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CAPE TOWN

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11
RUGBY

INFO PACK 2024

T1
RUGBY

NOW

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103
CAPE TOWN



T1 RUGBY IS THE FIRST

- NON-CONTACT SPORT THAT FULLY REFLECTS THE CHARACTERISTICS OF RUGBY
- INCLUDING SCRUMS, LINEOUTS AND BREAKDOWN



BE PART OF
HISTORY

AND JOIN US AT THE
BIGGEST SPORTS PARTY
PLAYING

PRIME PUNTAS
RUGBY



HOW IT WORKS



T1 RULES

SQUAD

- Minimum of **7 players** per squad
- Maximum of **10 players** per squad

GENERAL

- The game upholds the values of the World Rugby Playing Charter - Integrity, Passion, Solidarity, Discipline and Respect 2. This is a game for anyone, without restriction, where respect for each other and goodwill by participants are integral elements of the game
- The attacking team's objective is to score a try by touching the ball down on or over the opponent's try line
- There are two versions - a Tag version and a Touch version - both played with common elements (apart from the tag resources)
- The attacking team have seven phases to score. On the 7th Tag/Touch, the opposition will be given the ball
- The defending team need to try and stop the attacking team from scoring by making a touch-tackle on the ball carrier at the shoulder or below; or by ripping rags from a belt worn by the ball carrier
- Rules of play, player numbers and pitch size can be flexed to meet the needs of the participants

GENERAL GAME PLAY

- Teams are made up of up to seven players and can be mixed genders and ages - this should be agreed beforehand. Both teams should have the same numbers during a match. If space allows, or is restricted, numbers can be flexed accordingly
- There can be up to 5 replacements per team, used on an unlimited rolling substitutions basis
- A match is made up of two periods of up to 10 minutes (*running time*) - this should be agreed beforehand
- The objective is to touch the ball down on or over the opponent's try line
- This is called a Try and is worth one point. There are no other ways to score
- The attacking team have seven phases to score in T1 Rugby - a phase is a passage of play between a tag or touch
- (*For clarity, the other team will be given the ball on the 7th touch/tag if a try has not been scored*)
- The defending team aim to stop the attacking team from scoring by either making a series of one-handed touches
- on a ball carrier - no higher than the shoulder or below - or by removing a series of tags attached to a player's waist

TI RULES

KICKING

- The game should start with a drop kick at the middle point of the pitch

Note: There is no sanction if the ball is kicked in a different way (punt/grubber/place)

- The kick off/restart must be received by the non-kicking team at any point in their own half. The kicking side must allow the receiving team to catch/retrieve the ball. They cannot compete for, or field their own kick off
- The receiving player should attempt to gather the ball without going to ground
- After a try, the scoring team restarts play with a drop kick from half way (no sanction if the ball is kicked in a different way)
- If a restart kick goes off the side or end of the pitch without being collected by the opposition, the non-kickers will have a choice of a re-kick, or a scrum restart on half way with their put in
- Kicks from hand may occur at any time in the game
- Due care must be taken when opponents are competing for a ball that has been kicked in open play, there should be no contact in the chase, or when collecting the loose ball, or contesting possession in the air. If there looks like there may be a competition for a ball, the referee will call out which team should field the ball.
- Other than restarts, if the ball is kicked off the side of the pitch, play restarts with a lineout where the ball goes off the field. The other team shall throw the ball in
- Apart from a kick off or restart kick, if the ball is kicked over the end of the pitch from any kick, play restarts with a Tap and Pass to the other team, 15m out from the try line

BREAKDOWN AREA

- At the point of a Tag/Touch, a 'breakdown' must be created made up of five players
- Attack: the ball carrier and a teammate; and
- Defence: the tagger/toucher, plus two other defenders who must put their outside hand on the shoulder of the tagger/toucher forming a triangle
- Breakdown players must make contact with their teammates only, within 5 seconds
- The ball carrier turns to their own side and presents the ball to their teammate ("the ripper") who can then pass, or kick the ball, but cannot score a try
- The "ripper" can take up to three steps away from the breakdown before passing but cannot go further
- The "ripper" cannot be touched/tagged by the defenders before they pass the ball
- Remaining players must move to an offside line along the back foot line on their side of the breakdown
- If the attacking team choose to play the ball away before the defence have had the chance to set their three players, there will be no sanction against the defenders
- If the defenders don't make an attempt to move towards the breakdown to set their defensive triangle, a penalty can be awarded and the series of seven plays restarts

TI RULES

SCRUMS

- Awarded for a knock-on, forward pass or some other necessary stoppage.
- Play is restarted with a 3v3 passive scrum made up of the nearest three players to the stoppage
- The putting-in side must retain possession - there is no engagement, no pushing, no strike by the other team and no active contest for the ball.
- The three players from each team must line up closely next to each other, and face their opposition. The 'props' should then loosely touch, but not grip, their opponent's shoulders.
- Each team has a 'scrum-half'. The defending scrum-half stays directly behind their 3 players in the scrum. The other scrum-half throws the ball into the scrum.
- The scrum-half puts/rolls the ball in and the middle player must hook/play the ball with their feet back between their legs.
- The scrum ends when the scrum-half plays the ball away from the scrum – they can pass, or kick the ball.
- The scrum half can take up to three steps away from the scrum before passing or kicking but cannot go further.
- The scrum-half cannot be tagged or touched in this play by a scrum participant (play on - no penalty)

LINEOUTS

- When the ball leaves the side of playing area, the side that did not take, kick or play the ball out restarts with an uncontested lineout.
- 3v3 who create a lineout formation with the front player about 5m from the side
- There must be a defending 'scrum-half' who lines up behind their own 3 players
- Other players should be 5m back from the line of touch
- There is no lifting, supporting or contest of any type
- The ball should be thrown down the middle of the line by any form of pass from the touchline. It should be straight, but there is no sanction if it is not
- The catcher of the ball must pass the ball to one of their teammates who are 5m back or to the throwing-in player who may move into a 'scrum-half' position after throwing it in
- The lineout is over when the ball leaves the hands of the lineout catcher and a series of seven touches/tags begins.
- The catcher cannot be tagged or touched while they are in possession of the ball

PENALTIES

- Awarded for any offence that breaches the laws (high tackle, aggressive contact, foul or dangerous play, poor sportsmanship, failure to add numbers to breakdown, holding an opponent in at breakdown/scrum/lineout). When awarded, play restarts with a 'tap and pass' restart.
- The ball must move a visible distance and not just be tapped against the foot
- The non-offending team has a complete set of seven plays after the restart

TI RULES

TOUCH

- A penalty can be awarded for a high touch, or for an overly aggressive touch

TAG

- A penalty can be awarded if a Tag is not returned promptly to the player it has been taken from
- A penalty can be awarded if a player is handled/grabbed rather than the tag
- A penalty can be awarded if two tags are not worn correctly (one on either side of the waist, or if hidden by a playing shirt/bib/vest)
- A penalty can be awarded if a ball carrier uses the ball to shield their own tags, or prevent the defender from accessing the tags

END OF 7TH PHASE (TOUCH OR TAG)

- If a try has not been scored in the seven phases, then play is restarted at the point of the 7th tag/touch with the opposition receiving the ball and restarting with a tap and pass to a teammate
- The other team need to move back 5m before play restarts
- If the side decides to play the ball away before the defence have had the chance to move back 5m, there will be no sanction against the defenders. Providing the defenders were retiring when the ball is played quickly, the ball carrier may be tagged/touched

FLEXIBLE RULES (GAME ON)

- The following elements can be adapted or flexed with agreement of both sides
- The size of the pitch can be adjusted as required
- Player numbers, specified mix of age/gender
- 6v6 up to 10v10
- Kicking in open play can be removed by agreement
- Match length can be reduced or extended by agreement (generally in line with player numbers)
- Contestable areas: Breakdown & Lineout
- Lineout – Contest is allowed but with no supporting lift. Ball is to be thrown above shoulder height down the middle of the lineout. 2 players jump (must land on same spot) and contest for the ball
- Breakdown Area – The defence force the turnover if the 3rd defender is in place before the ball is passed away by the attacking side



**TOO LAZY TO
READ?**

HERE'S A VIDEO



QUICK SUMMARY



T1 RUGBY

NON-CONTACT RUGBY
UNDERSTOOD BY EVERYONE
PLAYED BY ANYONE



INTEGRITY

PASSION

SOLIDARITY

DISCIPLINE

RESPECT

WHY T1 RUGBY?

Rugby needs a simple, engaging and credible non-contact format. T1 Rugby looks like rugby union; it is easy to understand, it is a game for all shapes, sizes and for everyone. It is easy and fun to play, and it can target new audiences as well as existing rugby lovers. It will have a global brand but have the local flexibility to fit in the local context. Most of all it is fun to play.

20 10 mins per half

7 players per side (unlimited rolling subs)

HALF A PITCH played on 1/2 pitch

SCRUM
3v3 – bind up with teammates and opposition. Passive, no engagement no push, no contest, defending scrum half behind, all other players back 5m
Scrum half can pass within 3 steps or kick

LINEOUT
3v3 – no lifting, no contest
Catcher passes back to team mate (5m back) or to thrower-in on sweep round

Penalties – tap and pass, defenders back 5m
Knock on/forward pass – scrum restart (if no advantage)
Ball knocked backwards in open play – play on

PLENTY OF TRIES **HIGH BALL IN PLAY** **LOTS OF PASSES**

TESTING YOUR DECISION MAKING **KICKING ALLOWED** **SET PIECE INCLUDED**

Kick off (drop kick or any kick) to opposing team – no contest for ball
Ball kicked dead from restart = kick/scrum at middle
Kick on any play – no restrictions

7 Touches to score – turnover on 7th (free tap & pass)

Ball kicked dead = 15m free tap & pass

Breakdown Defence = toucher plus 2 players in defence meet on (place hands on the defender who tagged the attacker – form a triangle with outside arm – creates offside line)
Rest of the defenders must be on the back foot

THE BREAKDOWN
2 ATTACK 3 DEFENCE

Once touched, ball carrier turns and presents ball to team mate
Team mate 'rips' ball, and must pass within 3 steps
Ripper can't score from breakdown

FLEXIBLE RULES

The following elements can be adapted or flexed with agreement of both sides

- Size of the pitch can be adjusted as required
- Player numbers, specified mix of age/gender 6v6 up to 10v10
- Kicking in open play can be removed by agreement
- Match length can be reduced by agreement (generally in line with player numbers)

Contestable Areas
MLO & Breakdown: If defenders beat attackers into breakdown area before ball is played away = turnover

GAME FOR ALL

THE GAME

- Played on 1/2 pitch
- 7 Players per side
- 7 touches to score
- Rolling unlimited subs
- 10 mins per half (20 mins per game)
- Kick off (drop kick or any kick) to opposing team (no contest for the ball)
- Ball kicked dead from restart = kick/scrum at middle
- Kick on any play – no restrictions
- Ball kicked dead = 15m free tap & pass
- 7 touches to score – turnover on 7th (free tap & pass)
- Breakdown = 5 players (2 attack, 3 defence)
- Once touched, ball carrier turns and presents ball to team mate
- Team mate 'rips' ball, and must pass or kick within 3 steps
- Ripper can't score from breakdown

- Breakdown Defence – Toucher/Tagger plus 2 players in defence must join (place hands on the defender who touches the attacker – form a triangle with outside arm – creates offside line)
- Rest of the defenders must be on back foot
- No sanction if attack play away before defence set
- Scrum (3v3 – bind up with team mates and opposition, passive, no engagement, no push, no contest, defending scrum half behind, other players back 5m)
Scrum half can pass within 3 steps or kick
- Lineout (3v3 – no lifting, no contest)
Catcher passes back to team mate (5m back) or to thrower-in on sweep round
- Trying scoring team kicks off
- Penalties (tap and pass, defenders back 5m)
- Knock on/forward pass = scrum restart (if no advantage)
- Ball knocked backwards in open play – play on
- One handed touch below shoulder height is required in defence
- Defenders must make an attempt to move towards the breakdown area to set their defensive triangle

GAME ON

- GLOBAL GAME WITH LOCAL FLEXIBILITY**
- The following elements can be adapted or flexed with the agreement of both sides
- Can be played in a touch or tag version
 - Size of pitch can be adjusted as required
 - Kicking in open play can be removed by agreement
 - Match length can be reduced or extended by agreement (generally in line with playing numbers)
 - MLO contest (no lift) ball thrown above shoulder height down the middle of the lineout, 2 players jump (must land on same spot) and contest for the ball
 - Breakdown area of contest – defence force the turnover if the 3rd defender is in place before the ball is passed away by the attack
 - Remove the 7 touch for turnover – could play unlimited touches if in agreement
 - Selected players can be identified to have 2 touches before stopping





**AGE
RESTRICTIONS**

AGE RESTRICTIONS

AGE RESTRICTIONS

- No u18s can participate in any of the sporting codes. I.e. You need to be 18+ on the event days, no schoolboys allowed to play at any division.
- and above, they must be born in or before 1987 NO EXCEPTIONS.
- If teams are found to have u18 player(s) or the following process will take place:
- The player in question will be asked for their ID document or drivers license to prove that they are over 18 years
- If a valid ID document or drivers license is shown, games for
- that team will carry on as per the fixtures
- If no valid ID document or drivers license is shown, the
- below steps will apply
- The team captain and captain of 'informing' team (if applicable) will be brought together for a discussion with the Tournament Referees
- The team at fault may forfeit their points for the current match as well as any preceding matches
- Unless stated otherwise by their opponent(s)
- The under age player will need to leave the team and will no longer be allowed to take to the field/court for the remaining matches in that specific league
- The decision of 10s HQ and the Official Tournament Referee is final and binding.
- All decisions will always be taken in the spirit of 10s GEES.

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TOURNAMENT PRIZES



TOURNAMENT PRIZES

[Divisional Cup Winners](#)

10s Winners trophy presentation on Main Stage

[Best Dressed ON the Field](#)

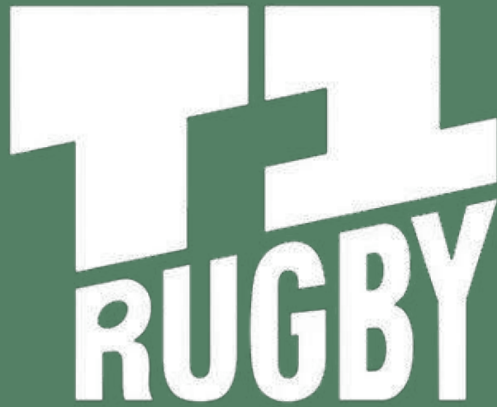
We encourage teams to bring out their creative side and design their own funky kit. The best and most creative design per sport is awarded FREE kit for the following year.

[Best Dressed OFF the Field](#)

Friday night at the 10s is “Fancy Dress Friday”. Rally your team around getting the best fancy-dress outfits and be awarded with FREE entry into the event for the following year.

[Gees Award](#)

The team to post and share the best social media posts, as determined by the 10s event organisers, will win cheerleaders for the Saturday of the event. The prize will be awarded to two teams – male OR female OR mixed teams.



ENTRY FEES

PER TEAM (SQUAD OF 10)	PER PLAYER
R5,000.00	R500

*MAXIMUM PLAYERS PER TEAM: 10
MINIMUM PLAYERS PER TEAM: 7

*TEAMS WILL BE INVOICED ACCORDING TO NUMBER OF PLAYERS IN THE SQUAD
ENTRY EXCLUDES KIT*

YOUR ENTRY INCLUDES:



ENTRY FEE INCLUDES

- Festival weekend entry
- T1 tournament entry
- A minimum of 3 guaranteed games (max 5).
- Live entertainment
- Massage & and strapping services
- Discounted beer cases



SEE YOU
SOON!

CONTACT US: T1@10S.CO.ZA

[ENTER NOW](#)