



SMALL BLACKS DEVELOPMENT MODEL

POCKET GUIDE
UNDER 8 / YEAR 3

APPLAUD

By committing to APPLAUD, all parents, care-givers and supporters in New Zealand are creating a great place for rugby.

A positive environment for everyone to enjoy rugby is at the heart of APPLAUD; a New Zealand Rugby initiative to encourage supporters to be good sports at schools and clubs and also stamp out anti-social side-line behaviour.

One feature of APPLAUD is for fans, parents and whanau to make ten commitments for the good of the game. By committing to the simple principles of APPLAUD, supporters are contributing to a better rugby experience for everyone.

COMMITMENTS FOR PARENTS/CARE-GIVERS AND SPECTATORS

I will:

- lead by example and be a good role model
- remember players play sport for their enjoyment, not mine;
- respect officials' and coaches' decisions even if I don't agree;
- respect the efforts of opponents;
- applaud good play and performances by both my team and their opponents;
- give positive comments that motivate and encourage continued effort;
- thank the coaches, officials and other volunteers;
- assist when asked by a coach or official;
- respect the rights and dignity of all people involved in the game, regardless of their gender, ability or cultural background; and
- behave appropriately at pre-game and after-match functions.

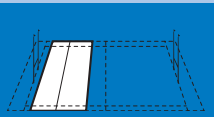


JUNIOR PLAYER DEVELOPMENT MODEL

UNDER 8 / YEAR 3

FIELD SIZE

Goal to 10m (across the field). Portable goalposts recommended. Full size posts on sideline need bolsters.



NUMBERS PER TEAM

10-a-side. Numbers are maximum. If a team doesn't have enough players to start a game, it should then be played with equal numbers.



GAME LENGTH

2 x 25 minutes maximum.



LINEOUT

Always 5 in lineout. Lineouts not to be contested. There is to be no lineout lifting at any level.



BALL SIZE

Size 3 balls.



KICKING

Encourage running and passing.



TACKLE

A 'Tackle Clinic' must be carried out by all U8 coaches before the season kicks off. "Tummy tackles". No fending. Ripa - (RIP) When a rip is made, player passes the ball.



TRY

If score blow-outs are occurring (ie 35+ at halftime), both coaches MUST meet and come to an agreement as to how they can generate a more even contest. Try = 5 pts.



KICK-OFF

Tap and pass. Kick-offs to be rotated through all players.



SCRUM

Always 5 in scrum. No contest and no pushing.



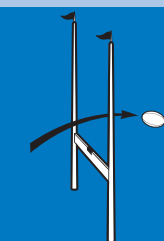
PENALTY

Tap and pass.



CONVERSION

Conversion taken from in front of posts either drop goal or punt. Points don't count.



SUBS

All players must play a minimum of half a game (this is to include at least two full quarters). Rolling substitutions are not permitted. Substitutions may be made at half time or approximately half way through each half when the referee will allow and signal a Substitution Break. This applies to representative games.



REFEREE

If no Learning Rugby referee, no tackling.



FUN



ACHIEVE



BELONG



SAFE