

RUGBY RE INVENTED



HANDBOOK



WHAT IS XRUGBY?

Xrugby is a modified contact version of rugby aimed at new or returning players offering a simple to understand, easily adaptable version of the game with contact as a core element.

WHY XRUGBY?

- Its is important that the development of XRUGBY is considered as part of a wider rugby growth strategy, which complements and links to the XV a side game and is fully aligned with the charter and values of the game.
- Designing a format which encourages longevity and flexibility is important. A key aim is to deepen engagement with rugby by increasing regularity.
- Insight shows that key attractions for potential players are the fitness and social elements along with a flexible approach to timing and delivery.

General Principles

- The integrity of the game is not compromised.
- Support the growth of the game without the need for extra facilities. (Making full use of the AGP opportunities).
- The game format should be designed primarily with adult players in mind but with the ability to be easily adapted for different ages.
- Contact should form a core element of the game but with flexibility for local adaptations to remove/limit contact. (This could include number of players and time of game, i.e. 4 x 5 min quarters)
- It should be simple to understand, simple to organise and simple to play.

Game Principles

The object of the game is to score a try by placing the ball with a downward pressure on or behind the opponents' goal line. A penalty try will be awarded if a try would probably have been scored but for an infringement by the defending team.

Only infringements that affect the oppositions' play should be penalised or advantage played. If there is no effect to play, then play should continue wherever it is safe to do so.

A *tap-and-play* - the ball may be kicked with any part of the lower leg from knee to the foot, excluding the knee and the heel.



XRUGBY: AMENDED LAWS

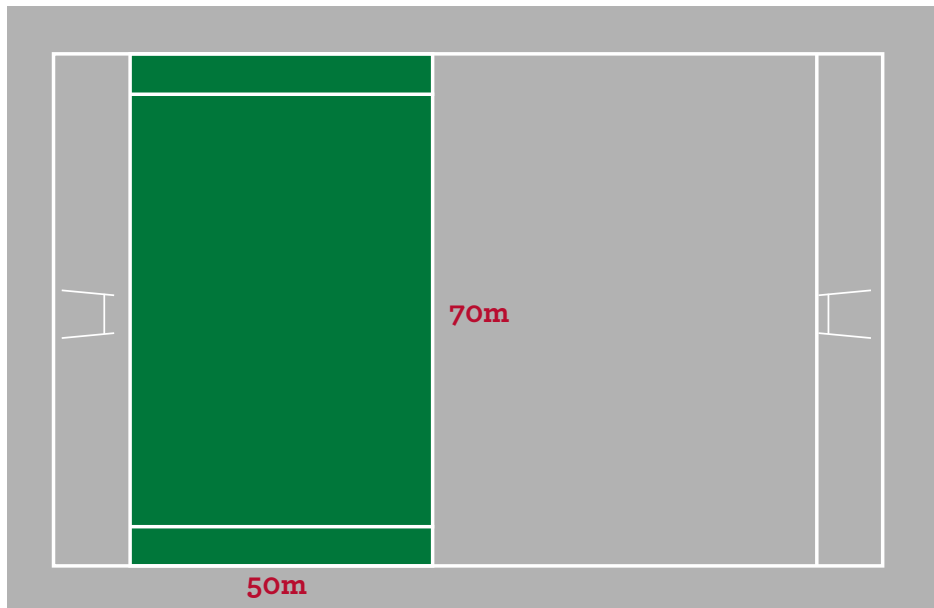
The Grounds

The game will be played on a pitch not exceeding 80m (inc in goal areas) in length and 60m in width (dependant on team size). Where two games are played side by side (e.g. cross pitch on a full size pitch) a minimum space of 7 metres must be created between the two pitches.

On a typical full-size pitch the in-goal areas will be the 5m area with the side-line nearest the goal posts being the 5m line.

TIPS: Clearly mark the Max-Zone all the way round. Cones need to be replaced if used as they get knocked during game play. Ensure that posts are padded with a safe distance from the touch-line (recommend 5 metres).

Pitch size can be adjusted depending on the number or skill level of the participant, along with the intended outcomes of the activity.



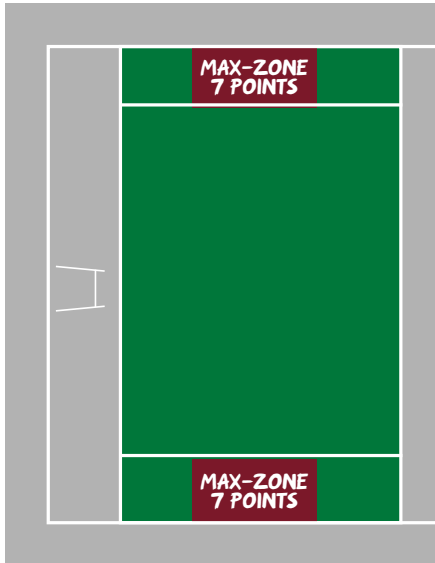
Teams

Teams sizes can vary between 5, 7 & 10 a side. A team may nominate up to five replacements/substitutes, with no restriction in the number of interchanges.

Rolling substitutions are permitted and substituted players can return at any time. Substitutions can only take place when the ball is dead and always with the referee's permission.

TIPS: In practice players may come in different playing shirts therefore it is useful to have 2 sets of clearly different bibs for the players to wear.

Method of Scoring



A try results in a 5 point score unless it is scored in a "Max-Zone" – a 15 metre wide space in the centre of the try line. Scoring within this zone results in a 7 point score.

There will be no conversions.



Sanctions (Foul Play)

Any player issued with a yellow card has to leave the field of play until their teams next set piece (scrum/lineout or re-start) when they may return with the referee's permission. A red card results in that player missing the rest of the session.

Starting the Game & Restarting after a Try

A team starts the game with a *tap-and-play* which must be taken on or behind the centre of the half way line. The defending team must be 7m back from the half way line.

Re-start following the scoring of a try takes place on the referee's whistle and consists of a *tap-and-play* by the non-scoring team.

Hand-off



An action taken by a ball carrier to fend off an opponent by using the palm of the hand. A hand-off must be a push action below the line of the arm pit (i.e. cannot be toward the face).

Tackle

The tackler must grasp the ball carrier when performing a tackle below the line of the armpit, on the shirt, shorts or around the legs. The grasp must be simultaneous with, or prior to shoulder contact.

A player must not tackle (or try to tackle) an opponent above the line of the arm pit, even if the tackle starts below the line of the armpit.

When a tackle is made there are two offside lines parallel to the goal lines, one for each team. Each offside line runs through the hindmost body part of the player(s) on the ground.

A player from either team not involved in the tackle may play the ball only by entering from behind the hindmost body part of the player(s) on the ground. The tackler must get up before playing the ball and then can only play from their side of the tackle gate. This player can only be tackled when the ball is lifted from the ground and they have made a move to either step, run pass or kick the ball.

The offside line remains until the ball is lifted from the ground as described above by an arriving player.

Maul

A maul begins when a player carrying the ball is held by one or more opponents, and one or more of the ball carrier's team mates bind on the ball carrier. A maul therefore consists, when it begins, of at least three players, all on their feet; with a maximum

of three players from each team including the ball carrier. If more than 3 players enter the maul, the other team will be awarded a *tap-and-play*.

Ruck



How can a ruck form? Players are on their feet. At least one player must be in physical contact with an opponent, with a maximum of two players from each team. (max 1v1 if playing 5 a side) If more than 2 players enter the ruck, the other team will be awarded a *tap-and-play*.

Touch and Lineout

When called, a line out will be formed by players from each side (numbers dependent on team size) Those players involved in the lineout will take positions behind a 5 metre mark given by the referee. The team throwing in will nominate a player to deliver the ball, whilst the the team not throwing in will also need a player to stand within the 5m mark.

Lifting is not permitted unless you are playing 10 a side and have players who are trained, competent and both sides agree. When not using lifting the sanction for a team that does will be a *tap-and-play*. Both teams must be 7m back from the lineout.

Scrum

When called, a scrum will be formed by either 3 or 5 players (depending on your team size) from each team. The referee will

set the scrum in the normal way with scrums either being passive (no pushing but both teams may hook the ball to win) or should you have suitably trained and willing players be contested in the normal way.

No opposition players are permitted to go past the midpoint of the scrum, where the front rows come together until the ball is lifted by the scrum half of the team in possession of the ball.



Kicking, Penalties and Free-Kicks

Kicking is only allowed in open play, from the hands and must be kicked into the ground (grubber kick). Sanction for any other kick is a *tap-and-play* at the place of infringement.



If a kick results in the ball going into touch before touching the ground it results in a *tap-and-play* to the non-offending team from the point at which the kick was made.

If, from a grubber kick, a defender touches down in the in-goal or if the ball goes dead the re-start is a *tap-and-play* from the 15m line.

Any penalty offences will result in a *tap-and-play*. The team being awarded the penalty have a choice, once the referee has called the penalty of a quick *tap-and-play*, from the place of the infringement or wait for the referee to take the penalised team back 7 metres or their try line (if less than 7m).

A free-kick offence is replaced by a *tap-and-play*.

Medical

Ensure there is at least 1 qualified 1st aid trained person in attendance at all times, equipped with an appropriate 1st-aid bag. A Rugby Safe bag should be used where possible.

Playing Levels

Players will require a thorough warm-up and assessment of experience. The aim of the coaching sessions should be to get players to a point where they can comfortably play this format of the game on a regular basis.

Once players are comfortable playing organised fixtures, a warm up and skills session followed by an explanation of the laws and law variations is required every time.

EQUIPMENT REQUIRED

Balls, bibs, cones, water, medical cover and equipment, whistle.

