



WHY RUGBY LEAGUE

What are the benefits of playing my sport?

Rugby League 9s is a modified version of Rugby League that focuses on the social aspects of team sport. This simplified version creates an environment whereby students can work on their individual development to achieve their personal best.

TOP Tip!

This simplified format is designed for new and semi sporty Key Stage 3 boys, that are interested in fast, action packed sport that allows each player the opportunity to get their hands on the ball and have a positive experience through achieving both personal and team goals.

Through regular competition young people will pick up skills, knowledge and confidence around the sport of Rugby League. The School Games pathway, alongside the Rugby Football League's England Talent Pathway CPD and teachers' resource, support young people in developing communication and social skills that will support their personal development and academic studies.



RUGBY LEAGUE

Spirit of the Games:
Excellence through competition
How does your sport exemplify these values?



To be part of a team and experience the emotions of wins and losses of team sport alongside your friends, is what it feels like to be a Rugby League player.



To be a player, coach or official in our sport requires absolute and unquestioned respect to all involved. It is both expected and demonstrated widely.



Honest with both yourself and others on performance, rules and integrity are key attributes of our sport.



Participation in Rugby League grows and develops self-belief progressively by building confidence and self-awareness.



No one plays Rugby League alone; you will be part of a strong social group and contribute to, as well as be supported by, them.



Determination is in the fabric of Rugby League. From its historical origins to the nature of running with the ball. Determination is at the heart.

Priority competitions:

- **Name of the competition:** Rugby League 9s.
- **Age group:** Key Stage 3, Year 7-9 Boys.
- **Intra/Inter Competition?** Intra School Competition (Level 1), Inter School Competition (Level 2), County Final - Inter School Competition (Level 3).
- **Who runs it (e.g. SGO, development officer, young leader support etc)** Rugby League Professional Club Foundations; identified Community Clubs and SGOs.
- **How to enter (e.g. via SGO)** Contact your local SGO to enter. Alternatively contact the Rugby Football League to register your schools interest via the School Games section of the Rugby Football League website.
- **When (e.g. preferred time of year to run):** Spring/Summer Term.
- **Next steps:** Following the Inter School Competition (Level 2) activity please contact your LOCs for information/express interest in County Final - Inter School Competition (Level 3). If your players are interested in playing or being involved in Rugby League more regularly in a community setting, please see rugby-league.com or contact players@rfl.co.uk.

Where do young people go next (from school to club/community)?

Some young people have their first experience of Rugby League at school, through opportunities including School Games, Sky Try or Champion Schools. They can then go on to explore playing opportunities in a local community club. If your students wish to start, stay and succeed in Rugby League please check out www.rugby-league.com or email players@rfl.co.uk

Young Leader/Officials courses/qualifications available:

Students: There are informal opportunities available to upskill students to support teaching staff and SGOs deliver Intra School Competition (Level 1) and Inter School Competition (Level 2) activity. For more information, please visit www.rugby-league.com.

Staff: Teachers and SGOs have the opportunity to access the Rugby Football League's England Talent Pathway for teachers workshops which include a two-hour module that supports the delivery of Rugby League in the curriculum. For more information, please visit www.rugby-league.com.

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Relevant web links:

www.rugby-league.com or email players@rfl.co.uk

Signposted competitions:

Name of the competition:

Champion Schools Competition

The Champion Schools is 13-a-side contact Rugby League competition and one of the greatest success stories for the sport. Open to secondary school in England and Wales for more information please see check out the website.

Age Group: Year 7 – Year 11 (male and female competitions).

Level/Location: Local, Regional and National

Who runs it: Champion Schools Coordinators (local) and Rugby Football League (regional and national)

How to Enter: www.rugby-league.com

When: Year round

RUGBY LEAGUE

Competition Card

Primary or Secondary:

Secondary

Name of competition:

School Games Rugby League 9s

Age group:

Year 7-9 Boys

How to enter:

Rugby League Professional Club Foundations;
identified Community Clubs and SGOs

Tournament format:

Central venue festivals or league structure

Simple rules:

- The number of players on the pitch per team at one time will be nine-a-side. A squad can have up to 16 players.
- Size of the playing area is approximately half size pitch (60 x 40m max).
- The normal six tackle rule applies.
- A try is scored in the normal way by placing or touching the ball down on or over the opponent's try line. A normal try is worth four points, and a try in the 'Bonus Box' is worth six points. There are no conversions after tries.
- The area between each try lines posts and dead in goal line is the Bonus Box.
- All defending players must be back five meters from the play the ball.
- Except for a single marker who must be square to the play the ball without interfering. The marker is not allowed to strike for the ball or move until the ball is passed by the dummy half or the dummy half runs with the ball.
- Any tackled player should restart the game by way of a play the ball. The ball must be played backwards in the correct manner and where the tackle occurred.
- Kicking from the hands i.e. bomb, punt, chip, grubber is allowed in open play. This can be on any tackle throughout the game.
- The game will commence with a play the ball from the center line at the beginning of each half. A marker can be present.
- There will be no scrums during games.
- Any error or infringement in the in-goal area will result in play restarting five meters from the goal line with a 'play the ball' to the non-offending side, in a central position.
- No ball stealing allowed by any players.
- Any act of foul play will result in a handover at the point of the infringement to the non-offending team with a new six tackles. Play will restart with a play the ball and one marker in place.
- To view the full set of rules and a video explaining how to play School Games 9s please visit the School Games section of the Rugby Football League website.

Relevant web links:

www.rugby-league.com

Roles for young people:

- Officials/Team Managers/Organisers/Statisticians
 - Reporter/Photographer
- Rugby League Leaders will be supported to maximise the use of all the above roles.

How can depth in competition through extra teams be achieved?

Schools can enter up to 16 players per squad, but with a minimum of 9. It's suggested that if a school has 18 or more players a second side can be entered. The 9s are focused on fun and enjoyment, being part of a team and provides the opportunity for your school's semi sporty students to try playing Rugby League in a modified format.

Think inclusively!

Reasonable adaptations can be made to support inclusivity. Touch and Tag formats can be used instead of tackle and the playing area can be split into channels to allow for mixed abilities. The use of different size/colour balls is also encouraged. We would also encourage all lead staff on the day to also consider roles such as team mangers, media support, scorers, etc to ensure everyone is involved.

The route from here to County Final – Inter School Competition (Level 3)

County Final - Inter School Competition (Level 3) competitions should come from demand from multiple Inter School Competition (Level 2) competitions in a county. The Rugby Football League and associated School Games 9s delivery partners would support County Final - Inter School Competition (Level 3) activity where possible.

How can regularity be achieved?

Regularity is achieved via either a series of at least three festivals and/or a local league being created.

