



SA RUGBY

T1 RUGBY



SUMMARY OF THE GAME

- › The game is played by 10 players per side – five forwards and five backs.
- › A “one hand” touch represents a tackle.
- › A team must score within seven touches.
- › That means that they retain possession for six touches.
- › The game is played “horizontally” between the halfway line and the goal line of a normal field, with the sideline acting as goal lines.

START OF THE GAME

The game starts with a kick off that must travel 5m. It can be any type of kick. If the ball does not reach the 5m line, the kick is retaken.

If the ball is kicked directly over the line of touch or is kicked dead, the game restarts with a scrum to the opposition on the halfway line.

TIME: A GAME CONSISTS OF TWO HALVES OF 10 MINUTES EACH.

GENERAL FORMAT

- › The game starts with a kick off. A team must score within seven touches. They will turn the ball over after the seventh touch.
- › A player that is touched must stop running within two metres.

When a player is touched, the ball carrying team has two options:

- 1. Option A:** Turn and present the ball.
- 2. Option B:** Roll the ball through his or her legs.



OPTION A: TURN AND PRESENT THE BALL

ONCE THIS HAPPENS THE DEFENDERS MUST:

1. The person that touched the ball carrier must “join the breakdown” (meaning put a hand on the shoulder of the ball carrier) and one more other player from the defensive team must join the breakdown.
2. Retreat to the offside line which is behind the defenders in the breakdown’s feet.
3. If they don’t retreat, a penalty is given to the attacking team and they RESTART their number of touch options.

THE ATTACKING TEAM:

- › The touched person may pop the ball, place the ball or allow the “ripper / halfback / scrumhalf” to take the ball from him or her.
- › The ripper may run three metres before passing the ball.
- › The ripper may NOT score a try.

OPTION B: ROLL THE BALL THROUGH HIS OR HER LEGS

(More skilled teams will probably prefer this option)

- › This option requires that only the “toucher” must remain at the breakdown.
- › The “scrumhalf” can play quickly.
- › Offside lines apply and the offside line is the defending toucher in the breakdown.

ERRORS

- › If the ball carrying team knocks the ball backwards, play continues.
- › If the attacking team loses the ball forward, a scrum is ordered and the opposing team puts the ball into the scrum.
- › If they step out, a lineout is formed, opposing team puts the ball into the scrum.

SCRUM FORMATION

- › A scrum is formed by the five forwards bent over touching the opposition team in a 3/2 formation. Scrums are uncontested.

LINEOUT FORMATION

- › A lineout is formed by four players in the lineout and one thrower. The defending team’s “hooker” must be two metres away from line of touch.
- › There is no requirement that the throw must be straight.
- › Lineouts are uncontested.
- › Players must be three metres away from line of touch when ball is thrown into the lineout.
- › Both teams must have a receiver.
- › Both teams’ backs must be five metres away from the lineout.

