

Manchester Schools Rules T1 Rugby Union – Primary Excel

Matches will be played 8 a side (4 boys & 4 girls) from a squad of 12 maximum

Attack:

- Two touch (A touch is any contact made with the hand on the ball carrier below the collar bone)
- First touch the ball carrier can continue to run or pass (but cannot score a try)
- Second touch the ball carrier must stop within 3 steps, turn 180 degrees to face their own team and hold the ball in two hands away from their body.
- The next supporting player must come and retrieve the ball by "ripping" the ball from them.
- The ripping player can then run or pass and the game continues.
- The ripping player can take the ball before the tackle triangle has been formed should they decide to.
- The attacking team will have 7 completed phases (double touches) to score a try.

Defence:

- Two touches needed (A touch is any contact made with the hand on the ball carrier below the collar bone) The 2nd touch must be made by a different defender.
- Defending players must make touches on the ball carrier to stop them.
- Aggressive touches or pushes should be penalised with loss of yardage (5 yards) distance penalty
- Once a 2nd touch has been completed then the defending players must retreat to and onside position (Any place between the back of the defensive tackle triangle and their own try line)
- The two players who are closest to the place the 2nd tackle was made must make contact with their own tackling player to form the "tackle triangle" these defenders are out of the game until the ripping player makes a decision.
- Teams that do not make an attempt to form the tackle triangle will be penalised loss of yardage (5 yards) and play will restart with a free pass to the attacking team.

Restarts:

- After any mistake by the attacking team (knock on, forward pass) the game will restart with a free tap and pass to the defending team.
- Any infringement by the defence such as being offside will be a free pass to the attacking team from the point the offence was made.
- If an attacker leaves the field of play the game restarts with a free pass from the edge of the pitch to the defence.
- To begin a match the game is started by a kick from the centre of the pitch, decided by a coin toss or rock, paper, scissors.
- After a try is scored the game is restarted by a kick from the centre by the team who has just scored.

- This can be any type of kick (from the hand or from the floor), the kick must travel towards the opposition at least 5 yards, the kick cannot be contested, and the receiving team must be allowed to claim possession of the ball.
- If the kick goes off the pitch without being touched by a defender play restarts with a tap and pass to the defending team from the point of the kick at the centre of the pitch.