

Community
Integrated
Care



Easy Read Guide To Rugby League

Welcome to the Easy Read Guide To Rugby League



- This guide will help you to understand the sport of Rugby League.



- It has been created by people who have learning disabilities.
- They are supported by Community Integrated Care.



- They love to watch and play Rugby League.



- They want to help people who have learning disabilities to enjoy the sport.

All about Rugby League



- Rugby League is very exciting to watch and play.



- The sport is played by men and women.



- This is what a rugby ball looks like.



- Players can hold or kick the ball.

The Teams



- There are 2 teams in a Rugby League match.
- A home team and away team.



- Each team has 13 players on the pitch.



- They play in different colour kits.



- Each team has a Manager or Coach who pick the players to play.

About the match



- A match lasts for 80 minutes.
- There are two halves in every match.
- A first half and a second half.



- The players leave the pitch and go to the changing rooms at the end of the first half.
- This is called half time.



- Players have a rest and take a drink.



- The end of the match is called full time.
- The players shake hands with each other.

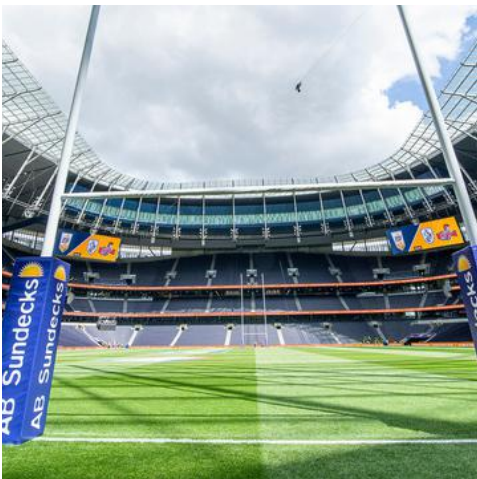
The Pitch



- Rugby League is played on a grass pitch just like football.



- There are rugby posts at each end of the pitch that look like a H.
- The bar between the posts is called the crossbar.



- The posts are on the try line.



- The try line is a white line where players can score a Try.

The Fans



- People can buy a ticket to go watch the match.



- Rugby League matches are played in a stadium.
- People support their team from the stands.



- They are called the fans.
- They cheer their team on and celebrate when they score.



- If a team wins, the players celebrate together with the fans.

The Rules



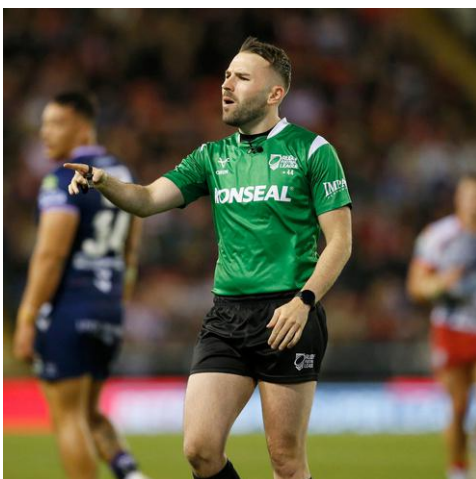
- In a Rugby League match, there is a Referee.



- They wear a different colour kit to the players.



- They keep track of the score and time with a whistle and watch.



- They set the rules.
- The players must listen to the Referee.

Not following the rules



- Sometimes players do not follow the rules, by being too rough when making a tackle.
- This is called a foul.



- If a player does not follow the rules, they can give away a penalty to the other team.
- This means that the other team then gets a chance to score.



- If players are shown a yellow card by the Referee they leave the match for 10 minutes.



- If players are shown a red card they have broken the rules.
- They leave the match and can't come back.

Passing



- A pass is a throw of the ball from one player to another.



- Players can only pass the ball backwards.



- Players can pass the ball to keep the team moving down the pitch.



- Players can pass the ball as many times as they like until one of them is tackled.
- When a player is tackled, the other player has to let go of them.

Running and Tackling



- Players can run with the ball by holding it in their arms.



- The team with the ball has 6 chances to run down the pitch to score points.



- The team without the ball try to stop the other team.
- This is called a tackle.



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

Scoring points



- The aim of Rugby League is to win the match.
- A team wins by scoring more points than the other team.
- Points are scored in 4 different ways.



- Scoring a Try gives the team 4 points.



- Scoring a Goal gives the team 2 points.
- Scoring a Penalty Goal gives the team 2 points.



- Scoring a Drop Goal gives the team 1 point.

How to score



- A try is scored when the ball is put on the ground over the try line without dropping the ball.



- After scoring a try, the team has a chance to score more points.
- The player kicks the ball between the posts and above the crossbar.
- This is called a goal.



- A drop goal is scored by kicking the ball between the posts and above the crossbar.



- After a foul, the team given a penalty can win more points.
- The player kicks the ball between the posts and above the crossbar.
- This is called a penalty goal.

How to know a team has scored



- If a try is scored, the Referee points at the floor and blows their whistle.



- If a goal is scored, the Referees hold their flags up.



- If a drop goal is scored, the Referee hold their arm up in the air.



- Fans can look at the big screen to see the score.
- This is called the scoreboard.

Awards



- The best players on the pitch can win the Player of the Match.
- They get a medal.



- The best teams win the most matches.
- Players dream of winning the Cup.

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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