

T1 BASICS



**TĀTOU TĀTOU
TOGETHER AS 1**



GETTING STARTED



7 PLAYERS PER TEAM + 5 SUBS



***SHIRTS, BIBS, FOOTWEAR,
MOUTHGUARDS**

**Recommended but not a requirement*

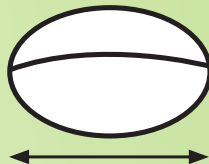


KICKS IN PLAY

You can either punt or use grubber kicks in general play.



GAME LENGTH
2 x 15 minutes

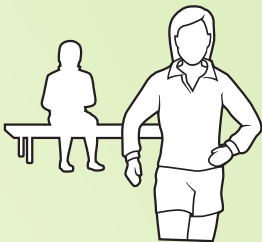


SIZE 4 BALL



REFEREEING A GAME

Call touch and the number of touches (1, 2, 3, 4, etc.) when a touch has been made.



ROLLING SUBS
At stoppage.

7

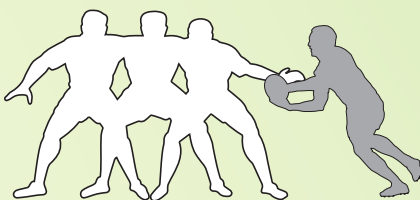
ATTACK

7 phases to score or turnover on 7th (free tap and pass).



PHASE COUNT

Phase count occurs when the ball carrier is touched by a defensive player.



SCRUMS

Uncontested 3 man scrums and halfback.



HOKKER

LINEOUTS

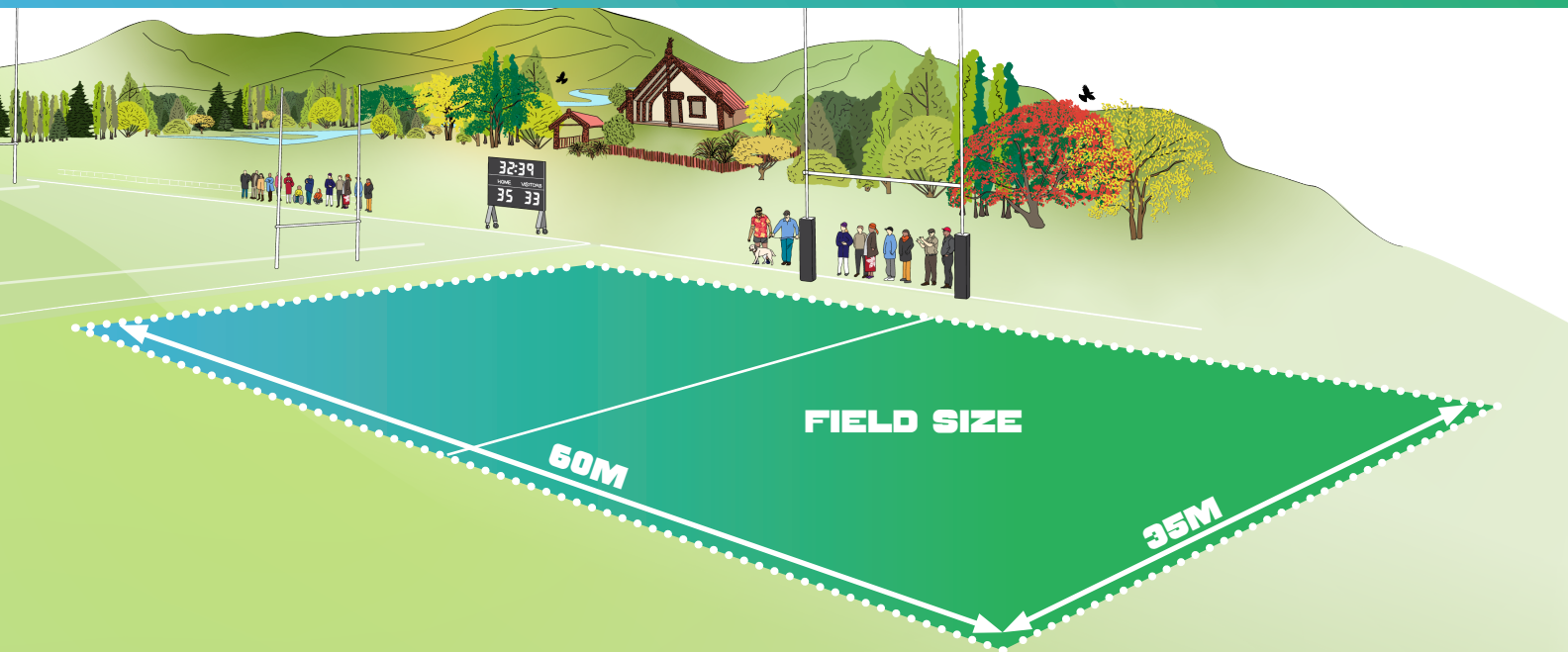
Contested 3 man lineouts but there is no lifting.



SANCTIONS:

- Contact above shoulder
- Contact of any kind (pushing, tackling, fending).

PLAYING THE GAME

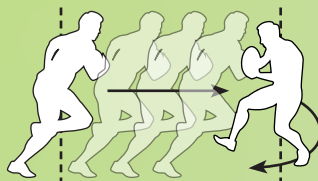


STARTING OR RESTARTING PLAY



Option of drop kick, punt, or kick by scoring team from ground at the halfway. Kick must travel 5 metres and is uncontested. Sanction: FK/scrum.

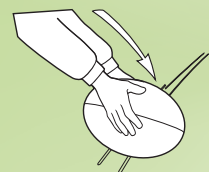
TOUCHED TURN



3 STEPS

Once touched, the ball carrier may take a further three steps and then must turn and present the ball to their teammate to create a breakdown. Sanction: Penalty.

SCORING A TRY



The ball must be in contact with the hand or player and grounded on the try line or within the in-goal area. If a player is touched in the in-goal area, or touched before entering and then runs into it, play restarts with a tap 5 metres out from the try line.

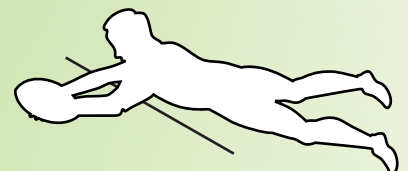


DEFENCE

7 touches (phases) below the shoulder with 1 or 2 hands.



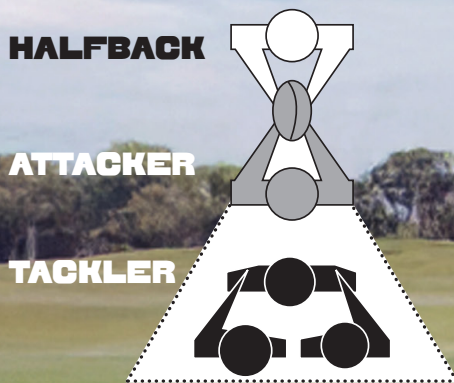
Attackers are not permitted to dive at defenders. Sanction: Penalty.



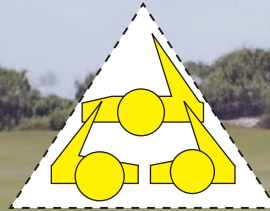
A try is awarded if a player is touched while airborne (diving) in the act of scoring.

THE BREAKDOWN

At the point of a touch, a 'breakdown' must be created made up of 5 players.

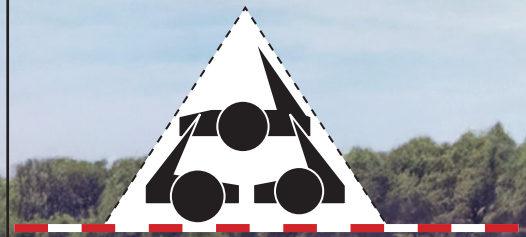


Tackler takes up inside position within 1 arm's length of the ball carrier to create the breakdown and must be joined by two further defensive players. They will need to bind to either side of the tackler. (outside hand to shoulder of tackler).



This forms the defensive triangle. Sanction: Penalty.

If the defenders don't attempt to move towards the breakdown to set their defensive triangle, a penalty can be awarded and a series of seven phases will restart.



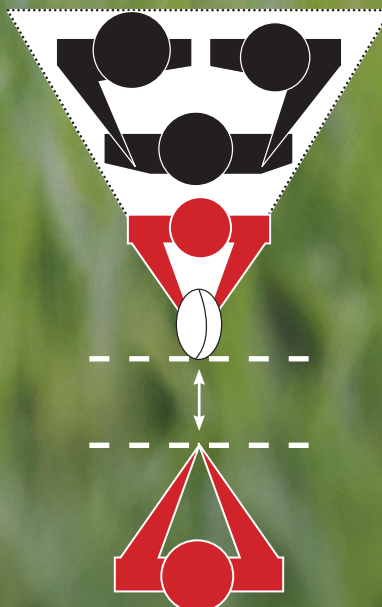
Offside line formed by the last feet of the defensive triangle. Sanction: Penalty

BREAKDOWN - TURNOVER

A halfback must place two hands on the presented ball before 3 defenders form a defensive triangle and can pass, run and kick within 5 seconds. Sanction: Penalty.



A Turnover occurs if the tackler and 2 defenders form a defensive triangle before the halfback gets 2 hands on the ball. Sanction: Penalty.



The defensive triangle can rejoin play once the halfback has either run, passed, or kicked. The halfback can't be touched by any player in defensive triangle.

PENALTIES

When a penalty offense occurs, the non-offending team is awarded possession through a tap restart, scrum, or kick to touch, with the tackle count resetting. Penalty offenses include:

- Obstruction
- Diving on the ball on the ground.