



England
Rugby

RETURN TO RUGBY - COACHES





MARK SALTMARSH - PLAYER PIPELINE MANAGER

- Return to Rugby Roadmap
- Player Insight and Support



PHIL KEARNS - COACH DEVELOPMENT MANAGER

- Engaging Coaches
- Managing a return to contact
- Game Adaptations

RETURN TO RUGBY JOURNEY

1. Government
2. Safety & Retention
3. Scenario planning
4. R2R Roadmap





PHASED RETURN

PERMITTED ACTIVITY

LIKELY TRI

RETURN TO RUGBY ROAD MAP: COMMUNITY GAME

ADHERENCE TO ALL RFU REGULATIONS
MUST BE ADHERED TO AT ALL STAGES
UNLESS RELAXATIONS HAVE BEEN GRANTED

12/07/21

FOR INFORMATION ON USE OF CLUBHOUSES, CHANGING
ROOMS AND OFF-FIELD PROTOCOLS, PLEASE SEE
ENGLANDRUGBY.COM/CORONAVIRUS

PHASED RETURN

A

INDIVIDUAL TRAINING WITH
ONE OTHER PERSON

UNTIL
29TH
MARCH

CURRENT
LOCKDOWN
RESTRICTIONS
REMAIN

INDIVIDUALS
ALLOWED TO
EXERCISE WITH ONE
OTHER FROM
ANOTHER
HOUSEHOLD

SCHOOLS &
COLLEGES ABLE TO
PLAY TO STAGE D1
INTERNALLY FROM
8TH MARCH

D1

READY4 RUGBY & SOME
CONTACT TRAINING

FROM
29TH
MARCH

CONTACT
TRAINING
(EXCLUDING
SCRUM & MAUL)

READY4RUGBY, O2
TOUCH & TAG
MATCHES
AGAINST OTHER
CLUBS

D2

ADAPTED LAW
MATCHES

FROM
26TH
APRIL

CONTACT
TRAINING (STILL
EXCLUDING
SCRUM & MAUL)

ADULT & AGE
GRADE MATCHES,
WITH ADAPTED
LAWS (NO SCRUM
& MAUL)

E1

FULL CONTACT
TRAINING

FROM
19TH
JULY

FULL CONTACT
TRAINING
(INCLUDING
SCRUM & MAUL)

A 3 WEEK
PREPARATION PERIOD
OF TRAINING SESSIONS
AHEAD OF ADULT
MATCHES RESUMING.

AGE GRADE TRAINING
TO FOLLOW SUMMER
ACTIVITY FRAMEWORK

E2

FULL CONTACT
MATCHES

FROM
7TH
AUGUST

ADULT FULL
CONTACT
MATCHES *

AGE GRADE MATCHES
PERMITTED UNDER
ADAPTED LAW
VARIATIONS

F

ALL RESTRICTIONS LIFTED

STEP 4 OF
GOVERNMENT
ROADMAP REACHED
- 19TH JULY

STAGE F WILL RUN ALONG SIDE
STAGE E1 & E2

ALL
RESTRICTIONS
LIFTED

PLEASE NOTE

* All adult and age grade competitions anticipated to start in September as normal, under full laws.
Full details on Age Grade Summer Activity Framework and Return to Scrummaging are available

TIMESCALES TO ALLOW PROGRESSION BETWEEN STAGES WILL BE CAREFULLY MANAGED AND DETERMINED

SESSION TAKES PLACE

RETURN TO RUGBY JOURNEY

1. Government
2. Safety & Retention
3. Scenario planning
4. R2R Roadmap
5. Consistency & Regulation



ADULT RUGBY

AGE GRADE RUGBY



RETURN TO RUGBY JOURNEY

1. Government
2. Safety & Retention
3. Scenario planning
4. R2R Roadmap
5. Consistency & Regulation
6. Communication & Messaging





England
Rugby

ALL CLUBS &
PARTICIPANTS
MUST OPERATE &
TRAIN
STAGE

COMMUNITY GAME GUIDE : STAGE C

TOUCH AND READY4RUGBY ARE
THE ONLY APPROVED ACTIVITIES
FOR TRAINING AND MATCH PLAY.

NO CONTACT ACTIVITY

MAX 20 IN A TRAINING
GROUP PER HALF PITCH

MAX 15-MIN CONTINUOUS
ACTIVITY

SOCIAL DISTANCING MEASURES
REMAIN IN PLACE



RFU

COMMUNITY GAME UPDATE



Distribution list: **Tuesday 31 August**

Constituent Bodies Chairs, Honorary Secretaries, Treasurers, Communications
Liaison
Club Presidents, Chairs, Honorary Secretaries

RETURN TO RUGBY STAGE D1 & D2: A GUIDE TO ACTIVITY

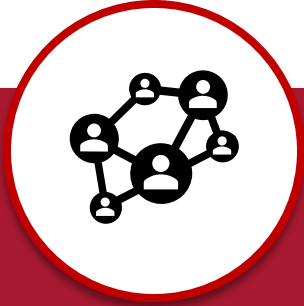
MARCH 2021

SIGN UP:

Club/School/College/University/Society

The RFU wants to use the data you give in a way which is fair and

What were our biggest **playing** concerns during peak of pandemic



**ENGAGEMENT
WITH PLAYERS**



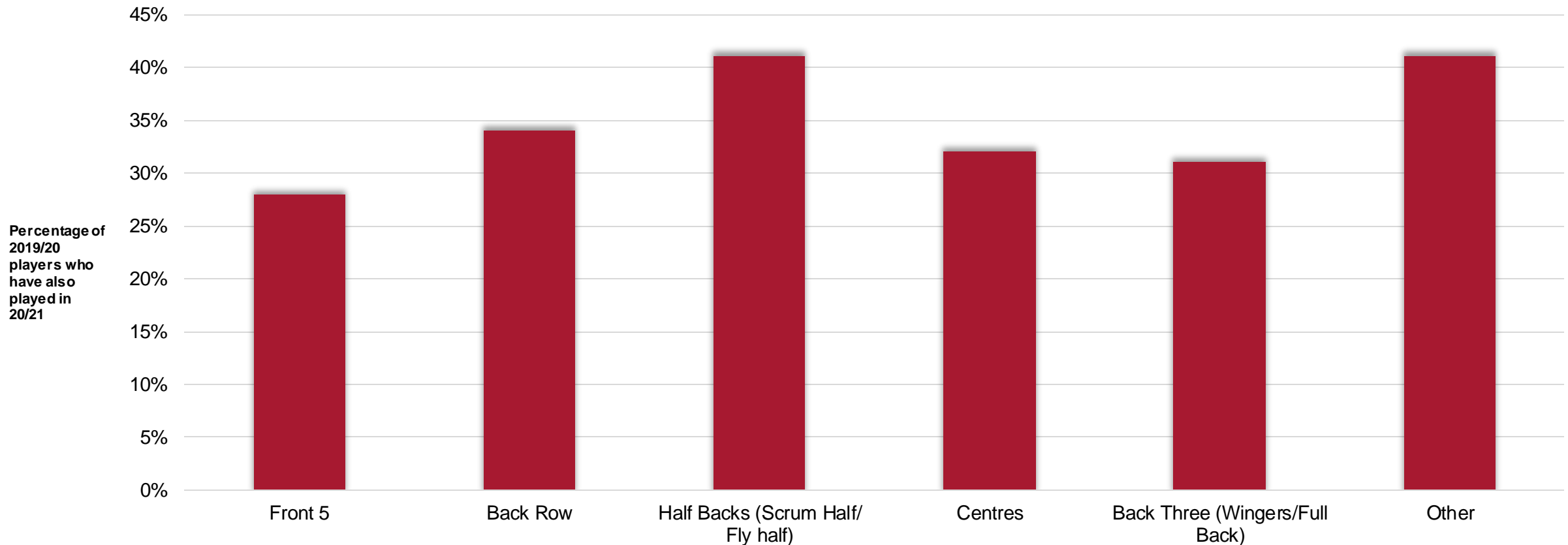
**PLAYERS NOT
RETURNING**



**IMPACT OF GAME
ADAPTATIONS**

RETENTION INTO THE 20/21 SEASON BY POSITION PLAYED

Our forwards have been the least engaged in the 20/21 season



PLAYER NUMBER PROJECTIONS

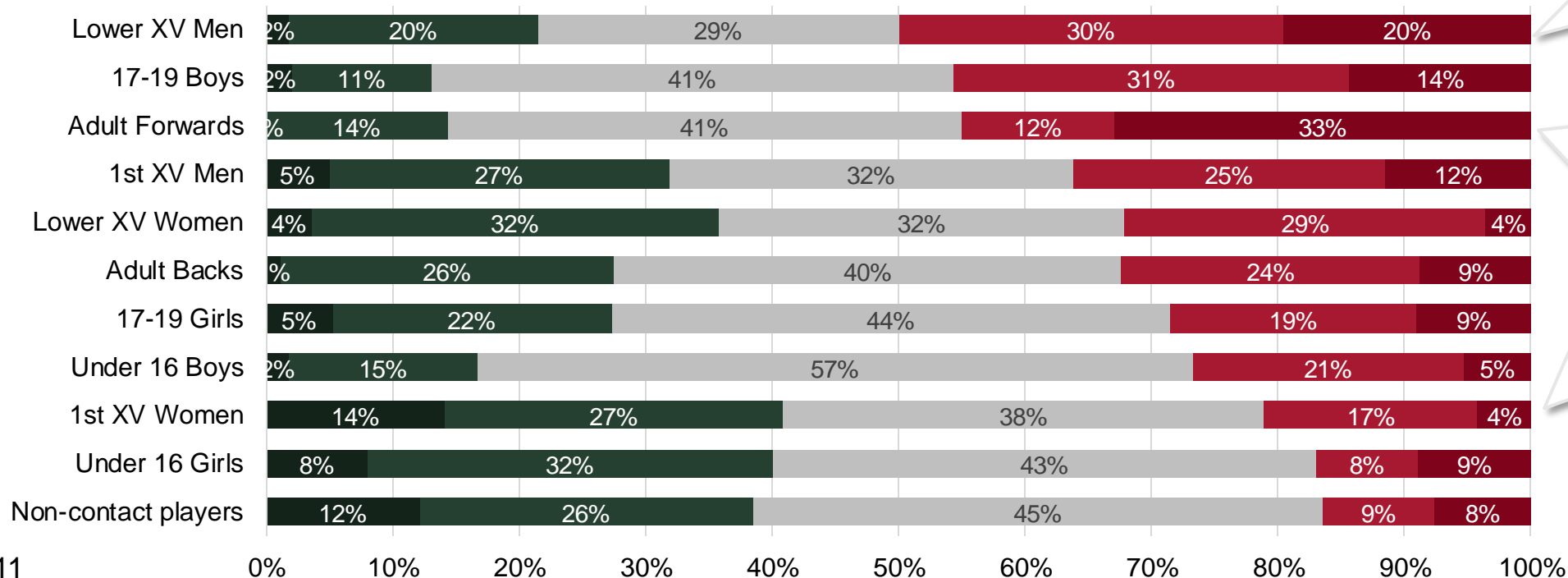
Clubs are most concerned about the recruitment and retention of young male players, forwards, and lower XV players

How do player numbers at your club compare to this point in time at the start of the 19/20 season?



A lot more players

A lot fewer players



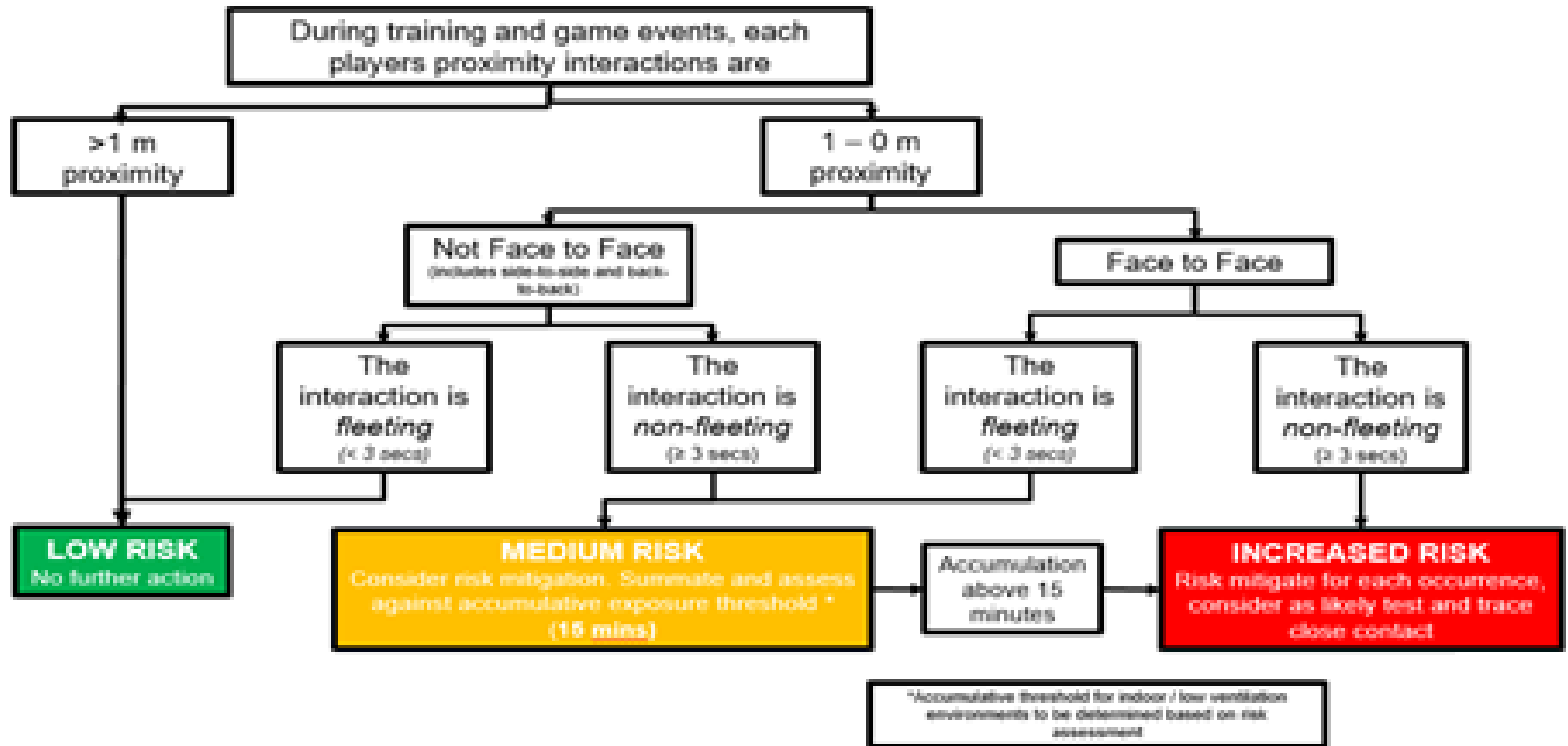
50% of clubs are seeing fewer Lower XV male players this year

Forwards concern
"Lack of specialist positions, front 5, especially props"
 - Huddersfield

Women's rugby
"The pandemic restrictions and then the lifting seems to have kick started an emerging ladies section"
 - Spalding

A Team Sport Risk Exposure Framework to inform risk mitigation strategies and support test and trace

Ben Jones, Gemma Phillips, Simon Kemp, Keith Stokes





STAGE E - ADAPTED CONTACT RUGBY TRAINING ACTIVITY

THE FOLLOWING TABLE EXPLAINS HOW TO AVOID NON FLEETING FACE TO FACE CONTACT EXPOSURE DURING TRAINING SESSIONS

TOTAL TIME OF ALL CONTACT ACTIVITY MUST NOT EXCEED 20 MINUTES PER SESSION
WE RECOMMEND THAT ANY CONTACT ACTIVITY IS CARRIED OUT IN SMALL GROUPS AS MUCH AS POSSIBLE



TACKLING

- Tackles that bring the ball carrier to ground safely.
- No holding the ball carrier up in the tackle.
- Utilise small group activity.
- Use of tackle bags, shields and pads that are cleaned and sanitised after each player use.
- No upright tackles.
- Coaches must NOT hold pads, shields or bags for age grade players.



RUCK

- To avoid unnecessary Face to Face contact minimise the number of players in a ruck.



LINEOUT

- Unopposed lineout drills. (To avoid unnecessary face to face contact minimise the time the front lifter and jumper are face to face).
- Lifting of a jumper (under 15 and above only).
- Ball thrown to a catcher.
- No maul to be formed after ball secured.



SCRUM

- Individual body position and shape practice.
- No opposed scrum practice, including use of scrum machines, sleds and unit practices.



MAUL

- None.
- No maul practice activity allowed, including from a lineout.



There are no restrictions on group size, however we recommend adoption of recommended coach to player ratios. Players may be returning from an extended period of inactivity, not just rugby activity and coaches should consider an incremental reintroduction for players such as duration, intensity and type of activities.

Coach to player ratios: U7 1:6 | U8 1:8 | U9-U18 1:10 | Adult 1:15



TACKLING

- Safe legal technique by ball carrier and tackler.
- Introduce incrementally starting with contact with floor.
- Reintroduce tackling 1v1 to develop ball carry and tackle technique.
- Small group activity, preferably with players working in pairs.
- Use of tackle bags, shields and pads that are cleaned and sanitised after each player use.
- A focus on the key coaching points.
- Ensure players are confident and physically ready before increasing intensity.



- No upright tackles.
- No holding the ball carrier up in the tackle.
- No equipment such as tackle pads, bags and shields to be used by multiple people without cleaning and sanitising.
- Coaches must NOT hold pads or shields or bags for age grade players.



RUCK

GAME ADAPTATIONS



Allianz 
PREMIER 15s



F = FREQUENCY - GRADUALLY INTRODUCE RUGBY SESSIONS BACK IN TO THEIR WEEK

I = INTENSITY - START LOW BUILDING GRADUALLY OVER TIME

T = TYPE - START WITH GENERAL MOVMENTS BUILDING TO RUGBY SPECIFIC

T = TIME - ADJUST SESSION TIMINGS INCREASING GRADUALLY

ENGAGING COACHES



**RANKED 2ND IN
UK**



England
Rugby

TEAMWORK. RESPECT. ENJOYMENT. DISCIPLINE. SPORTSMANSHIP.