



GRADED INTRODUCTION TO CONTACT: TACKLE & RUCK PROCEDURE

U11

GAME CARDS

U11 TACKLE Level 1 - Assist to Ground

Ball 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.

TACKLER	BALL CARRIER	SUPPORT PLAYERS	COACH / REF ON FIELD
<ul style="list-style-type: none"> Makes solid and noticeable contact with the ball carrier BELOW the sternum Complete the tackle safely Roll away from the tackle area CANNOT rip ball from ball carrier 	<ul style="list-style-type: none"> Secures ball & retains possession Place ball properly and safely towards own team 	<ul style="list-style-type: none"> Stay out of the tackle - NO tackle assist One support player from each team prepare to ruck Rest of the team resets for next phase of play 	<ul style="list-style-type: none"> CONTROL the Contact Area Call "PAUSE" to stop the game, allow tackle to be complete, then continue play Call "TACKLE" when tackle is initiated & allow for successful tackle

U11 RUCK Level 1 - Uncontested, body position focus - 1v1

Uncontested - attack retains possession. No turnovers. One player from each team is in the ruck. No pick and go off the back of the ruck

TACKLER	BALL CARRIER	SUPPORT PLAYERS	COACH / REF ON FIELD
<ul style="list-style-type: none"> Roll away from the tackle area and join the defensive line CANNOT rip ball from ball carrier 	<ul style="list-style-type: none"> Places the ball and remains in the ruck 	<ul style="list-style-type: none"> One support player from each team comes into contact over the ball WITH shoulders engaged in scrum body position BUT NO PUSH NO kneeling/hand touch Next attacking player to pass the ball from the back of the ruck NO pick and go 	<ul style="list-style-type: none"> Ensure safe and correct body positioning Players MUST BE IN CONTACT - SHOULDERS TOUCHING (1v1 scrum position) Signal return to play if game was paused

U11 TACKLE Level 2 - Controlled Tackle AND Assist to ground

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 carrier is brought to ground and places the ball while the tackler completes the tackles and rolls away

TACKLER	BALL CARRIER	SUPPORT PLAYERS	COACH / REF ON FIELD
<ul style="list-style-type: none"> Stops the ball carrier BELOW the sternum - hold up or considerable slow down of momentum Complete the tackle safely & roll away CANNOT rip ball from ball carrier 	<ul style="list-style-type: none"> Secures ball & retains possession Place ball properly and safely towards own team 	<ul style="list-style-type: none"> Stay out of the tackle - NO tackle assist One support player from each team prepare to ruck Rest of the team resets for next phase of play 	<ul style="list-style-type: none"> CONTROL the contact area - ENCOURAGE players to complete tackles - use PAUSE less frequently, instead call TACKLE & allow successful tackle Allow the game to be more free flowing

U11 RUCK Level 2 - Semi-Contested, body position focus - 1v1

One support player from each team in contest with correct body position. Ruck contest is increased, players can push against each other but the attacking team retains the ball. No pick and go off the back of the ruck

TACKLER	BALL CARRIER	SUPPORT PLAYERS	COACH / REF ON FIELD
<ul style="list-style-type: none"> Complete tackle Roll away from the tackle area and join the defensive line 	<ul style="list-style-type: none"> Places the ball and remains in the ruck 	<ul style="list-style-type: none"> One support player from each team IN CONTEST (both push & “battle”) with CORRECT body position BUT attack retains possession Next attacking player to pass the ball from the back of the ruck NO pick and go 	<ul style="list-style-type: none"> Ensure safe and correct body positioning - Call PAUSE if correct body positioning IS NOT present RESET body position, resume ruck CONTROL the contact area

U11 TACKLE Level 3 - Full Tackle, NO modifications or Pauses

Full tackle. No modifications

TACKLER	BALL CARRIER	SUPPORT PLAYERS	COACH / REF ON FIELD
<ul style="list-style-type: none"> Complete tackle safely BELOW the sternum CANNOT rip ball from ball carrier 	<ul style="list-style-type: none"> Secures ball & retains possession Place ball properly and safely towards own team 	<ul style="list-style-type: none"> Stay out of the tackle - NO tackle assist One support player from each team prepare to ruck Rest of the team resets for next phase of play 	<ul style="list-style-type: none"> Discuss prior to match if previous variations are to be used CONTROL the contact area - ENCOURAGE players to complete tackles

U11 RUCK Level 3 - Fully contested - 1v1

Turnovers from clearing the space in the ruck are allowed. No pick and go off the back of the ruck

TACKLER	BALL CARRIER	SUPPORT PLAYERS	COACH / REF ON FIELD
<ul style="list-style-type: none"> Complete tackle, roll away from the tackle area and join the defensive line 	<ul style="list-style-type: none"> Places the ball and remains in the ruck 	<ul style="list-style-type: none"> One support player from each team IN FULL CONTEST with CORRECT body position - players work to clear out the opposition Turnovers permitted ONLY from CLEARING THE SPACE (no poach) Next attacking player to pass the ball from the back of the ruck NO pick and go 	<ul style="list-style-type: none"> CONTROL the contact area ENCOURAGE body position and CLEARING THE SPACE STOP the game if unsafe play Ensure flow of the game