

T1 Rugby Resources

Game Format & Implementation

The basics:

- Seven players per side with rolling, unlimited subs
- Played on half a pitch
- Seven touches to score
- 20-minute games (10 minutes per half)

What's new?

- Kicking in open play and to restart the game
- A non-contact breakdown formed of five players (three from the defending team and two from the attacking team)
- Scrums with three players from each side (no engagement, no push, no contest)
- Lineouts with three players from each side (no lifting, no contest)

Adaptations:

- Can be played with or without tags and at running or walking pace
- Mixed gender and mixed ages (provided all RFU regulations are followed)
- Pitch size, team size, match length can be adapted to the needs of your team.
- Rules such as kicking can be removed.



- [Game infographic](#)
- [Game rules infographic](#)
- [How to play \(short rules\) infographic](#)
- [How to play \(long rules\) document](#)
- [RFU Activate](#)
- [T1 Rugby Video - How to play](#)

6-week lesson plans

- [Stage 1 plans \(suitable for primary, or non-specialist PE staff\)](#)
- [Stage 2 plans](#)
- [How to introduce and progress T1 Rugby support video](#)
- [Referee tips](#)
- [Curriculum maps](#)
- [Scheme of work](#)
- [Knowledge organiser](#)
- [MegaFest](#)



[Find a Rugby Club](#)