



## Tackle & Ruck Procedure for Age Grade Rugby: U11, U13 & U15

*Introduction to Contact Procedure for the beginning of the season*

The graded introduction to contact procedure is required for all U11s as well as for the FIRST game and/or first series of games of week one for U13/U15 age grade competitions.

### Key Considerations & Coaching Guidelines

- Contact Confidence - we are allowing all players the opportunity to increase their confidence and competence!
- Coaches are to be on field and active in managing contact areas - be vocal!
- Coaches are actively teaching the players to be safe and confident in the ruck and tackle.
- Coaches are encouraged to slow the game down and provide teaching moments in the contact area

Week	Tackle	Ruck
Week 1	<p><u>Assist to Ground.</u></p> <ul style="list-style-type: none"> <li>● Defending player makes solid noticeable contact with the ball carrier (i.e. hold up)</li> <li>● Coach to allow the opportunity to complete the tackle &amp; ball carrier to place the ball properly and safely towards own team.</li> <li>● Coaches use the “PAUSE” option frequently - when a contact is made they can temporarily freeze the game and allow the tackle to be complete, allowing the game to be more free flowing as confidence increases.</li> </ul>	<p><u>Uncontested, body position focus.</u></p> <ul style="list-style-type: none"> <li>● Ball carrier to place ball &amp; remain in ruck. Tackler to roll away east/west &amp; join defensive line</li> <li>● 1x support player from each team to come in contact over the ball with shoulders - scrum/body position REQUIRED.</li> <li>● NO kneeling/hand touch/etc → Get them in the correct body position!</li> <li>● Next attacking player to pass the ball from base (no pick &amp; go)</li> </ul>
Week 2	<p><u>Controlled Tackle &amp; Assist to Ground</u></p> <ul style="list-style-type: none"> <li>● Defending player stops the ball carrier (i.e. hold up -or- slow down considerably)</li> <li>● Coaches on field encourage players to complete tackles at a higher speed rather than pausing the game like in Week 1.</li> <li>● IMPORTANT! Tackles are completed while maintaining controlled contact area &amp; awareness of developing players - the games are just a bit more free flowing now.</li> </ul>	<p><u>Semi-contested, body position focus.</u></p> <ul style="list-style-type: none"> <li>● Ball carrier to place ball &amp; remain in ruck. Tackler to roll away east/west &amp; join defensive line</li> <li>● 1x support player from each team in contest in correct body position - correct body position REQUIRED</li> <li>● Increased ruck contest - players push against one another BUT the attacking team retains the ball.</li> <li>● Next attacking player to pass the ball from base (no pick &amp; go)</li> </ul>
Week 3	<p><u>Full tackle with NO assist to ground pauses</u></p> <ul style="list-style-type: none"> <li>● Coaches are to discuss prior to the match should they want to maintain week 2 or week 1 variations.</li> <li>● During the match modify conditions to match skill level and confidence of players.</li> </ul>	<p><u>Full-contest, body position focus.</u></p> <ul style="list-style-type: none"> <li>● Ball carrier to place ball &amp; remain in ruck. Tackler to roll away east/west &amp; join defensive line</li> <li>● 1x player from each team in contest in correct body position AND with full ruck contest- players to clear out the opposition (ruck turnovers by “clearing the space” allowed)</li> <li>● Next attacking player to pass the ball from base (no pick &amp; go)</li> </ul>



### Definitions

Assist to Ground → new to contact/less confident players

- Ball carrier and tackler make contact, the ball carrier's momentum may or may not be slowed. The coach says “Tackle” and the ball carrier will fall and place the ball to their own team, while the tackler falls with them to the ground and rolls away from the tackle area.

Controlled Tackle → familiar with contact/more confident players

- Increased physicality compared to “controlled take to ground” such that the ball carrier’s momentum is visibly slowed. Again the coach calls “tackle” and the ball carrier falls to ground and places the ball while the tackler completes the tackle and rolls away.

U11 Law Clarification

- Fending / Handoff = No - includes boshing
- Tackle = Yes - Below Waist
- Ruck = Yes - 1 v 1 Contested \*No pick and go from support players

Match Officials

- U11 - coach on field / game manager
  - **Important!** Coaches on field are encouraged to manage the contact area and teach as much as possible! In week 2 or 3 of the festivals begin including new/developing refs and allow them opportunities to work with this age group.
- U13 & u15 - accredited match official where possible or coach/game manager
  - **Important!** Both Coaches and Match Officials are to be on field teaching and managing the contact area during Week 1 / first match of pre season. Please meet with your match officials and coach of the opposition prior to the match to discuss contact concerns and processes.