



SINGAPORE RUGBY UNION

RETURN TO CONTACT

ROADMAP





CONTENTS

Overview	3
Hygiene & General Guidelines	4
Stages of progression	6
Rationale & Guiding principles	
Planning Training	8
Contact Fundamentals	9
Activate	11
Stages for Competitions	13

Resources & Competitions

Stage 1 program	15
Stage 2 program	18
Stage 3 program	22
Support resources	27

Welfare

Player Welfare	29
Blue Card Concussion Initiative	30
Mental Well-being	32

Acknowledgements	33
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RETURN TO CONTACT ROADMAP KEY COMPONENTS

The Return to Contact Roadmap is designed to provide a template and resources that can be followed for all schools and clubs to return to regular rugby in a controlled and safe approach.

The intention is to use this guide to give players the best possible experience ensuring player welfare is prioritised and meaningful practises are facilitated for everyone involved.

The Return to Contact Roadmap is broken down into 3 key components.



Technical

To promote effective skill acquisition during training and application through competition laws



Conditioning

To ensure players are suitably conditioned for a return to contact



Welfare

To ensure processes in place to protect players from unforeseen circumstances

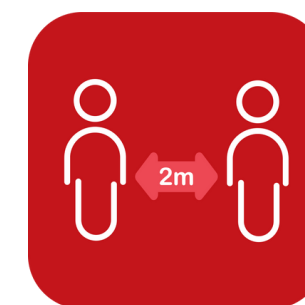
HYGIENE & GENERAL GUIDELINES



Wash your hands frequently

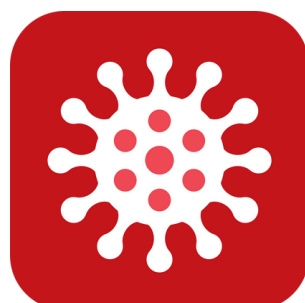


Wear a face mask in public



Maintain social distancing

(as guided by health authorities at the time)



Avoid touching eyes and face

Transmission of virus can occur from surfaces we have touched and transferred by touching our face.



Encourage safe respiratory hygiene

Sneeze/cough into your elbow

Do not talk/shout over people

Dispose of soiled tissues immediately

No spitting

If you have a fever, cough, sore throat or difficulty breathing isolate yourself and seek medical advice immediately.

HYGIENE & GENERAL GUIDELINES

Before taking part



If you are feeling unwell **STAY AWAY**

If you have come in contact with someone who has, or suspects they have, COVID-19, **STAY AWAY**

If you have been issued with a Stay at Home or Quarantine Order **STAY AWAY**

Vaccination Levels



An individual is considered **fully vaccinated** two weeks after he or she has received two doses of Pfizer-BioNTech/Comirnaty, Moderna, or any WHO EUL vaccines.

Unvaccinated individuals with a valid negative result on a Pre-Event Test taken in the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or recovered COVID-19 individuals, are of similarly lower risk, and may also join in the group of fully vaccinated individuals.

RETURN TO CONTACT ROADMAP OVERVIEW - THE 4 STAGES





SINGAPORE RUGBY UNION

TRAINING & COMPETITION PRINCIPLES

Rationale and guiding principles for training and competitions



WHEN PLANNING TRAINING...



F **Frequency**
How often you train



I **Intensity**
How physically demanding
the sessions are



T **Type**
What type of activity is
included in your session



T **Time**
How long the activities are
and your overall session

A P E S

Active, Purposeful, Enjoyable and Safe.



Repetition
without
repetition



Check before
progressing



Min. 2-3 days
recovery
between sessions

CONTACT FUNDAMENTALS

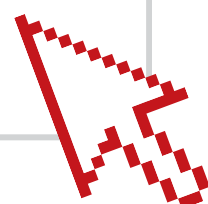
TACKLE READY

A guide to safe and effective tackling.

Tackle Ready aims to introduce consistent terminology across the game, and to provide a deeper understanding of what makes a safe and effective tackle. It provides coaches and players with the specific tackle stages and detailed KPIs, which will develop the individual tackler and ball-carrier.

The full resource pack can be found at:

<https://passport.world.rugby/injury-prevention-and-risk-management/tackle-ready>



5 STAGES OF TACKLE READY >>

CONTACT FUNDAMENTALS

5 STAGES OF TACKLE READY



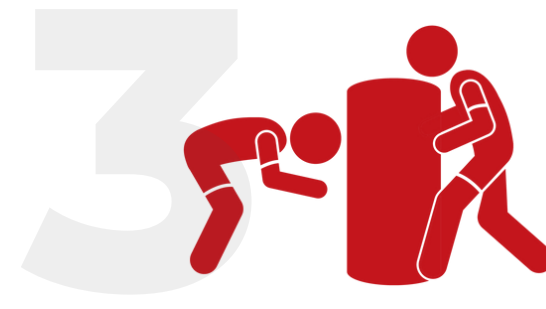
TRACKING

- Vision, Decision, Action
- Laser Focus
- Communication
- Angle of approach
- Change of direction
- Approach height & speed
- Come to balance
- Anticipation – individual
- Anticipation- team



PREPARATION

- Get square
- Drop height
- Dominant contact angle
- Balance & Foot placement
- Shoulders in front of hips
- Claws up, elbows in
- Foot in the hoop



CONNECTION

- Initial shoulder accuracy
- Shoulder jab
- Shoulder connection point
- Arm wrap & clamp
- Iron fingers
- Hips and core activation
- Arrowhead
- React and reshape



ACCELERATION

- Roll over front foot
- Studs in the grass
- Leg drive
- Control the ball-carrier
- Regain feet
- Accelerate through torque
- Never stop working



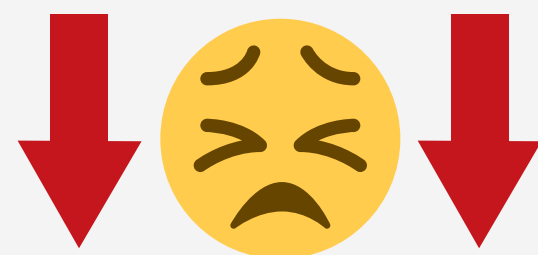
FINISH

- Reshape and regrip
- Tighten clamp and grip
- Dominate on the ground
- Finish on top
- Legal exit

ACTIVATE INJURY PREVENTION EXERCISE PROGRAMME

Activate is a structured, progressive exercise programme that is designed to be used as part of training sessions and pre-match warm-up routines.

26-40%



REDUCTION
IN SOFT TISSUE INJURIES

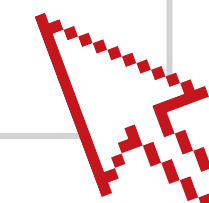
29-60%



REDUCTION
IN CONCUSSIONS



The full resource pack can be found at:
<https://passport.world.rugby/injury-prevention-and-risk-management/activate-injury-prevention-exercise-programme/>



WHAT ARE THE BENEFITS OF USING ACTIVATE?

General movement control and skill

Many of the exercises in Activate can help to develop the stability and mobility that underpin the safe and effective performance of various movements when playing rugby.

Conditioning and athletic performance

The progressive nature of Activate can help to improve parts of players' athletic performance; such as: strength, power, running speed, and ability change of direction efficiently.

Physical robustness

Using Activate can help to develop the ability of muscles, tendons, and ligaments to handle the forces they experience when playing rugby, leading to a lower risk of these structures being damaged when playing rugby and other sports.

THE “KEY ACTIVATE 8”



Head neutral



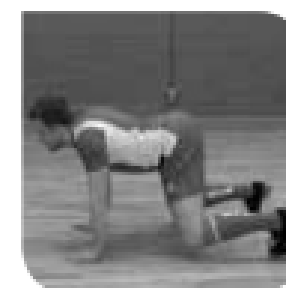
Head lifted



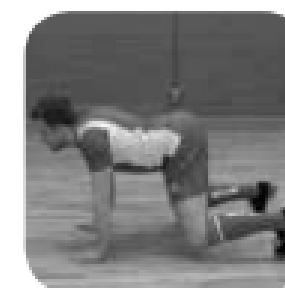
Chest up



Pinch shoulders



Shoulders level with hips



Brace through trunk



Hip, knee, ankle in line



Knee over toes

STAGES FOR COMPETITIONS

The staged competition formats are designed to provide participants with an opportunity to take engage in competitive matches that support the progression in skill and conditioning at training.

The non-contact and modified-laws versions of the game allow for flexibility for organisers to plan competitions that fit within government guidelines and are to be used as a benchmark towards a full return to contact competitions. Competition organisers are strongly advised to refer to the latest government guidelines on the most recent group size restrictions.



Staged progression from non-contact to regular matches



Fun element of playing competitive matches again



Giving more time to coaches to work on core skills



Increase focus on safety





SINGAPORE RUGBY UNION

TRAINING AND COMPETITIONS

Additional resources for training and staged competition formats.



STAGE 1 TRAINING



Frequency

1 -2 sessions
per week



Intensity

General
low-medium

Contact
low



Type

General
Fitness & Skills

Contact
Fundamentals



Time

Session
45-60mins

Max 20mins
contact



STAGE 1 - TRAINING

Sample training Program - Primary/Secondary (U13 to U17)

STAGE 1		SESSION 1-2	SESSION 3-4	SESSION 5-6	SESSION 7-8
Warm up (Choose appropriate age group)	20 mins	Activate Phase 1			Activate Phase 2
Game Focus	10 mins	Small sided games*- Attack or Defence focus <small>*See the Coaching Children Resource Pack for a list of games and activities that can be delivered to participants</small>			
Technical	20 mins	Contact Fundamentals			
		Stage 1-2	Stage 1-3	Stage 1-4	Stage 1-5
Game Focus	10 mins	Small sided games*- Attack or Defence focus			
Cool down & debrief	10 mins	Cool down- Stretching/jogging Social time- coach feedback and participant sharing			



STAGE 1 - TRAINING

Sample training Program - Senior (U19 and above)



[Click here to access Full Programme](#)

WEEK 1-4	AGILITY (1-2 SETS) <ul style="list-style-type: none">• Shuttle Run• Side Shuffle• Carioca• Snake Run• 45 degree cut• 90 degree cut• Forward-Backpedal• Backpedal into Turn and Accel• Backpedal into Shuffle	SPEED (1-2 SETS) <div><div><ul style="list-style-type: none">• Pogos• A Skip• B Skip• Skips for height• Ankling• Straight Leg Bound• Kneeling Accels</div><div>Accelerations<ul style="list-style-type: none">• 20 yard• 40 yards• 60 yards• 80 yards• 100 yards• 80 yards• 60 yards• 40 yards• 20 yards</div></div>	CONTACT (1-2 SETS) <ul style="list-style-type: none">• Bear Crawl• Crab Walk• Monkey Walk• Elephant Walk• Kick Through• Spiderman Walk• Fall to long present• Wheelbarrow Walk• Forward Roll• Neck Isometrics
WEEK 5-8	AGILITY (1-2 SETS) <ul style="list-style-type: none">• Shuttle Mirror• Shuffle Mirror• Reactive 45 degree cut• Reactive 90 degree cut• Reactive Snake Run• Reactive Shuffle into Accel• Reactive Backpedal into Turn and Accel• Reactive Backpedal into Shuffle	SPEED (1-2 SETS) <div><div><ul style="list-style-type: none">• Pogos• A Skip• B Skip• SL C Skip• Ankling• Bounds for height• Bounds for distance• Straight Leg Bounds• High Knee Falling Accels• Turning Accels</div><div>Accelerations<ul style="list-style-type: none">• 20 yard• 40 yards• 60 yards• 80 yards• 100 yards• 80 yards• 60 yards• 40 yards• 20 yards</div></div>	CONTACT (1-2 SETS) <ul style="list-style-type: none">• Under-Overs• Break Fend To Contact• Leg Drive From Knee• Contact To Lift• SL Lift and Drive• Kneeling Tackle & Roll• 1 on 1 scrum• Partner Lifting Competition• Straight Arm Sumo• All fours balance• Back to back push• Get Ups - Partner lie on top• Neck Isometrics• Neck Bridges



STAGE 2

TRAINING & NON-CONTACT COMPETITIONS



Frequency

1 -2 sessions
per week



Intensity

General
medium-high



Type

General Fitness & Skills
(Include Ruck, Scrum & Lineout
Technique)



Time

Session
60-75mins

Contact
medium

Contact
Conditioning

Max 20mins
contact



STAGE 2 - TRAINING

Sample training Program - Primary/Secondary (U13 TO U17)

STAGE 2		SESSION 1-2	SESSION 3-4	SESSION 5-6	SESSION 7-8
Warm up (Choose appropriate age group)	20 mins	Activate Level 2		Activate Level 3	
Game Focus	20 mins	Contact Conditioning			
		1v1 Grappling and tackle games	Small sided games - 3v2 tackle	Small sided games - 4v4 tackle	Small sided games - 4v4 tackle
Technical	20 mins	Revisit Contact Fundamentals Ruck/Scrum/Lineout Technique			
Game Focus	10 mins	Small sided games*- Building phase play in attack or defence <small>*See the Coaching Children Resource Pack for a list of games and activities that can be delivered to participants</small>			
Cool down & debrief	10 mins	Cool down- Stretching/jogging Social time- coach feedback and participant sharing			



STAGE 2 - TRAINING

Sample training Program - Senior (U19 and above)



[Click here to access Full Programme](#)

8 WEEKS	AGILITY (2-3 SETS) <ul style="list-style-type: none">• 1vs1 in Narrow Channel• 1vs1 in Wide Channel• 1vs1 from Side of Channel• 1vs1 with additional obstacles• Backpedal Defence - Touch line and forward• 1vs1 with line up of obstacles• 1vs1 Retreat and Attack• 1vs1 Running Back (looking over shoulder)	SPEED (1-2 SETS) <ul style="list-style-type: none">• SL Pogos• A Skip• B Skip• C Skip• Bounds for height• Bounds for distance• Straight Leg Bounds• Partner High Knee Accels• Kneeling Turning Accels Accelerations <ul style="list-style-type: none">• 20 yard• 40 yards• 60 yards• 40 yards• 20 yards• 10 yards	CONTACT (2-3 SETS) <ul style="list-style-type: none">• Tackle 1 - Side on• Tackle 2 - Pull Down• Tackle 3 - Front On• Ruck 1 - Roll• Ruck 2 - Arm Under• Ruck 3 - Shoulder Under Contact Resilience Circuit <ul style="list-style-type: none">• Lift tube and tackle• Down up and Jackle Comp• Reaction to direction contact• Get up competition• Counter Ruck• Neck Isometrics• Neck Bridges



STAGE 2 - COMPETITIONS

Non Contact Format (Tag Rugby)

	PRIMARY (UP TO U13)	SECONDARY (UP TO U17)	ADULT (U19 AND ABOVE)
Pitch size	30m (width) x 40m (length)	40m (width) x 60m (length)	50m (width) x 70m (length)
Players on the field	Min 4 Max 6	Min 4 Max 6	Min 4 Max 7
Match Duration	10mins	2 x 10mins	2 x 10mins
Half Time	None	2 mins	2 mins
Kick off & Restart	Tap kick non-scoring team	Grubber/Drop Kick Scoring team	Drop Kick Scoring team
Tackle-Rip (Mark)	Defender drop tag Attacker pass from the mark Turn-over after 6 TAGs		
Offside Line-Defence	Towards goal line, behind where rip was made		
Penalty	Tap-kick on the mark Opposition move back 5m	Tap-kick on the mark Opposition move back 7m	Tap-kick on the mark Opposition move back 10m
Scrum	Tap and pass	3v3 uncontested	3v3 uncontested
Offside at scrum	3m	5m	5m
Lineout	5m from touch, Tap and pass	Ball must travel 3m , Min 2 players No lifting	Ball must travel 5m , Min 2 players Lifting allowed
Lineout - Offside	3m	7m	10m
Kicking in general play	None	Grubber Kick	Grubber Kick
Yellow/Red Card	Player replaced	Player replaced	2 min sin-bin / No replacement

STAGE 3

TRAINING AND COMPETITIONS



Frequency

2-3 sessions
per week
(including games)



Intensity

General
medium-high

Contact
medium/high



Type

General Fitness & Skills
(Include Ruck, Scrum & Lineout
Conditioning)

Contact
Conditioning



Time

Session
60-90mins



STAGE 3 - TRAINING

Sample training Program - Primary/Secondary (U13 To U17)

STAGE 3		SESSION 1-2	SESSION 3-4	SESSION 5-6	SESSION 7-8
Warm up (Choose appropriate age group)	20 mins	Activate Phase 3	Activate Phase 4		
Game Focus	20 mins	Small sided games*- Focusing on development needs from matches <small>*See the Coaching Children Resource Pack for a list of games and activities that can be delivered to participants</small>			
Technical	20 mins	Ruck/Scrum/Lineout Conditioning Revisit Contact Fundamentals if necessary			
Game Focus	20 mins	Team run- preparation for next match			
Cool down & debrief	10 mins	Cool down- Stretching/jogging Social time- coach feedback and participant sharing			

Inclusion of 1 game per week- Modified Laws



SRU Age Grade
Guidelines apply

STAGE 3 - COMPETITIONS

Primary (Up To U13) Modified Laws Contact

Field dimensions



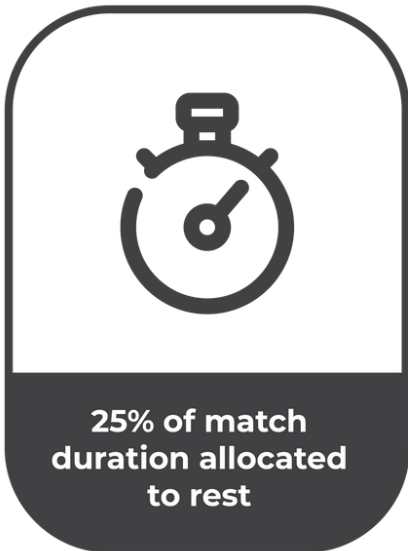
Players on field



Substitutions



Breaks



Tackle



Ruck



Maul



Scrum



Lineout



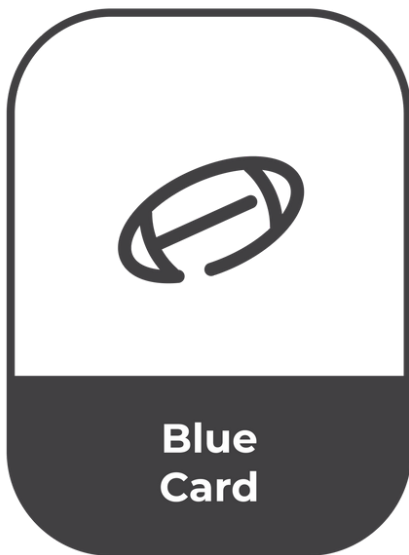
Restarts



Kicking in general play



Others





STAGE 3 - COMPETITIONS

Secondary (Up To U17) Modified Laws Contact



SRU Age Grade
Guidelines apply

Field dimensions



Full Field*

Players on field



Min 7
Max 15

Substitutions



Rolling

Breaks



25% of match
duration allocated
to rest

Tackle



Above armpit- PK
Flying wedge- PK

Ruck



No levering/
dropping weight on
opponent- PK

Maul



No maul- FK
to defence

Scrum



Full
Weighted scrum
Attack must
hook- FK

Lineout



Full lineout
Throw not
straight- FK

Restarts



No scrum option for PK
Goal line drop out

Kicking in general play



50:22
(Full size field only)

Others



Blue
Card

*Recommended for 15 aside. Can be scaled down according to the number of players on the field.

STAGE 3 - COMPETITIONS

Tertiary / Adult (U19 and above) Modified Laws Contact



World Rugby Laws
of the Game apply

Field dimensions



Full Field*

Players on field



Min 7
Max 15

Substitutions



Rolling

Breaks



25% of match
duration allocated
to rest

Tackle



Above armpit- PK
Flying wedge- PK

Ruck



No levering/
dropping weight on
opponent- PK

Maul



No maul- FK
to defence

Scrum



Full - Weighted scrum
(may progress to U19
laws) Attack must
hook- FK

Lineout



Full lineout
Throw not
straight- FK

Restarts



No scrum option
for PK/FK
Goal line drop out

Kicking in general play



50:22
(Full size field only)

Others



Blue
Card

*Recommended for 15 aside. Can be scaled down according to the number of players on the field.

SUPPORT RESOURCES

ONLINE RESOURCES



Activate



Tackle Ready



SRU Safeguarding Policy

WORKSHOPS



Return to contact workshop



**Coaching Children Workshop
(Up to U12)**



**Coaching Children Workshop
(U13 to 15)**

COURSES



Coaching



Medical



Strength & Conditioning



Check out SRU website and social media for more information on workshops and courses.





SINGAPORE RUGBY UNION

WELFARE

Protocols and resources to support player welfare





PLAYER WELFARE

Prior to participation in any sporting activity, it is recommended that an athlete undergoes a pre-participation medical evaluation. The aim of this evaluation is to maximize the safety and wellbeing of all athletes before they commence on sporting activity.

Participants who have sustained an injury while taking part in sporting activities, e.g. concussion should seek medical attention at their earliest convenience and follow any protocols to return to play. Please refer to the [medical resource page](#) on SRU's website for more information.

If you would like to learn more on how to become a part of the SRU medical workforce, or for general enquiries, please contact charliebrown@sru.org.sg

Get Active Questionnaire

The 'Get Active Questionnaire' is a self-assessment tool to evaluate one's readiness for sport activity.

If indicated on the form, or for participants who have previously contracted Covid-19, it is recommended to consult their GP for a medical evaluation.



**Click here
to access**

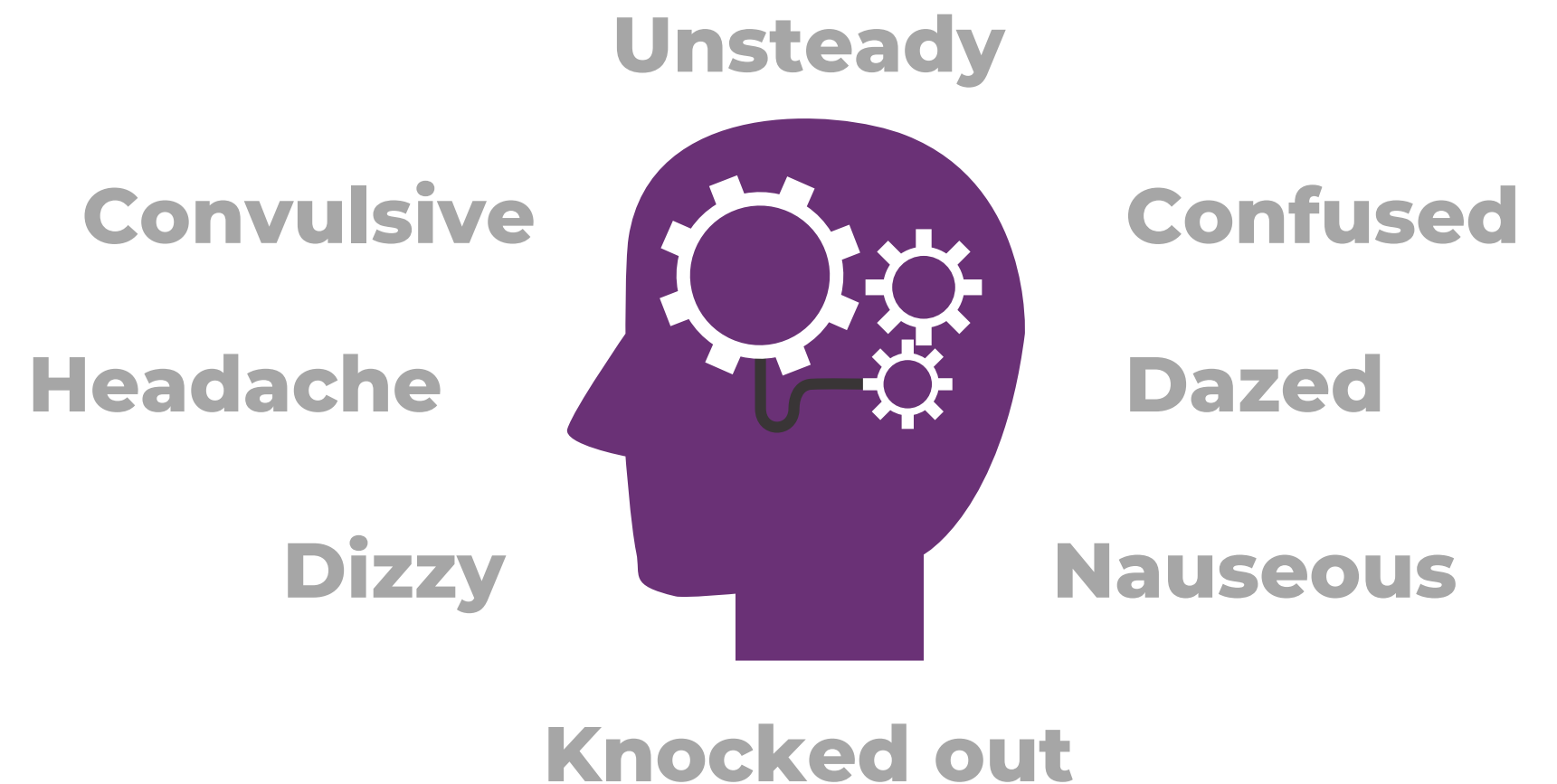
BLUE CARD CONCUSSION INITIATIVE

As part of World Rugby's Recognise and Remove protocols, Singapore Rugby are now integrating the Blue Card Concussion Initiative into all return to contact competitions.

The purpose of the Blue Card Initiative is to enable referees to remove players from a match if they are suspected of sustaining a concussion with the support of the pitch side medical team.

This will ensure that awareness is raised of a suspected concussion on game days plus ensuring that appropriate follow up is taken to ensure players are properly cleared before returning to play.

Recognise and Remove Indicators





IF IN DOUBT, SIT THEM OUT.

Blue Card Process

During the game

- Referee recognises a potential concussion event or Pitch side Medical Provider advises Referee of a potential concussion event during a game.
- Referee then signals Blue Card to the player.
- Player is permanently removed from the field of play (and may be replaced)
- Player is logged onto the team sheet as Recognised and Removed.

Immediately following the game (within 24hrs)

- Referee to submit Blue Card report to Singapore Rugby Union using the online report form.
- Pitch side Medical Provider to submit Incident report to Competition Convenor.
- Singapore Rugby Union informs Competition Convenor of Blue Card report being submitted.
- Competition Convenor informs Team of Graduated Return to Play (G RTP) protocols for player to follow before allowing to return to play and monitors stages with the Team.

Before returning to play

Upon completion of **Graduated Return to Play (G RTP)**, Competition Convenor informs Singapore Rugby Union that the player has completed the stages and is now free to return to play.

For further information or queries, please contact SRU's Rugby Development Manager at charliebrown@sru.org.sg

MENTAL WELL-BEING

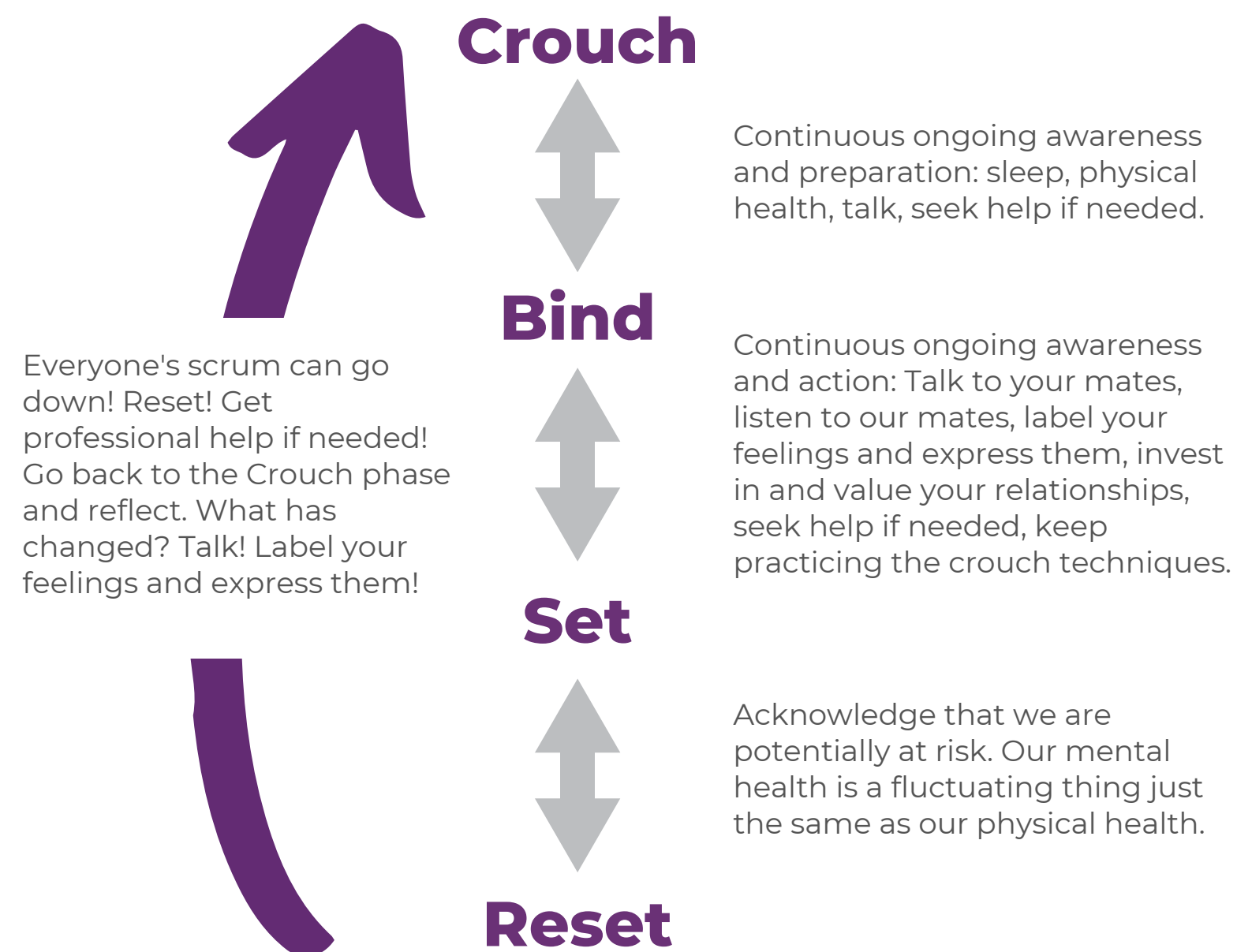
Everyone's scrum can go down.

As part of these return to play strategies it is important that we consider our short and long term mental health and well-being. Mental health is a fluctuating state just as is our physical health. They are inextricably linked and it is nonsensical to view them as separate entities. It is most important that we are able to recognise when someone or ourselves are struggling with our mental health.

Getting the appropriate support can be vital. Remember everyone's scrum can go down.

The analogy of Crouch- Bind- Set - Reset can help us to recognise and point us in the right direction for support.

Crouch, Bind, Set, Reset - The Cycle



Call these helplines if you need emotional or psychological support

<https://www.gov.sg/article/call-these-helplines-if-you-need-emotional-or-psychological-support>

SRU would like to acknowledge the following for their collaboration on designing the return to contact roadmap.



Advisors:

Chris Hodges
Strength & Conditioning

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Andy Martin
Mental health and well-being advocate

Suhaimi Amran
National Team Head Coach

Committees:

SRU Competitions Commission

MOE National School Games

POLITE

SUNIG

ACSIS

JRCS

Teachers from:

Saint Andrews School

ACS Independent

Raffles Institution

Bukit Batok Secondary School

ITE West

Coaches from:

Wanderers RFC

Gaulois RFC

Bucks RFC

Bedok Skylas

Blacks Womens

Saints RFC

Oldham RFC



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