

COMMUNITY RUGBY

**TACKLE HEIGHT DOMESTIC LAW
VARIATION INFORMATION**

SEASON 2023/24

Run through

- Tackle stats
- Rationale
- Tackle picture
- Communication
- High Tackle Process
- Grey Area
- Special Cases
- Summary



Video Link: <https://youtu.be/l1pgGj9Tads>

Why is the tackle so important in our game?

- Levels 6-10 approaching 170 tackles a game
- Tackles can be 'clean', 'dangerous' and 'messy'
- We need a clear mental picture (***which now needs updating!***)
- Third person at the tackle should be YOU!

WHY ARE THESE LAWS BEING INTRODUCED?

70% of concussions occur in the tackle

Reduce head injury and risk of concussion for the tackler and ball carrier

The risk of a concussion is 4.2 times higher when the tacklers head is above the ball carriers sternum in the tackle

Research shows that lowering the tackle height protects both the ball carrier and tackler from head-to-head contact

INTENDED AND POSSIBLE IMPACT OF LOWERING TACKLE HEIGHT IS..

- Reduce the height of contact on the ball carrier and
- Minimise the number of tackles where players heads are in the same 'air space'
- To reduce head injury and the risk of concussion
- Increases in the number of offloads and line breaks

LAW VARIATION WILL BE IMPLEMENTED AT...

All levels of the community game.

- Adult male (Level 3 and below)
- Adult female (Level 2 and below)
- University rugby
- All age grade club, school and college rugby

All levels of age grade representative rugby, including:

- England Rugby Developing Player Programme
- Girls' Centres of Excellence
- Regional Academy Rugby
- CB Age Grade Representative Rugby

All alternative formats including 7s, 10s





HEAD CONTACT PROCESS

If head contact occurs this may result in a red card



A tackle above the base of the sternum and below the line of the shoulder may be liable to sanction



The maximum tackle height is **BELOW THE BASE OF THE STERNUM**



Communication - vital (the sell!)

- How and what we communicate
(...and when not to communicate!)
- Stock/trigger phrases
- Help to move our thought processes
- Calm and controlled in all actions
- Stakeholders need to buy what we are selling



HEAD CONTACT PROCESS

If head contact occurs this may result
in a red card

A tackle above the base of the sternum
and below the line of the shoulder may
be liable to sanction

The maximum tackle height
is **BELOW THE BASE OF THE
STERNUM**

- Tackler (...and 2nd tackler) *both* below line of Sternum
- Play on
- Move to post-tackle processes



HEAD CONTACT PROCESS

If head contact occurs this may result in a red card



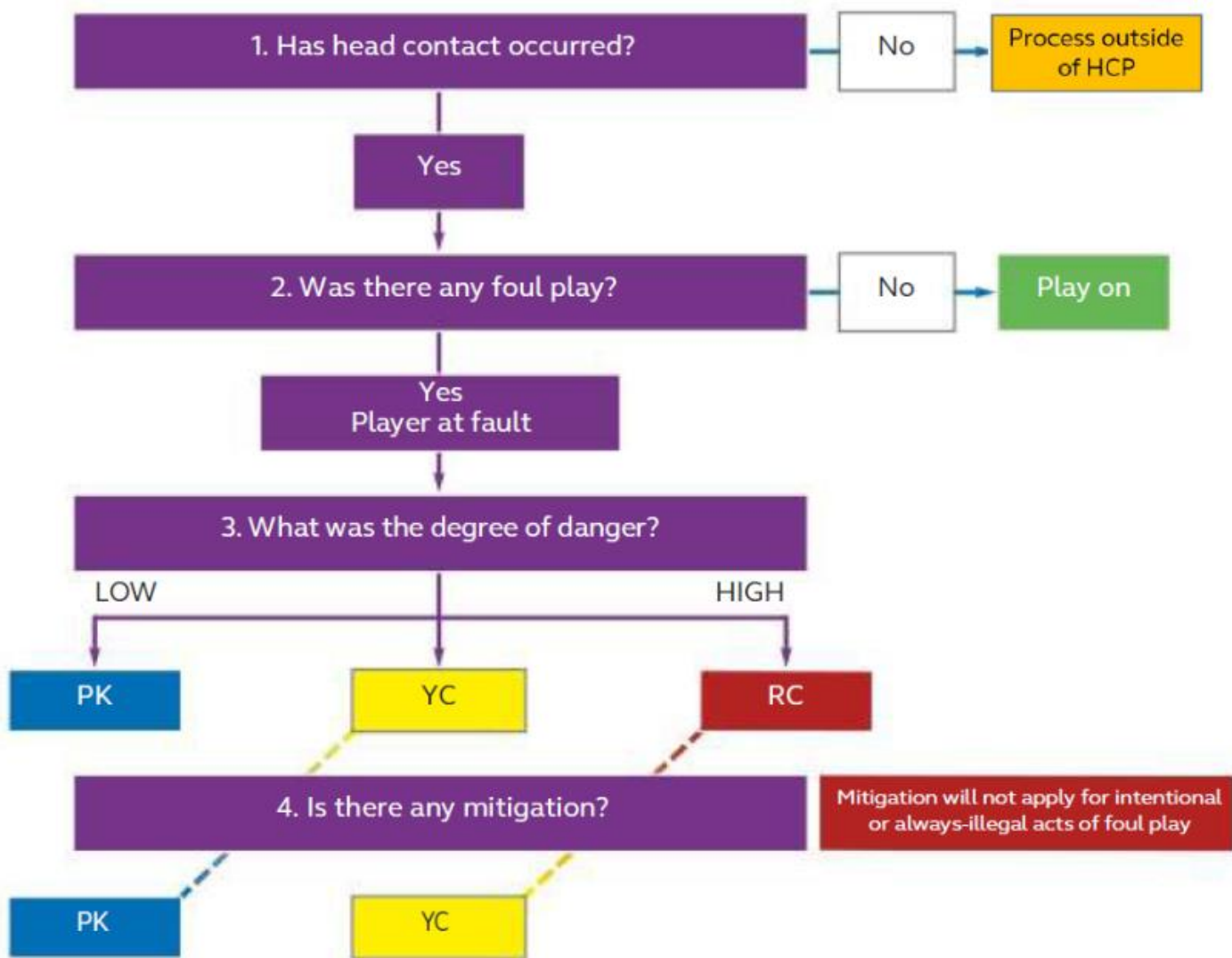
A tackle above the base of the sternum and below the line of the shoulder may be liable to sanction



The maximum tackle height is **BELOW THE BASE OF THE STERNUM**



- Tackle neck/head
- Foul Play- Head Contact Process



PK

YC

Low danger

- Indirect contact
- Low force
- Low speed
- No leading head / shoulder / forearm / swinging arm

RC

High danger

- Direct contact
- Lack of control
- High speed
- Dynamic
- Leading head / shoulder / elbow / forearm
- Swinging arm
- Reckless
- Intentional or an always-illegal act of foul play

Dangerous Tackle

- A player must not tackle an opponent early, late, or dangerously
 - Dangerous tackling includes, but is not limited to, tackling or attempting to tackle an opponent above the line of the shoulders ***even if the tackle starts below the line of the sternum***
- A player must not tackle an opponent who is not in possession of the ball

HEAD CONTACT PROCESS

If head contact occurs this may result in a red card

A tackle above the base of the sternum and below the line of the shoulder may be liable to sanction

The maximum tackle height is **BELOW THE BASE OF THE STERNUM**

- The grey (purple area)

- Tolerance
- Empathy
- Communication
- Patterns

Ball Carrier Responsibilities

- The Ball carrier ***must not lower their body height or dip down*** just before contact with an opponent
- Use of the phrase ***“Late and Low”*** in verbal communication



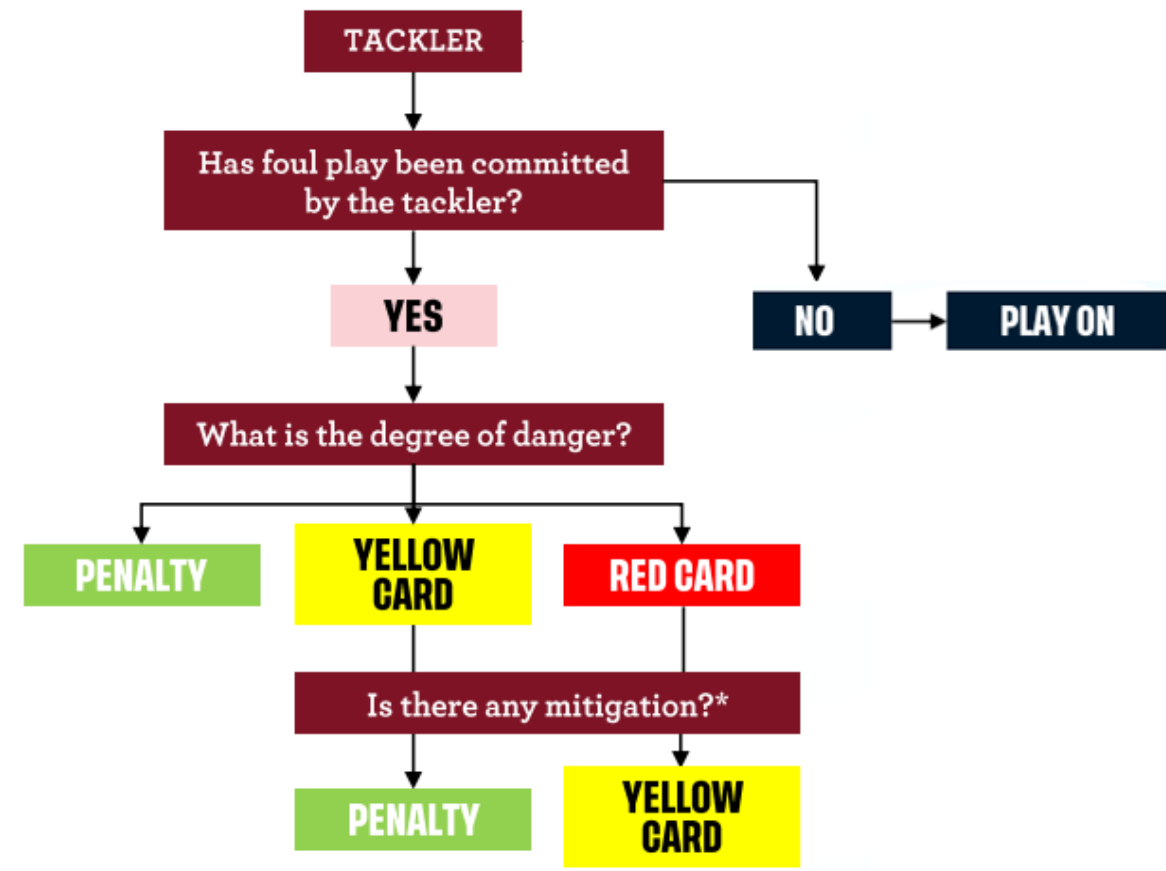
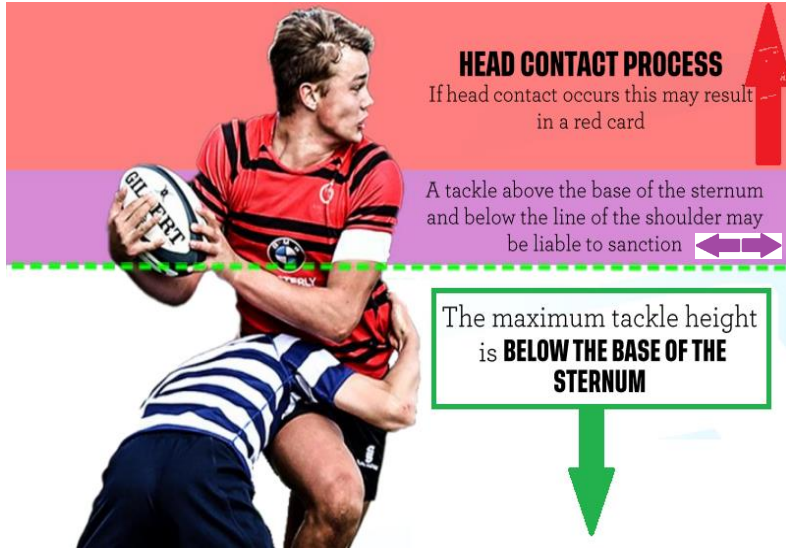
Pick & Go, Try Scoring, and ripping - special cases

- The Ball carrier picks and drives (pick & go) near the breakdown. *Near is about 1m*
- Contact is typically low speed and lower impact, therefore we **do not** apply the tackle height framework
- Still follow dangerous tackle processes (neck/head etc)
- Ripping the ball continues to be legal, if the rip turns into a tackle we apply the tackle framework. This is likely to fall into the grey/purple area, apply empathy, tolerance and communicate clearly
- During the act of scoring the framework does not apply (as ball carrier can 'dive' for the line)

Summary - Tackler



YES

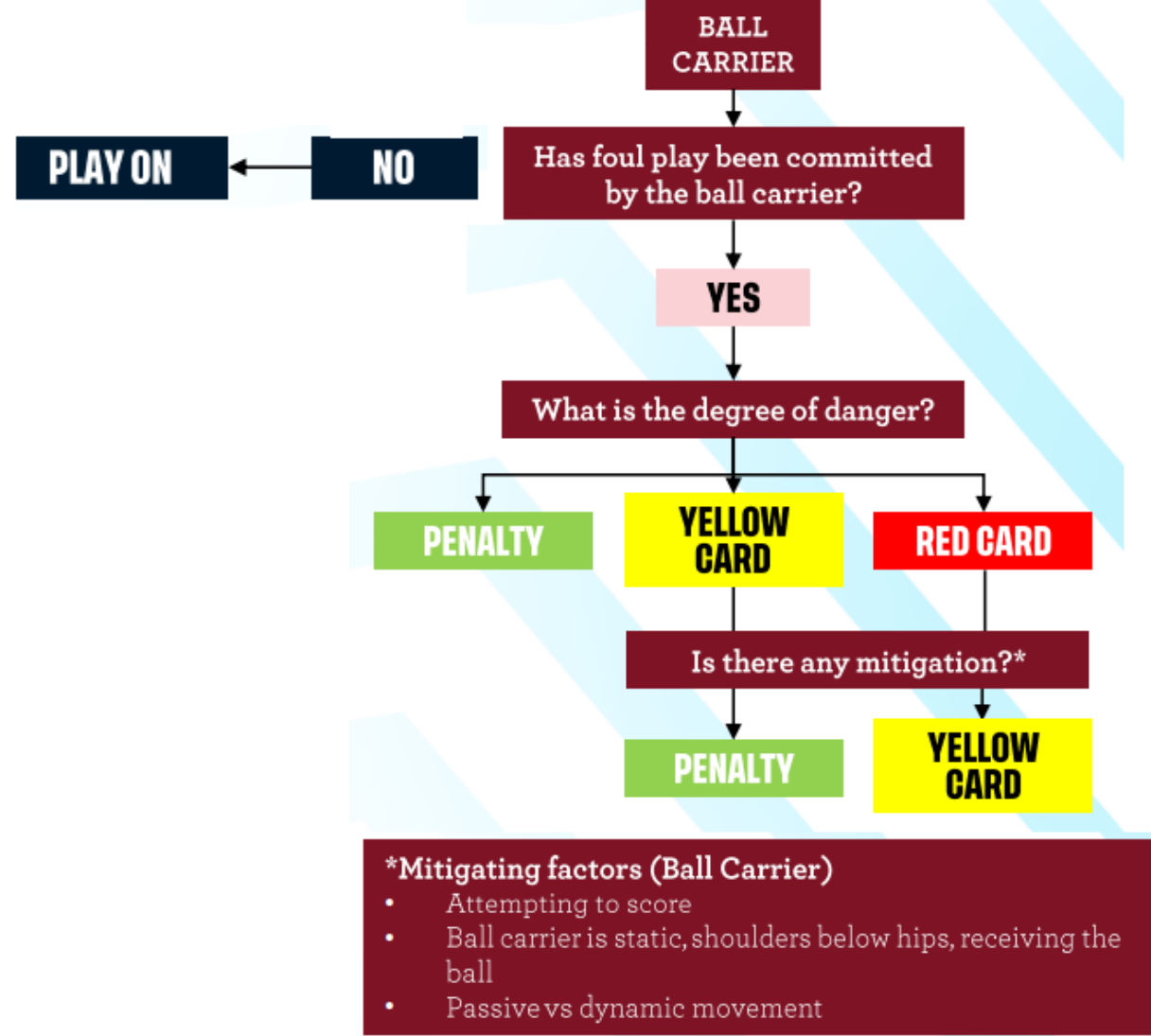
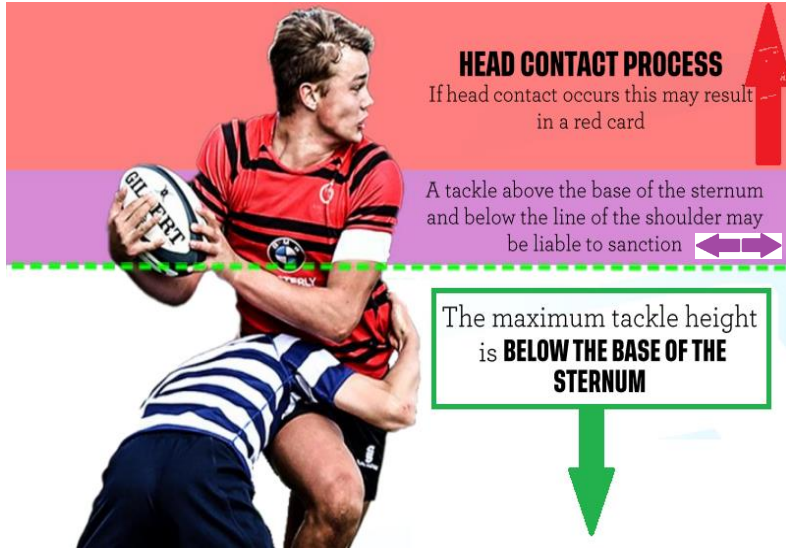


- *Mitigating factors (Tackler)**
- Sudden or significant drop in height (ball carrier)
 - Impacted line of sight
 - Clear attempt to change height
 - Level of control

Summary - Ball Carrier



YES



- *Mitigating factors (Ball Carrier)**
- Attempting to score
 - Ball carrier is static, shoulders below hips, receiving the ball
 - Passive vs dynamic movement

Summary - not much has changed!

- Tackles, attempted tackles, in head/neck area **same process** as last season
- Tackles, attempted tackles, stay lower than sternum, **play on**
- Tackles that start above the sternum and stay there - **empathy**
- Special cases - pick & go, try scoring, ripping - same processes as last season