

T1
RUGBY

MEGA FEST

**A guide for School Games Organisers,
Teachers and Young Leaders**



**England
Rugby**

WHAT'S A T1 RUGBY MEGA FEST?

T1 Rugby is the globally accepted version of non-contact rugby within schools and clubs launched in 2024. It retains the elements of TAG rugby, but gives teachers the opportunity (should they wish) to challenge players by adding elements from rugby such as kicking, or uncontested scrum. Find out more about T1 Rugby at englandrugby.com/T1Rugby.

'Mega Fest' is a number of fun, game-based activities which develop a variety of transferrable sport and movement skills (such as passing and evasion), build confidence, and develop key social skills such as teamwork. These activities support the playing of the T1 Rugby game, which is an element of the event.

WHY A MEGA FEST APPROACH?

Competition at this stage of a child's development should be about mass participation, enjoyment and having a positive relationship with physical literacy.

The Mega Fest approach:

- Provides the opportunity to reward children for demonstrating positive personal and social skills, good movement skills as well as their rugby skills rather than outcome of matches being the prime focus.
- Schools are able to bring more young people to experience the day, rather than a selected group to take part in matches.
- Provides young people a chance to experience and develop in a number of areas and
- Allows organisers to adapt and utilise activities which match the young person's wants and needs.
- Provide great introduction for young leaders

HOW TO RUN A MEGA FEST?

The Mega Fest has eight skill-based games which focus on developing a number of skills (movement, pass & catch, evasion & defending) in addition to the game of T1 Rugby.



Organisers can pick and choose these activities based on the needs of the young people, as well as practical considerations such as time, space and numbers. These activities can be delivered in a carousel with groups of young people getting to experience each of the activities and getting to play T1 Rugby during the Mega Fest.

Activities, including T1 Rugby, can be delivered using TAG belts or replacing the TAG with a one-handed touch below the shoulders. Activities can be delivered using rugby, or other types of ball to provide challenge or to ensure success.

MEGA FEST GAMES

Rugby Rounders
Rob The Nest
Raggy Tag
Ball Touch
Hare and Hounds
Piggy In The Middle
End Ball
Keep Ball

RUGBY ROUNDERS

GREAT FOR:	Throwing, kicking, catching, teamwork, finding space
EQUIPMENT:	1 ball, 4 cones
SPACE:	20x20m
NUMBER OF PLAYERS:	5-10

HOW THE GAME WORKS:

The batting player kicks or throws the ball forwards to put it in play. To get the batter out, the fielders may catch the initial kick or complete three passes before the batter gets all the way round the cones and back to the base cone.

ADAPT THE GAME:

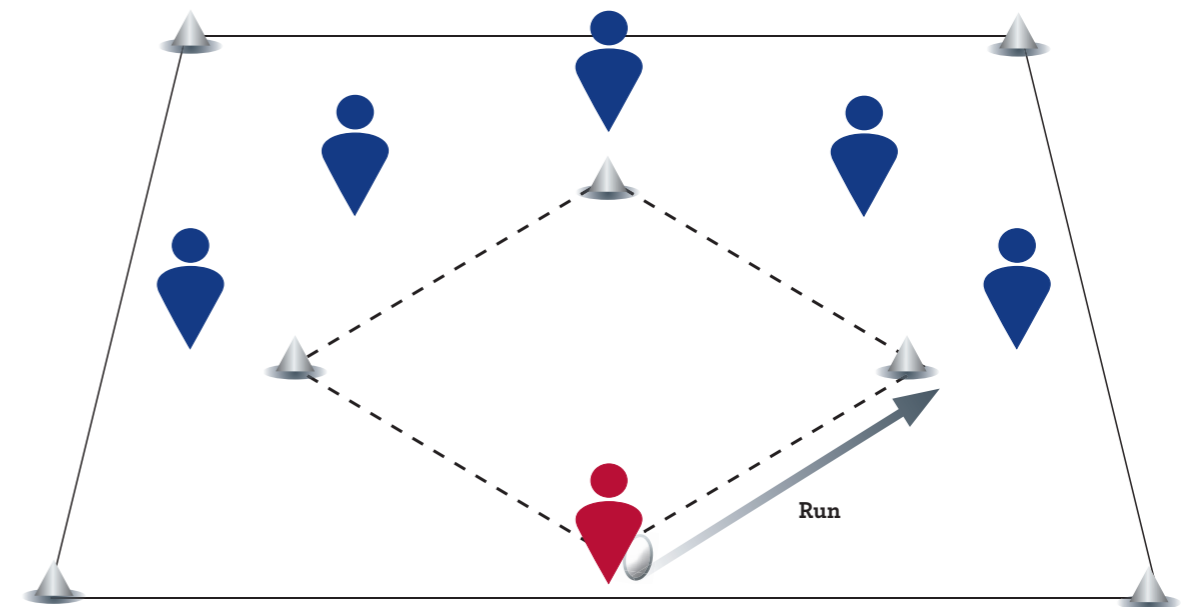
Fielding team can get the runner out by tagging them with the ball.

+ TO MAKE IT MORE DIFFICULT:

- More fielders
- Replace the run with a "hop"
- Kick/throw from 'weaker' side

■ TO MAKE IT EASIER:

- Bigger space to aim at
- Points scored by reaching second cone
- Can still run if caught



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ROB THE NEST

GREAT FOR:	Scoring try's, running with the ball, movement skills, teamwork, decision making
EQUIPMENT:	12 balls, 20 cones
SPACE:	15x15m
NUMBER OF PLAYERS:	4-8

HOW THE GAME WORKS:

The players work in pairs. Starting at the cones on the corner of the big square they take it in turns to run and 'rob' a ball from the nest in the middle – marked out by a smaller square (cones can be used instead of balls in the nest). They run to bring the ball back to the corner, placing it on the floor to score a try. After all balls are gone from the nest players can 'rob' balls from other nests. The winner is the team that has the most balls in their nest after one minute.

ADAPT THE GAME:

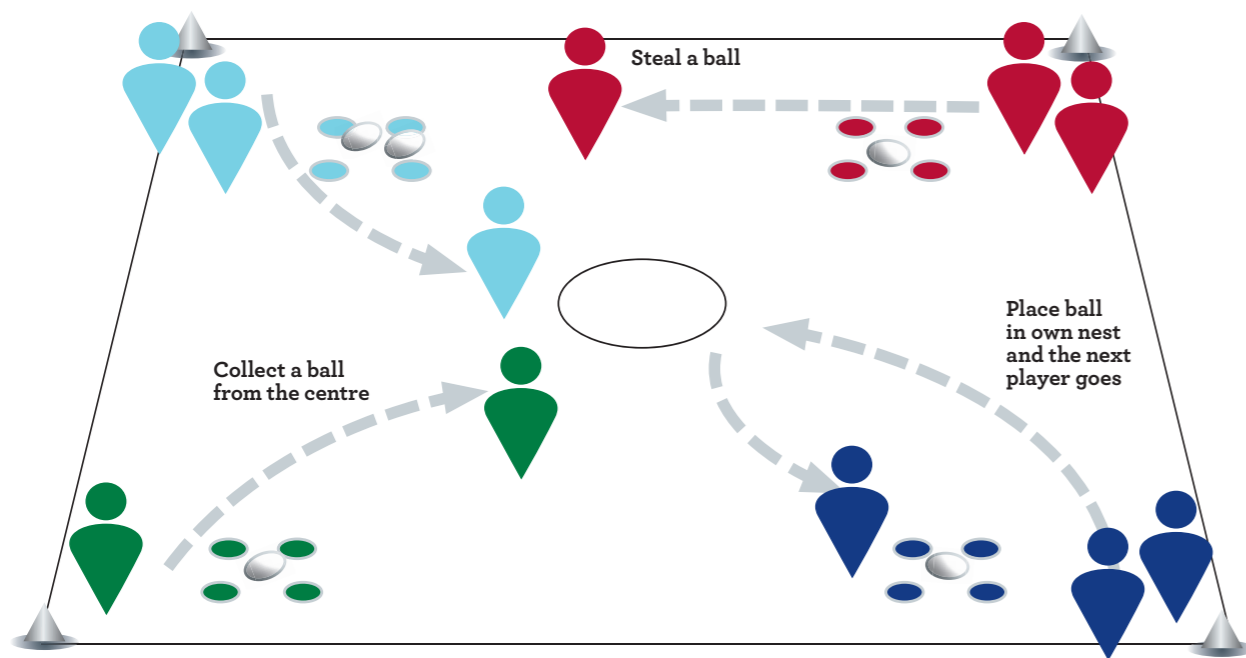
Put tag belts on the players. If they are running back to their nest with a ball in their hand and are tagged by an opponent, they have to hand the ball over to him or her.

+ TO MAKE IT MORE DIFFICULT:

- Players can only move by hopping, crab walk, bear crawl etc.
- Players have to do ball 'trick' on the way back with the ball (e.g. pass the ball around their waist)

■ TO MAKE IT EASIER:

- No stealing from other pairs nests
- Move 'nest' closer to the middle.



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RAGGY TAG

GREAT FOR:	Evasion, tagging, finding space, running with the ball
EQUIPMENT:	1 ball per player, TAG belts, 4 cones
SPACE:	20x20m
NUMBER OF PLAYERS:	10

HOW THE GAME WORKS:

Two "taggers" in the middle of the box and up to eight players ("runners") at one end. Runner can have TAG belts or a bib tucked into shorts. On "go", the runners aim to get to the other end to score a try without being tagged or touched. Once all players are at the end, return tags and turn around to play the other way. A tagger can only tag one player in each run. Over four runs, see how many tries are scored.

ADAPT THE GAME:

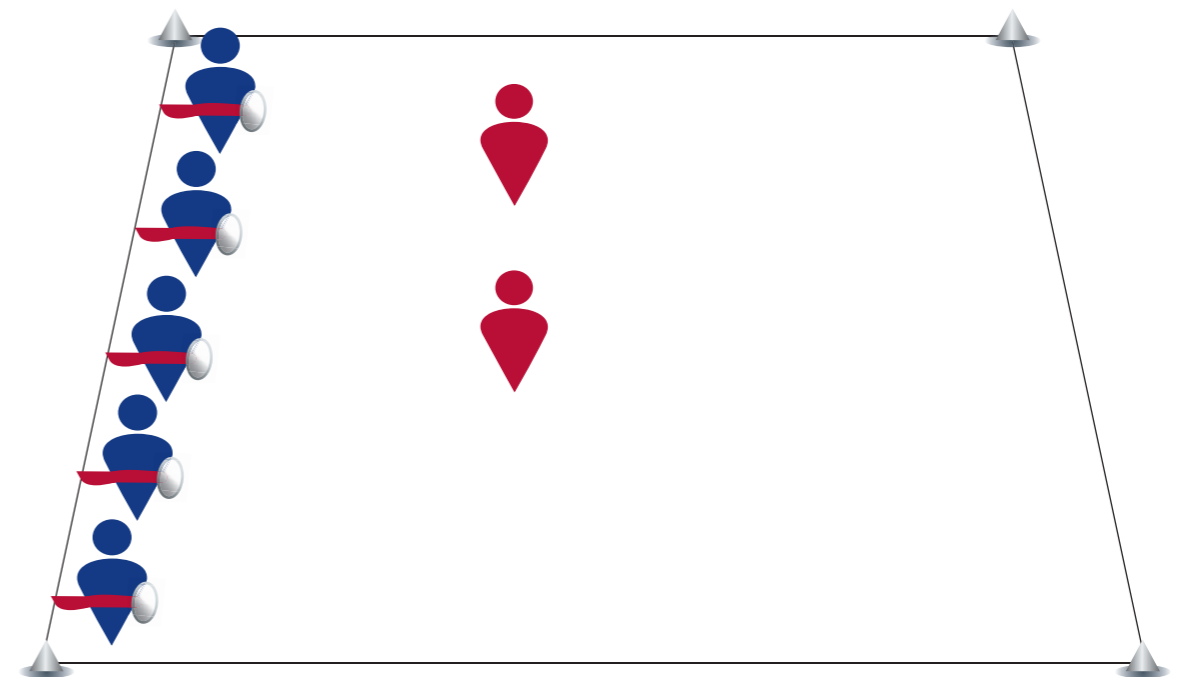
Runners to work in pairs with a ball between two and can pass (backwards) between them. Taggers can only tag player with the ball.

+ TO MAKE IT MORE DIFFICULT:

- Narrower space
- More taggers

■ TO MAKE IT EASIER:

- Tagger has to make 2 handed touch, or take both tag belts
- Taggers can only walk



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BALL TOUCH

GREAT FOR:	Evasion, tagging, finding space, running with the ball, transferrable movement skills
EQUIPMENT:	1 ball, 4 cones
SPACE:	10x10m
NUMBER OF PLAYERS:	6-8

HOW THE GAME WORKS:

Chaser stands in the middle of the grid and carries the ball in both hands.

The chaser has to touch the other players, who are trying to evade, as many times as possible with the ball in one minute (1 touch = 1 point).

ADAPT THE GAME:

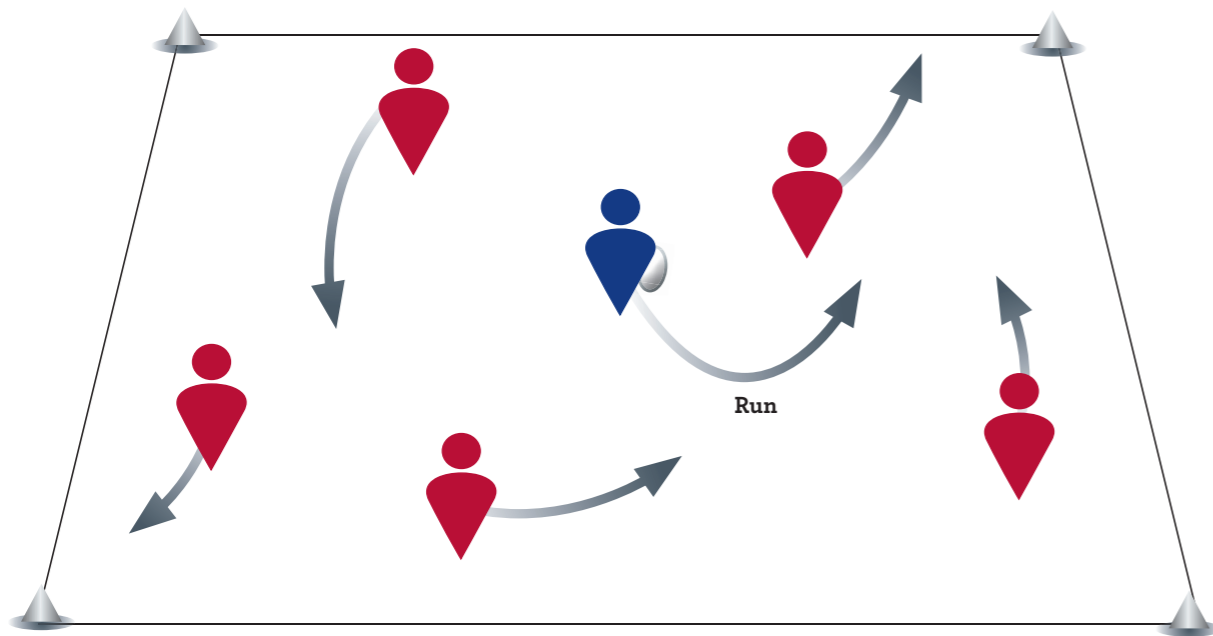
Work in pairs with 1 ball between them, which they can pass but only person with the ball can make a touch.

+ TO MAKE IT MORE DIFFICULT:

- 2 chasers
- Players have to move by hopping, bear crawl, skipping etc.
- Smaller area.

■ TO MAKE IT EASIER:

- Can only walk or jog.



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HARE AND HOUNDS

GREAT FOR:	Evasion, finding space, running with the ball
EQUIPMENT:	1 ball per pair, 4 cones, TAG belts
SPACE:	15x15m
NUMBER OF PLAYERS:	4-16

HOW THE GAME WORKS:

Arrange the players in pairs with one holding a ball in both hands. The pairs begin by standing side by side. On 'GO' the ball carrier (hare) tries to lose the partner (hound). After a short while, blow a whistle to stop. All the players must stand still ("freeze"). If the hound can tag/touch the hare, without moving their feet or falling off balance, the hound gains a point. If not, the hare gains the point. Reverse the roles.

ADAPT THE GAME:

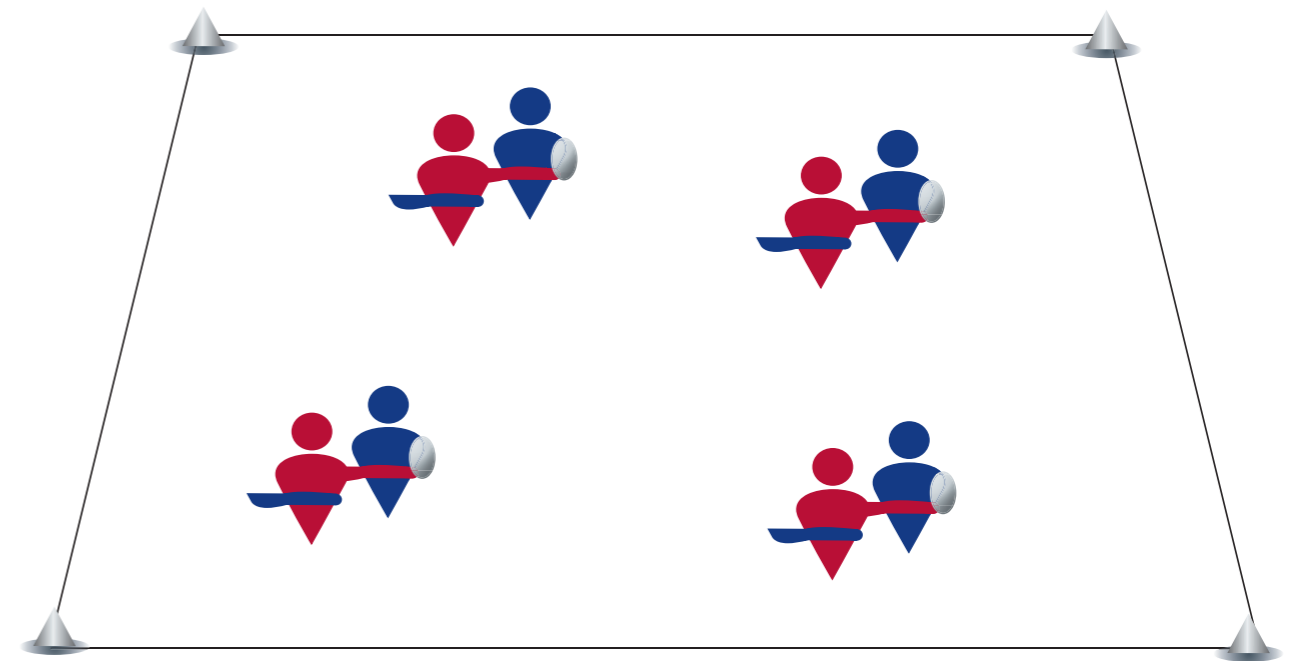
On the whistle the ball carriers try to score a try on any line without being tagged/touched

+ TO MAKE IT MORE DIFFICULT:

- Smaller space
- Different size/heavier ball to run with
- In 3's with one ball carrier

■ TO MAKE IT EASIER:

- Walk or jog
- Larger area



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PIGGY IN THE MIDDLE

GREAT FOR:	Throwing, catching, teamwork, finding space, support
EQUIPMENT:	1 ball per 4 or 5, 4 cones
SPACE:	10x10m
NUMBER OF PLAYERS:	5-6

HOW THE GAME WORKS:

Three players have the ball and pass it around to each other trying to keep it from the defender. To start players can't run when they have the ball, to score a point make 5 passes without dropping the ball or it being intercepted. After each point, or after every minute, swap the defender with a passer.

ADAPT THE GAME:

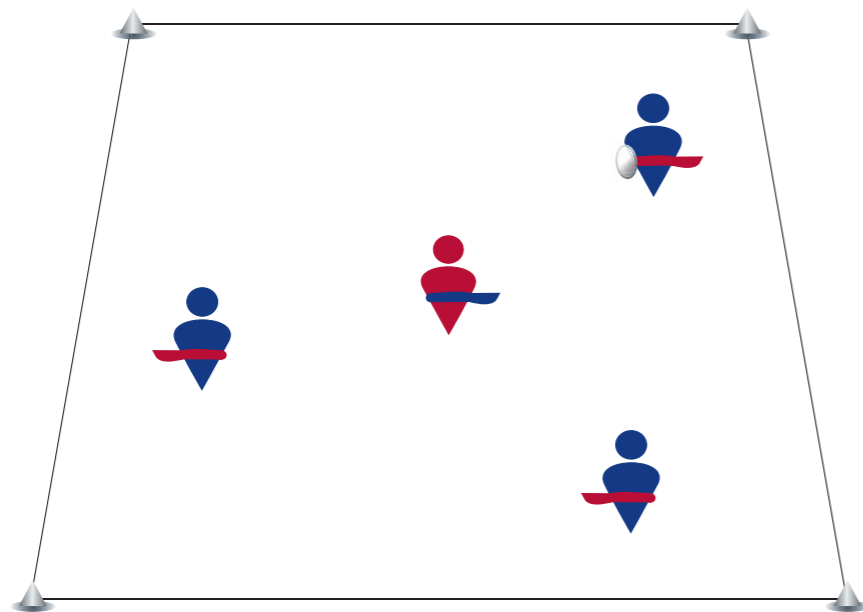
- Passers can run with the ball and the defender can either TAG/ Touch or intercept.
- Players may kick.

TO MAKE IT MORE DIFFICULT:

- Passes to be made overhead / under knees
- Catch using only one hand
- 2 defenders

TO MAKE IT EASIER:

- Increase number of passers
- Defenders not to come within 1 meter of ball carrier (if a ball carrier can touch them with a ball they have to freeze until it's passed).



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END BALL

GREAT FOR:	Throwing, catching, teamwork, finding space, support
EQUIPMENT:	1 ball, 4 cones
SPACE:	30x20m
NUMBER OF PLAYERS:	8-12

HOW THE GAME WORKS:

One player from each side must stand in the score zone at the end of the pitch and act as a scorer. The team in possession of the ball may score a point by passing the ball to their scorer. The scorer must stay within the score zone but may move anywhere within the zone to receive a scoring pass. Change the scorers after every score. After each point is scored, the scorer passes the ball to the opposition and the game starts again.

ADAPT THE GAME:

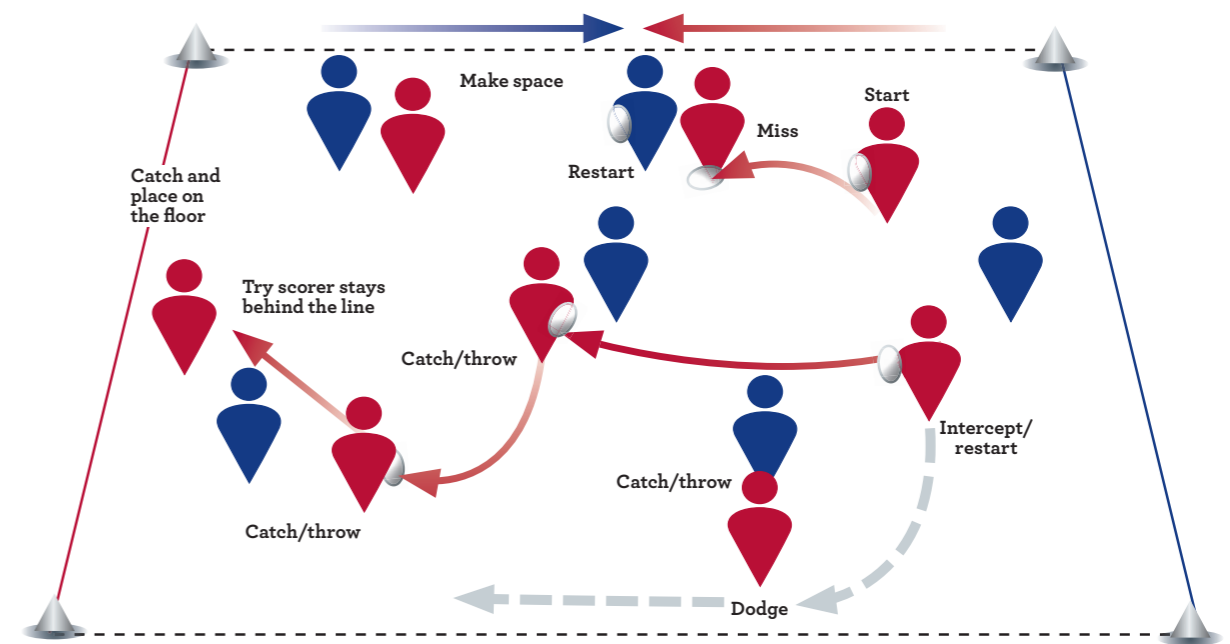
- Ball carriers can run with the ball and be stopped using a tag or touch.
- Allow the scorer to stand behind any line

TO MAKE IT MORE DIFFICULT:

- Smaller space; passes below head height
- Make scoring zone smaller
- Introduce variety of pass

TO MAKE IT EASIER:

- Team in attack to have more players than the defence
- Defender not permitted within 1 meter of ball carrier



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KEEP BALL

GREAT FOR:	Throwing, catching, teamwork, finding space, support
EQUIPMENT:	1 ball, 4 cones, TAGS
SPACE:	15x15m
NUMBER OF PLAYERS:	6-10

HOW THE GAME WORKS:

Divide the players into teams of three, four or five. One team are selected as the chasers and all other players have a ball. On the command "Go" the chasers try and tag the ball carriers. When the ball carriers are tagged / touched they step outside of the playing area, place the ball down and re-join the game. These players then help other ball carriers by being available for them to pass to. Play until the final ball is dead. Each team is given a time taken to catch everyone or numbers of children remaining within a set time to establish the winning team.

ADAPT THE GAME:

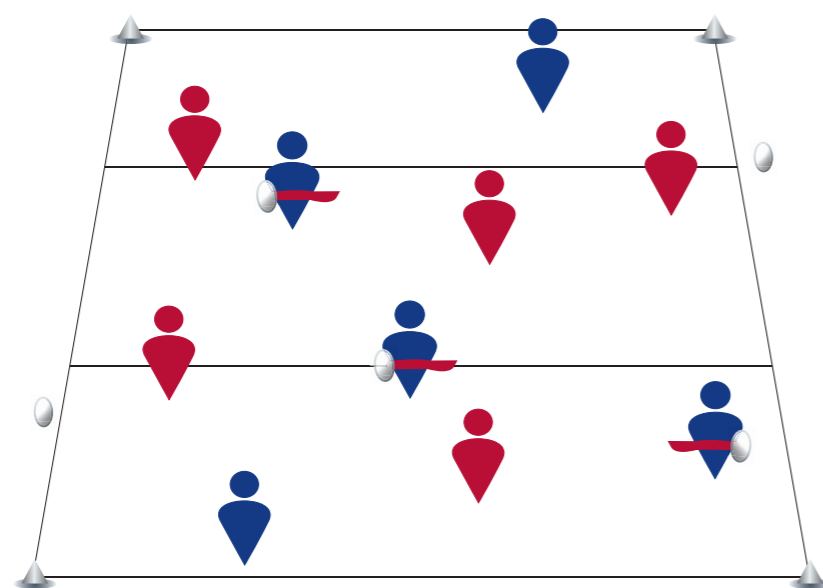
Ball carriers start with one or two balls but can't run with it.

TO MAKE IT MORE DIFFICULT:

- Smaller space; passes below head height
- Ball is 'dead' if it hits ground or intercepted
- Introduce variety of pass

TO MAKE IT EASIER:

- Team with the ball attack to have more players than the defence
- Defenders can only walk / hop whilst ball carrier can run
- Both TAGs need to be removed or two-handed touch made before placing ball outside



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PLAYING T1 RUGBY

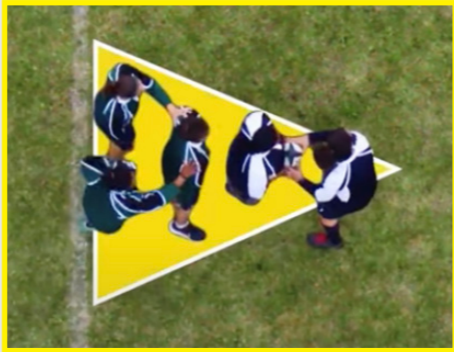
General Game Play

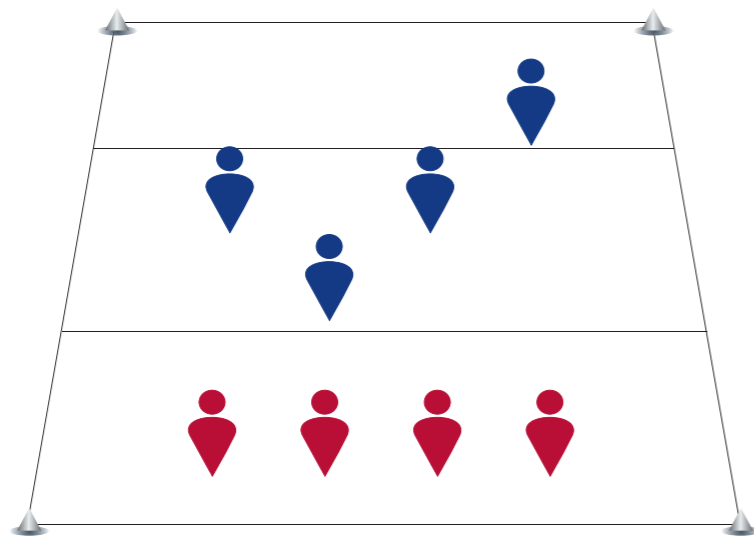
- The objective is to touch the ball down on or over the opponent's try line which is called a try and is worth one point.
- The attacking team have seven phases to score - a phase is a passage of play between a tag or touch (the other team will be given the ball on the 7th touch/tag if a try has not been scored)
- The defending team aim to stop the attacking team from scoring by either making a series of one-handed touches on a ball carrier - no higher than the shoulder or below - or by removing a series of tags attached to a player's waist

T1 Rugby can be adapted to the needs and development stage of players by modifying and progressing rules as below.

A team of totally new players may use all aspects of "introduce" then as they progress start to incorporate elements of "develop" as they progress. Teachers/leaders should agree these rules at the start.

	INTRODUCE	DEVELOP
PLAYERS	4-a-side	8-a-side
DURATION	As agreed between teams but not longer than: <ul style="list-style-type: none"> • 10 min per half at U7/Yr2 • 10min per half at U8/Yr3 • 15 min per half at U9/Yr4 • 20 min per half at U10/Yr5 • 20 min per half at U11/Yr6 	<ul style="list-style-type: none"> • 50 min per day at U7/Yr2 (max) • 50 min per day at U8/Yr3 (max) • 60 min per day at U9/Yr4 (max) • 70 min per day at U10/Yr5 (max) • 20 min per day at U11/Yr6 (max)
PLAYING AREA	<ul style="list-style-type: none"> • 20x12m at U7/Yr2 (max) • 45x22m at U8/Yr3 (max) • 60x30m at U9/Yr4 (max) • 60x35m at U10/Yr5 (max) • 60x43 at U11/Yr6 (max) 	
STARTING THE GAME	Free pass on half way	Kick off (using any type of kick) – ball must travel 5m
PASSING	In any direction	Pass backward
AFTER THE TOUCH / TAG (ATTACK)	Ball carrier must stop and pass. (To simplify further: Ball carrier can continue to run after the first touch/tag [but can't score] on the second tag/touch they must stop and pass.)	Ball carrier must stop within 3 steps. Closest player to come in and 'rip' (take) the ball and pass.

	INTRODUCE	DEVELOP
AFTER THE TAG / TOUCH (DEFENCE)	Defending team to get "onside" – behind the ball.	The tagger/toucher, plus two other defenders who must put their outside hand on the shoulder of the tagger/toucher forming a triangle 
BALL IS PASSED FORWARD OR KNOCKED ON (*if game rules state passing backwards)	Free pass to opposition. Note: for beginners knock-on may be "play on"	Uncontested scrum (3 players from each team) with the non-offending team winning the ball
BALL OR PLAYER GOES OFF THE PITCH	Free pass from where the ball went out	Uncontested line out (3 players from each team). Team throwing in must win ball.
KICKING	No kicking in open play	Kicking permitted, but no contest for the ball – the referee will call which team will collect ball.



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