

VIRTUAL CLUBS

WHAT IS A VIRTUAL CLUB?

A virtual club and virtual game day replicate the key elements of being a Rugby League player and being part of a team in the virtual world. Building on the foundations of #SkillToPlay and #FitToPlay, the RFL will be setting weekly team challenges for new and old teams to complete in a 60 minute window. A virtual "game day" will start with the team meeting online in the "club house" (kitchen) 10 minutes before "kick off" in their club kit.

FIRST HALF	The "game" will consist of 2 halves, with each having physical and skills challenges.		The number of points in the skills challenges, and the number of repetitions in the physical challenges will be added together along with your teammates' scores to give your team a total score for each round played.
SECOND HALF			
The challenges can be completed together online, overseen by the coach, who is there to encourage and guide the team through each challenge.			

WHY A VIRTUAL CLUB?

We are all missing Rugby League and looking forward to the return of match days. In the meantime, the RFL are proposing a concept which takes "game day" virtual and replicates the key elements online.



1. Getting back into the habit of training and playing together



2. Socialising with friends and family



3. Learning and trying new skills



4. Working as a team



5. Being able to compete and be competitive

AND MOST IMPORTANTLY TO HAVE FUN

TIMELINE			
MONDAY/TUESDAY Teams are set a challenge via a Game Card and given an opponent – this is supported by #SkillToPlay and #FitToPlay cards and at Primary Rugby League there will be #MoveToPlay cards which are designed to encourage teams and players to practice during the week, at a virtual training session and/or individually.	Train when you would normally train for example this might be Tuesday & Thursday evenings.	FRIDAY Confirm with opponent and send link for them to access the virtual platform – usually Microsoft teams or Zoom.	SUNDAY 10.50 Meet in the "clubhouse" (this could be your garden or kitchen) ready for the virtual gameday to start at 11.

HOW TO GET INVOLVED?

Email the RFL at competitions@rfl.uk.com

U7S - U9S

U10S - U12S

U13S - U15S

U16S - OPEN AGE

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WHAT TO DO ON A VIRTUAL MATCH DAY?

FRIDAY

Contact coaches to confirm kick off time / send link

SUNDAY

- 10.30** Pre-Meet of coaches on video call
- 10.50** All coaches, parents and kids meet in the club house
- 11.00** Home team coach explains the "Game Day" flow
Teams separate into individual teams on any video calling platform
- 11.20** Half time coaches exchange texts with scores
- 11.25** Second half starts
- 11.55** Full time coaches exchange text with scores
- 12.00** Finish
- 12:05** Suggestion - teams back together in the club house
- 12.15** Submit scoresheet to the RFL - email competitions@rfl.uk.com

GAME DAY FLOW



PRIMARY RUGBY LEAGUE

<p>GAME DAY Means playing for your own points, it can be intra competitions, multiple clubs to be involved etc.</p>	<p>EACH PLAYER (OR PARENT) Will collate the score for each of the skills and movement challenges and send these to the coach.</p>	<p>Each week there will be a skills challenge which will be either a passing or kicking challenge. Within this round all players will try to accumulate as many points as possible. In the passing challenges if a player scores between 1-11 points they will achieve a bronze award, if the player scores between 12-24 points they will achieve a silver award and if a player scores between 25-36 points they will achieve a gold award. In the kicking challenges if a player scores between 1-6 points they will achieve a bronze award, if the player scores between 7-12 points they will achieve a silver award and if a player scores between 13-18 points they will achieve a gold award</p>
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YOUTH

<p>GAME DAY Means playing against others for winning etc.</p>	<p>EACH PLAYER (OR PARENT) Will collate the score for each of the skills and movement challenges and send these to the coach after each round.</p>
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