

## GAME INTENTIONS

- How to score tries
- How to beat defenders
- How to stop tries
- Play something that looks like rugby

### AB V C

- Split into three teams. Combine two teams for the attack.
- They have three touch-tackles to score. If tackled, they rip-and-pass. There is NO tackle-triangle. There is no kicking.
- They have three attempts to score. They always restart 10m from their own line.
- After the three attempts, the defending team swap with one of the attacking teams.

No	8 v 4	Pitch	40m (w) 40m (l)
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### BULLETBALL

- Score a try as normal.
- Can run with the ball.
- Can pass in any direction unless touch-tackled.
- If touch-tackled have to turn back towards own try line.
- Defenders can intercept a pass but not a pass from the touch-tackle.
- Any number of tackles but the attackers lose a life if they run into touch.
- Three lives.
- If the ball goes on the ground and the attack can pick it up within three seconds, then play on. Otherwise, it's a turnover.
- After a try, the conceding team restarts from the middle with a pass.

### BULLETBALL UPGRADE

- Like Bulletball, but all passes must go backwards.
- No offside! But defence cannot intercept ANY passes.
- The attack has seven touch-tackles to score.

### T1 RUGBY MINUS

<b>-3</b>	No scrums, lineouts or kicking
<b>-2</b>	No lineouts, no kicking
<b>-1</b>	No lineouts <b>OR</b> no kicking

### KICK, CATCH, SCORE

- Play on a narrow/long pitch (20m wide, 40m long)
- One team kicks from their own try line.
- The other team have three touch-tackles to score.
- Any attack error means they restart on their own try line with a kick.
- If the receiving team fails to gather the kick that bounces before it goes into touch, it means they kick off as above.

No	5 v 5	Pitch	20m (w) 40m (l)
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### BEAT US IN FIVE

- Ideally, for less experienced players to build T1 Rugby awareness of space.
- No kicking, lineouts or scrums.
- The attack has five touch-tackles to score. Use tackle-triangles and rip-and-pass.
- The defence can challenge the attack to score in less.
- That means the tackle-before a turnover.
- Every tackle off the tackle-count means an extra point scored if a try is scored.
- Knocked-on balls or going into touch means a turnover of possession.

No	5 v 5	Pitch	20m (w) 20m (l)
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### TIKTOK RUGBY

- Play T1 Rugby (with minus if appropriate).
- Set up different restarts to allow players to see set-ups: Tackle-triangle, scrums, lineouts, kick-offs.
- Either start with walking and move into running, or start with running.
- Use it to practise T1 Rugby-specific restarts when learning the game.

## RULE ADAPPTIONS

### Food rule

If an attacking player drops the ball and it goes forward, and any one of their team picks it up within three seconds, they retain possession.

### Two first receivers

As above, but instead, nominate two players who must be the first receiver.

### Two rippers

To help involve more players, nominate two players who are the only players who can rip the ball from a tackle. Add some jeopardy by making sure that this player must pass within five seconds (or less!) or the team loses a tackle.

### Must pass

The first receiver must pass or score. If they are touched, then the team lose TWO tackles, or with more experienced players, the ball is turned over.