

# Modified Games Rule Book



Version 2011

RUGBY LEAGUE. It's a whole different ballgame®



RFL

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Compiled in conjunction with the Modified Games Review Panel.

Enquiries should be addressed in the first instance to the RFL Modified Games review panel at the RFL, via Andy Harland, Modified Games Review Panel Chairman, The RFL, Red Hall, Red Hall Lane, Leeds LS17 8NB. All other enquiries to your regional Talent Coach Manager, Talent Coach or Regional Manager.

The RFL would like to acknowledge the work of the many people who manage and administer the modified games programme and all who have contributed to the Modified Games Coach Education programme over the years.

We would like to acknowledge the support we receive from Sport England.

# Preface

Quality coaching is the key factor in raising participation levels and playing standards throughout the game.

In recognition of this, the RFL Coaching Programme has been redesigned and redeveloped. It focuses on the needs of the player at the different levels of the game and aims to provide coaches with the ability to meet those needs.

The RFL is the vehicle that will provide the impetus to drive the game of rugby league forward.

The RFL Coaching Programme matches the necessary National Standards for Coaching, Teaching and Instructing, which means that every coach on every course is receiving a quality assured programme of education.

We have also worked closely and within recognised guidelines to ensure that the standards of tutoring and resource materials are the very best available. This has helped us to offer a range of delivery mechanisms on each course, ranging from home study materials to courses delivered in an interactive style which facilitates various mediums of adult learning.

Each course consists of pre and on-course learning opportunities and is underpinned by sessions and periods of applied practice.

The Programme is underpinned by qualifications at four distinct levels, catering for coaches that assist others, work in The Modified Game, introduce and develop players in the 13 a side game or indeed lead and manage and provide cutting edge solutions working at a senior level and with the games elite athletes.

Each licence is current for one year after issue.

In order to keep the licence current, coaches will be expected to demonstrate ongoing professional development or CPD. The RFL through its Think Coaching Programme can facilitate further learning to assist the coach in their development.

There are two key objectives of the RFL:

- To support and develop coaches through improved access to coach education
- To have a positive effect on future playing standards through better and more informed coaching

## Introduction

The modified games programme is now firmly established and accepted as the vehicle to introduce children to the great game of Rugby League.

During the past ten years specialist coaching awards and programmes have been developed that supplement children's involvement and playing of the game in ensuring that each realises their potential through learning and developing their skills in a logical and progressive manner.

The TOPs Rugby League programme and The Rugby League Skills Awards have injected fun ways of measuring a child's progress, whilst the introduction of the Rugby Leagues Coach Education STEPS programme offers appropriate and quality information and training for coaches working in the children's game.

The result as been enjoyable fun activity and a marked all round improvement in the technical abilities and awareness of those playing the game in both schools and the modified games playing leagues throughout the UK. Thanks are also extended to the RFL Youth and Junior forum, which includes all interested parties from the wider game including ESRL, regional playing leagues, Coach Education, RFL Development and Performance Coaching departments and the Modified games review panel set up to monitor the modified games programme under the RFL Community Board.

The Modified games review panel brief includes:

**Rules standardisation across playing leagues.**

**How to bridge the gap from playing modified rules to that of the 13 a side game?**

**Introduce a programme of fun and activity for young players (under 7s) in our community clubs.**

And in terms of the bigger picture; how best can we capitalise on the technical ability the children are exhibiting and move forward to produce children with the abilities to make good decisions during play?

A new structure has been formatted that incorporates:

- The introduction of cub play to provide activity in the clubs for under 6s
- Mini League to be played by children from their 6th Birthday
- Mod League to be played by children under 9 and 10
- Mod League transition game introduced at under 11s

### **Timetable of Modified games review panel**

Timetable for any changes to rules:

- End of July - all proposed changes to be sent to Modified games review panel
- October - Meeting of review panel to discuss any changes
- November - Final review and sign off
- December - Re-print of rules book

The adoption of this format ensures a sequential curriculum of learning that is research based and educationally sound, whilst also recognising what practitioners are saying in terms of 'bridging the gap' from playing the modified versions of the game to that of full international rules.

This booklet outlines the new structure and the associated rules, regulations and codes to take the modified game forward.

The following are interim solutions to improve the game for young players. The RFL are committed to producing a Comprehensive Player Framework document that will lead the development of young players into 2012 and beyond.

## OVERVIEW OF THE MODIFIED GAMES PROGRAMME OF ACTIVITY

The following table is underpinned by the RFL Performance & Coach Development Framework.

	<b>Cub Under 6</b>	<b>Mini Under 7, 8 &amp; 9</b>	<b>Mod Under 10</b>	<b>Transition Under 11</b>
<b>Ethos</b>	Fun and Enjoyment Movement and Skills familiarization	Fun and Enjoyment, Core Skill development	Fun and Enjoyment, understanding basic game principles 'go forward' simple strategies, basic team play	Fun and Enjoyment, understanding and further development of basic game principles, simple strategies and additional team play and organisation
<b>Movement Literacy</b>	Ability Balance Co-ordination etc Exploration and Fun Decision making	Ability Balance Co-ordination etc Fitness and Fun Introduction of basic skills	Development and mastery of basic sport skills, introduction of non-weight bearing games and exercises	
<b>Game</b>	4 v 4	9 v 9	11 v 11	11, 12, or 13 v 13
<b>Core Skills Curriculum</b>	Grip / Carry Pass / Catch Try Scoring Evasion	Grip / Carry Pass / Catch Try Scoring Play The Ball Tackling Evasion	Grip / Carry Pass / Catch Try Scoring Play The Ball Tackling Evasion	
<b>Kicking</b>	No Kicking	Goal Kicking	Field Kicking	Tactical Kicking
<b>Scrum</b>	No Scrum	No Scrum	Passive Scrum (5)	Passive Scrum (5) or (6)
<b>Structure</b>	Free Play	Passing and Handling Basic Skill Development	The addition of a little team structure	The addition of additional team structure and further team organisation

## Cub Play Philosophy

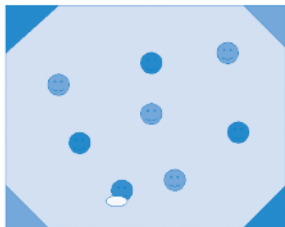
- 1.** The playing environment shall be known as Cub play and will be based on a “Free Play” exploration framework.
- 2.** The game to be played by all children at or below Year 1 primary school which is under the age of 6 years at midnight of 31 August (at the start of each season)
- 3.** The maximum number of players per team is four. All players are to be involved in all activities. There is no limit on substitutions. But coaches should strive to have maximum participation at all times.
- 4.** There shall be a suggested number of four separate activities, with a minimum of two minutes break between activities. No player shall play more than forty minutes activity in one day.
- 5.** The activities shall be played on a full size pitch suitably divided into separate playing areas. Actual dimensions are discretionary and can be altered at any time by the players.
- 6.** Size of the ball: The game will be played with a Mini League ball or size 3 standard Rugby League ball.
- 7.** No scrums No contact
- 8.** The players can make any alteration to rules they feel are appropriate and should be encouraged to problem solve.
- 9.** Coach Qualification  
A minimum of a valid RFL UKCC Level 1 is required to facilitate activity at this level.

# Sample Games

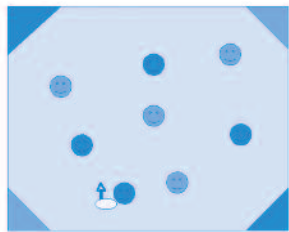
## Activity 1 **Pass and Catch**

*Example illustrated:* Teams of 4 play each other in a 15m x 15m grid attempting to score in designated corners. The team in possession must pass to team-mates who have moved into space; they are not allowed

to run with the ball. A point is scored if an attacking player receives a pass in one of the scoring zones. Defending players are not permitted to touch the ball carrier, but attempt to intercept or block passes. If a score is made, players return to the middle of the playing area with the defending team taking possession of the ball. The game continues for a set time or number of points scored.



## Activity 2 **Pass and Catch (2)**

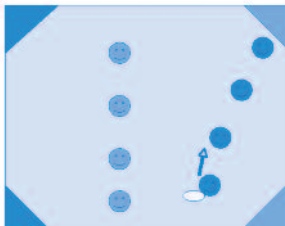


*Example illustrated:* Teams of 4 play each other in a 15m x 15m grid and attempt to score in designated corners. The team in possession must pass to team-mates who have moved into space; they are not allowed to run with the ball. After receiving a pass the player in possession must throw the ball in the air and catch it before making a pass. Defending players can

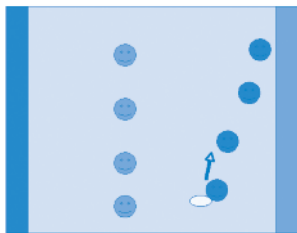
attempt to intercept or disrupt this action. If the player in possession judges there is not time to or space to throw and catch, they may place the ball on the ground for a team mate to retrieve. Defending players are not permitted to retrieve the ball once it has been placed on the floor. A point is scored if an attacking player receives a pass in one of the scoring zones. Defending players cannot touch the ball carrier, but attempt to intercept or block passes. If a score is made, players return to the middle of the playing area with the defending team taking possession of the ball. The game continues for a set time or number of points scored.

## Activity 3 Development 1 Game

*Example illustrated:* Teams of 4 play each other in a 15m x 15m grid, attempting to score in the designated corners. The team in possession run with the ball and must pass backwards to team mates. Defending players attempt to touch the player in possession. When a touch is made, the defender that made the touch must run to their own tryline before returning to defend. The touched player stops and makes a pass as quickly as possible. If a score is made, players return to start positions with the defending team taking possession of the ball. The game continues for a set time or number of points scored.



## Activity 4 4 v 4 Game

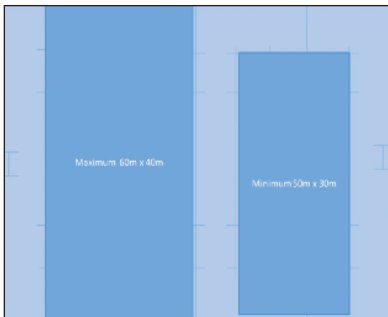


*Example illustrated:* Teams of 4 play each other in a 15m x 15m grid, attempting to score at the opposite end of the grid. The team in possession run with the ball and must pass backwards to team mates. Defending players attempt to touch the player in possession. When a touch is made, the defenders not involved with the touch must run to their own tryline before returning to defend. The touched player

stops and makes a pass as quickly as possible. If a score is made, players return to start positions with the defending team taking possession of the ball. The game continues for a set time or number of points scored.

# Mini League Rules

1. The game is to be called Mini League and is a modified version of Rugby League.
2. The game to be played by all children at Year 2,3 and 4 primary school which is under the age of 8 and 9 years at midnight of 31 August (at the start of each season).
3. The maximum number of players per team shall be 9 and there is no limit to the amount of substitutions, but each player must play at least half a whole game. Coaches are encouraged to pool players to maximise participation should one team not have the requisite number of players.
4. Rule (a): All single games should be played in two halves of 15 minutes.  
Rule (b): All Festival games should be played in two halves of no longer than 7 minutes maximum with a two minute interval. No player should be allowed to play for more than a total of 40 minutes in any one day.
5. Size of the playing area 60 x 40 metres (maximum) with a minimum of 50 x 30 metres but the game can be played on any grassed area. If two games are to be played on each half of a full pitch, consideration should be given to the following:
  - a. Safety: The goal posts should be outside the playing area.
  - b. Width: Too narrow an area should be avoided
6. Size of the ball: The game will be played with a Mini League ball or size 3 standard Rugby League ball.
7. The 6 tackle rule applies.
8. The game will commence with a play the ball on the centre line at the beginning of each half by:
  - a. the team who win the toss of a coin.
  - b. after a try has been scored the non-scoring team will restart with a play the ball on the centre line. All starts and restarts will be with a play the ball as described in Rule 9.
9. After each tackle all players must retire 5 metres prior to the play the ball restart. (ie. no marker - ie. if s). The tackled player should restart the game by way of a play



the ball. The ball must be played backwards in the correct manner and where the tackle occurred.

- a. The defending side cannot move until the ball is passed by the acting half back or the acting half back clears the ruck (runs with the ball).
- b. The minimum distance the ball is played from the try line is 5 metres. (i.e. if a tackle is made closer to the line move the play the ball back).

**10.** If the acting half back is tackled, in possession of the ball, it will result in a hand over of possession to the opposition.

**11.** There will be no kicks allowed.

**12.** A try is scored in the normal way by placing or touching the ball down on or over the opponents try line.

**13.** No scrums

**14.** All infringements will result in a hand over to the non-offending team at the place the infringement occurred except in the following situations:

If the ball goes into touch the restart will take place 5 metres in from touch opposite entry point and 5 metres from the try line.

**15.** Any infringement in the in goal area will result in play restarting 10 metres from the goal line in a central position by the non-offending team.

**16.** No ball stealing

**17.** Any act of foul play will result in a 5 metre advance up the field of play to the non-offending side. The game will recommence with a play the ball 10 metres infield from the nearest touchline.

**18.** Sin Bin does not apply. However coaches are encouraged to temporarily substitute players guilty of foul play.

**19.** Coaches must remain in the technical area (a marked out 10m x 5m square situated adjacent to the half way line) during play, one coach allowed on the field to aid players, this is under the direction of the match official and subject to the Respect campaign. A maximum of four officials plus substitutes are allowed in the technical area.

**20.** Any rule not covered will be as per international rules.

**21.** Coach Qualification

A minimum of a valid RFL UKCC Level 1 is required to coach at this level.

***NB. These rules recognise the custom and practice of some leagues to allow coaches on the field of play during games to facilitate the development of inexperienced players.***

## Mod League Rules

1. The game shall be called Mod League and is a modified version of Rugby League
2. The game to be played by all children at Years 5 primary school which is under the age of ten years at midnight on the 31 August (at the start of each season).
3. The number of players per team is eleven with as many substitutes as is needed but each player must play at least half a whole game.

**Should one team not have eleven players the game may be played with two teams comprising equal but less numbers.**

**Coaches are encouraged to pool players in order to maximise participation.**

4. The game will be played in two halves. The maximum length of each half to be 20 minutes with a 5 minute half time interval.

5. The pitch dimensions should be 80 metres in length and 50 metres in width maximum, and a minimum of 60 metres in length and 40 metres in width. The goal posts should be padded and situated outside the field of play.

6. Size of the ball: The game will be played with a Mod League ball or size 4 standard Rugby League ball.



7. The 6 tackle rule applies.
8. The game will commence with a place kick off from the centre line at the beginning of each half by:
  - a. At the start of the first half the team who loses the toss of a coin for choice of playing ends.
  - b. At the start of the second half, by their opponents.

All starts and restarts, other than at the commencement of each half will be with a play the ball as described in Rule 9.

**9.** All defending players must retire 8 metres at the play the ball except for a single marker who must be square to the play the ball without interfering. The tackled player should restart the game by way of a play the ball. The ball must be played backwards in the correct manner and where the tackle occurred. The defending side cannot move until the ball is passed by the acting half back or the acting half back clears the ruck (runs with the ball).

**10.** If the acting half back is tackled, in possession of the ball, it will result in a hand over of possession to the opposition.

**11. a.** Kicking is permissible after a try has been awarded. The kick at goal should be taken no more than 10 metres from each side of the posts. No player is allowed a second kick at goal until every other player in the team has had an attempt.

**b.** Kicking in open play from the hands e.g. punt, chip, grubber is allowed.

**c.** Fly kicking - dribbling is not allowed and will result in a handover to the non-offending team.

**12.** A try is scored in the normal way by placing or touching the ball down on or over the opponents try line.

**13.** A passive scrum shall be formed by no more than 5 players from each team. The scrum shall be formed no nearer than 10 metres from all touch lines or the try lines after the following situation:

- If the ball goes out of play in touch (not touch in goal) the scrum to form 10 metres in from touch opposite where the ball last made contact with the field of play or a player (but no nearer than 10 metres to the goal line).
- The team not responsible for the first or only infringement or making the ball go out of play will have the head and feed.
- The ball must enter the tunnel of the scrum and both scrum halves must retire behind their forwards' rear feet.
- The scrum half must feed the ball in the correct manner, it is then struck (won) by the hooker of the feeding team, to enable the ball to leave the scrum through a legitimate route and according to the rules of the game.
- The scrum shall be formed. No pushing is allowed and the team without the feed of the ball cannot strike for the ball.

- 14.** All other infringements (knock on, forward passes, off side etc.) will result in a hand over to the non-offending team and they will resume play using a play the ball restart which will not count as part of the six tackle count.
- 15.** Any infringement in the in goal area will result in play restarting 15 metres from the goal line in a central position with a play the ball to the non-offending team.
- 16.** No ball stealing
- 17.** Any act of foul play will result in a 8 metre advance up the field of play to the non-offending side. The game will recommence with a tap restart 10 metres infield from the nearest touchline.
- 18.** Sin Bin does not apply. However coaches are encouraged to temporarily substitute players guilty of foul play.
- 19.** Coaches must remain in the technical area (a marked out 10m x 5m square situated adjacent to the half way line) during play, they are not allowed onto the field of play. A maximum of four officials plus substitutes are allowed in the technical area.
- 20.** Any rule not covered will be as per international rules.
- 21. Coach Qualification**  
A minimum of a valid RFL UKCC Level 1 is required to coach at this level.

***NB. These rules recognise the custom and practice of some leagues to allow coaches on the field of play during games to facilitate the development of inexperienced players.***

# Mod Transition Rules

1. The game shall be called Mod Transition, and is a modified version of Rugby League.
  2. The game to be played by all children at Years 6 primary school which is under the age of eleven years at midnight on the 31 August (at the start of each season).
  3. The number of players per team shall be a maximum of thirteen and a minimum of eleven. There is no limit on the number of substitutes or substitutions, but each player must play at least half a whole game.
  4. The game will be played in two halves. The maximum length of each half to be 20 minutes with a 5 minute half time interval.
  5. The game should be played on a pitch of full dimensions. **(Where the number of players in either one team or both teams falls to the minimum number of eleven it is recommended that the mod field dimensions are used)**. This being the case, the goal posts should be padded and situated outside the field of play.
  6. Size of the ball: The game will be played with a Mod League ball or size 4 standard Rugby League ball.
  7. The 6 tackle rule applies.
  8. The game will commence with a place kick off from the centre line at the beginning of each half by:
    - a. At the start of the first half the team who loses the toss of a coin for choice of playing ends.
    - b. At the start of the second half, by their opponents.
- All starts and restarts, other than at the commencement of each half will be with a play the ball as described in Rule 9.
9. The ball must be played backwards with the foot. The team in possession must retire behind the acting half-back. One (active) marker only to always be present at the ruck restarts. The team not in possession, except for the marker, once back the 10 metres may advance forward once the ball clears the ruck.

**10.** Dummy half can run within their own half - without forfeiting possession if tackled.

**11.** Kicking in general play is allowed (no field goals).

- Goal kicks only to be taken after a try as been scored .
- Teams may nominate a kicker.

**12.** A try is scored in the normal way by placing or touching the ball down on or over the opponents try line.

**13.** A passive scrum shall be formed with a maximum of 6 players or a minimum 5 players from each team. The scrum shall be formed no nearer than 10 metres from all touch lines or the try lines after the following situation:

- If the ball goes out of play in touch (not touch in goal) the scrum to form 10 metres in from touch opposite where the ball last made contact with the field of play or a player (but no nearer than 10 metres to the goal line).
- The team not responsible for the first or only infringement or making the ball go out of play will have the head and feed.
- The ball must enter the tunnel of the scrum and both scrum halves must retire behind their forwards' rear feet.
- The scrum half must feed the ball in the correct manner, it is then struck (won) by the hooker of the feeding team, to enable the ball to leave the scrum through a legitimate route and according to the rules of the game.
- The scrum shall be formed. No pushing is allowed and the team without the feed of the ball cannot strike for the ball.

**14.** All other infringements (knock on, forward passes, off side etc.) will result in a hand over to the non-offending team and they will resume play using a play the ball restart which will not count as part of the six tackle count.

**15.** When an attacking player is held-up in his opponent's in-goal area and is unable to ground the ball, play will be restarted by a 20metre tap restart to the defending side.

Any ball carrier tackled in the field of play and forced into their own in goal play will restart with a play the ball 5 metres from the goal line, tackle count continues (if last tackle it will be a hand over).

**16. No ball stealing**

**17.** Any act of foul play will result in a 10 metre advance up the field of play to the non-offending side. The game will recommence with a tap restart 10 metres infield from the nearest touchline.

**18.** Sin Bin does not apply. However coaches are encouraged to temporarily substitute players guilty of foul play.

**19.** Coaches must remain in the technical area (a marked out 10m x 5m square situated adjacent to the half way line) during play, they are not allowed onto the field of play. A maximum of four officials plus substitutes are allowed in the technical area.

**20.** Any rule not covered will be as per international rules.

**21. Coach Qualification**

A minimum of a valid RFL UKCC Level 1 is required to coach at this level.



## Other Modified Versions of the Game

### Tag Rugby playing guidelines

1. Tag Rugby is a small sided non contact version of Rugby League.
- 2 The game is suitable for children in the primary sector.
3. The maximum number of players per team shall be seven. However, the game can be played by any number beginning at 4 v 4 and culminating in the prescribed maximum (7 v 7).  
Any use of additional players (substitutes/replacements) should be encouraged with all involved children playing at least a minimum of half a game.
4. The pitch dimensions should begin (4 v 4) as a grid area of 20' x 20' and be adjusted accordingly to accommodate players up to a maximum of 7 v 7 or 35' x 35'.  
These dimensions are only approximations. Consideration must be given to the children having adequate space to play in an enjoyable manner with further consideration also being given to any safety aspects.
5. The duration of each game is a consideration for the teacher in charge with 2 x 15-minute halves being the norm for 7 v 7.
6. The size of the ball. The game should be played with a size 3 standard rugby league ball for players up to the age of 9 years. Thereafter a size 4 should be used.
7. When playing Tag Rugby all players must wear a 'tag belt' that has two ribbons (tags) attached to Velcro. The belt must be worn around the waist with all loose clothing tucked in. The tags are positioned on either side of the hips with teams being distinguished by the colour of tags they wear.
8. The team in possession has the ball for a total of six tags.

**9.** A try is scored in the normal way by placing or touching the ball down on or over your opponents' try line. NB Players will not be allowed to dive over the try line in the act of scoring a try.

**10.** Only the player in possession of the ball can be tagged. A tag is simply the removal by a defender of one of the two ribbons from the ball carrier. The ball carrier cannot fend off or guard/shield the tags in any way. When a defender has removed the tag, he/she stands still at the point at which the tag was removed, holds the tag above their head and shouts 'tag' for all to hear. The attacker returns to where the defender is holding the tag and restarts the game by 'playing' the ball backwards in the correct manner. Immediately following the play-the-ball, the defender must present the 'tag' back to the tackled player. Neither the defender nor the 'tagged' player can take any further part in the game without both 'tags' properly in place on their belts. If the acting half back is 'tagged' in possession of the ball it will result in a handover of possession to the opposition and a play-the-ball restart.

**11.** The person controlling the game will implement a five metre rule in defense but will also have discretion to adjust the distance should player safety become an issue.

**12.** All infringements will result in a handover to the non-offending team at the place the infringement occurred and play restarted with a play-the-ball.

**13.** There will be no kicks allowed including conversion attempts.

**14.** The game will commence with a play-the-ball, centre field at the beginning of each half by:

- a. the team who win the toss of a coin and;
- b. thereafter alternately.

**15.** After a try has been scored the non-scoring team will restart with a play-the-ball centre field, five metres from their own try line. All starts and restarts will be with a play-the-ball, whatever the situation.



## **Two Handed Touch Rugby**

1. Two handed touch is a modified version of Rugby League.
2. The game is suitable for children in the primary sector.
3. It is a small sided non-contact version of Rugby League.
4. The maximum number of players per team shall be seven. However the game can be played by any number beginning at 4 v 4 and culmination in the prescribed maximum.
5. Any use of additional players (substitutes/replacements) should be encouraged with all involved children playing at least a minimum of half a game.
6. The pitch dimensions should begin (4 v 4) as a grid area of 20' x 20' and be adjusted accordingly to accommodate players up to a maximum of 7v 7 or 35' x 35'.
7. These dimensions are only approximations. Consideration must be given to the children having adequate space to play in an enjoyable manner with further consideration also being given to any safety aspects.
8. The duration of each game is a consideration for the coach in charge with 2 x 15 minute halves being the norm for 7 v 7.
9. The size of the ball. The game should be played with a size 3 standard rugby league ball for players up to the age of 9 years. Thereafter a size 4 should be used.
10. The team in possession has the ball for a total of six two-handed touches.
11. A try is scored in the normal way by placing or touching the ball down on or over your opponents' try line.

- 12.** After each two handed touch all defenders must retire five metres prior to the play-the-ball restart. The attacking player should restart the game by way of a play-the-ball. The ball must be played backwards in the correct manner and where the two-handed pass occurred. The defending side cannot move until the ball has been played and is in the hands of the acting half back.
- 13.** If the acting half back is caught in possession it will result in a turnover of possession to the opposition.
- 14.** The person controlling the game will implement a five metre rule in defence but will also have discretion to adjust the distance should player safety become an issue.
- 15.** No ball stealing.
- 16.** All infringements will result in a handover to the non-offending team at the place the infringement occurred and play restarted with a play-the- ball.
- 17.** There will be no kicks allowed including conversion attempts.
- 18.** The game will commence with a play-the-ball, centre field at the beginning of each half by:
  - a. the learn who win the toss of a coin and;
  - b. thereafter alternately.
- 19.** After a try has been scored the non-scoring team will restart with a play-the-ball centre field, five metres from their own try line.
- 20.** All starts and restarts will be with a play-the-ball, whatever the situation.

# The Rugby League Safe Play Code

## Introduction

This Safe play code has been written in order to promote safety and good conduct within the Modified and junior versions of Rugby League.

In so doing it will provide the best possible on-field environment for the development of young Rugby League players, particularly in the areas of actively controlling undesirable actions and behaviour.

## Section 1 - The Tackle Zone

### The Code

#### Tackles above the armpits

### Application

When a ball carrier is advancing in an upright posture, any tackle by the defender in which contact is made above the armpits is termed to be an infringement.

## Section 2 - Dangerous Tackles

### The Code

#### Tripping or throwing an opponent

### Application

It is an infringement if the tackler trips or uses his legs in any way during a tackle. This applies even if the defender already has a hand on the ball carrier (i.e. the Cumberland throw).

### The Code

#### Lifting 1

### Application

Adopting a crotch hold is not permitted, placing either the hand or arm in the crotch region at anytime is an infringement.

## **The Code**

### **Lifting 2**

#### **Application**

Vertical lifting is an infringement, should a referee anticipate this is going to happen in a tackle he or she should blow the whistle immediately to prevent it from occurring.

## **The Code**

### **Lifting 3**

#### **Application**

The ball carrier cannot be lifted and driven.

A tackle in which the ball carrier is lifted and remains off the ground for two or more steps is an infringement.

However, this should not be confused with a driving tackle when the ball carrier is knocked off his or her feet.

## **The Code**

### **Shoulder charge**

#### **Application**

Defenders are not allowed to shoulder charge the ball carrier in order to affect a tackle.

A defender who runs at a ball carrier and makes no attempt to tackle, grab or hold the ball carrier, but merely makes an attempt to effect the tackle by the use of the shoulder shall be deemed to have committed an infringement.

## **The Code**

### **Flopping**

#### **Application**

A defender cannot drop or fall on a prone player.

If the ball carrier is prone or stationary on the ground it is an infringement to drop, dive or fall on that player.

The tackle will be deemed complete by the defender simply putting a hand on the ball carrier.

## **The Code** **Slinging**

### **Application**

The use of the ball carriers arm or jersey to sling a player to the ground is not permitted.

Any defender who uses the arm or jersey of the ball carrier to complete a tackle is committing an infringement.

## **Section 2 - Hand-off or Fend**

### **The Code** **Dangerous use of the hand**

### **Application**

An attacking player cannot thrust out his or her arm and contact a defender above the shoulder.

Any player that hands off or fends above the shoulder will be deemed to have infringed.

## **Section 3 - Scrums**

### **The Code** **Forming, pushing and rotating**

### **Application**

No pushing, or rotating of the modified scrum is permitted.

All scrums are passive, any team attempting to push or rotate the scrum shall be deemed to have infringed. Referees should instruct the teams at the scrum to crouch engage and hold.

## Section 4 - Verbal abuse and foul language

### The Code

#### Unacceptable language

#### Application

The use of obscene, threatening, racist, denigrating and abusive language is not permitted.

Any form of verbal abuse, threatening language or sledging will be deemed an infringement.

#### Code of Conduct

The code of conduct is a policy within which all coaches **MUST WORK**.

#### Humanity

The Coach must respect the rights and choices of all human beings, treating everyone equally and sensitively regardless of their gender, ethnic origin, cultural background, sexual orientation, religion or political affiliation.

#### Relationships

The good Rugby League Coach is concerned with:

- The safety, well being and protection of all individuals in their charge, ensuring that all training and playing demands are not detrimental to the social, emotional, intellectual and physical needs of the individual.
- Encouraging independence through guiding performers to accept responsibility for their own behaviour and performance within training and competition.
- Ensuring their behavior is not misconstrued or open to allegations of favoritism, misconduct or impropriety, particularly where physical contact between coach and performer is necessary within coaching practice.

- Ensuring performers and relevant people are aware of their qualifications and experience, respecting the rights of performers to choose to consent or decline to participate within coaching or playing situations.
- Refrain from public criticism of other coaches, - the definition of public in this instance means criticism expressed in any branch of the media or in a lecture or seminar.

## **Integrity**

The good Rugby League Coach:

- Abides by the rules of Rugby League
- Follows fair play and ethical guidelines
- Ensures all practices are suitable and relevant dependant on age, maturity, experience and ability of performers
- Promotes the prevention and education of the misuse of performance enhancing and illegal substances
- Coaches must accurately present and evidence, upon request, details of their training qualifications and services
- Coaches claiming an affiliation, sponsorship or accreditation with any organization should do so in a truthful and accurate manner
- All coaches must declare, to the appropriate body, any criminal convictions

# The Coaching Environment

## Confidentiality

The coach and performer must reach agreement about what is to be regarded as confidential information.

Confidentiality does not preclude disclosure of information to persons who can be judged to have a right to know. For example:

- Evaluation for selection purposes
- Recommendations for employment
- In matters of disciplinary within the sport
- In matters of disciplinary action by a sport organisation against one of its members
- Legal and medical requirements
- Recommendations to parents/family where the health and safety of performers might be at risk
- In pursuit of action to protect children and young persons from abuse

## Personal Standards

Rugby League Coaches within the coaching/playing environment must not attempt to exert undue influences and pressures in order to obtain personal benefit or reward.

Coaches must display high personal standards that project a favourable image of Rugby League including:

- Good personal appearance that projects an image of health, cleanliness and functional efficiency
- Coaches should never smoke when in the coaching environment

Coaches should refrain from drinking alcohol to the extent that it is:

- Obvious they have been drinking
- Affects their coaching competence
- Compromises performers safety



## **Competence**

All coaches must be appropriately qualified as per the requirements of the RFL.

Coaches should regularly seek ways of increasing their personal and professional development (CPD).

Coaches must be receptive to employing systems of evaluation that include self-evaluation and also external evaluation in an effort to assess the effectiveness of their work.

Coaches must be able to recognise and accept when to refer or recommend performers to other coaches or structures. It is the coach's responsibility as far as possible to:

- a. Verify the competence of the performer
- b. Verify the competence and integrity of any other persons or structure to whom they refer the performer

## **Safety**

Within the limits of their control coaches have a responsibility to:

- Establish a safe working environment
- Ensure as far as possible the safety of the players with whom they work
- Protect children from harm and abuse
- Fully prepare their players for the activities and make them aware of their personal responsibility in terms of safety
- Ensure all activities undertaken are suitable for the experience and ability of the performers and in keeping with the approved practices as determined by the National Governing Body/RFL
- Communicate and co-ordinate with registered medical and ancillary practitioners in the diagnosis, treatment and management of their performers' medical and psychological problems

## Complaints Procedure

Any individual or organisation wishing to make a complaint against a Rugby League Coach, within the context of this code should follow the procedure below:

- Report the matter to the employer of the sports coach and to the relevant Rugby League Governing Body responsible for that area of the game including the relevant junior playing league.

NB: (Employer in this instance refers to the organisation who commissioned the coach to do the coaching whether this is paid or unpaid employment)

- Complaints which refer to the protection of children should be dealt with in accordance with the procedures laid down in the Rugby League Child Protection Policy

## Coaching

- Children play for fun and enjoyment
- Be reasonable in your demands on children's time, energy and enthusiasm - remember they too, have other interests
- Never ridicule or shout at a child for making mistakes at training or during games
- Avoid over playing the talented players. The average ones deserve equal time and attention; time should be afforded to all
- Always group players according to age, height, skill and physical maturity whenever possible
- Follow the advise of medical personnel when deciding if a player is fit to take part
- Teach your players the rules of the game
- Teach children to respect the judgment of officials
- The successful Coach invests more in the well being and interests of players than in their own win-loss record



## **Officiating**

- Sportsmanship and fair play are not a set of rules - they are a code of living
- Condemn gamesmanship and emphasise respect for fair play
- Be consistent, objective and courteous when dealing with all decisions during a game
- Use common sense to ensure that the spirit of the game is not lost
- Compliment both teams on good play when such praise is deserved

## **Administrating**

- Strive for competent levels of planning and communication
- Make sure that venues and facilities meet the needs of the children
- Ensure all activities are supervised and appropriate for the players

Attention should be drawn to The RFL Respect document  
Adapted from Sports coach UK Code of Conduct

## **Resources**

Sports coach UK Code of Conduct

*These rules will be reviewed annually in December and re issued in January.*





**RUGBY LEAGUE**  
IT'S A WHOLE DIFFERENT BALLGAME®