Tackle Height

LAW TRIALS



Tackle Height Law Trials 2023/24

Following on from consultation with community rugby stakeholders in February 2023, Scottish Rugby's Club Rugby Board (CRB) has approved a lower maximum tackle height law trial of below the sternum for implementation across the community game, beginning in the 2023/24 season.

Scottish Rugby has engaged with World Rugby throughout the duration of the consultation period, utilising World Rugby endorsed research during the decision-making process.

Why are these laws being trialled?

74%

of concussions derive from the tackle area

Lowering the tackle height protects both players

Approximately

70%

of concussions at the tackle area relate to the tackler

The risk of a concussion is

4.2 times higher

when the tackler's head is above the ball carrier's sternum in the tackle Research shows that by lowering the tackle height there will be a significant reduction in concussions

Trials in France resulted in a

64% reduction

in head-on-head contacts

and a 23% reduction

on concussions.

The intended impact of lowering the tackle height is...

To reduce the volume of head-to-head contacts

To reduce the volume of concussions

It is anticipated that the rate of offloads will increase as well as line breaks.

The law trials will be implemented at...

All levels of the male and female, adult and youth community rugby, up to and including the men's and women's Premiership.

All levels of youth representative rugby including Player Development Hubs, Regional Academy and Regional Age Grade.

All alternative formats including 7s and 10s.





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Below Sternum

Tackle the belly Below the ball

The risk of concussion is 4.2 times higher when the tackler's head is above the ball carrier's sternum in the tackle*

*Data from 878 HIAs, ongoing World Rugby Research Studies as in Tucker et al 2017 The maximum tackle height will be 'below sternum' for season 2023/24, lowered from the shoulder. This will also be known as 'belly tackle'.



Head contact process

Penalty

Max height = Below Sternum

Sanctions

Contacts which start or end above the legal line will face a possible sanction:

An initial contact above the line of the shoulder



application of current head contact process (e.g. yellow or red cards).



An initial contact from the bottom of the sternum to shoulders



penalty (repeated infringements could lead to further sanctions).



Further Detail

Tackler

Must tackle below the line of the sternum.

Contacts which start or end above the legal line will face a possible sanction.



A second tackler is permitted (below sternum height).

Arriving players can attempt to compete or rip for the ball.

Ball Carrier

Players must not do anything that is reckless or dangerous to others.

Ball carrier encouraged to evade.

Pick & Go

The ball carrier can 'pick and go' from the back of the ruck whilst remaining in a low position.

It is acknowledged that tackles may be higher due to body position of ball carrier = lower concussion risk area.

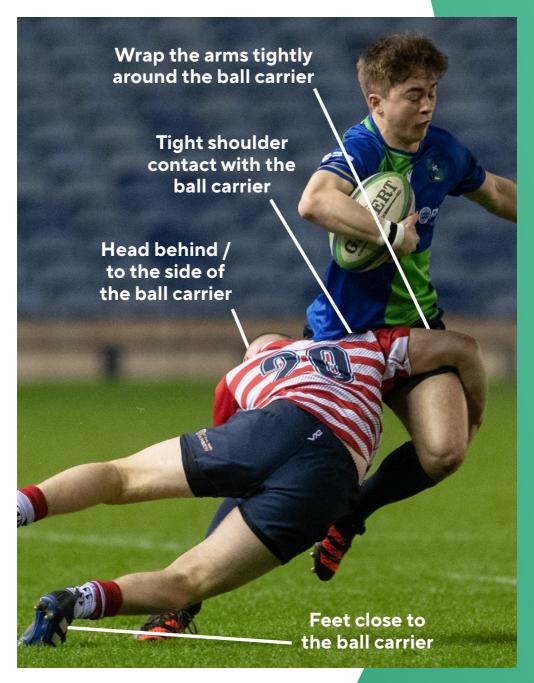








Effective Tackle Technique Key Coaching Points



Next Steps

May & June 2023

Tackle height regional roadshows for players, coaches, match officials

June & July 2023 Practical workshops, webinars, courses and resources for players, coaches, match officials and spectators

Tackle champion programme launched

August 2023 Onwards Research study starts to measure impact

Regular updates with players, coaches and match officials on trial implementation and progress

Find out more about the Tackle Height law trials, including FAQs, by visiting https://scottishrugby.org/clubs-and-schools/tackle-height-hub/or using this QR code.

Follow @Scotrugbycoach for regular updates.



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