

# RUGBY - THE GAME

Rugby is a game in which the object is to carry the ball over the opponent's goal line and force it to the ground to score.

## IT'S SIMPLE... BUT COMPLEX

The above description may sound simple - but there is one catch. In order to go forward, the ball must be passed backward. The ball can be kicked forward, but the kicker's teammates must be behind the ball at the moment the ball is kicked.

This apparent contradiction creates a need for fine teamwork and great discipline, as little can be achieved by any one individual player. Only by working as a team can players move the ball forward toward their opponent's goal line and eventually go on to win the game.

Rugby has its unique aspects, but like many other sports, it is essentially about the creation and use of space. The winners of a game of Rugby will be the team of players who can get themselves and the ball into space and use that space wisely, while denying the opposing team both possession of the ball and access to space in which to use it.

### THE PITCH/FIELD

100 meters long by 70 meters wide.

### THE SCORING SYSTEM:

#### 5 POINTS - Try

A try is scored by grounding the ball in the opponent's in-goal area.

#### 2 POINTS - Conversion Kick

When a player scores a try, it gives their team the right to score a goal by taking a kick at goal.

#### 3 POINTS - Penalty Kick

When a team is awarded a penalty, it gives that team the right to attempt a penalty kick at goal.

#### 3 POINTS - Drop Goal

A drop goal is scored by kicking a goal from a drop kick in open play.

**THE SET PIECE:** The set piece is a means of restarting the game.

**SCRUM** - A contest for the ball involving 8 players who bind together and push against the other team's assembled 8 for possession of the ball.

**LINE-OUT** - Looks somewhat like a jump-ball in basketball, with both teams lining up opposite each other, but one team then throws the ball down the middle of the tunnel.

### LOOSE PLAY:

**MAUL** - Occurs when a player carrying the ball is held by one or more opponents, and one or more of the ball-carrier's teammates bind on the ball-carrier.

**RUCK** - One or more players from each team, who are on their feet and in contact, close around the ball on the ground. Once a ruck has been formed, players can't use their hands to get the ball, only their feet.

### NUMBER OF PLAYERS

Each team must have no more than 15 players on the playing field.



**PROPS** - What they do: Their primary role is to anchor the scrumage and provide lifting strength and support for the lineout jumpers. Also pivotal in rucks & mauls.



**HOOKER** - What they do: The hooker has two unique roles on the pitch as the player who wins possession in the scrum and usually throws the ball in to the lineout.



**LOCKS** - What they do: Locks win ball from lineouts and restarts. They drive forward momentum in the scrum, rucks and mauls providing a platform for attack.



**FLANKERS** - What they do: Their key objective is to win possession through turn-overs, using physicality in the tackle and speed to the breakdown.



**NUMBER 8** - What they do: The Number 8 must secure possession at the base of the scrum, carry the ball in open play, provide the link between the forwards and backs in attacking phases and defend aggressively.



**SCRUM HALF** - What they do: Provide the link between forwards and backs at the scrum and lineouts. A true decision-maker, the 9 will judge whether to distribute quick ball to the backs or keep it close to the forwards.



**FLY HALF** - What they do: As the player who orchestrates the team's performance, the 10 will receive the ball from the 9 and choose to kick, pass or make a break based upon split-second interpretation of the phase of play.



**CENTERS** - What they do: The centers are key in both defense and attack. In defense they will attempt to tackle attacking players whilst in attack they will use their speed, power and creative flair to breach defenses.



**WINGS** - What they do: The wings are on the pitch to provide the injection of out-and-out pace needed to outrun an opponent and score a try. Also important to be solid in defense.



**FULL BACK** - What they do: Generally perceived as the last line of defense, the full back must be confident under a high ball, have a good boot to clear the lines and enjoy the physicality required to make try-saving tackles.

Borrowed from the International Rugby Board: *A Beginner's Guide to Rugby Union*

