



Player Development Pathway and Club Coaching Handbook U7 ~ U18



Photograph by: John Palmer - Club Photographer



Salisbury Rugby Football Club

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Acknowledgement : Royal Wootton Bassett RFC



Produced by Mick Brown Club Coaching Coordinator



Forward

I was very pleased to accept Salisbury RFC's request to provide a few words for the forward of this Coach and Players Handbook. It gives me an opportunity to give recognition to the club that gave me the environment in which I could enjoy my rugby and develop as a player, as I progressed through the age groups in the Mini, Midi and Junior sections. Ultimately this resulted in me having the opportunity to be able to proudly represent my country at international level. The quality of coaching at Salisbury has always been of the highest standard, driven by the desire of the coaches to ensure all the boys and girls achieve their potential in a challenging but fun environment.

This Handbook is a fantastic example of how the club and its coaches are constantly trying to improve standard, whilst providing a valuable source of information for coaches, players and parents. Congratulations to all those who were involved in the production of this fantastic document.

Mike Brown

Salisbury and England

Introduction

This Player Development Handbook has been produced by the collaboration of coaches from across the age groups at Salisbury RFC and myself, as Club Coaching Coordinator, in order to provide a 'One Stop Handbook' for coaches, players and parents. Information has been sourced from various appropriate bodies, specifically the Rugby Football Union, in order to provide a comprehensive, easy to read document, which acts as a guide through, and provides details of, the Player Development Pathway as adopted by Salisbury RFC.

The Handbook also highlights the ethos at Salisbury RFC, which is to provide a positive and enjoyment based environment, which reflects a 'Player Centred', 'Development Driven' and 'Competition Supported' approach to rugby. The Handbook has been enhanced by the inclusion of a commitment from the Club and coaches to provide a standard of coaching and club based facilities to support and develop the boys and girls through the age groups to senior level.

The contents of this document reflect the Club's commitment to Rugby's 'Five Core Values'.

Teamwork – Respect – Enjoyment – Discipline – Sportsmanship

Mick Brown

Salisbury RFC Club Coaching Coordinator

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AGE GRADE RUGBY

*To find out more go to
englandrugby.com/agegraderugby*

Young people tell us that above all else they want to have fun playing rugby with their friends. This is at the heart of a new Age Grade Rugby framework that will launch from September 2016 for six to eighteen year olds.

This will ensure the game is player centred, development driven and competition supported. It will put inclusivity and each player's skill development first, increasing the intensity of competition in line with the motivations of our young players. It aims to help children develop and learn the game at their own pace, and make sure they have plenty of fun while playing competitively.

For the first time Age Grade Rugby will have a nationally consistent competition calendar and menu. This will improve the clarity of the competition pathway for young players and avoid conflict between club, school, college and representative rugby competitions; all helping every level of player to enjoy a more balanced playing season.

The New Rules of Play, the bedrock of Old Mutual Wealth Kids First, will be in place in clubs and schools at Under 13 and younger from September 2016. The New Rules provide building blocks to the 15-a-side game, allowing players time to get to grips with the basics before contact and specialism is gradually introduced. Coaches and teachers can help players master the skills of the game at a safe and appropriate pace in an environment based on activity, safety and fun.

As part of the new approach the Age Grade girls' game is given even greater focus. Girls will continue to play mixed rugby until U11 to match their maturity as players before moving into the dual age bands at Under 13 and Under 15.

PLAYER CENTRED DEVELOPMENT DRIVEN COMPETITION SUPPORTED

Developing future talent

Experts from across the rugby and sporting spectrum tell us that rugby is a late specialism sport and recommend that representative rugby and high intensity competition should wait until players have reached physical maturity around 15/16 years old.

The RFU's player development programme will ensure that it complements the rest of the Age Grade game as well as developing the more able players and providing them with appropriate competitive opportunities.

It will maintain focus on their core playing programme in clubs, schools and colleges so that selection and representative rugby balances with both the individual and their team mates' season and motivations for taking part in rugby union.



Kids First

Old Mutual Wealth Kids First is the new approach to rugby at Under 7 to Under 13 in clubs and schools.

The RFU is asking clubs and schools to commit to the Kids First pledge to:

- *Put children at the heart of everything they do and the decisions they make*
- *Encourage fun on the pitch through realistic expectations of our children*
- *Develop children's character as players and as people and challenge any behaviour that conflicts with this*
- *Build the skills of our adults to provide a safe, healthy and respectful environment for our children*
- *Champion rugby's core values and a life-long bond between children, adults and sport*

Those signing up will receive access to Old Mutual Wealth Kids First resources and support to help them drive delivery of the pledge for all players across their programme.

englandrugby.com/kidsfirst

RugbySafe



It is essential that young people play rugby in a safe environment. RugbySafe encapsulates all the RFU's player safety and wellbeing programmes, providing support to clubs, schools, colleges, universities and participants at all levels of the game. It includes easily accessible and essential information and resources for everyone in the game, with guidance, standards and actions that should be in place, and that parents and players should expect.

RugbySafe covers all aspects of the game through:

- **Research:** the findings of studies provide new evidence to inform safe technique, laws and regulations of the game, and the content of training programmes
- **Playing Environment:** covering facilities' standards and guidelines for medical and first aid provision at games and training.
- **The Game:** with information on different formats of the game and regulations governing all age groups
- **Education and Development:** covering training available for coaches, match officials, medics and other volunteers
- **Values & Culture:** encompassing rugby's core values and their significance in ensuring that the importance of player welfare is understood

Headcase, recognised across the wider sporting landscape as a flagship resource. It includes free online modules for coaches, match officials and players and will soon have a version specifically for teachers and parents. For more information go to englandrugby.com/headcase

englandrugby.com/rugbysafew

Rugby's Core Values

Rugby's values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship are what make the game special for those who enjoy the environment and culture they create. They define the game and define England Rugby.

Teamwork

Teamwork is essential to our sport. We welcome all new team members and include all because working as a team enriches our lives. We play selflessly: working for the team, not for ourselves alone, both on and off the field. We take pride in our team, rely on one another and understand that each player has a part to play. We speak out if our team or sport is threatened by inappropriate words or actions.

Respect

Mutual respect forms the basis of our sport. We hold in high esteem our sport, its values and traditions and earn the respect of others in the way we behave. We respect our match officials and accept our decisions. We respect opposition players and supporters. We value our coaches and those who run our clubs and treat clubhouses with consideration.

Enjoyment

Enjoyment is the reason we play and support rugby union. We encourage players to enjoy training and playing. We use our sport to adopt a healthy lifestyle and build life skills. We safeguard our young players and help them have fun. We enjoy being part of a team and part of the rugby family.

Discipline

Strong discipline underpins our sport. We ensure that our sport is one of controlled physical endeavor and that we are honest and fair. We obey the laws of the game, which ensure an inclusive and exciting global sport. We support our disciplinary system, which protects our sport and upholds its values. We observe the sport's laws and regulations and report serious breaches.

Sportsmanship

Sportsmanship is the foundation upon which rugby union is built. We uphold the rugby tradition of camaraderie with teammates and opposition. We observe fair play both on and off the pitch and are generous in victory and dignified in defeat. We play to win but not at all cost and recognize both endeavor and achievement. We ensure that the wellbeing and development of individual players is central to all rugby activity.

Salisbury Rugby Club Principal Objectives:

- *To create a safe, enjoyable but challenging environment to allow the players to reach their potential (players, coaches & parents see Appendix B).*
- *To develop the ethos of good sportsmanship in an environment which encourages self discipline and respect for other teams players and match officials.*
- *To create an environment with an emphasis on performance rather than one of results, where all players have an equal opportunity to take part in games.*
- *To create a structured player coaching pathway to develop players through the age groups with the aim of establishing continuity that results in progression to adult rugby.*
- *To support the development of the coaches through a structured CPD programme in support of player development.*

"Children Learn what they live"

"Coaches facilitate a significant part of this learning and have a big responsibility to develop an environment that enriches the lives of people"

Lynn Kidman

Australian Institute of Sport



The Club will...

- *Produce a coach CPD based development strategy.*
- *Produce role specifications for all senior coaching posts.*
- *Support coaches in the development of age group related seasonal training schedules and assessment criteria.*
- *Organise refresher training on a regular basis for coaches in order to maintain the Club's "Core Values" and enhance best practice.*
- *Provide club coaches with opportunities to attend RFU CPD courses and courses run by other organisations, where possible at Salisbury RFC.*
- *Through the Club Coaching Coordinator, provide one to one support for coaches as they progress through the CPD programme.*
- *Encourage all coaches to maximize their potential through the CPD program.*

Coaches will...

- *Produce an age-group related seasonal training schedule and assessment criteria which is appropriate to the physical ability and skill level of the players and is consistent with the long-term development of players.*
- *Provide a safe environment which challenges players, with the emphasis on fun and enjoyment.*
- *Provide an environment, which ensures all players have the opportunity to participate in an equal amount of playing time during the season.*
- *Provide an environment, which ensures all players have the opportunity to experience as wide a variety of positions as appropriate to their physical and skills ability.*
- *Provide a challenging coaching environment, which will help players reach their potential, whilst enjoying their rugby.*
- *Provide regular individual feedback to players to help with their personal development.*

The Club will measure success by...

- *Monitoring player recruitment and retention at each age group.*
- *Monitoring coach development through the attainment of RFU and other CPD qualification.*
- *Measuring the retention of skilled and qualified coaches.*
- *Measuring the number of players who continue to play to Senior level.*



Under 7s & Under 8s

Tag Rugby ~ Non Contact



- Enjoyment of playing rugby.
- Greater development of Agility, Balance and Coordination (ABC's).
- A strong understanding of boundaries.
- Use terminology suitable to a U7/8 player.
- A players ability to understand how to identify and use space.
- Develop awareness of team mates and teamwork.
- Hand eye coordination.
- The main focus must be on the ability to run with the ball in two hands and evade defenders.
- Tournaments and Festivals should be entered as appropriate and viewed as a method by which players can test their skills against a wide variety of opponents. Winning a competition is not the reason to enter it. Reward endeavour and teamwork development.

Under 7s Girls/boys

Maximum numbers - 4

Match pitch size (m) – 20 x 12

Max mins per half – 10

Max mins per day – 50

+ Tag only

Size
3

Under 8s Girls/boys

Maximum numbers - 6

Match pitch size (m) – 45 x 22

Max mins per half – 10

Max mins per day – 50

+ Tag - 6 tags to score

Size
3

Friendlys, Trianglars and Festivals ▶



Old Mutual Wealth Kids First Rugby ▶

Mixed Rugby ▶

Under 9s

Tag to Tackle Transition

- Maintain the development of Agility, Balance and Coordination (ABC's).
- Further develop players' ability to pass and catch the ball - keeping the ball alive with off load skills.
- Create a player's understanding that rugby is an evasion game that involves contact, not a sport for seeking contact.
- Coach safe and effective methods of tackling and understanding of teamwork in defence.
- Start to develop the power position/Top.
- Coach safe and effective ways of placing the ball on the floor after a tackle to ground and if the off load is not available.
- The conventional Maul and Ruck need not be taught at this age. The process is to coach ruck and maul as a consequence of being tackled and not in isolation. Instead coaches should encourage evasive running and passing before, during and after contact. Contact can be invited for tactical advantage and not just to run into without purpose.
- Tournaments and festivals should be entered as appropriate and viewed as a method by which players can test their skills against a wide variety of opponents. Winning a competition is not the reason to enter it. Reward endeavour and teamwork development.



Under 9s Girls/boys

Maximum numbers - 7

Match pitch size (m) – 60 x 30

Max mins per half – 15

Max mins per day – 60

+ Contact game starts

+ Tackle including hold



Friendlys, Triangulars and Festivals



Under 10s

- Further development of Agility, Balance and Coordination (ABC's).
- Further develop Running and Evasion skills and the principle of going forward.
- Further develop players' ability to pass and catch the ball when on the run-keeping the ball away from contact wherever possible. Decision making practices will help in this area.
- Coach safe and effective methods of tackling and ball presentation.
- Coach the safe and effective contest skills at the breakdown.
- Coach a safe uncontested scrum
- Develop the ability to pass of both hands (Scrum Half)
- Continue the development of cooperation within a team environment and spacial awareness. This does not mean organisation of team play, as this may restrict individual development and is not aligned to the RFU New Rules of Play.
- Tournaments and Festivals should be entered as appropriate and viewed as a method by which players can test their skills against a wide variety of opponents. Winning a competition is not the sole reason to enter it. Reward endeavour and teamwork.



Under 10s Girls/boys

Maximum numbers - 8

Match pitch size (m) – 60 x 35

Max mins per half – 15

Max mins per day – 60

+ 3 player uncontested scrum
- scrum half pass only
+ Ruck and maul - 1 support
player per team, scrum half
pass only
+ Tackle not hold



Under 11s

- Further development of Agility, Balance and Coordination (ABC's).
- Further develop the speed and agility of every player.
- Further develop players' ability to pass and catch the ball - keeping the ball away from contact wherever possible, maintaining continuity of play. Managing to off load while running at pace.
- Coach safe and effective methods of tackling and closing space down quickly.
- Coach a safe uncontested scrum and introduce the strike (no push).
- Develop safe and effective ways to Maul and Ruck (2 support players per team). The micro maul should be prioritised as players are rarely taken to ground by the initial tackle/challenge at this age.
- Introduction of basic starter moves with limited structure, to allow children to play and learn.
- Introduce the concept of using the kick and develop appropriate kick decision making.
- Introduce the basic concept of pitch zones.
- Tournaments and Festivals should be entered as appropriate and viewed as a method by which players can test their skills against a wide variety of opponents. Winning a competition is not the reason to enter it. Reward endeavour and teamwork development.



Under 11s Girls/boys

Maximum numbers - 9

Match pitch size (m) – 60 x 43

Max mins per half – 20

Max mins per day – 70

+ 3 player scrum - strike no push
+ Ruck and maul -
2 support players per team
- Kicking - no flyhack



Friendlys, Triangulars and Festivals ▶

Under 12s

- Further development of Agility, Balance and Coordination (ABC's).
- Develop the understanding of continuity in attack and maintaining possession.
- Use of two key phrases in attack. "attack space at pace" and "attack spaces not faces".
- Coach safe and effective methods of tackling and ball presentation.
- Create pressure and understand that pressure cannot be applied to the opposition without pressure being applied to oneself.
- Develop ruck and maul techniques (unlimited) aligned to a good understanding of how the ruck and maul effect the game.
- Coach a safe uncontested 5 player scrum (no push).
- Develop support play in attack and defence.
- Introduce the use of the fend off (below the armpits).
- Develop the understanding of when the Scrum Half should break from the scrum and breakdown or chose the option to pass.
- Create an environment where experienced players take a lead role in the integration and management of new or late developing players.
- At this age, players may start to consider to which positions they are most suited but they should all be encouraged to try a variety of positions as they continue to develop. This will also enhance the understanding of working within a team and become less ego centred.



Under 12s Girls/boys

Maximum numbers - 12

Match pitch size (m) – 60 x 43

Max mins per half – 20

Max mins per day – 70

- + 5 player scrum - strike no push
- + Ruck and maul - unlimited, scrum half run or pass
- + Fend-off below armpits



+ Waterfall Tournaments



Under 13s

- Core Skills as for U12s.
- Develop unit play in team context.
- Manage space in attack & defence.
- Running Lines in attack.
- Creating space in attack.
- Develop the 6 player scrum (strike & push).
- NB: Girls as for U11s with 5 player scrum (strike, no [push).
- Attacking strategy.
- Further develop the understanding of when the Scrum Half should break from the scrum and breakdown or chose the option to pass.
- Develop the kicking skills (introduce the flyhack)
- Ability to consistently execute 2 V 1.
- Tackle safely and effectively.
- Longer passing.
- Understand the kicking game and strategy.
- Changes in the players position may continue to change as the players continue to grow and Mature (be aware of the need to manage the late developers)



Under 13s Girls/boys

Maximum numbers - 13 (girls 12)

Match pitch size (m) – 90 x 60

(girls 60 x 43)

Max mins per half – 25

Max mins per day – 80

**+ Boys 6 player scrum
(Strike and push)**

**Girls as for U11s except 5
players in scrum (strike no push)
scrum (strike - no push)**

Scrum Half run or pass

Boys kicking (inc flyhack)

Size
4

Friendlys, Triangulars and Festivals

+ Waterfall Tournaments

Under 14s

District Representation Opportunity

- Core skills as previous groups.
- Further develop unit play in a team context.
- Develop the 8 player scrum (strike & push) with no 8 pick up and run
- Develop the ability to play the whole game on a full size pitch.
- Understand the positional roles on the pitch.
- Develop creative back play.
- Develop basic patterns of play.
- Develop basic defensive systems - Man on Man & Drift.
- Develop further the kicking skills (include kicking for goal)
- Introduce and develop uncontested lineouts (with a basic understanding of using calls)
- Changes in a player's position will continue as players to continue to grow and mature. Develop a deeper understanding of the roles of each playing position.



Under 14s Boys only

Maximum numbers - 15

Match pitch size (m) – 100 x 70

Max mins per half – 25

Max mins per day – 80

+ 8 player scrum - no pick up and run

+ Kicking at goal

+ Lineout with uncontested catch. See Appendix A



Under 15s

County Representation Opportunity

- *Fitness to be effective for the whole game aligned with the core skills of running, passing kicking and tackling. Start to look at a players core muscle development.*
- *Further develop unit play in a team context, enhanced by effective communication.*
- *Continue to develop uncontested lineouts (with a basic understanding of using calls).*
- *Develop basic patterns of play. Developing an understanding of attack strategies and subsequent tactics aligned with the ability and skills to execute in either direction.*
- *Develop basic defensive systems - Man on Man & Dnft.*
- *Changes in a player's position will continue as players to continue to grow and mature. Players may now be suited to "training to compete" to a greater degree.*
- *Management of parent and player expectation is important at this age group.*



Under 15s Girls/boys

Maximum numbers - 15

Match pitch size (m) – 100 x 70

Max mins per half – 30

Max mins per day – 90

+ 3 girls & Boys

**Lineout with uncontested catch
- lift permitted. See Appendix A**



Friendlys, Triangulars and Festivals ▶

+ Waterfall Tournaments ▶

+ Knock out Tournaments ▶

+ Leagues (Boys only) ▶

Under 16s

County Schools, Regional 7s National Representation Opportunity

- Further develop unit play in a team context with a greater understanding of how to adapt and change the tactical approach. Allow the players to make mistakes in order to learn.
- Develop a greater understanding of playing without rigid direction, 'Heads Up'.
- Develop the full length lineout use.
- Develop the ability and understanding how to perform an effective, efficient and safe lineout lift.
- Develop basic defensive systems - Man on Man & Drift and introduce the concept of phase play defence (CPD).
- Consider the development of leaders by changing the roles of personnel. Personal skills such as commitment, responsibility, integration and confidence.
- Start to help a player understand how to manage their body through effective nutrition.
- Start to look at core functional movements in the gym.
- Remember the academic demands on this age group in relation to rugby commitments.



Under 16s Boys only

Maximum numbers - 8

Match pitch size (m) – 60 x 35

Max mins per half – 15

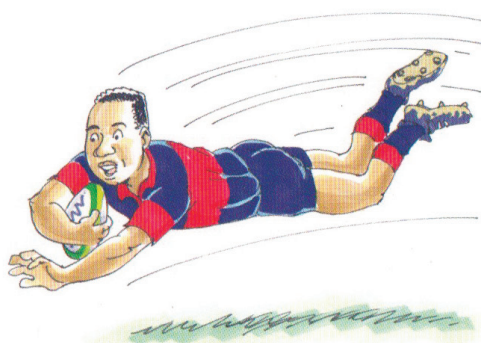
Max mins per day – 60

+ Contested lineout



Under 17s/Under 18s

- Ideally players will have come through a curriculum of core skill development.
- The players should be adaptable to different coaches and coaching philosophies.
- Players should have the ability to fully understand game plans and carry them out.
- Players should understand what plan B is and when to use it.
- Develop a players understanding of how they can use a gym to benefit their rugby.



- Access qualified instructors to offer position specific strength and conditioning.

Players responsibilities:

- Be responsible for their own organisation and actions.
- Be a role model to the junior section and club representation.
- Be responsibility for their own body - fitness and well being.
- Participate and buy into whole club responsibilities and exhibit the values of RWBRFC.

Under 18s Boys only

Maximum numbers - 15

Match pitch size (m) – 100 x 70

Max mins per half – 35

Max mins per day – 90

Size
5

Friendlys, Triangulars and Festivals ▶

+ Waterfall Tournaments ▶

+ Knock out Tournaments ▶

18

(+ Girls U18 Age Band) ▶

Boys play single age band rugby. Girls play joint age band rugby at U13, U15 and U18. ▶

Continuous Personal Development (CPD)

Mini/ Midi

Headcase
Play it Safe
Rugby Ready
Rugby Smart
Kids First Tag
Coaching Through Games

15 a-side

Continuity
Maul and Ruck
Lineout
Back Attack
Kicking
Half Back Play
Defence in Phased Play
Scrum Factory

Advanced

UKCC Level 1 (*Introducing Children to Rugby*)

Prerequisite:

IRB Rugby Ready
(*'New Rules of Rugby'*) Law Test

UKCC Level 2 (*Coaching 15 a-side*)

Prerequisite:

Scrum Factory

UKCC Level 3

Prerequisite (*minimum of 2 prerequisites*):

Performance Analysis
Planning and Periodisation
Player Profiling Team Selection
Game Planning
Goal Setting
Team Selection

Refereeing

Level 1 -Refereeing (Children)

Level 2 - Refereeing (15 a-side game)

U14 and U15 Lineout FAQs – September 2016

	U14	U15
<i>When can the non-throwing team contest possession?</i>	The contest for possession can start once the player who catches the ball has safely returned to the ground. The non-throwing team cannot contest possession whilst the ball is in the air.	
<i>Does the team throwing in always have to win the ball?</i>	Yes - If the ball is thrown straight and assuming a player from the throwing team catches it cleanly. If it is knocked on, normal laws apply.	If it is thrown straight and caught cleanly then the team throwing in the ball must win it. If it's knocked on / not thrown straight, normal laws apply.
<i>What happens if the ball lands in the arms of the non-throwing team?</i>	This means the ball hasn't been thrown straight. In this instance a throw in is immediately awarded to the non-throwing team. If the throw in is not straight again, a scrum will be awarded to the original throwing team on the 15m line.	This means the ball has not been thrown straight, so advantage is awarded to non-throwing team – assuming it is safe to do so.
<i>If the ball goes over the intended catcher, what happens?</i>	Assuming the ball has been thrown straight, the throw in remains uncontested. If the ball is not thrown straight, a line out is immediately awarded to the non-throwing team.	If the throw in is straight but misses the intended catcher it is still an uncontested line out and throwing in team must still win it (the line out is still in play).
<i>If they don't lift, does that mean we (as the defending team) can contest?</i>	N/A	No. Lifting is permitted, not mandatory, and remains uncontested.
<i>What happens if the ball hits the floor?</i>	The lineout is over. Assuming there has been no foul play and that the ball is thrown straight, possession may be contested if the ball hits the ground.	
<i>Can a maul be formed from the lineout?</i>	Yes, but the player must have been returned safely to the ground before the opposition can contest the ball. Normal World Rugby Laws apply.	Yes, but the player must have been returned safely to the ground before the opposition can contest the ball. Normal World Rugby Laws apply.
<i>Can I score from a maul that has been created from a lineout?</i>	Yes.	Yes.
<i>What happens if a team compete for the ball?</i>	Free kick to non-offending team, unless there has been an act of dangerous play (as detailed by World Rugby) in which case a penalty would be awarded.	
<i>If the throw isn't straight and the other team catch it what happens?</i>	A lineout is immediately awarded to non-throwing team. If the throw in is not straight again, a scrum will be awarded to the original throwing team on the 15m line.	Advantage is awarded to non-offending team, assuming it is safe to do so.

Appendix A (Continued)



<i>Do numbers in the line out have to be equal?</i>	The opposing team may have fewer lineout players but they must not have more.	The opposing team may have fewer lineout players but they must not have more.
<i>How many players can we have in the lineout?</i>	The team throwing in the ball decides the maximum number of players in the lineout. At least two players from each team must form a lineout, with a maximum of thirteen.	The team throwing in the ball decides the maximum number of players in the lineout. At least two players from each team must form a lineout, with a maximum of thirteen.
<i>Do I have to lift at U15?</i>	N/A	No – lifting is permitted, not mandatory. If the players are confident and competent than they may lift.
<i>Why should we lift at U15?</i>	N/A	This stage is vital in the progression of the lineout for both teams. This progression allows the opportunity to develop the skill of lifting in a competitive environment, without the pressure of opposing players contesting possession. It also provides a springboard for attacking play. In defence this allows players the opportunity to develop the skills needed which will be utilised from U16.
<i>When the ball becomes playable / contestable again?</i>	<p>No different from previous laws. The lineout ends when the ball or a player carrying it leaves the lineout. This includes the following:</p> <ul style="list-style-type: none"> • When the ball is thrown, knocked or kicked out of the lineout, the lineout ends. • When the ball or a player carrying the ball moves into the area between the 5-metre line and the touchline, the lineout ends. • When a lineout player hands the ball to a player who is peeling off, the lineout ends. • When the ball is thrown beyond the 15-metre line, or when a player takes or puts it beyond that line, the lineout ends. • When a ruck or maul develops in a lineout, and all the feet of all the players in the ruck or maul move beyond the line of touch, the lineout ends. 	

Please also refer to the following links for further information:

www.englandrugby.com/regulations

www.englandrugby.com/agegraderugby

<http://www.englandrugby.com/news/countdown-begins-for-age-grade-rugby/>

<http://www.worldrugby.org/?law=19>

For Further guidance from Dorset & Wilts RFU on lineouts go to page 22

Appendix A (Continued)



Dorset & Wilts RFU Guidance Lineouts for U14s and U15s

When does the Uncontested lineout/catch end?	When the player has 'safely' caught the ball and is on the ground
When can the player be tackled/sacked/having the ball ripped away?	When the player is 'safely' on the ground
When can mauls/rucks form?	When the player is on the ground and contact is made with the first defender.
When is the lineout over?	When the ball leaves the lineout by a pass, the ball is carried away by a player from the lineout or a ruck/maul is formed and then the normal laws will apply to determine when the lineout has ended.
Whilst the lineout is in progress what must the 'non-participants' do?	They must stay 10m back
Does the 'not straight' law apply?	No it does not

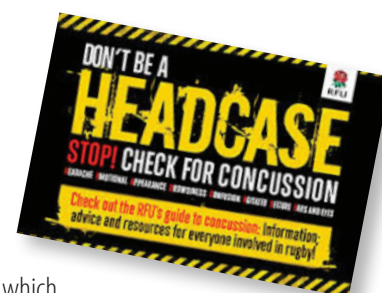
Appendix B

Players Safety

The RFUs 'Headcase' campaign aims to improve awareness in the recognition, prevention and management of concussion.

Of paramount importance to Salisbury RFC, its coaches and officials is the establishment and maintenance of a safe environment for all players during training and the development of rugby skills, which mitigate the likelihood of injury during games. However, there are situations where, as with all contact sport, injuries do occur. Salisbury RFC is committed to have in place protocols and trained personnel to respond to these situations. The primary concern is for injuries resulting from impact with the head. In response to this the Rugby Football Union has established the 'Headcase' initiative, supported by an online facility to provide information and a training module, which all coaches utilize.

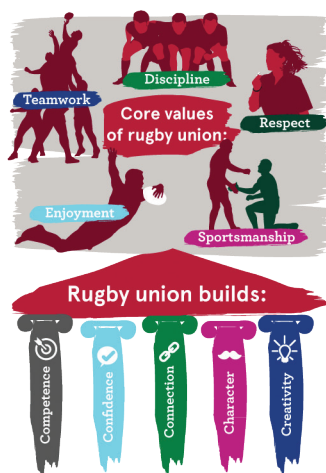
However, it is important to identify that there needs to be a coordinated cooperation of both coaches and parents in order to effectively safeguard the health and welfare of players. It is therefore important that parents also understand the protocols involved with head injuries and, in support of that, access the RFU Headcase site to apprise themselves of the information provided.



<http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/>

Notes...

RUGBY IS GOOD FOR YOU



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