

# Rugby Study Guide:

## Official Rugby Rules:

**STARTING THE GAME:** Rugby is started with a kickoff to the opponent from mid-field. Provided that the ball travels beyond the 10-meter line, any player of either team may gain possession of the ball.

## MOVING THE BALL:

\*There is no blocking in rugby.

\*Play is continuous like soccer.

\*The person with the ball leads the attack.

\*Any player may carry, pass or kick the ball.

\*Play is not stopped and continues when the ball hits the ground or when a player is tackled.

**Running:** When running the ball, players may continue to run until they are tackled, step out of bounds or run beyond the goal line. Players run the ball to advance toward the opponent's goal line.

**Passing:** The ball may be passed to any other player. However, it may only be passed laterally or backward, never forward. Players pass the ball to an open teammate to keep it in play and further advance it.

**Kicking:** Any player may kick the ball forward at any time. Once the ball is kicked, players of either team, regardless of whether or not the ball hits the ground, may gain possession. Players typically kick the ball to a teammate in an effort to advance it or to the opposing team to obtain relief from poor field position.

## SCORING:

**Try:** Five points are awarded to a team for touching the ball down in the other team's in-goal area.

**Conversion:** Following a try, two points are awarded for a successful kick through the goal posts. The attempt is taken on a line, at least 10 meters, straight out from the point where the ball was touched down.

**Penalty Kick:** Following a major law violation, the kicking team, if in range, has the option to "kick for points." Three points are awarded for a successful penalty kick. The kick must be from the point of the foul or anywhere on a line straight behind that point. The ball can be played if the kick fails.

**Drop Goal/Drop Kick:** Three points are awarded for a successful drop kick. A drop kick may be taken from anywhere on the field at any time during play. A drop goal is similar to a field goal in football; however, in rugby the kick is made during the course of normal play. The ball is alive if the kick fails.

## RESTARTING PLAY:

There are two methods of restarting play following a stoppage caused by either the ball going out of bounds, because of an infraction of the laws or after a try.

**After a TRY:** The team that was scored upon kicks off to the team that scored the TRY. The purpose of kicking the ball is to gain a more advantageous field position.

**Line-Out:** If the ball goes out of bounds, it is restarted with a Line-Out. Both teams form a line perpendicular to the touchline and 1-meter (3 feet) apart from one another. A player of the team not responsible for the ball going out of bounds calls a play and throws the ball in the air in a straight line between the two lines. Players of each team may be supported in the air by their teammates as they jump to gain possession of the ball. Line-Out is like a jump ball in basketball.

**Scrum:** Rugby's unique formation, the forerunner of the American football line of scrimmage, is the method used to restart the game after the referee has whistled a minor law violation. A bound group of players from each team form a "tunnel" with the opposition. The non-offending team puts the ball into the tunnel by rolling it into the middle and each team pushes forward until one player is able to hook the ball with the feet and push it to the back row players of his/ her team. The Scrum Half then retrieves the ball and puts it into play.

#### **OFFSIDE LAW:**

In general play, the ball creates the offside line and players are not permitted to participate in play if they are on the opposing team's side of the ball. Simply being offside is not a penalty, but attempting to participate in the game from an offside position is.

#### **TACKLES, RUCKS AND MAULS:**

Being tackled by the opposing team may stop players in possession of and carrying the ball. Players are tackled around the waist and legs and, in general, may not be tackled higher. Once a player is tackled, however, play does not stop. The player must release the ball and roll away from it to allow other players on their feet play the ball.

A player who is tackled to the ground must try to make the ball available immediately so that play can continue. Supporting players from both teams (one from each team) converge over the ball on the ground, binding with each other and attempt to push the opposing players backwards in a manner similar to a scrum. This situation is known as a ruck. The ball may not be picked up by any player until the ball emerges out of the ruck. The ruck ends and play continues. A team that can retain possession after the tackle and the ensuing ruck has a huge advantage, because a ruck forms offside lines. These offside lines are the same as in the scrum and everyone must get back onside in order to rejoin play. This opens up space into which the attacking team can move the ball forward.

A Maul is formed with a similar gathering of players, except the player in possession of the ball is not brought to the ground (not tackled) but it held up by an opponent and one his/her own players converge on him/her. This creates offside lines through the feet of the last players on each side. Players from each team must retreat behind these offside lines if they are to take part in any subsequent play. The maul ends when the ball emerges.

#### **OUR RULES:**

**STARTING THE GAME:** The ball is kicked off from the 20-yard line similar to American football.

#### **MOVING THE BALL:**

\*Play is continuous.            \*NO Blocking            \*NO Tackling            \*Two hand touch= Tackle

\*Passes can only be made laterally or backwards.

\*Any player can carry, pass or kick the ball.

#### **SCORING:**

**Try:** Five points is awarded to the team that touches the ball down in the other team's goal area.

#### **RESTARTING PLAY:**

**Line-out/Throw In:** If the ball goes out of bounds the team that was NOT the last to touch it throws it in. They may overhand throw the ball into play/ to a teammate much like a throw in for soccer. A team can also choose to do a line-out as listed above. Line-Out is like a jump ball in basketball.