



GRADED INTRODUCTION TO CONTACT: TACKLE & RUCK PROCEDURE

U13

GAME CARDS

U13 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"> NO tackle assist Up to TWO support players from each team prepare to enter the ruck The rest of the team prepares for the next phase of play 	<ul style="list-style-type: none"> CONTROL the contact area - ENCOURAGE players to complete tackles - call TACKLE & allow successful tackle BOTH Coaches and MO on the field teaching & managing contact area

U13 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"> Up to TWO 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

U13 TACKLE Level 3 - Full Tackle, NO modifications or Pauses

No modifications, prioritize safety

TACKLER	BALL CARRIER	SUPPORT PLAYERS	REF ONLY ON FIELD
<ul style="list-style-type: none"> Complete tackle safely BELOW the sternum MAY rip ball from ball carrier 	<ul style="list-style-type: none"> Works to retain possession, places the ball and remains in the ruck 	<ul style="list-style-type: none"> Multi player tackling is permitted - YES tackle assist Up to TWO support players from each team prepare to enter the ruck The rest of the team prepares for the 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

U13 RUCK Level 3 - Fully contested, 2v2

Turnovers from clearing the space in the ruck are allowed. Prioritize safety

TACKLER	BALL CARRIER	SUPPORT PLAYERS	REF ONLY 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"> Up to TWO 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