



PRIMARY RUGBY LEAGUE COACHES HANDBOOK

2024

CONTENTS

3 - Introduction

4 - Ethos

6 - Rationale

8 - Safe Play Code

10 - Under 6s

12 - Under 7s

14 - Under 8s

16 - Under 9s

18 - Under 10s

20 - Under 11s

22 - Coach Role

23 - Parent Role

24 - Games Coach Role

25 - Contact Information

COACHES HANDBOOK

INTRODUCTION

Primary Rugby League for most children is their first experience of Rugby League and is a step towards a lifelong involvement with the sport and physical activity.

Therefore it is vitally important we instil the correct ethos of fun, enjoyment and development. Primary Rugby League is a modified version of the game played by Children between the ages of 6 to 11 years of age.

Children's motivations for taking part in sport are very different from adults.

Adults have a responsibility to cater for children's motivations to make the experiences **FUN and ENJOYABLE**. An important part of Primary Rugby League is that **ALL** the players play all the time and there are no substitutes.

Primary Rugby League is modified to increase children's motivations and involvement in key areas of rugby league like passing, catching, evading, tackling and scoring try's. Smaller sided games increase skill opportunities considerably and this is beneficial to the development of children.

ETHOS AND RATIONALE

ETHOS

MAKE IT A FUN AND ENJOYABLE EXPERIENCE FOR EVERY PLAYER

FIRST EXPERIENCE...

Research shows how important it is to give children a good first experience of sport if they are going to be physically active for life. For many children, Primary Rugby League is their first sporting experience, so ensuring these experiences are right for them is a vital first step for a lifelong involvement in Rugby League.

PROGRESSIVE APPROACH...

Primary Rugby League is a progressive way of introducing the game to young players. At the same time it aims to capture the magic of Rugby League and deliver a game that is fun to play, enjoyable and stimulating to coach whilst promoting skill development and inclusive opportunities.

FUN FOR ALL...

Fun, Enjoyment and Development are the three key themes of Primary Rugby League and they should be at the heart of every coach, teacher and parent's philosophy. Primary Rugby League's new format requires that ALL players play ALL the time with no substitutes allowed. This ensures that every player has the same opportunity regardless of race, religion, gender, size or ability.

SKILL DEVELOPMENT...

Children having fun whilst learning and improving new skills is the key component behind an enjoyable Primary Rugby League experience. In addition, friends are made whilst improving self-esteem, confidence, respect and teamwork. A by-product of fun, positive environments, inclusive participation and enhanced skill opportunities will be talented Rugby League players.

ADULTS' ROLE...

Volunteers and Spectators play a vital role in ensuring that primary school aged children have a fun and enjoyable experience in our sport. Parents, team coaches, games coaches, officials and helpers do a marvellous job for the benefit of the children and this must not be forgotten when supporting your team from the touchline. Abuse or misconduct of any kind should not be tolerated. Together we can promote positive and encouraging touchlines and work together to stamp out bad behaviour and abusive and unpleasant language. Bad behaviour spoils what should be an enjoyable atmosphere, sets an awful example to children and ultimately puts children, and adults, off the game.

ETHOS AND RATIONALE

ETHOS

PRINCIPLES - FUN, ENJOYMENT, DEVELOPMENT

Primary aged children taking part in Rugby League should:

- Have fun and enjoyment
- Feel included and have the same opportunities as other children
- Experience exciting parts of Rugby League; running, passing, evading, scoring tries
- Improve skills and develop through positive coaching
- Be encouraged and inspired by supportive adults
- Experience positive environments

Coaching primary aged children with the aim to **DEVELOP** first, not to **WIN**:

There can be various development successes in every game including;

A CHILD	THE TEAM
Who is shy participates more	Played with smiles on their faces
Makes their own decisions	Showed progress when defending
Catches the ball more	Showed progress when attacking
Scores their first try	Showed sportsmanship
Shows progress in passing	Passed the ball more frequently
Uses a range of evading techniques	Involved ALL players without prompting

Make a difference...

ETHOS AND RATIONALE

RATIONALE

ALL PLAYERS PLAY ALL THE TIME

INCLUSIVE NOT EXCLUSIVE - REGARDLESS OF RACE, RELIGION, GENDER, SIZE OR ABILITY.

So that **ALL** children can play and enjoy Rugby League not just the best at that age

So that **NO** child is left standing with hands in pockets feeling excluded

Coach through a child's eye, aim to upskill all players and do not concentrate solely on the immediately talented players

Make every child feel like an equal member of the team

So that children are not victims of adult motivations of winning over development

Because it's just a game and they are just children...

“Children develop emotionally, physically and mentally at different ages. An environment for ALL fosters fun, enjoyment and development. These are key ingredients for keeping children's motivations for playing Rugby League as high as possible so they remain playing this great game”

SMALL SIDED GAMES

LESS PLAYERS = INCREASED INVOLVEMENT IN THE GAME

INCREASED INVOLVEMENT = MORE FUN AND GREATER DEVELOPMENT

Children touch the rugby ball more often and become more skilful with it! (Individual technical development Carrying, Passing, Catching, Evading)

Children make more quality decisions through more involved playing time during the game! (Individual tactical development = More Involvement = More Decisions to make)

Children have more opportunities to play on both sides of the ball! (Experience Development - Children will be exposed to attacking and defending situations)

Children have more opportunities to score tries and do all the other fun things more! (Pure excitement)

ETHOS AND RATIONALE

RATIONALE

SMALLER PITCHES

So that children will be less likely to solely use speed to run around everyone to score.

So that children use a range of evading techniques like sidestep and swerve.

So that children learn to utilise fundamental skills of passing and catching.

So that children learn to make decisions other than just run fast. Do I sidestep or pass?

So that more games take place at once and everyone can play.

IDEALLY NO COACHES ON THE PITCH

COACHING IS FOR PRACTICE. GAMES ARE FOR PLAYERS

“Decision Making is a key element of Rugby League. Children need to learn to make them”

So that adult influence and involvement are kept to a bare minimum.

So that children can make their own decisions.

So that children don't become reliant on their coaches

6 TACKLES REGARDLESS OF ERRORS OR TRIES

As Primary Rugby League children are learning about the game we do not want to penalise a mistake.

When a mistake is made i.e. Running into touch or knocking on the child would return to the place of the mistake and Play The Ball (PTB).

The mistake would count as one of the tackles rather than be handed over to the other team. This is also the case when a Try is scored.

Together we can promote children's learning and help them to try new things without the fear of failure or reprimand from team mates, coaches or parents.

Naturally coaches would be encouraged to work on common mistakes in training in an informative but fun manner, i.e. catching practice if they witness several knock-ons.

SAFE PLAY CODE

SAFE PLAY CODE

This Safe Play Code has been written in order to promote safety and good conduct within the Primary Rugby League versions of the game. 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

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

Section 2 - Dangerous Tackles

The Code: Tripping or throwing an opponent

It is an infringement if the tackler trips or uses his or her 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

Adopting a crotch hold is not permitted. Placing either the hand or arm in the crotch region at any time is an infringement.

The Code: Lifting 2

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

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

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

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.

SAFE PLAY CODE

SAFE PLAY CODE

The Code: Slinging

The use of the ball carrier's 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 3 - Hand-off or Fend

The Code: Dangerous use of the hand

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 4 - Verbal abuse and foul language

The Code: Unacceptable language

The use of obscene, threatening, racist, denigrating and abusive language is not permitted. There is a zero tolerance approach to unacceptable language and behaviour based on individual's gender identity, race, age, disability, faith or sexual orientation. Any form of verbal abuse, threatening language or sledging will be deemed an infringement.

Section 5 - Tackle shields and tackle bags

Under no circumstance must a coach, volunteer or parent hold a tackle shield for a child to tackle. An adult can hold the top of a tackle bag for a child to tackle, please see the diagrams below for more detail.



INCORRECT | TACKLE SHIELD

Coaches and volunteers **CAN NOT** hold a tackle shield for a child. This can result in injury to the child as well as a compliance complaint with the RFL.



CORRECT | TACKLE SHIELD

A child **CAN** hold a tackle shield for another child as long as they are in the same age group and are of similar size and build.



CORRECT | TACKLE BAG

Coaches and volunteers **CAN** hold the top of a tackle bag. This is done by holding the top of the bag with one hand which should be released on impact. This is to avoid injury to the child.

RFL RECOMMENDED RULES

UNDER 6s

1. The game is to be called Primary Rugby League and is a modified version of Rugby League and must be played under the Safe Play Code rules.
2. Every child must play all of the time. There should be no substitutes. (The only time a player should not be on the field of play is if they are injured)
3. The recommended number of players per team shall be four, with a maximum of five and a minimum of three. To ensure every child plays teams can be flexible, for example two teams of four and one of five.
4. No player should be allowed to play for more than a total of 30 minutes in any one day. The recommended playing time is three games of 10 minutes.
5. Size of the playing area is 25m x 12m.
6. The game will be played with a size three standard Rugby League ball.
7. Touch or tag is the mandatory format for this age group.
8. The six play rule applies. This means that every team must complete a full set of six plays including errors or a Try being scored. The coaching ethos behind this rule is to allow players to execute the skills of the game without experiencing any fear of failure and to give every team the opportunity to play a full set of six each time. This rule also allows for each player to get an equal amount of time attacking and defending.
9. At the beginning of each game and at the start of each attacking set, the game will commence with a Play the ball (PTB) 5m from the attacking teams try line.
10. After each touch or tag all defending players must retire four metres prior to the PTB restart. The touched/tagged player should restart the game by a PTB. The defending side cannot move until the ball is passed by the acting halfback and the Games Coach shouts 'GO'.

The minimum distance the ball is played from the try line is 5m. (i.e. If a touch or tag is made closer to the opponents try line then move the player back 5m mark to PTB, this is to give the attacking team more space).
11. Grubber kicks only, are allowed on the play. No fly kicking or secondary kicks are permitted.
12. A try is scored in the normal way by placing or touching the ball down on or over the opponents try line.
13. No scrums.

RFL RECOMMENDED RULES

UNDER 6s

14. If the ball goes into touch the restart will take place opposite the entry point, 5m from the side line and 5m from the try line with a PTB.
15. When an attacking player is touched or tag removed before they place the ball down in the opponents in goal area, play will be restarted by a PTB restart 5m from the try line in line with where the player was touched or tag removed, unless it is on the 5th play where the restart will be a PTB, 5m from the try line, for the side that has just defended.
16. No ball stealing
17. Any act of foul play that contravenes the Safe Play Code, will result in the coach stopping the game and explaining the offence to all players. Following this, play will continue.
18. Sin Bin does not apply. However, coaches are encouraged to give players guilty of foul play a timeout where required.
19. Coach Qualification - A minimum of a valid UKCC Rugby League Level 1 is required to be an Assistant or Head Coach at this level. They must have a valid licence which requires RFL enhanced DBS and hold the Safeguarding and Protecting Children Certificate.
20. The role of the coach is to develop, not to win. The coach should give all players equal development opportunities in training and games.

NB. These rules recognise the custom and practice of some playing leagues to allow coaches on the field of play during games to facilitate the development of inexperienced players.

RFL RECOMMENDED RULES

UNDER 7s

1. The game is to be called Primary Rugby League and is a modified version of Rugby League and must be played under the Safe Play Code rules.
2. Every child must play all of the time. There should be no substitutes. (The only time a player should not be on the field of play is if they are injured)
3. The recommended number of players per team shall be four, with a maximum of five and a minimum of three. To ensure every child plays teams can be flexible, for example two teams of four and one of five.
4. No player should be allowed to play for more than a total of 30 minutes in any one day. The recommended playing time is three games of 10 minutes.
5. Size of the playing area is 25m x 12m.
6. The game will be played with a size three standard Rugby League ball.
7. Touch or tag is the recommended format for this age group. If both coaches agree then the game can be played as tackle. If both coaches cannot agree on the format then it must revert to touch.
8. The six play rule applies. This means that every team must complete a full set of six plays including errors or a Try being scored. The coaching ethos behind this rule is to allow players to execute the skills of the game without experiencing any fear of failure and to give every team the opportunity to play a full set of six each time. This rule also allows for each player to get an equal amount of time attacking and defending.
9. At the beginning of each game and at the start of each attacking set, the game will commence with a Play the ball (PTB) 5m from the attacking teams try line.
10. After each touch or tackle all defending players must retire four metres prior to the PTB restart. The tackled player should restart the game by a PTB. The defending side cannot move until the ball is passed by the acting halfback and the Games Coach shouts 'GO'.

The minimum distance the ball is played from the try line is 5m. (i.e. If a tackle is made closer to the opponents try line then move the player back 5m mark to PTB, this is to give the attacking team more space).

11. Grubber kicks only, are allowed on the last touch or tackle. No fly kicking or secondary kicks are permitted.
12. A try is scored in the normal way by placing or touching the ball down on or over the opponents try line.

RFL RECOMMENDED RULES

UNDER 7s

13. No scrums.
14. If the ball goes into touch the restart will take place opposite the entry point, 5m from the side line and 5m from the try line with a PTB.
15.
 - a) When an attacking player is held up in their opponents in goal area, play will be restarted by a PTB restart 5m from the try line in line with where the player was held up, unless it is on the handover tackle where the restart will be a PTB, 5m from the try line, for the side that has just defended.
 - b) Any player tackled and forced into their own in goal area will result in a PTB restart 5m infield from the try line opposite to where the player was tackled and it is counted as one of the six tackles.
16. No ball stealing
17. Any act of foul play that contravenes the Safe Play Code, will result in the coach stopping the game and explaining the offence to all players. Following this, play will continue.
18. Sin Bin does not apply. However, coaches are encouraged to give players guilty of foul play a timeout where required.
19. Coach Qualification - A minimum of a valid UKCC Rugby League Level 1 is required to be an Assistant or Head Coach at this level. They must have a valid licence which requires RFL enhanced DBS and hold the Safeguarding and Protecting Children Certificate.
20. The role of the coach is to develop, not to win. The coach should give all players equal development opportunities in training and games.

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RFL RECOMMENDED RULES

UNDER 8s

1. The game is to be called Primary Rugby League and is a modified version of Rugby League and must be played under the Safe Play Code rules.
2. Every child must play all of the time. There should be no substitutes. (The only time a player should not be on the field of play is if they are injured)
3. The recommended number of players per team shall be five, with a maximum of six and a minimum of three. To ensure every child plays teams can be flexible, for example two teams of four and one of five.
4. No player should be allowed to play for more than a total of 30 minutes in any one day. The recommended playing time is three games of 10 minutes.
5. Size of the playing area is 25m x 15m.
6. The game will be played with a size three standard Rugby League ball.
7. Touch is the recommended format for this age group. If both coaches agree then the game can be played as tackle. If both coaches cannot agree on the format then it must revert to touch.
8. The six play rule applies. This means that every team must complete a full set of six plays including errors or a Try being scored. The coaching ethos behind this rule is to allow players to execute the skills of the game without experiencing any fear of failure and to give every team the opportunity to play a full set of six each time. This rule also allows for each player to get an equal amount of time attacking and defending.
9. At the beginning of each game and at the start of each attacking set, the game will commence with a Play the ball (PTB) 5m from the attacking teams try line.
10. After each touch or tackle all defending players must retire four metres prior to the PTB restart. The tackled player should restart the game by a PTB. The defending side cannot move until the ball is passed by the acting halfback and the Games Coach shouts 'GO'.

The minimum distance the ball is played from the try line is 5m. (i.e. If a tackle is made closer to the opponents try line then move the player back 5m mark to PTB, this is to give the attacking team more space).
11. Grubber kicks only, are allowed on the last touch or tackle. No fly kicking or secondary kicks are permitted.
12. A try is scored in the normal way by placing or touching the ball down on or over the opponents try line.

RFL RECOMMENDED RULES

UNDER 8s

13. No scrums.
14. If the ball goes into touch the restart will take place opposite the entry point, 5m from the side line and 5m from the try line with a PTB.
15.
 - a) When an attacking player is held up in their opponents in goal area, play will be restarted by a PTB restart 5m from the try line in line with where the player was held up, unless it is on the handover tackle where the restart will be a PTB, 5m from the try line, for the side that has just defended.
 - b) Any player tackled and forced into their own in goal area will result in a PTB restart 5m infield from the try line opposite to where the player was tackled and it is counted as one of the six tackles.
16. No ball stealing
17. Any act of foul play that contravenes the Safe Play Code, will result in the coach stopping the game and explaining the offence to all players. Following this, play will continue.
18. Sin Bin does not apply. However, coaches are encouraged to give players guilty of foul play a timeout where required.
19. Coach Qualification - A minimum of a valid UKCC Rugby League Level 1 is required to be an Assistant or Head Coach at this level. They must have a valid licence which requires RFL enhanced DBS and hold the Safeguarding and Protecting Children Certificate.
20. The role of the coach is to develop, not to win. The coach should give all players equal development opportunities in training and games.

NB. These rules recognise the custom and practice of some playing leagues to allow coaches on the field of play during games to facilitate the development of inexperienced players.

RFL RECOMMENDED RULES

UNDER 9s

1. The game is to be called Primary Rugby League and is a modified version of Rugby League and must be played under the Safe Play Code rules.
2. Every child must play all of the time. There should be no substitutes. (The only time a player should not be on the field of play is if they are injured)
3. The recommended number of players per team shall be six, with a maximum of seven and a minimum of three. To ensure every child plays teams can be flexible, for example two teams of six and one of five.
4. No player should be allowed to play for more than a total of 40 minutes in any one day. The recommended playing time is three games of 10 minutes.
5. Size of the playing area is 30m x 18m.
6. The game will be played with a size three standard Rugby League ball.
7. Tackle is the recommended format for this age group.
8. The six play rule applies. This means that every team must complete a full set of six plays including errors or a Try being scored. The coaching ethos behind this rule is to allow players to execute the skills of the game without experiencing any fear of failure and to give every team the opportunity to play a full set of six each time. This rule also allows for each player to get an equal amount of time attacking and defending.

There is some flexibility with this rule. Where players have experience at U9s, teams may wish to permit turning the ball over following two errors in any one set. Remembering the ethos of PRL around a progressive approach to player development and fun and inclusion.

9. At the beginning of each game and at the start of each attacking set, the game will commence with a Play the ball (PTB) 5m from the attacking teams try line.
10. After each touch or tackle all defending players must retire four metres prior to the PTB restart. The tackled player should restart the game by a PTB. The defending side cannot move until the ball is passed by the acting halfback and the Games Coach shouts 'GO'.

The minimum distance the ball is played from the try line is 5m. (i.e. If a tackle is made closer to the opponents try line then move the player back 5m mark to PTB, this is to give the attacking team more space).

11. Grubber kicks only, are allowed on the last touch or tackle. No fly kicking or secondary kicks are permitted.

RFL RECOMMENDED RULES

UNDER 9s

12. A try is scored in the normal way by placing or touching the ball down on or over the opponents try line.
13. No scrums.
14. If the ball goes into touch the restart will take place opposite the entry point, 5m from the side line and 5m from the try line with a PTB.
15.
 - a) When an attacking player is held up in their opponents in goal area, play will be restarted by a PTB restart 5m from the try line in line with where the player was held up, unless it is on the handover tackle where the restart will be a PTB, 5m from the try line, for the side that has just defended.
 - b) Any player tackled and forced into their own in goal area will result in a PTB restart 5m infield from the try line opposite to where the player was tackled and it is counted as one of the six tackles.
16. No ball stealing
17. Any act of foul play that contravenes the Safe Play Code, will result in the coach stopping the game and explaining the offence to all players. Following this, play will continue.
18. Sin Bin does not apply. However, coaches are encouraged to give players guilty of foul play a timeout where required.
19. Coach Qualification - A minimum of a valid UKCC Rugby League Level 1 is required to be an Assistant or Head Coach at this level. They must have a valid licence which requires RFL enhanced DBS and hold the Safeguarding and Protecting Children Certificate.
20. The role of the coach is to develop, not to win. The coach should give all players equal development opportunities in training and games.

NB. These rules recognise the custom and practice of some playing leagues to allow coaches on the field of play during games to facilitate the development of inexperienced players.

RFL RECOMMENDED RULES

UNDER 10s

1. The game is to be called Primary Rugby League and is a modified version of Rugby League and must be played under the Safe Play Code rules.
2. As many children as possible should be given an opportunity to play all of the time. Try to limit the number of substitutes by modifying numbers e.g. if both teams have 16 players play 2 games of 8 a side, instead of 1 game of 9 a side with 7 substitutes.
3. The maximum number of players per team shall be nine, with a minimum of four. Teams can be flexible, for example one team of seven and one of nine.
4. No player should be allowed to play for more than a total of 40 minutes in any one day. The recommended playing time is 2 games of 20 minutes.
5. Size of the playing area is 50m x 30m. (Based on 9 players, the width should be reduced at roughly 3m per player when playing lower numbers)
6. The game will be played with a size three standard Rugby League ball. The smaller ball is better for developing the key core skill of grip
7. Tackle is the recommended format for this age group.
8. The two-error rule applies. Teams handover possession once they have made a second error in a set of 6. Teams still retain the ball for a set of 6 when a try is scored. The coaching ethos behind this rule is to start to introduce players to the consequence of losing possession when an error is made. Retaining the ball when a try is scored should still provide an equal balance of attacking and defending during the game.

There is some flexibility with this rule. Where players have experience at U10s, teams may wish to permit turning the ball over following one error rather than two in any one set. Remembering the ethos of PRL around a progressive approach to player development and fun and inclusion.

9. At the beginning of each game and at the start of each attacking set, the game will commence with a Play the ball (PTB) 5m from the attacking teams try line.
10. After each touch or tackle all defending players must retire five metres prior to the PTB restart. The tackled player should restart the game by a PTB. The defending side cannot move until the ball is passed by the acting halfback or the dummy half chooses to run with the ball (scoot).

The minimum distance the ball is played from the try line is 5m. (i.e. If a tackle is made closer to the opponents try line then move the player back 5m mark to PTB, this is to give the attacking team more space).

RFL RECOMMENDED RULES

UNDER 10s

11. Teams are allowed one scoot from dummy half per set of 6 tackles, the dummy half can't score but they can be tackled, this encourages players to push with the ball player and develop their support play.
12. Grubber kicks and chip kicks are allowed on the last touch or tackle. No fly kicking or secondary kicks are permitted.
13. A try is scored in the normal way by placing or touching the ball down on or over the opponents try line.
14. No scrums.
15. If the ball goes into touch the restart will take place opposite the entry point, 5m from the side line and 5m from the try line with a PTB.
16.
 - a) When an attacking player is held up in their opponents in goal area, play will be restarted by a PTB restart 5m from the try line in line with where the player was held up, unless it is on the handover tackle where the restart will be a PTB, 5m from the try line, for the side that has just defended.
 - b) Any player tackled and forced into their own in goal area will result in a PTB restart 5m infield from the try line opposite to where the player was tackled and it is counted as one of the six tackles.
17. No ball stealing
18. Any act of foul play that contravenes the Safe Play Code, will result in the coach stopping the game and explaining the offence to all players. Following this, play will continue.
19. Sin Bin does not apply. However, coaches are encouraged to give players guilty of foul play a timeout where required.
20. Coach Qualification – A minimum of a valid UKCC Rugby League Level 1 is required to be an assistant or head coach at this level. They must have a valid licence which requires an RFL enhanced DBS and hold the Safeguarding and Protecting Children Certificate.
21. The role of the coach is to develop, not to win. The coach should give all players equal development opportunities in training and games.

NB. These rules recognise the custom and practice of some playing leagues to allow coaches on the field of play during games to facilitate the development of inexperienced players.

RFL RECOMMENDED RULES

UNDER 11s

1. The game is to be called Primary Rugby League and is a modified version of Rugby League and must be played under the Safe Play Code rules.
2. As many children as possible should be given an opportunity to play all of the time. Try to limit the number of substitutes by modifying numbers e.g. if both teams have 18 players play 2 games of 9 a side instead of 1 game of 11 a side with 7 substitutes.
3. The maximum number of players per team shall be eleven, with a minimum of six. Teams can be flexible, for example one team of 9 and one of eleven.
4. No player should be allowed to play for more than a total of 40 minutes in any one day. The recommended playing time is 2 games of 20 minutes.
5. Size of the playing area is 50-60m x 40m. (Based on 11 players, the width should be reduced at roughly 3m per player when playing lower numbers)
6. The game will be played with a size four standard Rugby League ball.
7. Tackle is the recommended format for this age group.
8. Teams handover possession once they have made an error in a set of 6. The opposition receive the ball where the error was made. Once a team has scored, they also hand over possession. The opposition start with a play the ball 10m from their own line after conceding a try.
9. At the beginning of each game, the game will commence with a Play the ball (PTB) 10m from the attacking teams try line.
10. After each tackle defending players must retire five metres prior to the PTB restart.

The ball must be played backwards with the foot. The team in possession must retire behind the acting half-back. One active marker can be present at the PTB restarts. The ball is in play once it is played backwards (there should be no delay in playing the ball backwards once the player has placed the ball on the ground).

Dummy half can run - without forfeiting possession if tackled but cannot score this encourages players to push with the ball player and develop their support play.

The minimum distance the ball is played from the try line is 5m. (i.e. If a tackle is made closer to the opponents try line then move the player back 5m mark to PTB, this is to give the attacking team more space).

11. Kicking out of hand (grubber, chip, cross field) is allowed. No fly kicking or secondary kicks are permitted.

RFL RECOMMENDED RULES

UNDER 11s

12. A try is scored in the normal way by placing or touching the ball down on or over the opponents try line.
13. No scrums.
14. If the ball goes into touch the restart will take place opposite the entry point, 5m from the side line and 5m from the try line with a PTB.
15.
 - a) When an attacking player is held up in their opponents in goal area, play will be restarted by a PTB restart 5m from the try line in line with where the player was held up, unless it is on the handover tackle where the restart will be a PTB, 5m from the try line, for the side that has just defended.
 - b) Any player tackled and forced into their own in goal area will result in a PTB re start 5m infield from the try line opposite to where the player was tackled, and it is counted as one of the six tackles.
16. No ball stealing
17. Any act of foul play that contravenes the Safe Play Code, will result in the coach explaining the offence to the player and stopping the game if necessary. Following this, play will continue.
18. Sin Bin does not apply. However, coaches are encouraged to give players guilty of foul play a timeout where required.
19. Coach Qualification – A minimum of a valid UKCC Rugby League Level 1 is required to be an assistant or head coach at this level. They must have a valid licence which requires an RFL enhanced DBS and hold the Safeguarding and Protecting Children Certificate.
20. The role of the coach is to develop, not to win. The coach should give all players equal development opportunities in training and games.

NB. These rules recognise the custom and practice of some playing leagues to allow coaches on the field of play during games to facilitate the development of inexperienced players.

COACH ROLE

COACH ROLE

The aim for coaches of Primary Rugby League should be to offer children appropriate development opportunities in a **FUN** and **ENJOYABLE** environment.

Adopting a philosophy that encourages participation fun and enjoyment over winning is more likely to keep children playing our sport.

An inclusive approach should be adopted when organising games so that all players regardless of maturity, get fun and enjoyment out of playing Rugby League and continue to play the sport.

Children should be encouraged to work things out for themselves as they are more likely to remember the skills they have learned.

As a coach you are expected to provide a positive environment for all your players. Below is a list of points that may help you do this.

- Child Centred Coaching – Coaching that is fully geared towards fulfilling the needs and wants of the child and not to the adults, the club or any other institution.
- Importance of personal/team development over winning.
- Rewarding effort rather than performance.
- Fun activities that are pitched at the right level.
- Creating success experiences for all through differentiation.
- The coach should set boundaries for the players and stick to them.
- No players stood waiting, and both structured and unstructured activity.
- Appropriate challenge.
- Safe – No risk.

A coach is an important role model and has the biggest single impact on a player's experience of the game. This code of conduct provides a framework and an opportunity for you to ensure all players have a positive and enjoyable playing experience.

You as the Coach are the main facilitator of a child's Primary Rugby League experience, lets make it a positive one.

PARENT ROLE

PARENT ROLE

A parent's role is to be a role model and enhance children's involvement in Primary Rugby League through encouragement and support.

Parents knowingly or unknowingly, create a motivational climate for their child by placing emphasis on either results or personal progress.

Children whose parents encourage them to focus on their own progression show greater well-being and self-determination.

Psychologists have found that generally children whose parents place a greater emphasis on winning often develop low self-esteem, anxiety and the tendency to drop out of sport.

Everyone in Rugby League has a responsibility to promote high standards of behaviour in the game. Rugby League prides itself on being a family game which prioritises creating a safe, enjoyable, inclusive and respectful environment for all to enjoy and achieve their full potential.

Unacceptable behaviour that we will not tolerate includes the abuse of match officials; racism, sexism and homophobia; and poor touchline behaviour of over competitive parents, spectators and coaches.

Children play Rugby League for the enjoyment of playing the sport and the friendships it creates and should not witness or be exposed to parental behaviour which ruins their experience.

Positive behaviour we want to encourage centres on the benefits the player gets from the game – self-esteem, fun and enjoyment, friendships, health and fitness.

GAMES COACH ROLE

GAMES COACH ROLE

The role of the Games Coach is to support the children through the games, this will usually be a member of the coaching staff or volunteers working with one of the teams.

The role is crucial to providing children with positive experiences of sport and also ensure all children have the same opportunity to run with the ball.

There are 5 simple instructions a games coach can use to help guide the children in games.

1. **HELD** – To signal the tackle is complete
2. **COME TO ME** – Encouraging defending team to retreat to games coach
3. **WAIT** – To indicate to the defence not to move
4. **PLAY THE BALL** – Prompt the attacking team to restart play
5. **GO** – Indicate to the defence that they can move forward to try and stop the attacking team

TOP TIPS

1. Ensure all children get equal opportunity during the games.
2. Encourage effort not just performance.
3. Encourage the players to solve problems themselves.
4. Offer praise when they move well, make a good pass etc.
5. If players struggle, its ok to suggest they look for space, or who they can pass to
6. Make sure you support and encourage both teams equally.
7. Do not tolerate bad or inappropriate language from any players.
8. Encourage the players to support and encourage each other with positive language.

LANGUAGE

- Keep language positive. Remember children are sensitive and throw away comments can easily put them off sport.
- Keep instructions short and simple and avoid jargon
- Don't be afraid of silence, telling children what to do all the time removes the decision-making process and can demotivate children.
- Using questions is better than making statements

Remember, it's about developing them as people as well as young players.

CONTACT INFORMATION

CONTACTS

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