

INCLUSION AND STAGES

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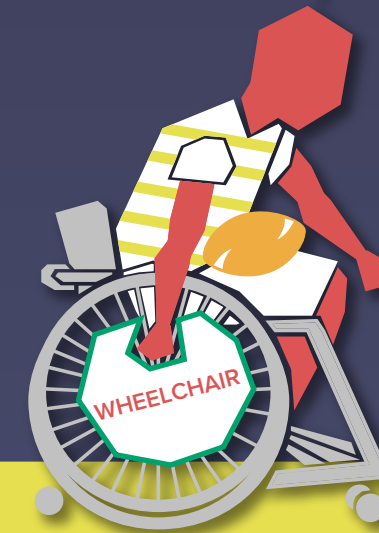


PHYSICAL DISABILITY RUGBY LEAGUE

MIXED GENDER

- For participants who have a physical disability.
- 9-a-side.
- A minimum of 7 PD players and a maximum of 2 able bodied facilitators who wear identifiable clothing and assist participants.
- Tackles are full contact, but are touch for a maximum of 2 PD players and all under 18's who wear red shorts.
- 50m x 100m pitch.
- 50-minute games (2 x 25-minute halves).

➤ **COMPETITIVE AND SOCIAL**



WHEELCHAIR RUGBY LEAGUE

MIXED GENDER

- For disabled and non-disabled participants.
- 5-a-side.
- 2 players can be non-disabled, but all players take part in a wheelchair.
- Tackles are completed by tags, upright tackles, and touch tackles (if there are no tags available).
- 46 x 20m pitch.
- 80-minute games (2 x 40-minute halves).

➤ **COMPETITIVE AND SOCIAL**



LEARNING DISABILITY RUGBY LEAGUE

MIXED GENDER

- For participants who have an indentified learning disability.
- 7-a-side.
- Minimum of 5 LD players and up to 2 facilitators, to ensure the match is free-flowing and well-balanced.
- Tackles are non-contact via tags.
- Quarter-field pitch.
- 40-minute games (2 x 20-minute halves).

➤ **FUN AND ENJOYMENT**

PHYSICAL DISABILITY RL

INCLUSION



WHAT TO EXPECT AT A TRAINING SESSION?

A welcoming and enjoyable environment. Initially at a community or foundation club level, players will vary in ability and a fun mixed level of activities will take place. Training sessions would be weekly.



WHAT TO EXPECT ON A MATCH DAY?

Matches will be played as a festival, held at either your own clubs' venue or at another club across the UK. The festival format will involve multiple clubs playing short small sided games at one venue. All players will have the chance to play and as a team you will play everyone in a fun environment.



TALENT PATHWAY

Players can continue at the community level or move onto a focus on technical and tactical development with an aim to play competitively. At this level there is an emphasis on skill development and working towards a competitive environment, with more frequent training sessions. This allows an option for players to compete at a higher-level, as there will be competitive fixtures several times every year, including representative opportunities.



WHAT EQUIPMENT YOU NEED AS A PLAYER?

Disability specific equipment and boots should be worn. Other forms of protection such as gum shields, scrum caps and shoulder pads can be worn but are not essential.



PLAYER DEVELOPMENT PRINCIPLES

Overall, to have fun and develop a lifelong love of the sport. Initially, to improve fitness and core skills of Rugby League, whilst engaging in social opportunities. If choosing to progress an emphasis would be on refining skill aligned to playing position, game plan and tactical development as competition would become the main priority for a player.



WHEELCHAIR RL

INCLUSION



WHAT TO EXPECT AT A TRAINING SESSION?

A welcoming and inclusive environment. Initially at a community or foundation club level, players will vary in ability and a fun mixed level of activities will take place. Training sessions would be weekly.



WHAT TO EXPECT ON A MATCH DAY?

There are many levels of competition, but all are fast paced and fun environments. At a festival environment held at community or foundation club, playing opportunities include many short games in one venue. All players will have the chance to play and as a team you will play every other team.



TALENT PATHWAY

Players can continue training at a community level or aspire to play at a representative level. Initially, training would move onto a focus on technical and tactical development. At this level there is an emphasis on sport specific skill development and more frequent training session. This would involve a higher-level competitive playing opportunity with fixtures several times every year. This could develop from different league fixtures your team might compete in, to an origin style game were England selections will be made for international fixtures.



WHAT EQUIPMENT YOU NEED AS A PLAYER?

A sports wheelchair is essential. Players can have optional disability specific equipment and other forms of protection, such as gum shields, but these are not essential. Tags would also be needed if available, but touch tackles can be carried out if not.



PLAYER DEVELOPMENT PRINCIPLES

Overall, to have fun and develop a lifelong love of the sport. Initially, to improve fitness and core skills of Rugby League, whilst engaging in social opportunities. If choosing to progress an emphasis would be on refining skill aligned to player position, game plan and tactical development as the competition aspect would be a main priority for a player.



LEARNING DISABILITY RL

INCLUSION



WHAT TO EXPECT AT A TRAINING SESSION?

An inclusive and welcoming environment. Training will be focused on enjoyment with games and practices, emphasising learning new skills and having fun. All activities would be inclusive for mixed abilities. Training should be one session a week and have a social aspect to them.



WHAT TO EXPECT ON A MATCH DAY?

Matches will be played as a festival, held at either your own clubs' venue or at another foundation club across the UK. The festival format will involve multiple clubs playing short small sided games at one venue. As a team you will play everyone in a fun environment.



WHAT EQUIPMENT YOU NEED AS A PLAYER?

Boots should be worn, depending on surface. Tag belts or tag shorts would also be needed to play.



PLAYER DEVELOPMENT PRINCIPLES

To have fun and create lasting memories within the sport. Specifically, players should feel included in Rugby League. Players may also develop health and social benefits as a result of Rugby League participation.

