



**RULES -  
SIMPLIFIED**

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# WELCOME TO THE WONDERFUL WORLD OF MAN V FAT!

MAN v FAT is an award winning, innovative men's health provider. MAN v FAT Rugby provides Touch Rugby leagues designed exclusively to support overweight men to improve their physical and mental health. Launched in 2016 by male weight loss specialists, MAN v FAT appeals to men who love Rugby and hate being fat.

The unique part about these leagues is that games are decided not only on points won, but pounds lost!

## OUR MISSION

To support and champion any man worldwide who wants to win his battle against fat and get healthier.

The rules set out in this document must be adhered to by all MAN v FAT Staff and Players. Where not stated, MAN v FAT Rugby follows the appropriate guidelines for Touch Rugby.

The MAN v FAT Rugby Club Rules poster will be displayed at each session at your club.

All efforts must be made to ensure MAN v FAT Rugby remains safe, friendly, fun and supportive and remains accessible to everyone who qualifies for and may benefit from the programme.

## THE NITTY GRITTY

- MAN v FAT is a weight loss programme primarily and Rugby club second!
- Weigh ins must happen before games. No weigh, no play.

## ELIGIBILITY TO JOIN MAN V FAT RUGBY

- 18+
- Male
- BMI 27.5+

## WHAT WILL I NEED?

- Suitable footwear for outdoor artificial pitches
- Shorts or tracksuit bottoms
- Water
- Shirt that matches your team colour (No hood, doesn't need to be a Rugby shirt)
- Spectacles can be worn at the players own risk, however MAN v FAT would recommend sports goggles or contacts in the interest of safety.

*Anything that could be considered dangerous such as jewellery, smart watches, casts etc can't be worn during the match. The referee will confirm what they consider dangerous. However, if unsure just contact your Coach or Player Support Team.*

## WEIGH IN TRY BONUSES

MAN v FAT Rugby really is the only league where losers win...

- **Baseline weight** – this is the official weight you record with MAN v FAT at your first session. This is the weight used to create all your 5% targets.
- **Season start weight** – this is your first weight of every season. In your first season, this will be your baseline weight. Your week 14 weight (or last weigh in of the season) will carry across to be your next season start weight.
- **Team Bonus** – it helps to lose weight together. Every player will be awarded bonus tries for losing weight. (As long as your weight is below their season start weight.)

1-2 players = +1 points

3-4 players = +2 points

5-6 players = +3 points

7-8 players = +4 points

9 + players = +5 points

- **Scoring Hatricks** – lose weight for three weeks, score one bonus try. A total of four hatricks could be achieved in one season. Weight losses do not need to be on consecutive weeks. Hatricks do not carry over from one season to the next.

- **5% Bonus** – At your first session, MAN v FAT will create all 5% milestones that you can achieve before you reach a healthy BMI. When you achieve these 5% targets, you will be rewarded 3 bonus tries for your team.

Each player can achieve each 5% bonus once in their MAN v FAT career

A player can achieve a maximum of two % bonuses in a season. If you achieve a third % target (e.g. you've hit 5% and 10%, then go on to achieve 15% in one season), this bonus will be carried over to the next season and your bonus will be awarded in week 1 as long as your weight remains below the target.

- **Penalty try** – You will concede a penalty try for going above your season start weight and any weeks you gain weight while remaining above your season start weight. If you lose weight while above your season start weight you will neither concede a penalty try nor score a bonus try.

You cannot score a weight related penalty try on week 1 of any season.

- **Tracking tries** – There are bonus tries available every week for players who are tracking. You are 42% more likely to achieve a try simply by writing it down! Present your coach with tracking either in your handbook or chosen apps and receive:

TRACKING BONUS	
No. of players tracking	Bonus
1-3	+1 try
4-6	+2 tries
7+	+3 tries

## MAINTENANCE SCORING

Congratulations! If you are a maintenance player this means you have achieved a BMI between 18.5 - 24.9. You are now considered a healthy weight and a BMI BOSS! As a player in the maintenance phase you can continue to score tries both on and off the pitch for your team.

### **BMI 18.5 – 24.9**

- A BMI within this range is considered healthy! We would no longer encourage you to lose weight. This means you will no longer be awarded a 3 try bonus for achieving a 5% target.
- You will receive a 3 try bonus on the week that you achieve a healthy BMI.
- You will receive a 1 try bonus every week that you remain within this healthy range. Whether you lose or gain weight, you will score receive this 1 try bonus if you BMI remains healthy.

### **Hat tricks**

You will receive a 1 try bonus for your team for every 3 weeks you remain healthy.

### **Penalty try**

You will score a penalty try if your BMI increases to 25+ and continue to score a penalty try each week that you gain weight until you return to a healthy BMI.

## NUMBER OF PLAYERS

All MAN v FAT Rugby clubs are 5, 6, 7-a side, this will be made clear on your club rules poster. Each team will have up to 4 substitutes. We use a system of rolling subs managed by the players.

Don't worry, MAN v FAT allows for unlimited substitutions so you can get some minutes under your belt at your pace whether you're a newbie or a seasoned Rugby player.

LEAGUE TYPE	5-A-SIDE	6-A-SIDE	7-A-SIDE
Standard number of players	9	10	11
Maximum number of players	10	11	12
Minutes per game	28	28	28
Number of teams	min 2 - max 12	min 2 - max 12	min 2 - max 12

*Teams can request an additional player in their squad above the standard number of players (maximum number of players), if they have injuries or irregular attendance etc.*

\*Referees have the option to play the full 28 minutes through in one stint or in two halves, in the interest of time keeping and swift transitions between games\*



# FORFEITING

## Validity of a match – playing numbers

A match should not be considered valid if the playing strength of either team is reduced as follows;

- 5-a-side: Less than 4 players
- 6-a-side: Less than 4 players
- 7-a-side: Less than 5 players
- 8-a-side: Less than 6 players

This does not include team numbers reduced by the enforcement of a temporary removal from play (sin bin).

In circumstances where a team does not have enough players to field a full team of 5, 6, 7 or 8 players (respective of league type) there are three options. One of the three options must be selected by the team with too few players and agreed with the MAN v FAT Rugby Coach and/or Assistant Coach as well as communicated with the opposing Team Captain [deleted sentence] before kick-off. The most practical way of doing this is either face to face at the session or via the Captains group. The referee should also be notified at kick off. A localised protocol may be introduced at the Coach's discretion to encourage fair borrowing. This protocol would be communicated to players with as much warning as possible. If a team has not been assigned the standard number of players (See Page 13 Table 1) they may be eligible to borrow up to two players without incurring penalty tries (see - PLEASE NOTE THESE POSSIBLE EXCEPTIONS section below.)

### Options

1. Choose to accept a 5-0 forfeit defeat but play the match with borrowed players as a friendly. Their weight loss scores would be counted towards the final score but the pitch score from the friendly game would be recorded as a 5-0 loss.
2. Choose to play the game with fewer players. In this situation both pitch score and weight score would count. This can only be taken if the team can field 4 (5 and 6-a-side leagues) 5 (7-a-side league), 6 (8-a-side) as a minimum who have all weighed in. If a team chooses to play with the number of players listed above and during the course of the game can no longer field all of these players due to the dismissal of a player the coach may at their discretion take the current pitch score if greater than the 5-0 forfeit score. If a team has not been assigned the standard number of players (See Page 13 Table 1) they may be eligible to borrow up to two players without incurring penalty tries (see - PLEASE NOTE THESE POSSIBLE EXCEPTIONS section below.)

3. Choose to borrow players of their choice to make up their team numbers. (A localised protocol may be in place to encourage fair borrowing. See section: Forfeiting a game due to player numbers). Teams would concede 2 penalty tries for every borrowed player. The team must have the minimum number of players required to take this option (See section: VALIDITY OF A MATCH - PLAYING NUMBERS). Penalty tries are awarded by adding 2 tries to the opposition score pitch score. If a team has not been assigned the standard number of players (See Page 13 Table 1) they may be eligible to borrow up to two players without incurring penalty tries (see - PLEASE NOTE THESE POSSIBLE EXCEPTIONS section below.)

The opposition get no say in a team's decision ahead of the game, but the opposing Captain (or member of the opposing team in the absence of the Team Captain) should be informed of their decision before the game commences.

Teams found fielding ineligible players (i.e not members of your team) without informing the MANv FAT Rugby Coach, Assistant Coach, Referee or the opposing Captain (or member of the opposing team in the absence of the Team Captain) prior to the game, will automatically forfeit the game 5-0.

Teams may also forfeit their pitch result 5-0 if a player participates without weighing in first or is later found not to be registered to the club. A Coach may use a first offence of a player not weighing before playing as a warning/reminder to the player and club however, will forfeit a team's pitch result if found to be a repeat offender.

The above forfeits are for pitch results only and do not affect weight loss results. i.e, If as a result of the above, a team loses 5-0 on the pitch, but wins 6-0 on the scales, the team would win with a final score of 6-5.

Teams must have the minimum number of players required (see Page 15 - Validity of a match - Playing numbers) in order to opt for options 2 or 3. Any team may borrow the number of players required to achieve a full team plus one substitute providing the rules above are met.

## PLEASE NOTE THESE POSSIBLE EXCEPTIONS

If a team has an Assistant Coach (AC), they may be required to cover a session in the absence of the Coach. Where this is the case, the AC would be unable to participate in their team's fixture. If unable to field a full team as a result of this, the team may borrow one player without incurring two penalty try (-2). This is only applicable when an AC is covering the Coach and is unable to participate in the session. The AC would still be required to weigh in and their weight loss/gain would still contribute towards their team's result.

**Insufficient Squad Numbers** - If a team has not been assigned the standard number of players (See Page 13 Table 1) they may be eligible to borrow up to two players without incurring penalty tries;

If a squad has been assigned 2 players less than the Standard number of players - The team may borrow 1 player without incurring any penalty tries for that player. Any borrowed players in addition to this will incur 2 penalty tries per player.

If a squad has been assigned 3 players less than the Standard number of players - The team may borrow 2 players without incurring any penalty tries for these players. Any borrowed players in addition to this will incur 2 penalty tries per player.

## THE REFEREE

MAN v FAT Referees are human and valued members of our community. Respect the referee, the referees decision is final. No Ref, No Game.

### **The authority of the referee**

Each game is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the game to which they have been appointed, from the moment they enter the locality where the playing area is situated until they leave.

### **Powers and duties of the referee:**

- Enforces the Laws of the Game within the spirit of MAN v FAT Rugby
- Allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalises the original offence if the anticipated advantage does not ensue at that time
- Keeps a record of the match and provides the appropriate authorities with a game report which includes information on any disciplinary action taken against players, and/or team officials and any other incidents which occur before, during or after the game
- Acts as timekeeper
- Stops, suspends or terminates the game for any infringement of the Laws or due to any kind of outside interference
- Takes disciplinary action against players guilty of cautionable and sending-off offences
- Takes action against team officials who fail to conduct themselves in a responsible manner and may, at their discretion, expel them from the playing area and its immediate surrounds
- Ensures that no unauthorised persons enter the playing area
- Stops the game if, in their opinion, upon injury assessment a player is seriously injured and ensures that he is removed from the playing area
- Ensures any player bleeding from a wound leaves the playing area

- Allows play to continue until there is a stoppage in play if a player is, in their opinion, only slightly injured
- Ensures that any ball used meets the requirements
- Make use of timed suspensions to exclude temporarily players guilty of infringements of the laws
- The referee should make excluded players aware of the end of their period of suspension
- Report match scores to the club coach at the end of the session
- Follow the incident report procedure to escalate any necessary misconduct and disciplinary action taken during the game. This should include keeping notes of any incidents they would like to report including language used, player names and actions

**The referees decision is final.**

# ON FIELD RULES

MAN v FAT Rugby will be following a newly released version of the game, known as T1 Rugby. This format is the world's first non-contact sport that fully reflects the unique characteristics of rugby, including scrums, lineouts and breakdown.

With an emphasis on fun, fitness, inclusion and time optimisation, T1 Rugby is a game for everyone, played by anyone.

Although there will be some local rules in place, information on the T1 format can be found on the following link: [World Rugby Passport - T1 Rugby](#)

# T1 RUGBY

NON-CONTACT RUGBY  
 UNDERSTOOD BY EVERYONE  
 PLAYED BY ANYONE

**INTEGRITY**
**PASSION**
**SOLIDARITY**
**DISCIPLINE**
**RESPECT**

**WHY T1 RUGBY?**

Rugby needs a simple, engaging and credible non-contact format. T1 Rugby looks like rugby union; it is easy to understand. It is a game for all shapes, sizes and for everyone. It is easy and fun to play, and it can target new audiences as well as existing rugby lovers. It will have a global brand but have the local flexibility to fit in the local context. Most of all it is fun to play.

**10 mins per half**

**7 players per side** (unlimited rolling subs)

**HALF A PITCH** played on 1/2 pitch

**SCRUM**

3v3 – bind up with teammates and opposition. Passive, no engagement, no push, no contest, defending scrum half behind, all other players back 5m  
 Scrum half can pass within 3 steps or kick

**LINEOUT**

3v3 – no lifting, no contest  
 Catcher passes back to team mate (5m back) or to thrower-in on sweep round  
 Penalties – tap and pass, defenders back 5m  
 Knock on/forward pass – scrum restart (if no advantage)  
 Ball knocked backwards in open play – play on

**PLENTY OF TRIES**

**HIGH BALL IN PLAY**

**LOTS OF PASSES**

**TESTING YOUR DECISION MAKING**

**KICKING ALLOWED**

**SET PIECE INCLUDED**

**THE BREAKDOWN**

**2 ATTACK 3 DEFENCE**

Once touched, ball carrier turns and presents ball to team mate  
 Team mate 'tips' ball and must pass within 3 steps  
 Ripper can't score from breakdown

**FLEXIBLE RULES**

The following elements can be adapted or fixed with agreement of both sides:

- Size of the pitch can be adjusted as required
- Player numbers, specified min of 6 players, max up to 10v10
- Kicking in open play can be removed by agreement
- Match length can be reduced by agreement (generally in line with player numbers)
- Lineout & Breakdown if defenders beat attackers into breakdown areas before ball is tipped away – play on

**GAME FOR ALL**

# T1 RUGBY

NON-CONTACT RUGBY  
 UNDERSTOOD BY EVERYONE  
 PLAYED BY ANYONE

**INTEGRITY**
**PASSION**
**SOLIDARITY**
**DISCIPLINE**
**RESPECT**

**THE GAME**

- Played on 1/2 pitch
- 7 Players per side
- 7 touches to score
- Rolling unlimited subs
- 10 mins per half (20 mins per game)
- Kick off (drop kick or any kick) to opposing team (no contest for the ball)
- Ball kicked dead from restart = kick/scrum at middle
- Kick on any play – no restrictions
- Ball kicked dead = 15m free tap & pass
- 7 touches to score – turnover on 7th (free tap & pass)
- Breakdown = 5 players (2 attack, 3 defence)
- Once touched, ball carrier turns and presents ball to team mate
- Team mate 'tips' ball, and must pass or kick within 3 steps
- Ripper can't score from breakdown

**GLOBAL GAME WITH LOCAL FLEXIBILITY**

The following elements can be adapted or fixed with the agreement of both sides:

- Can be played in a touch or tag version
- Size of pitch can be adjusted as required
- Kicking in open play can be removed by agreement
- Match length can be reduced or extended by agreement (generally in line with playing numbers)
- 10v10 contest (no 10v10 ball thrown above shoulder height down the middle of the lineout, 2 players jump (must land on same spot) and contest for the ball)
- Breakdown area of contest – defence force the turnover if the 3rd defender is in place before the ball is passed away by the attack
- Remove the 7 touch for turnover – could play unlimited touches if in agreement
- Selected players can be identified to have 2 touches before stopping

1 HANDED TOUGH

7 PLAYERS

1/2 PITCH

KICKING

BREAKDOWN

SET-PIECE

## HOW'S YOUR DISCIPLINE?

MAN v FAT Rugby operates a two-card disciplinary procedure.

If shown a blue card, you have received a temporary suspension which lasts 2 minutes. If you are shown a second blue card, you are again temporarily suspended for 2 minutes. If you are shown a red card, you have been permanently excluded from the game.

For a full list on what might warrant a blue or red card and how to get yourself back on the pitch, read our full play book.

Red card offences (as outlined in Table 1) are dealt with by MAN v FAT (the Touch Rugby provider). The match official should complete a 'Disciplinary Report' and ensure that it is sent to the Touch Rugby provider. The Touch Rugby provider should employ the following disciplinary tariff of suspensions in such cases as outlined in Table 1.

**Match Suspension Tariff: Table 1**

OFFENCE PENALTY	PENALTY (TO BE ADMINISTERED BY TOUCH RUGBY PROVIDER)
Receiving a second 'blue card' in the same match	1 Match suspension and/or £10 fine
Denying a try or an obvious try scoring opportunity	1 Match suspension and/or £10 fine
Use of offensive, insulting or abusive gestures	2 Match suspension and/or £15 fine
Attempting to kick or strike another player / Serious Foul Play	2 Match suspension and/or £20 fine
Violent Conduct*	3 Match suspension and/or £30 fine

\*Serious incidents may be escalated to local Constituent Body following a decision made by a panel from MAN v FAT HQ.

Serious red card offences not classified in Table 1 below will be the responsibility of the local County RFU Once the local Constituent Body has reviewed the case the small sided Rugby provider along with the player will be informed of the outcome and any disciplinary action

Red cards administered in Touch Rugby for offences within **Table 1** are the responsibility of the provider to deal with according to local Constituent Body recommended tariff of suspensions and are from Touch Rugby only.

**Table 2**

RED CARDS TYPE TWO (TO BE MANAGED BY THE LOCAL CONSTITUENT BODY)	
	Serious Violent Behaviour causing injury, including any form of assault
	Spitting
	Any offences where the offender has also acted in a discriminatory manner for reasons of ethnic origin, colour, race, religion, sex, sexual orientation, disability
	Any other offence not covered above including offences after the match or after being dismissed

\*Remit of disciplinary action, any suspensions for offences dealt with by the local Constituent Body that are not covered in Table 1 apply to all levels of Rugby (i.e. 11 a side and Small Sided Rugby).



## HOW TO WIN

The team with the most tries combined from the teams pitch and scales efforts, wins. If both teams score an equal number of tries or if no tries are scored, the result is a draw.