MATCH MANAGER INFORMATION

INITIAL PREPARATION

- Open and ensure changing facilities for all participants, separate for male and female

- Measure pitch out with cones

- Ensure bibs or shirts are available (or for at least one side)

- Ensure a match ball is suitably pumped and ready for use

- Establish capability of players and discuss the variations in play with the team leaders

- This game is designed to ensure rugby can be played by any group of people. It is essential that you understand the capability of the players, so you can agree which rules might be in play and which aren't
  For example, agree whether you will have kicking?

- You can also then agree on team size, pitch sizes, match length etc.

- If you have someone refereeing the match/session, ensure they are met and shown to the relevant facilities.

PRE-SESSION PREPARATION

- Facilitate a warm-up, use the <u>World Rugby Activate</u> to make sure the participants are ready to go

- Depending on the experience of the participants, facilitate the explanation of the game and how it is played, this can be done as part of the warm-up/activation session

- Ensure water/drinks are available for participants

REFEREEING TIPS

- Appreciate that players are running when touched and will need time to stop, but be wary of travelling too far, and bring them back to the point of touch if you think they have gone too far

- Monitor the 3 defenders in a breakdown - consider calling '2 more in' or '3 in' and make sure they are attempting to get into place

- Be mindful of over-physical touches, it's a non-contact game and should be played with that ethos in place

- Encourage the game to be played in the right spirit

POST SESSIONS

- Warm down/stretch and make sure no-one has injured themselves

- Facilitate a feedback session if appropriate

- Clear up cones, bibs, water bottles from playing area

- Inform participants of the next session/match timings