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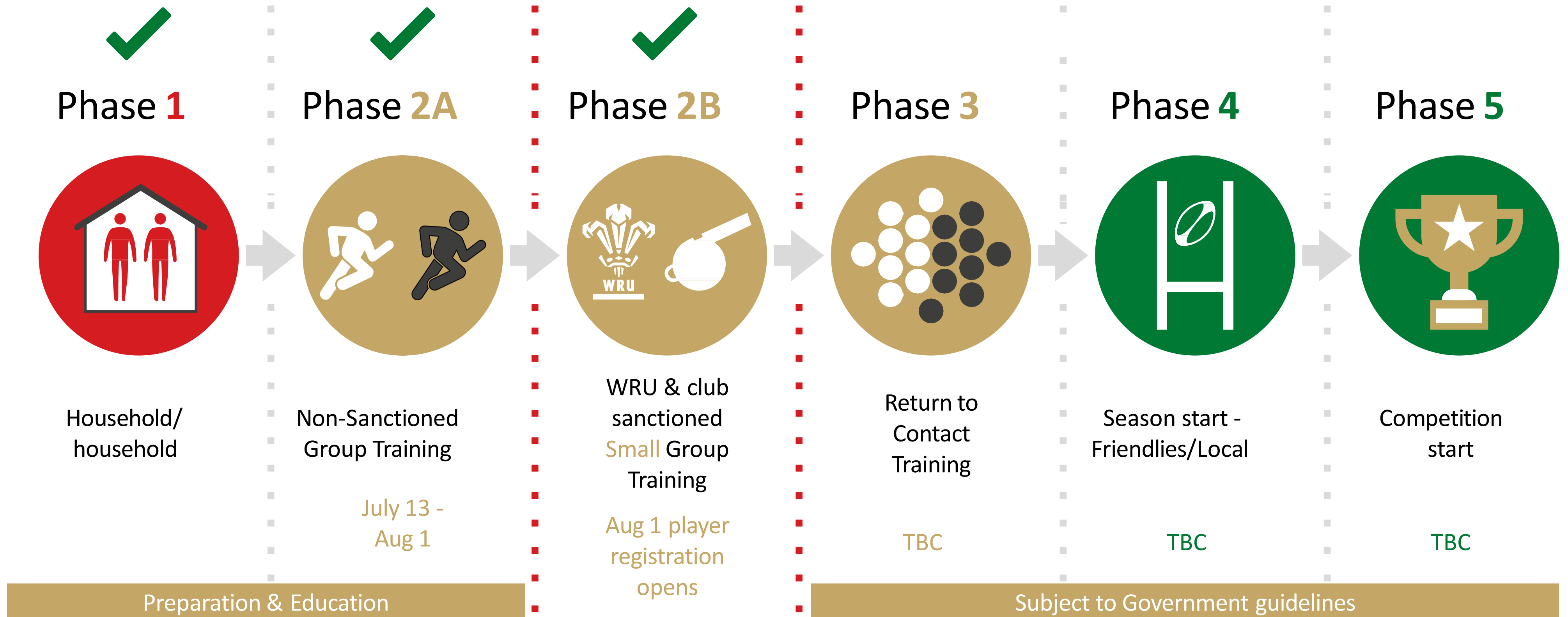
# COVID-19

## RETURN TO RUGBY

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# COMMUNITY GAME

## RETURN TO PLAY ROADMAP



# ARE YOU FIT TO PLAY?

COMPLETE AND PASS ONLINE GAME LOCKER SYMPTOM CHECK

## FEELING WELL?



WASH/SANITISE HANDS



TRAVEL ALONE  
unless you live with passengers



AVOID PUBLIC TRANSPORT  
if unavoidable wear a face-mask

## FEELING UNWELL?



STAY HOME



INFORM CLUB OPERATIONS  
MANAGER/LEAD



FOLLOW WELSH  
GOVERNMENT AND PUBLIC HEALTH  
GUIDELINES

# PREPARATION & TRAVEL

- Prepare kit and food/drinks at home
- Plan each journey identifying entry/exit points
- Only essential members should travel/  
No spectators – but parents can attend for  
safeguarding purposes only and maintain social distancing
- Travel in separate cars or with members of your household
- Where reasonably practical, minimise the duration of travel and stay



# ON MATCH DAY

- Communicate - Opposing teams Operations managers / Leads to communicate pre-match to provide safety detail
- Make sure everyone has completed the COVID symptom checker
- Ensure that the two teams arrive at the match venue at separate times
- Recognise, report and Isolate anyone exhibiting symptoms of Covid-19
- Facilities -Medical and toilets only. Changing rooms are not accessible



# TRAIN HEALTHY MANAGE THE RISK



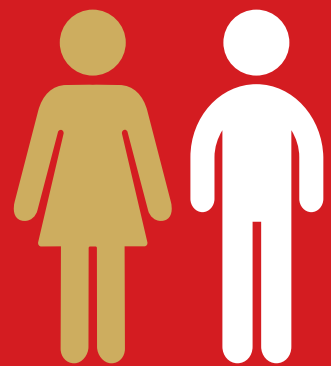
# BEHAVIOUR

- Sanitise pre training/during breaks/post match
- No hand shaking / No Huddles / cuddles
- No spitting
- All equipment to be sanitised



# TOUCH RUGBY GUIDELINES

Friendly Touch matches can now be played against other teams and clubs within the same WRU District



## MIXED TEAMS

Teams can be mixed (male/ female) and can cut across age groups



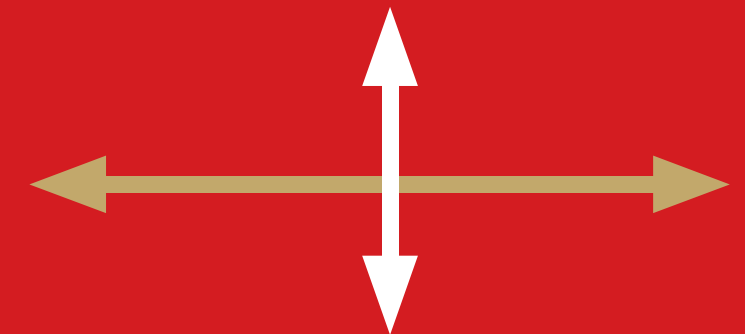
## NUMBERS

Groups of 30 max including coaches/ referees  
Teams of 10-a-side max  
One match only, no mini tournaments



## GAME DURATION

Minimum 10 mins each way  
Maximum 20 mins each way



## PITCH SIZE

Club discretion depending on space and numbers. Check Local Authority rules on numbers to space ratio



## BALL SIZE

Age appropriate



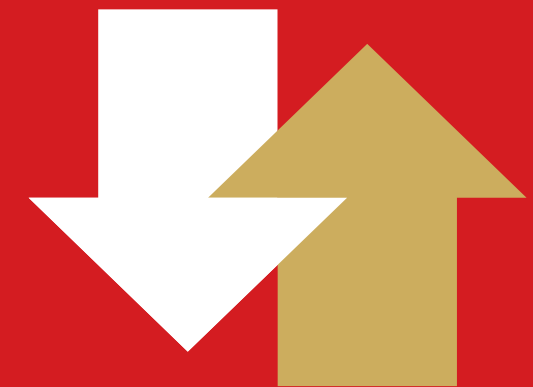
## KIT

Consider team colours



## REFEREES

Self-regulated or with club refs where available



## MATCH RULES

5 point tries. No kicking.  
One-handed touches where possible  
Six touches before turnover

Complete symptom checker on [WRUGAMELOCKER.COM](https://www.wrugamelocker.com) before each match and training session

Adhere to Welsh Government rules; comply with PHW track and trace protocols



# GAME GUIDELINES

## Game Guidelines

- Teams shall consist of up to 10 players and up to 5 subs who can interchange at any time during the match. However, match groups must not exceed 30, and this must include players and any referees/ coaches. Clubs must organise teams within this number.
- The game shall be for a duration of minimum 10 minutes and maximum of 20 minutes each way. Teams change ends at half time
- A try is scored when a player places the ball on the ground in the opponents' try line area
- The acting scrum half cannot score a try, but she/he can cross the opponents' try line and then pass to another team member who can then score the try. If the acting scrum half is touched in possession over the try line before passing, their team will lose possession.
- After the try has been scored the game will recommence with a tap from the middle of half-way line by the team that conceded a try.
- The defending team must be 10 metres from the player taking the tap. The player taking the tap can run and be touched.
  - No kicking allowed

## Attacking

- When a player is touched, the ball carrier is to stop and place the ball on the ground within one metre of where they were touched, and roll the ball back through their legs to the acting scrum half
- The acting scrum half can run with the ball but if she/he is touched, his/her side loses possession.
- The roll ball can take place within 5 metres of the defenders' try line, but the player with the ball can go back to 5m from the try line if she/he wishes to.
  - A maximum of six touches allowed. On the sixth touch the ball is turned over to opposition

## Defending

- A touch is defined where one-handed contact is made by a defending player on any part of the attacking player from the shoulder down
  - A defender who made the touch must stay at the touch area until the ball is moved at least one metre by the acting scrum half passing or running with the ball
  - Following each touch the defending team must retreat at least three metres
- Retiring players must not interfere with play whilst returning to an on-side position.

## Infringements

- Knock-on – This constitutes the ball being dropped and knocked forward on the ground. When this occurs the ball is dead, and possession goes to the team not responsible for the infringement. A tap and pass restart is applied. If the ball is dropped but goes backwards, the attacking team retains possession.
- Touch and pass or late pass – If a player passes the ball after a legitimate touch has been made, possession goes to the opposition. Tap and pass restart is applied
- If a player runs into touch, or passes forward, possession goes to the opposition team. Touch and Pass restart is applied.
  - This is not a contact phase of the Return to Rugby plan. Over-enthusiastic contact eg pushing will also result in losing possession to the opposition.



# ALL of us

# Our families

# Our team mates & colleagues

# Our communities





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# COVID-19

## RETURN TO RUGBY

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