

# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## RUGBY – ROUNDEERS



### Quick introduction

A great alternative game to involve everyone. Played just like rounders but with a rugby ball and no bats. Try to have enough rugby balls, so people can run round holding one.

### Getting started

- Two teams of four to six on a rounders pitch or area with four posts.
- One person from batting team kicks ball into the space and begins to run round.
- Fielders field ball and have to get it back to a central area to stop the runner.
- Can score one point per post passed or a rounder for getting all the way round.

### Think tactics

Think carefully about how far to kick the ball and where. A well-placed kick may be more effective.



# RUGBY ROUNDERS



## Organising the game

- 6v6 works better than 4v4 for the fielders as there are more people to cover the space.
- 4v4 works better for the 'batters' as they get to bat more often.
- Think about introducing different scoring systems.
- Try to ensure everyone stays in the game for as long as possible by giving and deducting points rather than making players out.
- Think carefully about the amount of time available and how to organise the game.

## Think inclusively

- Wheelchair users could carry the ball a short distance and then transfer it to someone else.

## Officiating

- Discuss different rules with the players and try them out.
- Try to get players to be honest about whether they reached the bases or not.
- Teams should keep their own score.
- Try out different distances from base to base to keep the game exciting.

## Keeping it enjoyable

- Have a kick and catch competition for teams that may be waiting to play.
- Play the option where all players run every time the ball is kicked.
- Try the version where all fielders have to touch the ball before getting someone out.

## Make it easier

- Try three teams with one team batting and the other two fielding.

## Spirit of the Games: Excellence through Competition



Cheer for your team as they run round.



Kicker stops when the ball is in the area.



No score if the ball is caught before it bounces.



Get round and score four points.



[WWW.YOURSCHOOLGAMES.COM](http://WWW.YOURSCHOOLGAMES.COM)

# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## RUGBY – SPORTS HALL TOUCH

SCHOOL  
GAMES

### Quick introduction

An inclusive and innovative way to play rugby inside. Tries are scored by touching the ball against the wall.

### Getting started

- Normal touch rules apply apart from:
  - Players score a try by touching the opposite wall with the ball.
  - Games take place across the width of the sports hall to provide space for passing.
  - At the start of the game or after a try all players line up on their defending wall facing each other.
  - A part of the body (foot or hand) must be touching the wall.
  - The person with the ball can take three steps to kick the ball to the opposite wall.
  - The ball must bounce before hitting the opposite wall otherwise it is a penalty.
  - Once kicked all players are 'in play'.
  - The opposition may catch the ball before it hits the wall (if quick enough).
  - Any infringement, knock-on or 'ball to ground' results in a turnover.
  - It is a turnover if the acting half back is caught in possession straight from the play the ball (PTB).
  - Playing numbers may vary depending on size of hall and remove the PTB if low on numbers.



### Think tactics

Think carefully about the positioning of the kick at the start.

# RUGBY – SPORTS HALL TOUCH



## Organising the game

- Make sure players know how to score safely.
- Discuss the rules with the players so they know which ones are concerned with safety.
- 4v4 or 5v5 are probably the maximum numbers for most sports halls.

## Think inclusively

- Use four corner zones inside the playing area as a start point for some players. Defenders are not allowed in these zones.

## Officiating

- The aim of the game is to score a try by touching the opposite wall with the ball.
- The game is played across the width of a sports hall to provide adequate space for passing.
- Play is stopped when the ball carrier is touched by a defender and is restarted by either a tap or PTB.
- Any infringement, knock on or ball to ground results in a turn over of possession.
- Defenders must retreat 5m after a touch has been made.

## Keeping it enjoyable

- Play a kicking target game at half time, aiming for targets on the end wall of the sports halls.
- Get teams to make up their own 'haka' to start the game.
- Practise some quick hand passing games at half time.

## Make it easier

- Play 3v3.
- Practise passing and scoring before playing.
- Play single sex games.

## Spirit of the Games: *Excellence through Competition*



Make sure you are touching the wall at a re-start.



Start game by touching the wall.



To start, the ball is kicked but must bounce before reaching the opposing team.



TRY!



[WWW.YOURSCHOOLGAMES.COM](http://WWW.YOURSCHOOLGAMES.COM)



# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## RUGBY – URBAN RUGBY

SCHOOL  
GAMES

### Quick introduction

A game of rugby that can be played anywhere. Just put coats or markers down and play. Run over the line or touch the ball down to score.

### Think tactics

When a player is tagged, try to work as a team to deny even more space to the team in possession.

### Getting started

- Play 4v4 or 3v3.
- Run forwards, pass and tag people who have the ball.
- The tag can be with one hand, must not be a slap and must land between the shoulder and knee.
- When tagged stop - roll the ball back through your legs (play the ball (PTB)) to a team-mate and play on (each team has a maximum of six tags).
- After a tag all the defenders must go back towards their own "try line" or score zone by 5m.
- Once the ball has been rolled back defenders can move forwards again.
- All offences (or penalties) result in a "PTB" to the non-offending team.
- If the ball is dropped in any direction - play stops and the ball is handed to the opposition.



# RUGBY – URBAN RUGBY



## Organising the game

- This game can be organised in any space, but if the grass is dry use that, it is softer.
- 4v4 is easier than 3v3 and with both games make sure there is enough width so the ball can be passed wide.
- You don't need to pass backwards, but it makes a good progression.

## Think inclusively

- Some players could be given their own zone and a special role when their team is attacking or defending.

## Officiating

- This game could be officiated by the players.
- The main emphasis is to get people to:
  - own up to being tagged
  - move back 5m when defending.

## Keeping it enjoyable

- Ask players for any adaptations to the rules or make up some rules before the start of the game.
- If one side starts to win by a lot, end the game and then discuss changing sides with the players or introduce some kind of handicap.
- Introduce some kind of challenge in the middle of the game. In rugby this could be a kicking competition or some kind of passing challenge.

## Make it easier

- Players should practise passing and moving first.
- Make sure there is plenty of room.
- Instead of playing against each other see who can score the fastest try going from one end to the other with everyone touching the ball at least once.

## Spirit of the Games: Excellence through Competition



Can you ensure every player gets a fair share of the ball?



After a tag, defenders move back 5m.



Tag between shoulder and knee.



Score a try by running over the line...



...or by touching the ball down over the line.



[WWW.YOURSCHOOLGAMES.COM](http://WWW.YOURSCHOOLGAMES.COM)