**‘Care’ful Rugby Games**

Teaching Points Equipment:

* Awareness- look where you’re going Cones, rugby balls, tags (tag belts)
* No contact- Tag rugby games only
* NO snatching the ball
* No pushing
* No holding onto tag so somebody does not take it
* Pre-set area and give all children tags

**Instruction:** This can be any rugby game dependent on your age range, volume of children, equipment and space. KS2 school rugby session plans can also be used.

**Before you start:**

* Remind children of no contact rule- does anyone know how we tackle in tag rugby? (take a tag)
* Go over rules of tagging.
* Ask children which way can we pass in rugby
* Ask if anyone can show you how to hold a rugby ball
* Practice passing

**Games can include:**

* Tagging Games (with tag belts and tags):
* **Octopus tag-** Take the rugby Tag instead of physically tagging
* **Open Gates-** Take the rugby Tag instead of physically tagging
* **Stuck in the mud-** Take rugby tag instead of physically tag.
* **All vs All**- All try and take tags (one tag at a time) and at the end of the time limit whoever has the most tags win.
* Passing Games:
* **Passing relays**
* **Invade the nest:** Divided into 4 teams and each person in the team given a number. When their number is called they have to run into the middle (nest) and pass their team mate the ball. The quickest wins a point.
* **Stuck in the Mud with balls**: Children passing in pairs. 2-4 taggers can only tag someone that has ball. If tagged they must put the ball between their feet and passed another ball to be set free.
* **Chicken Run-** Someone starts as the first CHICKEN on the RUN. This RUNNING CHICKEN has to run all the way round the circle and get back to their position before the rugby ball gets back. Everyone else has to pass the ball to one another in this circle.

**Tag Rugby Game Play**

* The objective of the game is to be the team that has accumulated the most points at full time by scoring trys.
* A try is scored by the attacking team when they place the ball on ground on or over the try line.
* A try is worth one point. In a mixed game, female tries are worth two points. There are no conversions in Tag Rugby.
* Defendersmust remove the ball carrier’s tag to stop their progress. The defender then holds up the tag and drops it to the ground marking where the player was tagged.
* After a tag is made, play resumes by the attacker going back to where they were tagged, placing the ball on the ground and rolling it backwards with their foot. This is called a 'play the ball' or 'roll ball'.
* The defensive side is allowed one marker at the roll ball. The marker is a defender who is allowed to stand directly in front of the attacker within one metre during the roll ball.
* The remainder of the defending team must be back seven metres from the attacking player during the roll ball and in line with the referee. They have 3 seconds to play the roll ball.
* Each team has six tags / plays to promote the ball before a changeover occurs and the defending team becomes the attacking team. But at camps we can play less tags to encourage more play from the other team.