

A Rugby League Coaches
Guide to

Modified Laws of the Game



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RUGBY LEAGUE. It's a whole different ballgame®

Introduction

Quality coaching is the key factor in raising participation levels and playing standards throughout the game. In recognition of this, the Rugby League Coach Education Programme (RLCEP) has been redesigned and redeveloped. It focuses on the needs of the player at the different levels of the game and aims to provide coaches with the ability to meet those needs.

The RLCEP is the vehicle that will provide the impetus to drive the game of rugby league forward.

The RLCEP matches the necessary National Standards for Coaching, Teaching and Instructing, which means that every coach on every course is receiving a quality assured programme of education.

We have also worked closely and within recognised guidelines to ensure that the standards of tutoring and resource materials are the very best available.

This has helped us to offer a range of delivery mechanisms on each course, ranging from home study materials to courses delivered in an interactive style which facilitates various mediums of adult learning.

Each course consists of pre and on-course learning opportunities and is underpinned by sessions and periods of applied practice.

The Programme is underpinned by qualifications at four distinct levels. Catering for coaches that assist others, work in The Modified Game, introduce and develop players in the 13 a side game or indeed Lead, Manage and provide cutting edge solutions working at a senior level and with the games elite athletes.

Each license is current for three years after issue.

In order to keep license current, coaches will be expected to demonstrate ongoing professional development. The Rugby League Coach Education Programme through its Think Coaching Programme can facilitate further learning to assist the coach in their development.

There are two key objectives of the RLCEP:

- To support and develop coaches through improved access to coach education
- To have a positive effect on future playing standards through better and more informed coaching

A handwritten signature in blue ink, appearing to read 'Ray Unsworth', written in a cursive style.

Ray Unsworth
Coach Education Director

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Compiled by Ray Unsworth and The Modified Games Review Panel

Edited by Vinny Webb

This manual is a product of a tremendous amount of work in Rugby League Coach Education. The Rugby League Coach Education Programme would like to acknowledge the work of the many people who have contributed to Coach Education over the years.

We would like to acknowledge the support we receive from Sport England.

Foreword

Much work has been done by educationalists and sports coaches alike in the area of teaching games to children. The consensus of opinion emanating from all responsible bodies is that small sided activities are the key. Having reduced numbers of children playing sport on a reduced sized field under simplified rules ensures that all are thoroughly involved. Further research of the playing of the modified versions of rugby league as opposed to the 13-a-side game highlighted:

- that the small sided game closely mimics the full blown version, doing exactly what it claims and that is 'it meets the needs of the children'.
- in any given 20 minute period of the modified game player involvement was found to be three times greater than in the full game.

More involvement :

- leads to better technique
- develops concentration levels because the action is never far away
- decision making skills and a greater understanding of basic rugby league situations is developed due to increased participation
- success ultimately becomes easier to achieve.

The rules outlined in this booklet are the official rules for both Mini and Mod Rugby League in Britain and Ireland. The rules are subject to an on-going monitoring process by the Modified Games Review Panel who will in producing their findings, consider current practice and informed opinion.

A handwritten signature in blue ink, appearing to read 'Ray Unsworth', with a stylized flourish at the end.

Ray Unsworth
Coach Education Director

Mini League Rules

1. The game is to be called Mini League and is a modified version of Rugby League.
2. The game to be played by all children up to Year 4 primary school which is under the age of nine years at midnight of 31 August (at the start of each season), thereafter players up to and including Year 6 of primary school, which is under the age of eleven at midnight of the 31 August (at the start of each season) will play Mod League as prescribed by the Youth Commission.
3. The maximum number of players per team shall be 9 and there is no limit to the amount of substitutions, but each player must play at least half a whole game.
4. Rule (a)
All single games should be played in two halves of 15 minutes.
Rule (b)
All Festival games should be played in two halves of 7_ minutes maximum with a two minute interval. No player should be allowed to play for more than a total of 40 minutes in any one day.
5. Size of the playing area 60 x 40 metres (maximum) with a minimum of 50 x 30 metres but the game can be played on any grassed area.
If two games are to be played on each half of a full pitch, consideration should be given to the following:
 - a. Safety: The goal posts should be outside the playing area.
 - b. Width: Too narrow an area should be avoided
6. Size of the ball: The game will be played with a Mini League ball or size 3 standard Rugby League ball.
7. The normal 6 tackle rule applies.
8. A try is scored in the normal way by placing or touching the ball down on or over the opponents try line.
9. After each tackle all players must retire 5 metres prior to the play the ball restart. (ie no square markers). The 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.
 - a. The defending side cannot move until the ball is passed by the acting half back or the acting half back clears the ruck (runs with the ball).
 - b. The minimum distance the ball is played from the try line is 5 metres.
 - c. If the acting half back is tackled in possession of the ball, it will result in a handover of possession to the opposition.

10. No ball stealing.
11. All infringements will result in a hand over to the non-offending team at the place the infringement occurred except in the following situations:
 - a. If the ball goes into touch the restart will take place 5 metres in from touch opposite the place that the ball crossed the line.
 - b. If in the goal area the restart will be 10 metres in the field of play (central).
The restart by the non-offending team.
12. There will be no kicks allowed except after a try has been awarded when the scoring team will take a place kick conversion in front of the goal posts. No player is allowed to take more than one attempt at goal until every other player has had an attempt.
13. The game will commence with a play the ball on the centre line at the beginning of each half by:
 - a. the team who win the toss of a coin, and
 - b. thereafter alternately

After a try has been scored the non-scoring team will restart with a play the ball on the centre line.

All starts and restarts will be with a play the ball as described in Rule 9.
14. Any rule not covered will be as per international rules.



Mod League Rules

1. The game shall be called Mod League and is a modified version of Rugby League.
2. The game to be played by all children at Years 5 and 6 primary school which is under the age of eleven years at midnight on the 31 August (at the start of each season)
3. The number of players per team is eleven (five forwards and six backs) with as many substitutes as is needed but each player must play at least half a whole game.
4. The game will be played in two halves. The maximum length of each half to be 20 minutes with a 5 minute interval.
5. The pitch dimensions should be 80 metres in length and 50 metres in width maximum. The goal posts should be padded and situated outside the field of play.
6. Size of the ball: The game will be played with a Mod League ball or size 4 standard Rugby League ball.
7. The normal 6 tackle rule applies.
8. A try is scored in the normal way by placing or touching the ball down on or over the opponents try line.
9. All defending players must retire 10 metres at 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 acting half back or the acting half back clears the ruck (runs with the ball). The 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.
10. If the acting half back is tackled, in possession of the ball, it will result in a hand over of possession to the opposition.
11.
 - a. Kicking is permissible after a try has been awarded.
The kick should be taken no more than 10 metres from each side of the posts. No player is allowed a second kick at goal until every other player in the team has had an attempt.
 - b. Kicking in open play from the hands e.g. bomb, punt, chip, grubber is allowed, secondary kicking i.e. flykicking – dribbling is not allowed.
12. The game will commence with a place kick off from the centre line at the beginning of each half by:
 - a. At the start of the first half the team who loses the toss of a coin for choice of playing ends.
 - b. At the start of the second half, by their opponents.

All starts and restarts, other than at the commencement of each half will be with a play the ball as described in Rule 9.

MODIFIED LAWS OF THE GAME

13. A passive scrum shall be formed by no less than 5 players from each team. The scrum shall be formed no nearer than 10 metres from all touch lines or the try lines after the following situation:

- If the ball goes out of play in touch (not touch in goal) the scrum to form 10 metres in from touch opposite where the ball last made contact with the field of play or a player (but no nearer than 10 metres to the goal line).
- The team **not** responsible for the first, or only infringement or making the ball go out of play will have the head and feed.
- The ball must enter the tunnel of the scrum and both scrum halves must retire behind their forwards' rear feet.
- The scrum half must feed the ball in the correct manner, it is then struck (won) by the hooker of the feeding team, to enable the ball to leave the scrum through a legitimate route and according to the rules of the game.
- The scrum shall be formed. No pushing is allowed and the team without the feed of the ball cannot strike for the ball.

14. All other infringements (knock ons, forward passes, off side etc.) will result in a hand over to the non-offending team and they will resume play using a play the ball restart which will not count as part of the six tackle count.

15. Any infringement in the in goal area will result in play restarting 15 metres from the goal line in a central position.

16. No ball stealing

17. Any act of foul play will result in a 10 metre advance up the field of play to the non-offending side. The game will recommence with a tap restart 10 metres infield from the nearest touchline.

NB: A quick tap restart on the mark may also be taken; if the player is tackled in possession it does **NOT** result in a handover to the opposition.

18. Any rule not covered will be as per international rules.

The Rugby League Safe Play Code

Introduction

This Safe play code has been written in order to promote safety and good conduct within the Modified and junior versions of Rugby League.

In so doing it will provide the best possible on-field environment for the development of young Rugby League players, particularly in the areas of actively controlling undesirable actions and behaviour.

Section 1 - The Tackle Zone

The Code

Tackles above the armpits

Application

When a ball carrier is advancing in an upright posture, any tackle by the defender in which contact is made above the armpits is termed to be an infringement.

Section 2 - Dangerous Tackles

The Code

Tripping or throwing an opponent

Application

It is an infringement if the tackler trips or uses his legs in anyway during a tackle. This applies even if the defender already has a hand on the ball carrier (i.e. the Cumberland throw).

The Code

Lifting 1

Application

Adopting a crotch hold is not permitted, placing either the hand or arm in the crotch region at anytime is an infringement.

The Code

Lifting 2

Application

Vertical lifting is an infringement, should a referee anticipate this is going to happen in a tackle he or she should blow the whistle immediately to prevent it from occurring?

The Code

Lifting 3

Application

The ball carrier cannot be lifted and driven.

A tackle in which the ball carrier is lifted and remains off the ground for two or more steps is an infringement.

However, this should not be confused with a driving tackle when the ball carrier is knocked off his or her feet.

The Code
Shoulder charge

Application

Defenders are not allowed to shoulder charge the ball carrier in order to effect a tackle. A defender who runs at a ball carrier and makes no attempt to tackle, grab or hold the ball carrier, but merely makes an attempt to effect the tackle by the use of the shoulder shall be deemed to have committed an infringement.

The Code
Flopping

Application

A defender cannot drop or fall on a prone player. If the ball carrier is prone or stationary on the ground it is an infringement to drop, dive or fall on that player. The tackle will be deemed complete by the defender simply putting a hand on the ball carrier.

The Code
Slinging

Application

The use of the ball carriers arm or jersey to sling a player to the ground is not permitted. Any defender who uses the arm or jersey of the ball carrier to complete a tackle is committing an infringement.

Section 2 - Hand-off or Fend

The Code
Dangerous use of the hand

Application

An attacking player cannot thrust out his or her arm and contact a defender above the shoulder. Any player that hands off or fends above the shoulder will be deemed to have infringed.

Section 3 - Scrums

The Code
Forming, pushing and rotating

Application

No pushing, or rotating of the modified scrum is permitted. All scrums are passive, any team attempting to push or rotate the scrum shall be deemed to have infringed. Referees should instruct the teams at the scrum to crouch engage and hold.

Section 4 - Verbal abuse and foul language

The Code
Unacceptable language

Application

The use of obscene, threatening, racist, denigrating and abusive language is not permitted. Any form of verbal abuse, threatening language or sledging will be deemed an infringement.

Notes

Notes

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