The coach stands on the 20 metre line and rolls the ball towards the goal line.

## B.C.R.U. YOUTH RUGBY PROGRAM

- c. The first player runs towards the ball, intercepts it, picks it up and runs on.
- d. He/she passes the ball back to the coach, touches the 20 metre line, turns and runs back to the rear of the team. The front player repeats the drill. The sequence continues until all the players are back in their original positions.

### iii High pressure pick up/put down and passing: Auckland Grid

Purpose: To improve picking up and passing the ball

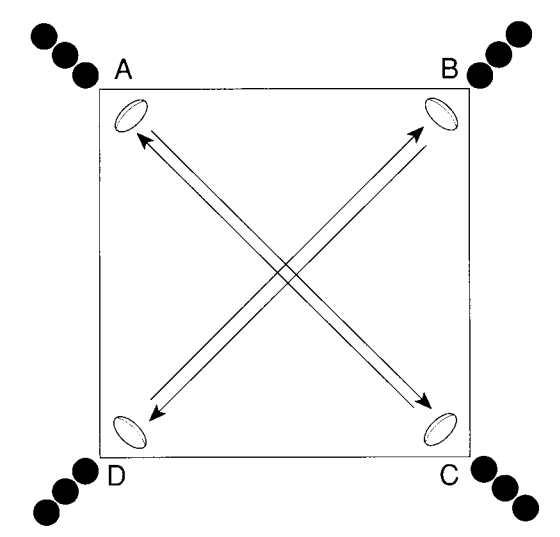
No. of players: Any number

Playing Area: 10 metre grid

#### Procedure:

- a. The players stand in two groups (A & C) facing each other at opposite corners of the grid.
- b. The ball carrier (Group A) runs across the grid diagonally and places the ball in the centre of the grid. The first player in the opposite group ( C ) runs towards the ball, picks it up and passes the ball to the next player in Group A, who repeats the exercise. After passing, the players go to the back of the Group. Vary the drill by increasing the speed of running, and adding two more groups, B and D.

## B.C.R.U. YOUTH RUGBY PROGRAM



### 3. Tackling

- 3.1 The techniques of tackling should be introduced progressively, allowing the tackler and player being tackled to gain confidence in the techniques taught.
- 3.2 Players should be taught that the way to tackle effectively is to go in low, hit hard, squeeze the arms and go down with the ball carrier. Tackling is largely a combination of technique, coupled with timing and commitment. Hesitation on the part of the tackler could result in the tackle being unsuccessful and the ball carrier continuing. Mismanaged tackling can also result in injury to both tackler and the ball carrier.
- 3.3 Before discussing the techniques of tackling, the principles of preparing to be tackled should be noted. A successful tackle without injury is important to both the attacker and the defender, and the technique of falling correctly should be taught. The relative positions of attacker and defender are major factors in a successful and safe tackle. The main points of being tackled are:
  - i. Try and spread the impact over as large an area of the body as possible.
  - ii. Do not thrust out an arm in order to save yourself.
  - iii. Try to relax and roll onto the ground.
  - iv. Try not to land on your front or back: always try to turn to land on your side with your back to the opposition and the ball on your team's side.
- 3.4 The general types of tackles are:

## B.C.R.U. YOUTH RUGBY PROGRAM

### i. From the side

Tackling from the side is the easiest to perform. A low body position is important to get the tackler under attempted hand-offs. The shoulder should be aimed into the *target area*, the thigh between the knee and hip, and the tackler's head should *always* be *behind* the tackled player in order to avoid contact with the knees when the tackler goes down. At the time of impact, the low body position is combined with a hard drive or dive with the legs. The impetus, together with the arms pulling the legs tightly together, should bring the ball carrier down safely.

### ii. From the front

The front tackle is a little more difficult. The body position is again low, the tackler aiming to contact at the *target area*, the thigh between the knee and hip, with one shoulder with the head to one side of the person being tackled. At the time of impact, the tackler squeezes his/her arms around the thighs to pull them together (and falls backward with the ball carrier.) As the ball carrier touches the ground, the tackler turns him/her over in order to be in an uppermost position.

### iii. From the rear

The technique for the rear tackle is similar to the side tackle. The *target area* is the waist to the buttocks. The tackler slides down the legs, pulling them together with his/her arms and bringing the carrier to the ground. The tackler should ensure that he/she falls to the side of the person being tackled to avoid falling onto his/her heels (painful !).

### iv. The smother tackle

The purpose of this tackle is to halt the advance of the ball carrier and to "smother" any attempt to pass the ball and continue the attacking movement. The method is to grasp the carrier around the shoulders and arms. Stopping the ball carrier is the first objective, and stopping the pass becomes the next priority. The tackler should be taught to "turn" his/her opponent to ensure possession from the ensuing maul.

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### 3.5 Tackling Drills

It is not intended that all of these progressions for tackling should be attempted in any one session. Gradually introduce the practices over the first 5 or 6 weeks of the programme, until players have the confidence to tackle while both running at match speed.

Each time - especially in the very early stages the shoes come off as this removes 90 per cent of the main fear of physical injuries. If they are encouraged to hold on tight every time, the chance of injury is less. As technique improves ask the person being tackled to carry a ball and encourage him/her to keep it "available" - as he/she is tackled.

**TRY TO ENSURE THAT THEY ARE WITH PLAYERS THEIR OWN SIZE AND WEIGHT**

## B.C.R.U. YOUTH RUGBY PROGRAM

### i. Side tackle: Players in pairs **with shoes off**



#### Stage 1

1. Players kneel together, tackler at the side of the ball carrier. Tackler places his/her shoulder into thigh, arms around thighs, head behind buttocks. (right of photo)
2. Tackler pulls with arms, and drives with shoulders. (middle of photo)
3. HOLD ON TIGHT (left of photo)

#### Stage 2.



Still on both knees. Player to be tackled moves as fast as he/she can on his/her knees past the tackler. Tackler then dives in and tackles. HOLD ON TIGHT.

#### Stage 3



Tackler kneeling. The player to be tackled walks past and is tackled from the side. HOLD ON TIGHT.

Stage 4



Tackler now tackles the walking partner from the crouch position. **HOLD ON TIGHT.**

Stage 5.



As in Stage 4 only the attacker puts his/her hand up in a "pretend" hand-off. This makes the tackler bend low under the hand and drive in at a low level.

Progress with jogging and then running tackles starting from the upright position.



ii. Tackle from behind: Players in pairs **with shoes off**

Stage 1.



Both players on knees, tackler facing ball carrier's back.

1. Tackler puts his/her shoulder into buttock, arms around thighs.
2. Drive forward with shoulder and pull with arms.
3. Pull legs to side and HOLD ON TIGHT.

Stage 2



Kneel side by side. On the word "GO", one kneeler moves forward as fast as possible. The tackler dives immediately to tackle him/her and prevent him/her getting away. HOLD ON TIGHT.

Stage 3



Same object as in Stage 2 only the starting position is on all fours.

Stage 4



Partner starts behind tackler - he/she then walks briskly past, only to be tackled by tackler who is in the crouch position

PROGRESS to both jogging and running

iii. Tackle from the front: Players in pairs **with shoes off**

Stage 1



Kneeling tackler and walking ball carrier.

1. Ball carrier walks towards tackler. Tackler places his/her shoulder into thigh, arms around thighs, head behind to one side.
2. Tackler pulls with arms, and drives with shoulders. Grips tight and turns to land on top of attacker.

Stage 2



As above only tackler now in the crouch position.

Stage 3



From standing position, get to the side of the attacker.

PROGRESS to both jogging and running.

iv. Side tackle/being tackled team drill

No. of Players: 2 Teams of 4 to 8

Procedure:

- a. Team 1 lines up on the goal line facing the 20 metre line.
- b. Team 2 lines up 10 metres from goal line parallel to the goal line.
- c. 1<sup>st</sup> Player of Team 1 walks in a direct line from the goal line to the Twenty-metre line.
- d. 1<sup>st</sup> Player of team 2 tackles him/her. Team 1 player must not try to evade tackle or hand off.
- e. Team 1 player rejoins back of Team 2 line.
- f. Team 2 player rejoins back of Team 1 line.
- g. Player 2, 3 etc. repeat exercise.
- h. Progress by Team 1 jogging, running, running fast.

v. SIDE TACKLE TEAM DRILL: TECHNIQUE/CONFIDENCE BUILDING DRILL

No. of Players: 2 to 8 + Coach with Tackling Bag

Procedure:

- a. Coach holds Tackling Bag and stands 10 metres from goal line.
- b. Players line up on the goal line facing the Coach.
- c. Each player in turn tackles the bag. Coach releases bag at moment of impact. Coach should encourage a strong hit on the bag.
- d. Tackler rejoins back of line.

#### **4. Falling On The Ball**

- 4.1. The player must keep his/her eyes on the ball.
- 4.2. The player lines up the ball and falls with his/her back to the opposition, pulling the ball in it to his/her body with his/her hands.
- 4.3. If the player is alone at the place of fall, that is if there is no opposition to immediately challenge him/her, then he/she must regain his/her feet and continue with the play.
- 4.4. If he/she is held or tackled by an opponent, he/she must release the ball from his/her hands and a ruck should form.

#### 4.5 Drills for Falling on the Ball

No. of players: 2

##### Procedure: 1: Stationary Ball

- a. Player 1 places ball on ground in front of him, 5 metres in front of player 2
- b. Player 2 walks up to ball and drops on it, positioning his/her body between the ball and Player 1.
- c. Player 2 gets up with the ball.
- d. Repeat the exercise, reversing roles.
- e. Progress to jogging and running to fall on the ball.

##### Procedure: 2: Moving Ball

- a. Player 1 rolls the ball on ground in front of him, 5 metres from player 2.
- b. Player 2 walks up to ball and drops on it, positioning his/her body between the ball and Player 1.
- c. Player 2 gets up with the ball.
- d. Repeat the exercise, reversing roles.
- e. Players progress to jogging and running to fall on the ball..

## 5. Kicking and Catching the Ball (Under 11s & Under 12/13's)

Kicking does not play as major a role in Mini Rugby as it does in the 15-a-side game. However, kicking skills are an integral part of the sport, and are an important learning factor for the senior game. For this reason these skills should be introduced to U11 & U12 age groups.

The kicks in Mini Rugby are:

### i. Place Kick

Is used at the initial kick-off and in try conversions (only for older players).

#### Placing the ball

The ball should be placed upright with the axis pointing in the anticipated line of the kick.

#### The run up

The run up should be a few steps, finishing with the non-kicking foot at the side of the ball taking the whole weight of the kicker's body. During the run up the eyes must be upon the ball.

#### The kick

The kicking foot makes contact with the ball, with the toe below the middle.

#### The follow-through

A good follow-through is essential for length and accuracy.

### ii. The Punt

Is used defensively to kick into touch, and in attack, to place the defence under pressure. A punt is made by dropping the ball from the hands and kicking it before it touches the ground.

#### Holding the Ball

The ball should be held in both hands at the angle at which it should be placed upon the foot, and with the axis of the ball pointing along the anticipated line of the kick. The ball should be released when the kicker is perfectly balanced on his/her non-kicking foot. The ball itself is not thrown up or pushed down onto the foot, but is placed onto the foot when the kicking action has started. The kicker's eyes should always be on the ball during the kick.

### The kick

The whole body weight is placed on the non-kicking foot as the kick is made. The impact is made with the top of the instep, the foot is stretched tight and the upper body begins to lean backwards.

### The follow-through

A smooth action is essential, with the weight on the non-kicking foot and the body leaning back and balanced. The kicking leg should follow through after the contact to ensure a stabbing contact has not been made.

### iii. Drop Kick

The drop kick is made when the foot strikes the ball as it touches the ground, causing the ball to rise. It is used for restarts for older players.

### Holding the ball

The ball is held on both sides with the vertical axis slightly inclined and the base of the ball leaning away from the kicker.

### The kick

The ball is dropped from the hands, tilted slightly backwards so that the ball bounces backward on to the instep of the kicking foot. The point of contact is the centre of the lower portion of the ball. The foot is inclined downward with the leg straightened. The angle at which the ball is dropped, together with the swing of the leg, gives height to the ball during flight.

### The follow-through

A good follow-through is important to give the accuracy and length needed for drop kicks.

### iv. Catching the Ball

This is another area in which all team members should be proficient. Positioning under the ball is most important, the catcher's eye always being on the ball. When the ball comes closer, he/she reaches up with both hands and makes a cradle to gather the ball into his/her chest. The action should be smooth, and not be a snatching action as the ball enters the hands.

## v. Kicking Drills

### Punt and Catch

- a. Players pair off. One is the kicker and the other is the catcher. They face each other about 10 metres apart.
- b. The kicker punts the ball towards the catcher. The object is to kick the ball to the catcher so that it can be caught without the catcher having to move his/her feet.
- c. The catcher then becomes the kicker and returns the ball.
- d. The distance between them is increased as the accuracy improves.

### Drop-kick and Catch

- a. The players pair off. One is the kicker and the other is the catcher. They face each other about 10 metres apart.
- b. The kicker drop-kicks the ball toward the catcher. Emphasis must be placed on developing the timing of the foot contact. The ball rising in a controlled manner is a measure of success.
- c. The catcher then becomes the kicker and returns the ball.
- d. The distance between the players is increased as the accuracy improves.

### Place kick at goal

- a. The ball is placed on the 15-metre line, directly in front of the goal.
- b. The kicker stands in front of the ball, then walks backwards a few steps, keeping his/her eyes on the ball.
- c. The run-up should be of steady pace and ends with the non-kicking foot alongside the ball supporting the whole of the player's body weight.
- d. The ball is kicked with the toe of the boot being square at the underside of the ball. (A soccer style or "side angle" kick may also be used.)
- e. The follow-through for the kick is most important to develop. The length and the swing of the kicking leg after the impact gives length and direction to the path of the ball. The catcher kicks in the same manner, the original kicker becoming the catcher.
- f. All players should attempt goal kicks.



## 6. Ruck & Maul

The importance of rucking and mauling is as great in Mini Rugby as it is in the 15-side game. Each player on the team should know and understand the basic principles of the ruck and maul, be proficient in the techniques and should participate in all the practices.

The difference between rucking and mauling should also be noted. The ruck is formed following a tackle when the ball has gone to ground, whereas the maul is formed when the ball carrier is still on his/her feet after being stopped.

### 6.1 The Maul

The two main factors in the maul are:



#### i. The Ball Carrier

- a. The ball carrier must always be prepared to continue the play when challenged by a defender. When a tackle seems inevitable he/she must drive into the defender, turning at the moment of contact and screening the ball away from the tackler.

- b. The player sets up a maul by turning his/her back to the opposition so as to face his/her own goal line. He/she encompasses the ball with his/her arms so as to protect it from sudden snatching and knocking from his/her grasp, swinging his/her shoulders to make any firm grip on him/her by the defenders more difficult.
- c. He/she has become the centre point of the maul.

#### ii. The Supporting Players

- a. The first two players to reach the ball carrier go one to either side of him/her and drive hard against the oncoming opposing players, binding over the ball carrier's back to form a protective platform.

- b. The other supporting players drive into the maul, bind onto the nearest players, watch the ball, and keep a clear way at the rear for the ball carrier to pass the ball to the Half Back, or to slip the ball to a supporting “mauler”.
- c. When the Half Back calls for the ball, the carrier must be prepared to pass the ball back to him/her.
- d. All the players in the maul must bind in and push. Anyone who is within the area bounded by the parallel lines through the last foot at either side of the maul and not bound in is offside.

## 6.2 The Ruck

The principles are similar to the maul except that the ruck starts when the ball is on the ground following a tackle.

- a. The ball carrier at the moment of tackle should try to fall with his/her back towards his/her opponents goal line, thus protecting the ball with his/her back and ensuring that the only way the ball can go is towards his/her own team..
- b. He/she must release the ball before or as he/she touches the ground.
- c. The first two players reaching the ball should step over the fallen player and bind onto each other and, with their bodies in a low position, step over the player on the ground, making contact with the first two players of the defending team.
- d. Other supporting players bind around them, forming a solid unit, driving hard and low and keeping eyes on the ball. The object is to push the opponents from the ball, enabling the Halfback to gather the ball when it comes free and then to continue with the play, but if it is impeded then to direct it back with the feet.
- e. A Halfback should always be in position at the rear of the ruck ready to collect the ball when it emerges. The ball has to be free and clear of the ruck before it can be handled.

## 6.3 Drills for Ruck and Maul

### i. Mauls – Drill 1

No. of Players: 2 to 6

Procedure:

- a. One player acts as defender.

- b. One player with the ball runs to the defender and, as he/she nears the defender, turns his/her shoulder into his/her opponent with his/her body angled. The ball is held away from his/her opponent. He/she must stay on his/her feet, with his/her legs braced to give a firm base.
- c. The next players come in and bind to the ball carrier, each with his/her inside arm over the back of the carrier. This forms a platform of support for the ball carrier.
- d. The Halfback is in position at the back of the maul and calls for the ball to be passed by the ball carrier. Do not allow release until the Halfback calls.
- e. Players change roles.

ii. Maul - Drill 2

No. of Players: 3 to 6 + Coach with Tackling Target

Procedure:

- a. Coach with tackling target acts as defender.
- b. One player with the ball runs slowly to the Coach (defender) and, as he/she nears the Coach, turns his/her shoulder into the tackling target with his/her body angled. The ball is held away from his/her opponent and available to the supporting players.
- c. He/she must stay on his/her feet, with his/her legs braced to give a firm base.
- d. The next player comes in and takes the ball from the ball carrier and feeds back to a supporting player who acts as Halfback.
- e. Halfback passes to supporting player(s) who pass the ball down a line.
- f. Progress by speeding up exercise to full speed running.

iii. Maul - Drill 3

No. of Players: 3 to 6 + 2 Coaches with tackling targets

Procedure:

- a. 2 Coaches with tackling target act as defenders.

- b. One player with the ball runs slowly to Coach 1 (defender) and, as he/she nears the Coach, turns his/her shoulder into the tackling target with his/her body angled. The ball is held away from his/her opponent and available to the supporting players.
- c. He/she must stay on his/her feet, with his/her legs braced to give a firm base.
- d. The next player comes in and takes the ball from the ball carrier and feeds back to a supporting player who peels from the maul.
- e. Supporting player runs slowly on to Coach 2 who has taken a position c.10 metres on from Coach 1: as the player nears Coach 2, player turns his/her shoulder into the tackling target with his/her body angled. The ball is held away from his/her opponent and available to the supporting players who have broken from the first maul and have come up in support. He/she must stay on his/her feet, with his/her legs braced to give a firm base.
- f. The next player comes in and takes the ball from the ball carrier and feeds back to a supporting player who acts as Halfback.
- g. Halfback passes to supporting player(s) who in turn pass the ball down a line.
- h. Progress by speeding up exercise to full speed running.

iv. Ruck - Basic Practice Drill

No. of Players: groups of 7

Procedure:

- a. Three players form the ruck support group by interlocking arms facing away from the direction of the play (or 2/3 coaches with tackling bags/targets).
- b. One player with the ball runs toward the three players and, as he/she nears them, he/she drops onto the ground with his/her back towards the feet of the three players.
- c. Two players follow behind the ball carrier and when he/she drops, they drive into the three defenders, binding together and pushing against the resistance of their rear ends.
- d. The remaining player acts as Scrumhalf and gathers the ball at the back of the ruck, passing to any remaining players.

- e. Players change roles and act as ruck support, ball carrier and attackers.
- f. Progress by speeding up the exercise, or by adding more players to the ruck.

## 6. Scrummage

The main factors of good scrummaging are

### 6.1 The position of the feet



This is most important, for if the feet of the forwards are not in the correct position at the right time, the ball should not exit from the scrum correctly.

The prop positioned on the left side of the mini scrum is known as the loose head prop. He/she packs down with legs apart and both feet placed firmly on the ground. He or she should have a fairly wide base for stability and place his/her left foot slightly ahead of his/her right, providing a clear channel for the ball.

The prop positioned on the right side of the mini scrum is known as the tight head prop. He/she packs down with legs apart, though not as wide as the loose head prop, and both feet placed firmly on the ground. His/her right foot is slightly ahead of his/her left.

The other front row player, the hooker, uses his/her right foot to strike for the ball. He/she supports his/her weight on his/her left foot, which is placed slightly back (next to the prop's right foot) and allows him/her to push as he/she strikes for the ball. The hooker may strike for the ball with either foot, though his/her right should afford him/her more comfort and control.



The two locks pack with their legs back and shove off the inside of their feet. The locks pack down between the props and hooker, and their legs must be back with the instep of their feet firmly planted on the ground.

The back row packs with his/her feet placed back, and his/her legs apart and shoves off the inside of his/her feet.

## 6.2 Scrum Techniques - Mini Rugby



The binding of the forwards has a preferred order. The 2 props and the hooker should first bind together with the hookers arms bound over the tops of the props' shoulders and the props' arms tightly around the hooker, just below his/her armpits.

Next the locks. The best way for the locks to bind is to get down on one knee to place their shoulders just above the knees of the front row players. As they lift their knees from the ground, they slide their shoulders up until they reach the bottom of the buttocks.

Finally the back row packs down under the buttocks of the locks.

A lot of emphasis has been placed upon this correct procedure for packing low but the main criteria should be (a) the establishment of the best positions for that particular group of players (b) the positions that are the most comfortable to get possession of the ball. The coach must ensure that each forward has maximum stud contact with the ground. It is important that the whole scrum packs down tightly.

### 6.3 Scrummaging Drills

#### Scrum Practice - Stage 1

Purpose: To develop the technique of binding in the scrum

No. of Players: in pairs

Procedure:



- a. The players face each other, bend and place shoulder to shoulder.
- b. They bind together by gripping across the back.
- c. Players push against each other for short periods.
- d. Players should change shoulders and repeat the exercise.

#### Scrum Practice - Stage 2

Purpose: To develop the technique in binding in the scrum

No. of Players: 2 pairs of 2 ( graded by size)

Procedure:

- a. Each pair stands side by side and binds to each other using their inside arms and gripping around each other's waist.
- b. The pairs face each other, bend and position shoulder to shoulder, with one taking the "inside" head.
- c. They bind together, each prop gripping his/her opponent's upper back with the outside arm.
- d. Pairs change position with the player in the "Inside head" position changing to the "Outside head" position and repeating the exercise.

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### Scrum Practice - Stage 3

No. of Players: 2 teams of 3 ( graded by size)

Procedure:

- a. Each team stands side by side and binds to each other.
- b. The teams face each other, bend and position shoulder to shoulder, with one taking the “inside” head.
- c. They bind together, each prop gripping his/her opponent's upper back with the outside arm.
- d. Teams change position with the player in the "Inside head" position changing to the “Outside head” position and repeating the exercise.

**THIS IS THE FRONT ROW OF THE MINI-RUGBY SCRUM, AND THE SCRUM FOR U 9's, U 10's and U11's**

### Scrum Practice - Stage 4

- a. As Stage 3 above but adding 2 locks to each team.
- b. The exercise is repeated with all positions being changed.

**THIS IS THE MINI-RUGBY SCRUM FOR U 12's**

### Scrum Practice - Stage 5

As Stage 4 above but adding a back row to each team.

**THIS IS THE MINI-RUGBY SCRUM FOR U 14's**



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### **7. The Line Out**

There are four main skills to be learnt in relation to the line-out:

- a. throwing
- b. jumping
- c. catching
- d. supporting

Players should be coached to catch the ball in two hands: tapping back/down should not be coached at this level. Boosting should also not be allowed at this level.

#### 7.1 Line Out Drills

##### Line Out Practice - Stage 1

No. of Players: 4 ( 2 jumpers, with a thrower and scrum half)

- a. Two players should stand in line-out jumping position, 1 metre apart, 5 metres from the touch line.
- b. Thrower should throw the ball between the two jumpers. Jumper 1 is to catch the ball, Jumper 2 to provide opposition, but not to try to catch the ball.
- c. Jumper 1 should jump to make a clean catch, holding the ball as in a mauling position after the “take” before feeding the ball back to the scrum-half.
- d. The exercise is repeated with all positions being changed.
- e. Thrower should try both ”bullet” and “lob” throws.

##### Line Out Practice - Stage 2

No. of Players: 3-6 in two teams with a scrum half

- a. Two Teams should stand in line-out jumping position, 1 metre apart, 5 metres from the touch line.
- b. Thrower should throw the ball between the two lines, changing the position to which he/she throws.
- c. Jumpers should jump to make a clean catch, holding the ball as in a mauling position after the “take”: remaining players should move into supporting positions as in Maul before feeding the ball back to the scrum-half.
- d. The exercise is repeated with all positions being changed.

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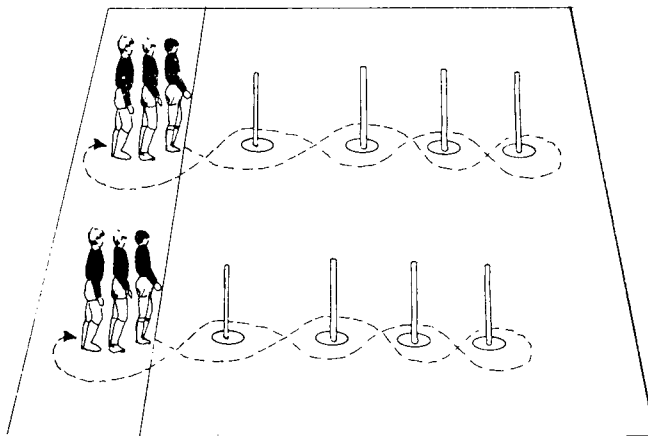
### 8. Running Skills

The ability to evade tackles is greatly enhanced by the acquisition of good running skills. These skills can be coached; the most important areas to concentrate on are:

- Side-step
- Swerve
- Hand-off
- Change of Pace
- Dummy pass and kick

#### Drills for Running:

##### Slalom Running



The Players divide into two or more teams of equal number

- a. The first player takes the ball in two hands and runs in and out of the cones, using the skill chosen by the coach for this exercise (ie. swerve, sidestep or dummy pass or kick)
- b. Player returns to the start position and hands the ball to the next player who continues the exercise. The first team to finish is the winner.

# **B.C.R.U. YOUTH RUGBY PROGRAM**

## **Training session examples**

### Session 1:

Lesson Objective: Introduction to Rugby: Learn basic Passing skills

#### 1. Warm Up

Stretch

British Bulldogs: 2 handed touch

Running Races

#### 2. Skills Session

Demonstrate Passing technique

Simple Practice Exercise: passing in circle (groups of 4/5)

More Complex Exercise: walking pass with partner, progressing to jogging/running

#### 3. Controlled Game

Simple touch and pass:

When touched, stop and pass ball (backwards passing).

Knock on hands over

Tap start

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### Session 2:

Lesson Objective: Learn basic Pick up/Put down skills; Consolidate passing

#### 1. Warm Up

Stretch

End Ball Passing Game

Running races with ball in hand

#### 2. Skills Session

Demonstrate Pick Up/put down

Simple Practice Exercise: run out, pick up, run back, put down (groups 4/5)

More Complex Exercise: with partner. Partner rolls ball out for pick up. Run and pick up, pass to partner (repeat between 25 and goal line)

Passing Practice: groups of 3

#### 3. Controlled Game

Simple touch and pass: when touched, pass ball within 2 paces (backwards passing).

Start by running from line: 1<sup>st</sup> there picks up

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### Session 3:

Lesson Objective: Learn basic side tackle/Consolidate passing/pick up

#### 1. Warm Up

Stretch

Corner Ball

Pick Up/Put Down race

#### 2. Skills Session

Demonstrate Side tackle/how to be tackled

Simple Practice Exercise: SHOES OFF , with partner (OF OWN SIZE), kneeling stationary side tackle

More Complex Exercise: with partner kneeling and moving (on knees) side tackle

Passing race: teams of 8 ( 4 pairs). 4 passes between 25 and goal line & 4 back again

#### 3. Controlled Game

Simple touch and pass: when touched, pass ball within 2 paces (backwards passing).

Start by running from line: 1<sup>st</sup> there picks up

Two handed touch below the waist

# **B.C.R.U. YOUTH RUGBY PROGRAM**

## Session 4:

Lesson Objective: More Tackling/Consolidate passing/pick up

### 1. Warm Up

Stretch

British Bulldogs (tackle)

Races/Passing games

### 2. Skills Session

Demonstrate Side tackle/how to be tackled

Simple Practice Exercise: SHOES OFF, with partner, tackler kneeling, player to be tackled walking

More Complex Exercise: with partner: standing tackle player to be tackled walking

Snake Relay (with ball) teams of 6-8

### 3. Controlled Game

Simple touch and pass: when touched, pass ball within 2 paces (backwards passing).

Start by running from line: 1<sup>st</sup> there picks up

Two handed touch below the waist

## **B.C.R.U. YOUTH RUGBY PROGRAM**

### **ACKNOWLEDGEMENTS, SOURCES & READING LIST:**

The Coaching Guide to Mini Rugby (Video) - RFU

Even Better Rugby (Publication and Video) - RFU

Mini Rugby Directive - Revised May 1992, May 1997 (and to be found in the RFU 1997/98 Handbook and Laws of the Game)

RU Proficiency Awards Pamphlet

New Image Pamphlet - RFU

Six Stages to New Image Video and Notes - RFU

RFU Safety Pamphlets 1-8

RFU Start Coaching Rugby Pack

RFU Mini Rugby Pamphlet

RFU Working with Children Booklet

Coaching Assoc. of Canada: Straight Talk about Children and Sport

3M Canada NCCP Level 1, 2 & 3 Rugby Coaching Manuals

# B.C.R.U. YOUTH RUGBY PROGRAM

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