

Easy Read Guide To Rugby League

Community
Integrated
Care



Welcome to the 'Easy Read Guide To Rugby League'



- This guide will help you to understand the sport of Rugby League.
- Rugby League is played by men and women.



- This has been created by people supported by **Community Integrated Care**.
- We have learning disabilities.



- We love to watch and play Rugby League!
- We want to help more people who have learning disabilities to enjoy this sport.

All about Rugby League...



- Rugby League is very exciting to watch and play.
- Rugby League is played on a grass pitch just like football.



- This is what a Rugby ball looks like.
- Players can run with the ball by holding it in their arms.
- A pass is a throw of the ball from one player to another.



- A Rugby League game lasts for 80 minutes, with 40 minutes for each half. The players have a rest at half time.
- Half Time means the end of the first half of the game.

The Teams...



- There are 2 teams in a Rugby League match.
- Each team has 13 players on the pitch.
- They play in different colour kits.



- Rugby League matches are played in a stadium. People can buy a ticket to watch and support their team.
- They are called the fans. They wave their flags and sing songs.



- Each team has a Manager or Coach who pick the players.
- The aim is to score more points than the other team to win the game.

How to score a Try...



- The team with the most points at the end of the match is the winner. The end is called Full Time.
- Points are scored in 3 different ways. Tries, Goals and Drop Goals.



- At the end of the pitch is a Try Line.
- A Try is scored when the ball is put down over the Try Line.
- Each team has 6 chances to get to the end of the pitch.



- If you score a try you win 4 points for your team.
- The Referee points at the floor and blows their whistle.
- The fans cheer and celebrate.

How to stop a Try...



- The team without the ball works very hard to stop a Try from being scored.
- They do this by stopping players from moving forward.



- Stopping a player is called a Tackle.
- If a player drops the ball, they cannot score a Try.



- When a Team makes 6 Tackles, they get the ball back.
- It is now their turn to try and score points.

How to score a Goal...



- In the middle of the Try Line there are Rugby posts.
- If you score a try, you get the chance to kick the ball between the Rugby posts. This is called to 'kick at goal'.



- The player kicks the ball from the floor from a kicking tee. This looks like a cone.
- If the ball goes through the posts and above the middle bar, this is called a Goal.



- If the players scores a Goal, they win 2 points.
- The Referees will hold up their flags if a goal is scored.

How to score a Drop Goal...



- During the match, players can try to kick the ball out of their hands at goal.
- If the ball goes through the Rugby posts and over the middle bar, this is a Drop Goal.



- The ball must bounce before it is kicked.
- If a player scores a drop goal they win 1 point for their team.



- Players try to kick drop goals when it is a very close game and they are near to the posts.
- The Referee will hold their arm up in the air if a drop goal is scored.

Not following the rules...



- Referees make sure the match is played fairly. They keep the score and the time.
- Sometimes players do not follow the rules, by being too rough when making a tackle.



- If a player does not follow the rules they can give away a Penalty.
- This means that the other team then gets a chance of 'Kicking for Goal', or extra chances to score a Try.



- If players are shown a Yellow Card by the Referee, they have to leave the match for 10 minutes.
- A Red Card means the player has broken the rules. They have to leave the match and can't come back.

Through the Community Integrated Care Inclusive Volunteering Programme with Sport England and the Rugby League World Cup 2021, the following people who access care and support in their daily lives created this 'Easy Read Guide To Rugby League':

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