



## **SMALL BLACKS DEVELOPMENT MODEL**

**YEAR 5 / UNDER 10**

# **APPLAUD**

Together we can create a great experience for everyone in rugby by role modelling good sideline behaviour and calling out bad sideline behaviour. Applaud is a New Zealand Rugby programme that outlines the expectations for all parents, caregivers, and spectators of rugby.

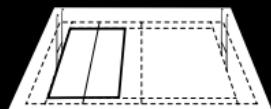
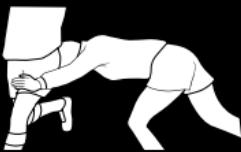
These are:

- be a good role model
- calmly call out any bad behaviour when you see or hear it
- remember children play sport for their enjoyment, not yours
- respect officials' and coaches' decisions even if you don't agree
- applaud good play and performances by both teams
- 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 everyone in the game and
- behave appropriately at pre- and post-match functions.

Help us keep kids in sport by creating a positive rugby environment in schools and clubs.

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<b>FIELD SIZE</b> Goal to 10m (across the field). Portable goalposts recommended. Full size posts on sideline need bolsters. 	<b>NUMBERS PER TEAM</b> 9-a-side. If a team doesn't have enough players to start a game, it should then be played with equal numbers. 	<b>GAME LENGTH</b> 2 x 25 minutes maximum. 
<b>REFEREE</b> If no Learning Rugby referee, no tackling. 	<b>BALL SIZE</b> Size 3 balls. 	<b>KICKING</b> Encourage running and passing. 
<b>TACKLE</b> No fending to the head, face or neck regions. Tackle must be below the sternum. 	<b>RESTART</b> Tap and pass to be rotated through all players. 	<b>PENALTY</b> Tap and pass. 
<b>TRY</b> 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. 	<b>SUBS</b> 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 or quarter time. 	

FUN ACHIEVE BELONG SAFE

# FABS

- Fun is a key component of success in sport and life.
- Every player and coach are capable of achieving.
- Rugby brings people together.
- Safety is keeping all participants in our game safe physically and mentally.