

SOCIAL AND STAGES

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TOUCH RUGBY LEAGUE

MIXED GENDER

- For any aged player, with any fitness level or sporting ability.
- 6-a-side, but a minimum of 3 players.
- Tackles by a touch to the ball, clothes, or body of the ball carrier.
- 70m x 50m pitch.
- 40-minute games (2 x 20-minute halves).

➤ MINIMAL CONTACT FOR FITNESS, SOCIAL FACTORS AND COMPETITION.



TRY TAG RUGBY LEAGUE

MIXED, MEN AND WOMEN

- For 14+ players with varying fitness levels and sporting ability.
- 7-a-side.
- Tackles by removing a velcro tag from the player with the ball.
- Females tries are worth 2 points.
- 70m x 45m pitch.
- 40-minute games (2 X 20-minute halves).

➤ MINIMAL CONTACT FOR FITNESS, SOCIAL FACTORS AND COMPETITION.



X-LEAGUE RUGBY LEAGUE

MIXED GENDER

- For different ages, fitness levels and experience.
- 7-a-side, but can range from 5 to 11.
- Tackles by a touch to the ball.
- The ball carrier can fend off and protect the ball, but not change the momentum of others.
- Tries are also scored when the ball carrier gets both feet in the in-goal.
- 60m x 40m pitch.
- 13-minute games (no half time).

➤ LIMITED CONTACT FOR SKILL IMPROVEMENT AND A STEP INTO AND OUT OF FULL CONTACT.



MASTERS RUGBY LEAGUE

MEN AND WOMEN

- For Males 35+ and Women 30+.
- 13-a-side.
- Players wear 1 of 6 coloured shorts, depending on their age, that relate to different levels of contact.
- Tackles are full-contact, minimal contact, and non-contact.
- Separated into men's and women's teams.
- 100m x 60 pitch.
- 50 minutes games (25 x 2 halves).

➤ FOR FITNESS, ENJOYMENT, AND SOCIAL FACTORS.

TOUCH RL

SOCIAL



WHAT TO EXPECT AT A TRAINING SESSION?

A welcoming environment where training will be focused on skill-based exercises. It will be at a high intensity and dynamic, although it will remain non-contact. Emphasis will also be placed on game communication and social aspect to the sessions. Training would be expected to be at least once a week at a local community club. Visit the RFL website to find a club near you.



WHAT TO EXPECT ON A MATCH DAY?

It would be fast paced at all levels of the 3 tiers. However, Tier 3 Touch Sessions would be less competitive local sessions for people to start playing or continue to play Rugby League through this offer. Tier 2 Touch Leagues involve accredited clubs and groups running leagues for fun, but they are more competitive, and you would play other local clubs throughout the league.



TALENT PATHWAY

Tier 1 Touch Nationals is a talent pathway to compete in a series of 3 or 4 tournaments a year with a final at the Grand Day Out RFL event. Selections to join teams competing at tier 1 would take place and training would be of a higher intensity, focusing on technical and tactical development, with more regular sessions at this level.



WHAT EQUIPMENT YOU NEED AS A PLAYER?

Boots must 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 to tier 3 an emphasis would be on refining skill, game plan and tactical development as the competition aspect would be the main priority for a player.



TRY TAG RL

SOCIAL



WHAT TO EXPECT AT A TRAINING SESSION?

A fun and social environment. There is no training as each weekly session is a friendly league match. Leagues are run across the UK by the RFLs partner Try Tag Rugby (TTR). You can join a team as an individual or enter a team, both a great way to meet new people. TTR also run regular free taster sessions for beginners to go through the rules, have a go at some skills and play a game. Find your closest league, event, or free taster on the TTR website.



WHAT TO EXPECT ON A MATCH DAY?

Leagues vary in standard with those aimed at beginners right up to the more experienced player. Leagues last 8-10 weeks all year round with each team playing one match per week lasting 40 minutes. Each league has a friendly venue supervisor and referees who will be able to go through the rules the first time you attend. League socials will take place at an after-game club-house environment where all players can socialise.



TALENT PATHWAY

There is an opportunity to progress to an advanced and international standard. Players can then move on to the representative ladder which includes the annual UK Tag Nationals as well as the Great Britain Elite Development Squad and the full Great Britain squads. The Great Britain teams compete in regular international games, tours and the World Cup which takes place every three years.



WHAT EQUIPMENT YOU NEED AS A PLAYER?

Specific footwear requirements for each venue are detailed on the TTR website. Generally, boots with rubber studs. All players must wear a pair of International Tag Federation (ITF) approved Tag Shorts or Tights which are available online and from the venue supervisor. Some teams might choose to have a team kit, but this is not essential as teams are given different coloured Tags.



PLAYER DEVELOPMENT PRINCIPLES

Overall, to have fun and engage in social opportunities at a beginner level. Initially, to improve fitness and core skills of rugby league. If choosing to aspire to an advanced or international league an emphasis would be on refining skill and tactical development as the competition aspect would be a priority.



X-LEAGUE

SOCIAL



WHAT TO EXPECT AT A TRAINING SESSION?

A welcoming and fun environment, open for players with various experience of playing Rugby League. Weekly sessions would be run at community clubs and foundations, with this being a new offer any club is welcome to set up a team and give it a try. Sessions would focus on skill-based exercises and games.



WHAT TO EXPECT ON A MATCH DAY?

Match series and competitions are set up via the X-League steering group and the RFL will release a series of open UK competitions throughout the year. X-League also has participation across Europe and the world willing to host visiting teams for tours. Officiating can be done by a referee or by the "Captain's Agreement" system, were the captains of both sides will decide on infringements. Post-game socials would take place at a clubhouse environment.



WHAT EQUIPMENT YOU NEED AS A PLAYER?

Boots must 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

To have fun and develop sport specific skills. Whilst reducing the risk of injury by playing a minimal contact offer of the traditional rugby league game. This offer allows players from different disciplines to get involved as a step towards or away from the full-contact game. Visit the RFL's or X-League RL website to find a club near you.



MASTERS RL

SOCIAL

WHAT TO EXPECT AT A TRAINING SESSION?

A welcoming and fun environment, with training sessions at a community club or foundation. This offer is extremely social with post-training socials in a clubhouse environment. For safety, all players must succumb to tackles and they are limited to 2 players. Players can run, but no fends or hand offs can be used. Every player would be expected to wear a coloured pair of shorts relating to their age and different levels of contact during tackles. The categories are:

- White 35-39 and Black 40-49 use full contact tackles.
- Red 50-59 play through minimal contact by 2-hand positive hold tackle when defending and get physically stopped when attacking.
- Gold 60-69, Green 70-79 and Blue 80+ play non-contact so use touch tackles when defending and wear tags for defenders to tackle them.



WHAT TO EXPECT ON A MATCH DAY?

Masters fixtures are played at clubs across the country and several Masters festivals are organised per year. All players will have the chance to play and as a team you will play everyone in a fun environment. There are periodic opportunities to play for Great Britain Masters and to tour both in UK and further afield.

WHAT EQUIPMENT YOU NEED AS A PLAYER?

Boots, age relevant shorts with Tags if applicable and socks must be worn, which can be obtained from Masters teams. Tag shorts must be worn by the players who are playing at a non-contact level. Other forms of protection such as gum shields, scrum caps and shoulder pads can be worn but are not essential.

PLAYER DEVELOPMENT PRINCIPLES

To improve fitness and keep engaged in playing Rugby League, in a fun and social environment. Players from all disciplines past and present can come together in this social offer. Visit the RFL's website to find a club near you. Visit the RFL's or Masters RL website to find a club near you.

