

The Rules of Rugby

H.E.

History

Rugby originated at Rugby School in Rugby, England, in 1823 when during a game of football someone picked up the ball and ran with it.

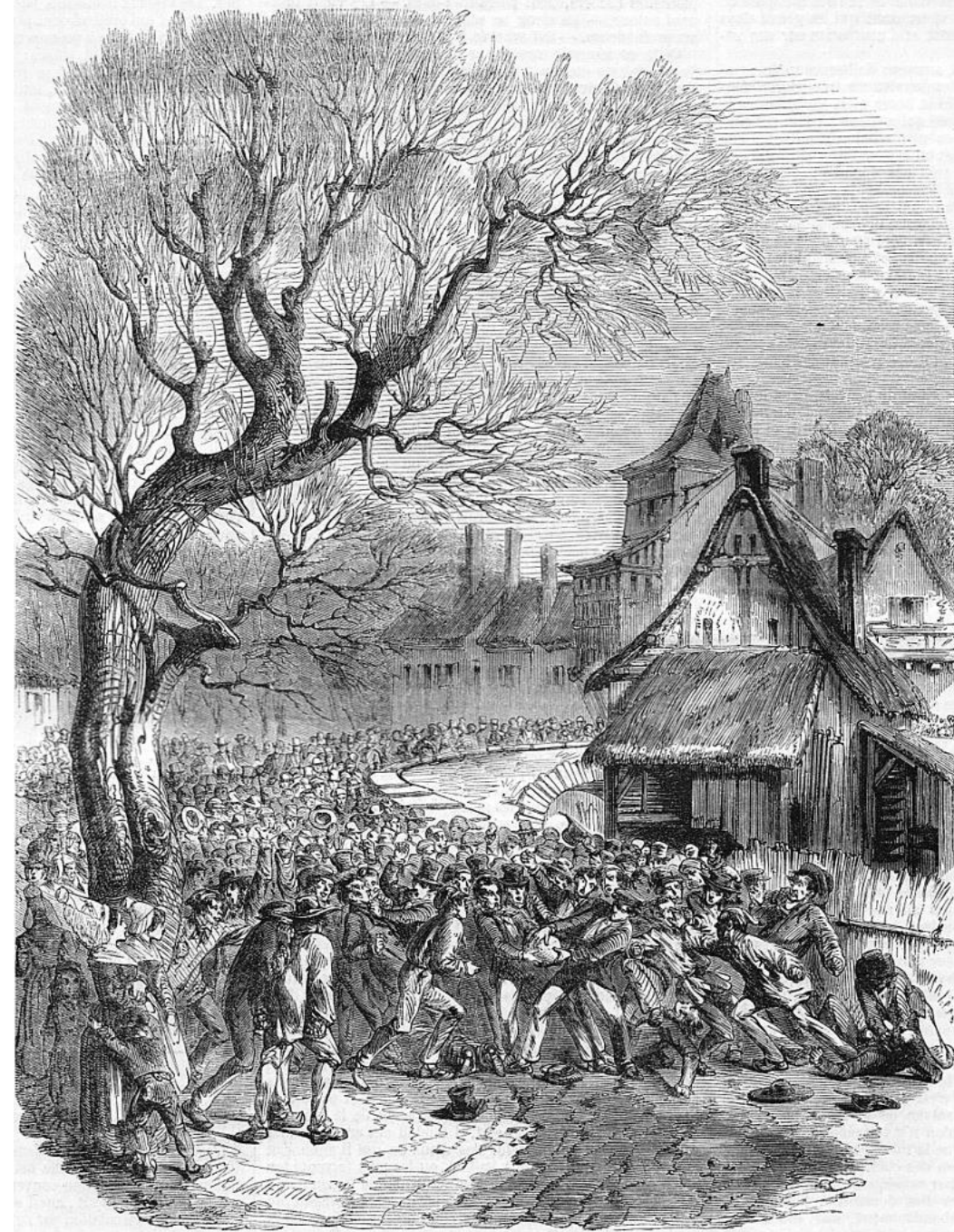
In 1995 Rugby Union becomes a professional sport allowing players to get paid.

In 1895 rugby split into two: Rugby Union and Northern Rugby Union (later Rugby League).

1823

1895

1995



La soule, en Basse-Normandie.
D'après un croquis de M. J. L. de Condé.

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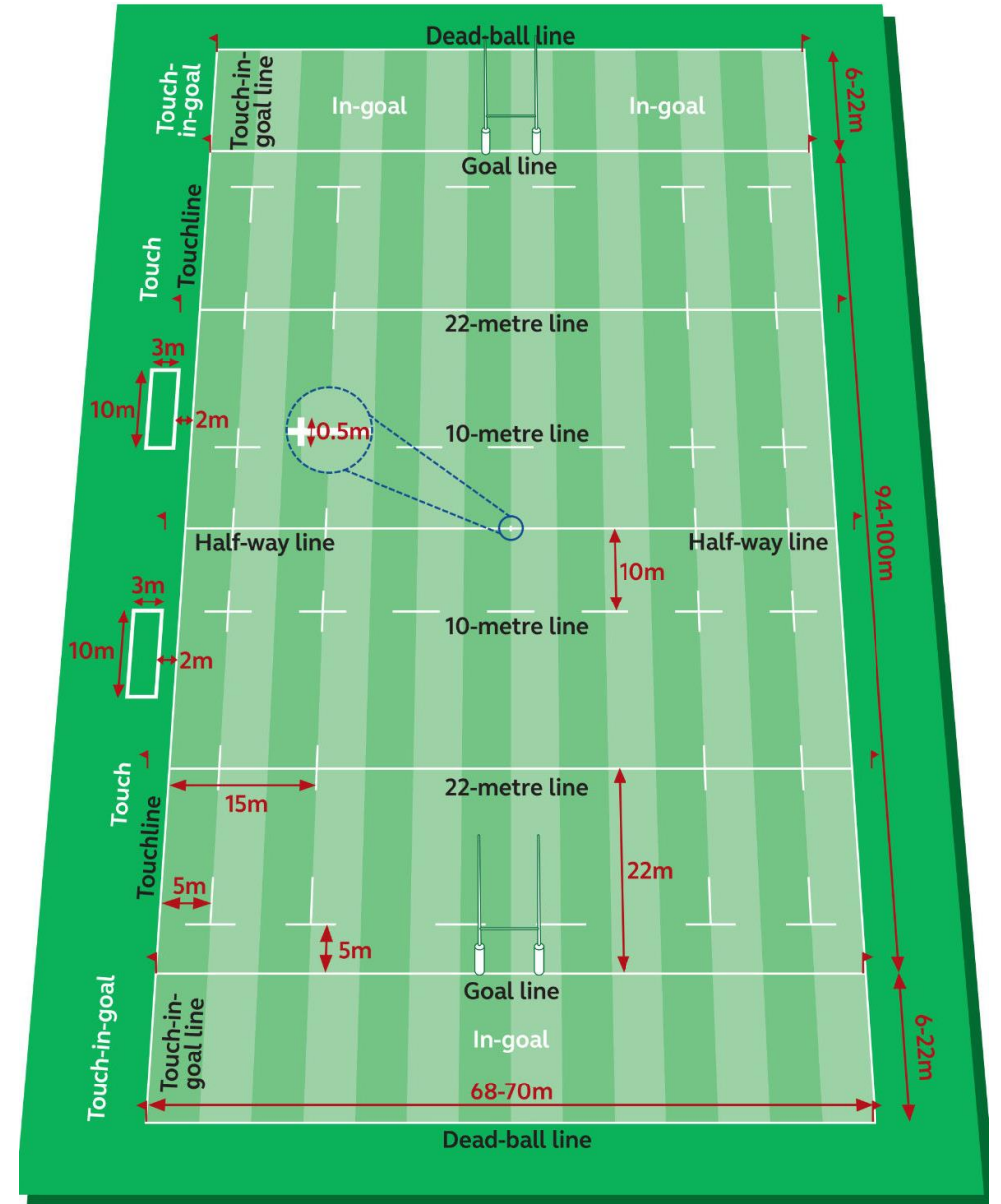
1823

In 1841
University of
Rugby



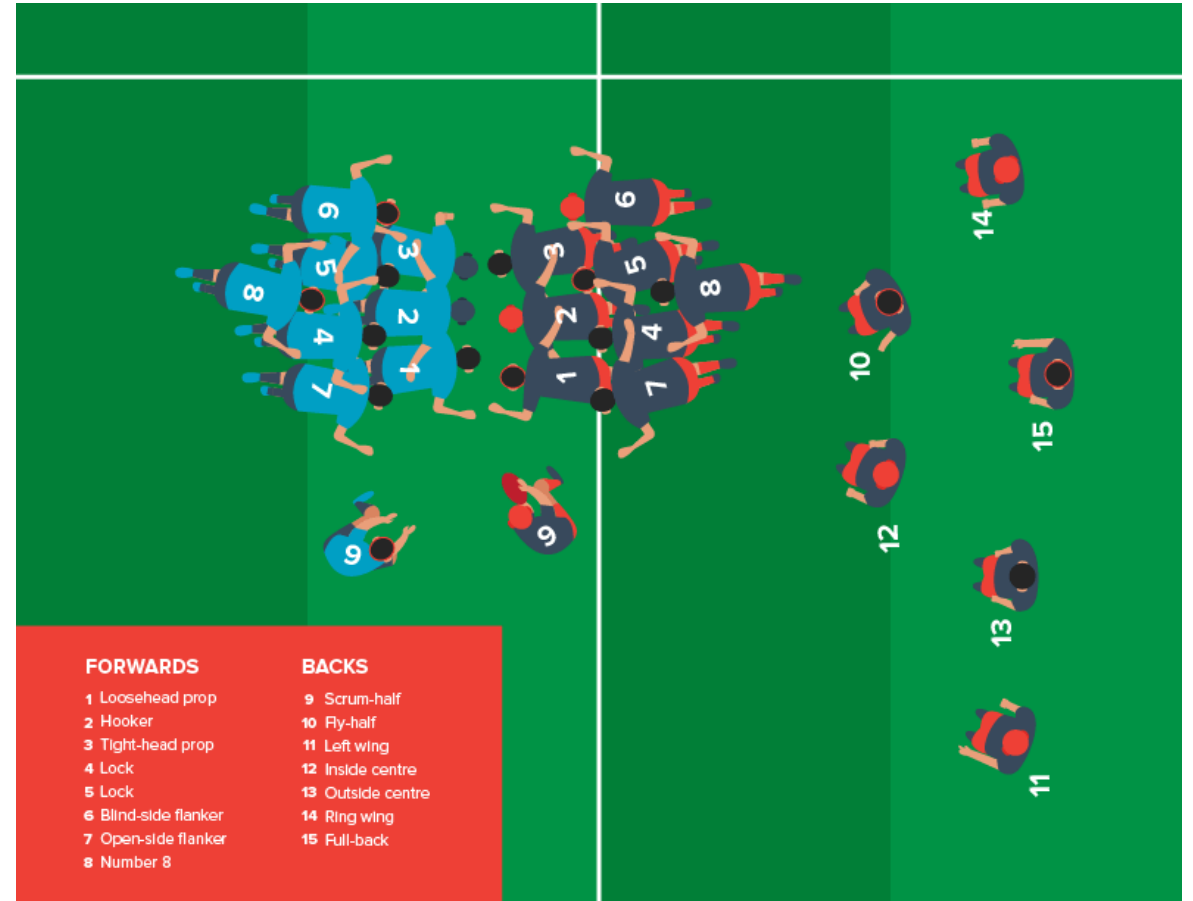
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Pitch



Players

- The props and the hooker are called “the front row”.
- In a scrum, the blind-side flanker is always positioned on the side that is closest to the touchline.

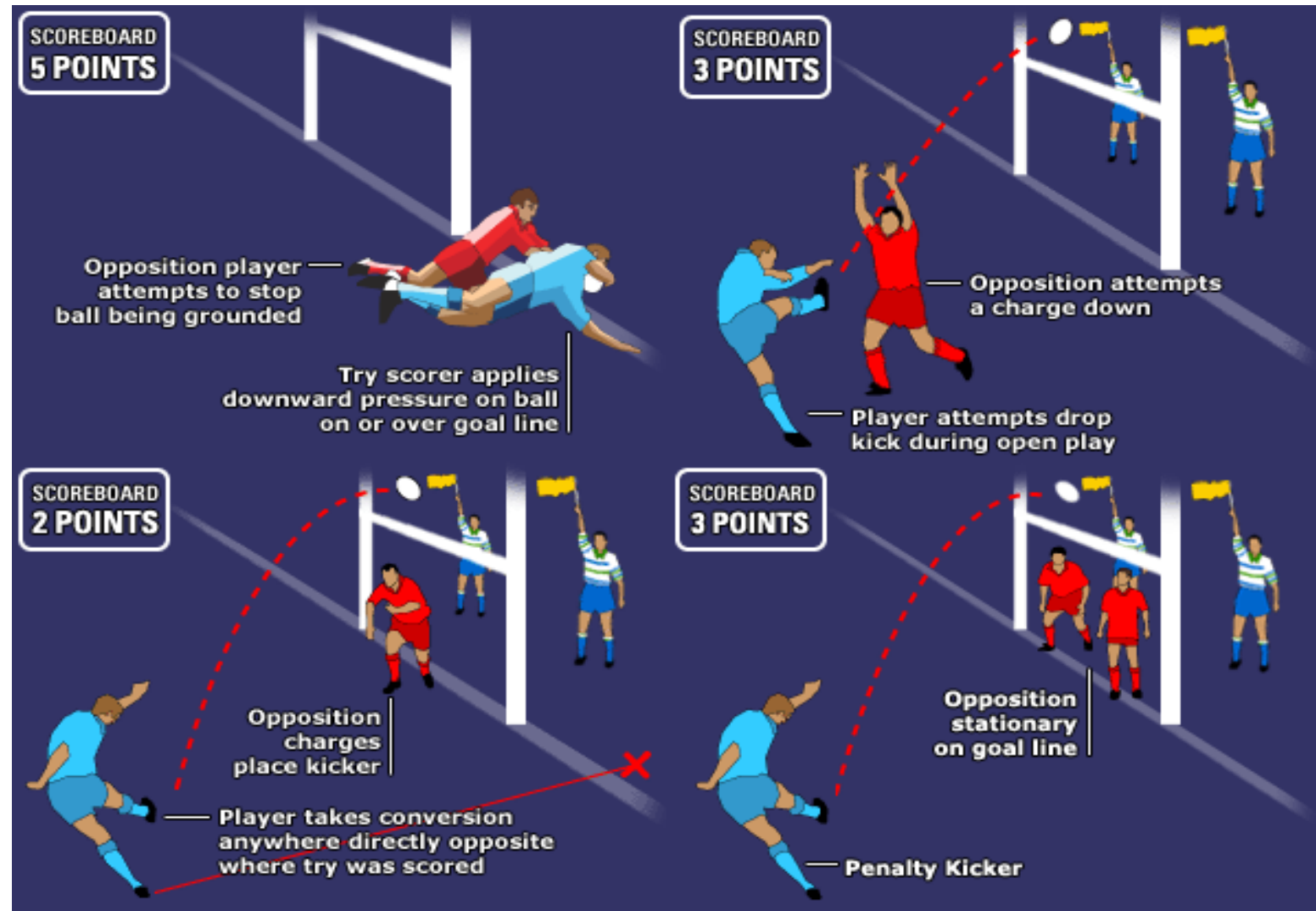


Overview

- The aim is to score more points than the opposition.
- A rugby match is two periods of 40 minutes each. The referee will stop the clock if needed so there is no extra time.
- The game starts with a kick from the halfway line and must travel 10m from the halfway line.

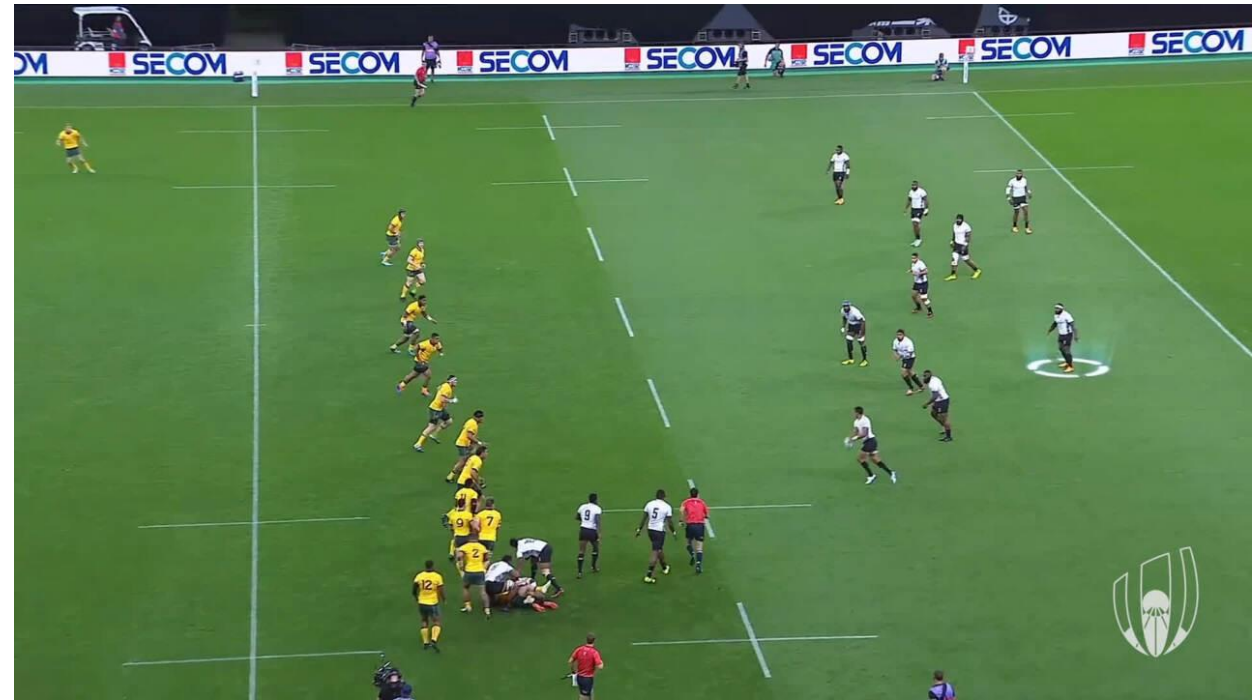


Scoring



“Open Play”

- Open play is when the ball is being passed or kicked between team-mates and both teams are contesting for the ball.
- Passes must not go forward!
- Territory is gained by either carrying the ball forwards and passing backwards or kicking.



Penalties vs Free Kicks

Penalties:

- Kick at goal
- Kick for touch (where the kicking team gets the throw)
- Scrum
- Tap kick

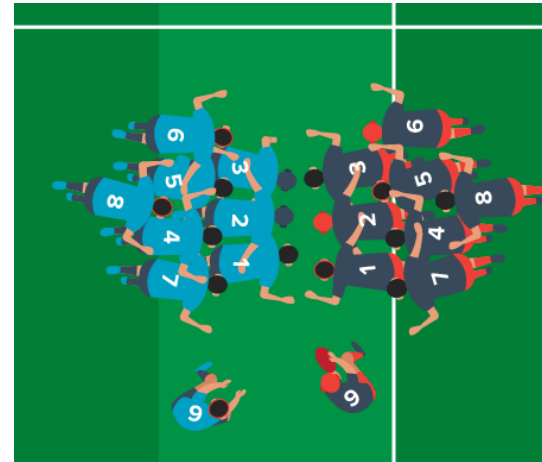
Free Kicks:

- Kick for touch (where the opposing team gets the throw)
- Scrum
- Tap kick



Scrummaging

- Reasons for a scrum:
 - The ball has been knocked on
 - The ball has gone forward
 - Accidental offside
 - The ball has not come out from a ruck or maul
- Usually this involves the eight forwards.
- The front row must keep their bind. You are not allowed to break from the scrum before the ball is out.



Line-out

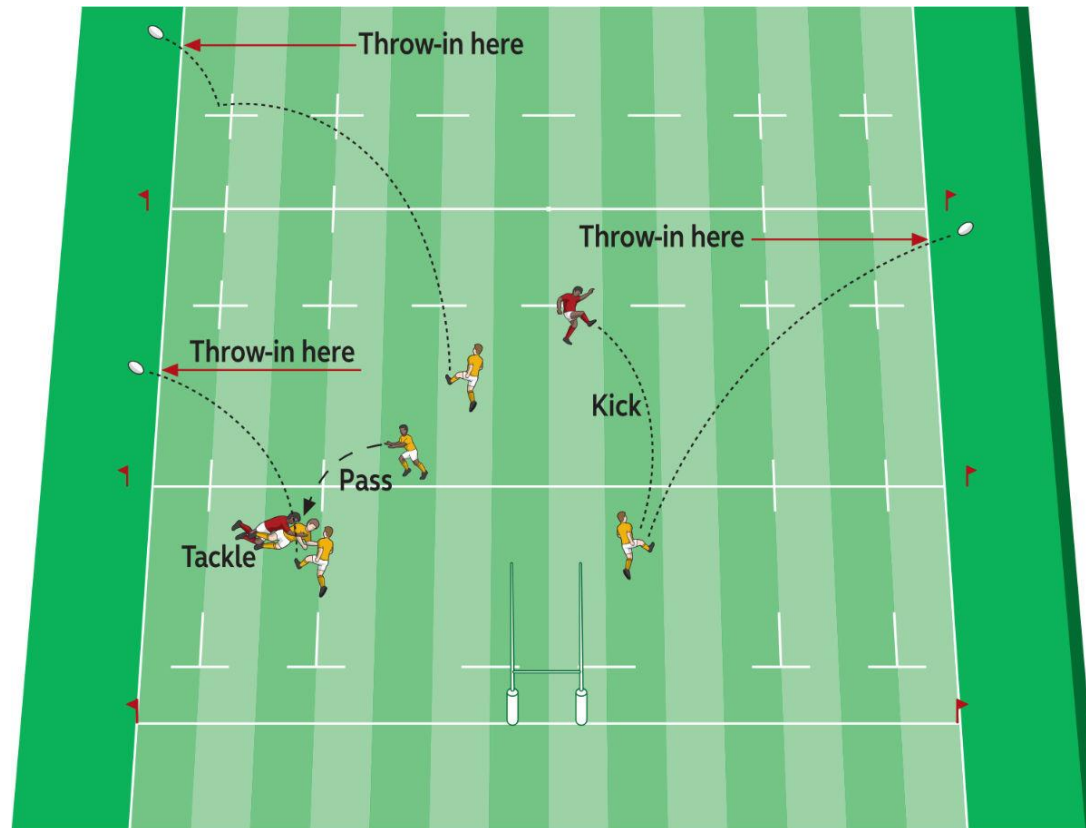
Rules of the line-out:

- The ball must be thrown straight
- All players not in the line-out must be 10m behind the last man in the line
- No player can use a one of the opposition to use as support when they are jumping
- No player is allowed to push, charge or hold another player in the line-out
- No player can be lifted before the ball is thrown
- No jumper can use the outside of their arm to catch or deflect the ball

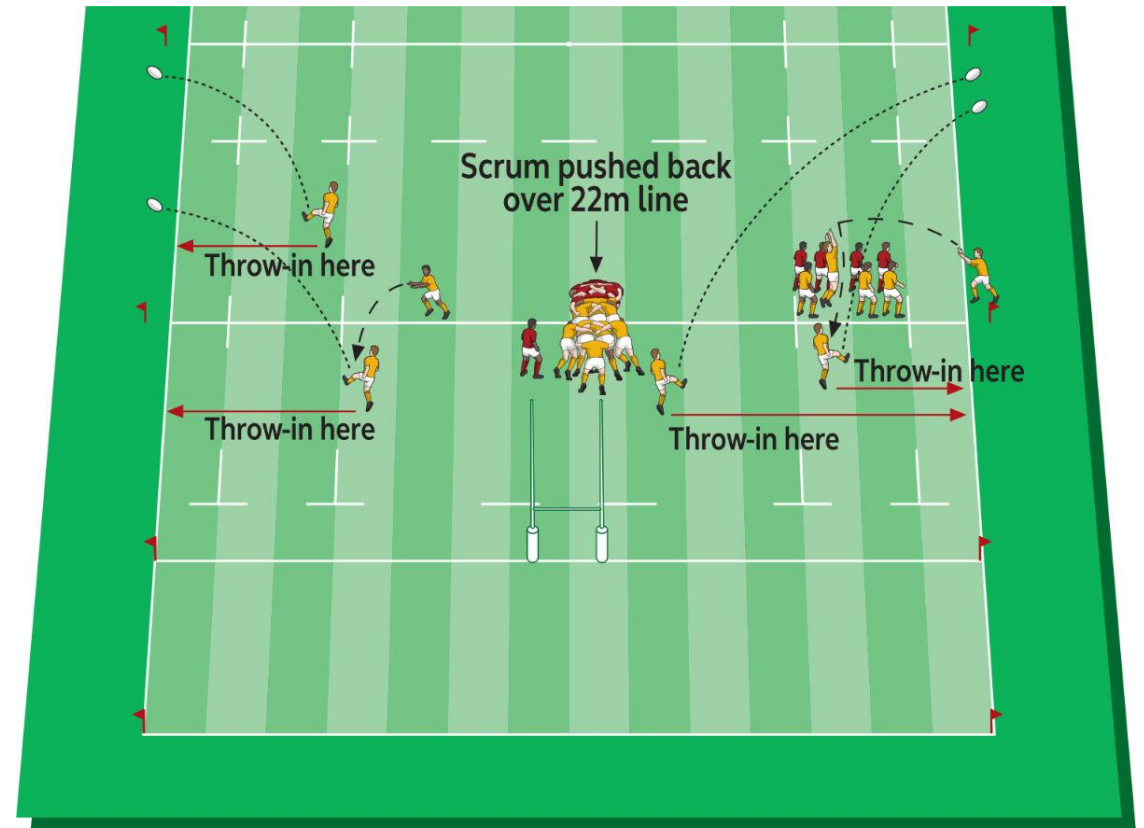


Where is the line-out?

Gain In Ground



No Gain In Ground



Tackling

- When you tackle an opponent, you cannot make contact above the shoulders. This is for safety reasons.
- Once a player in possession of the ball has been brought to ground by a tackler, they must release the ball immediately.
- The tackler must release the player they have just brought down and roll away from them and the ball.
- The same is true for the player who has been tackled. If they do not release the ball immediately and roll away from it, they will concede a penalty.



Rucks

- To gain possession, both sides must try to drive over the ball to make it available for their team-mates.
- Rules of the ruck:
 - None of the tackler's team-mates can attempt to handle or pick up the ball once the ruck has formed.
 - Team-mates of the tackled player can use their hands, but only if they are on their feet.
 - All players must join the ruck from behind the 'hindmost' foot of the last player.
 - They must bind with one arm round a team-mate at the very back of the ruck.

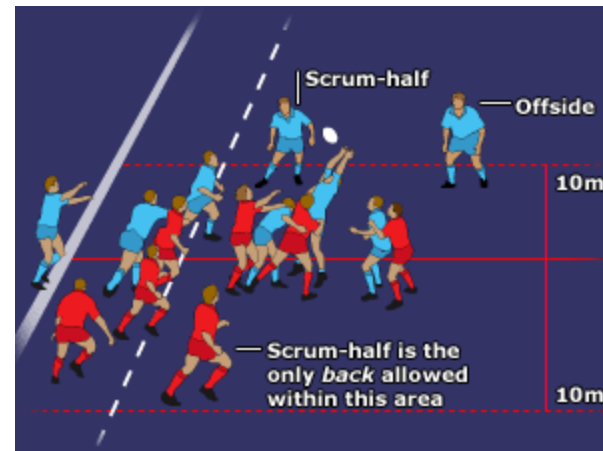
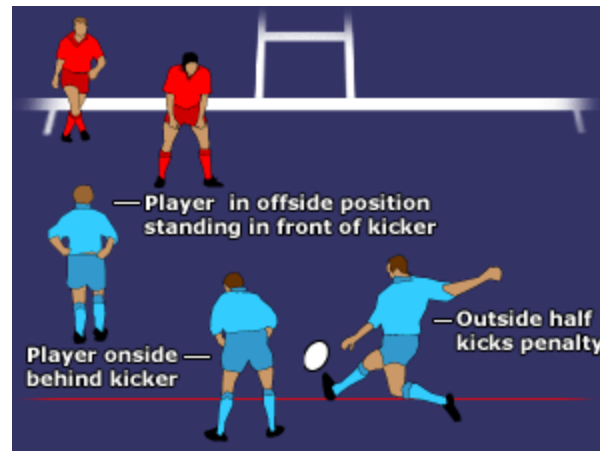
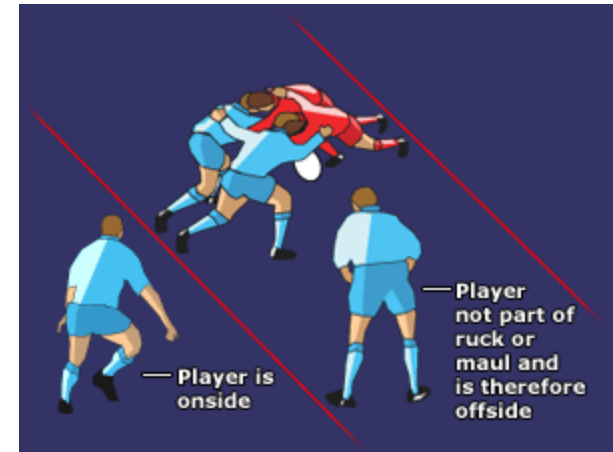
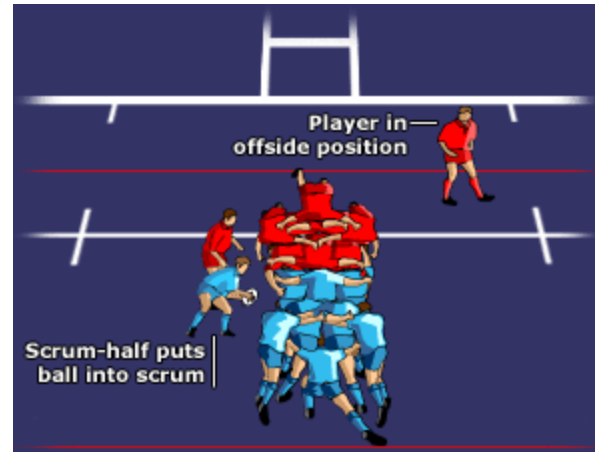
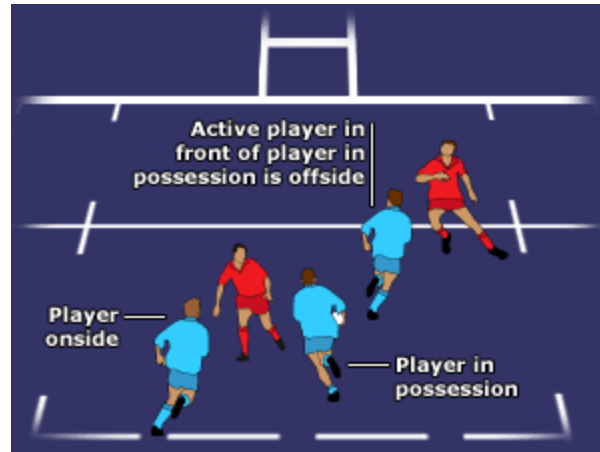


Maul

- What makes the maul different to the ruck is that the ball is not on the ground but in hand.
- But like the ruck, the offside line is the "hindmost" foot of the last team-mate bound to the maul.
- If the maul stops moving forwards the referee will often shout "use it or lose it" to the team in possession.
- This means they must pass the ball within a five-second time period.

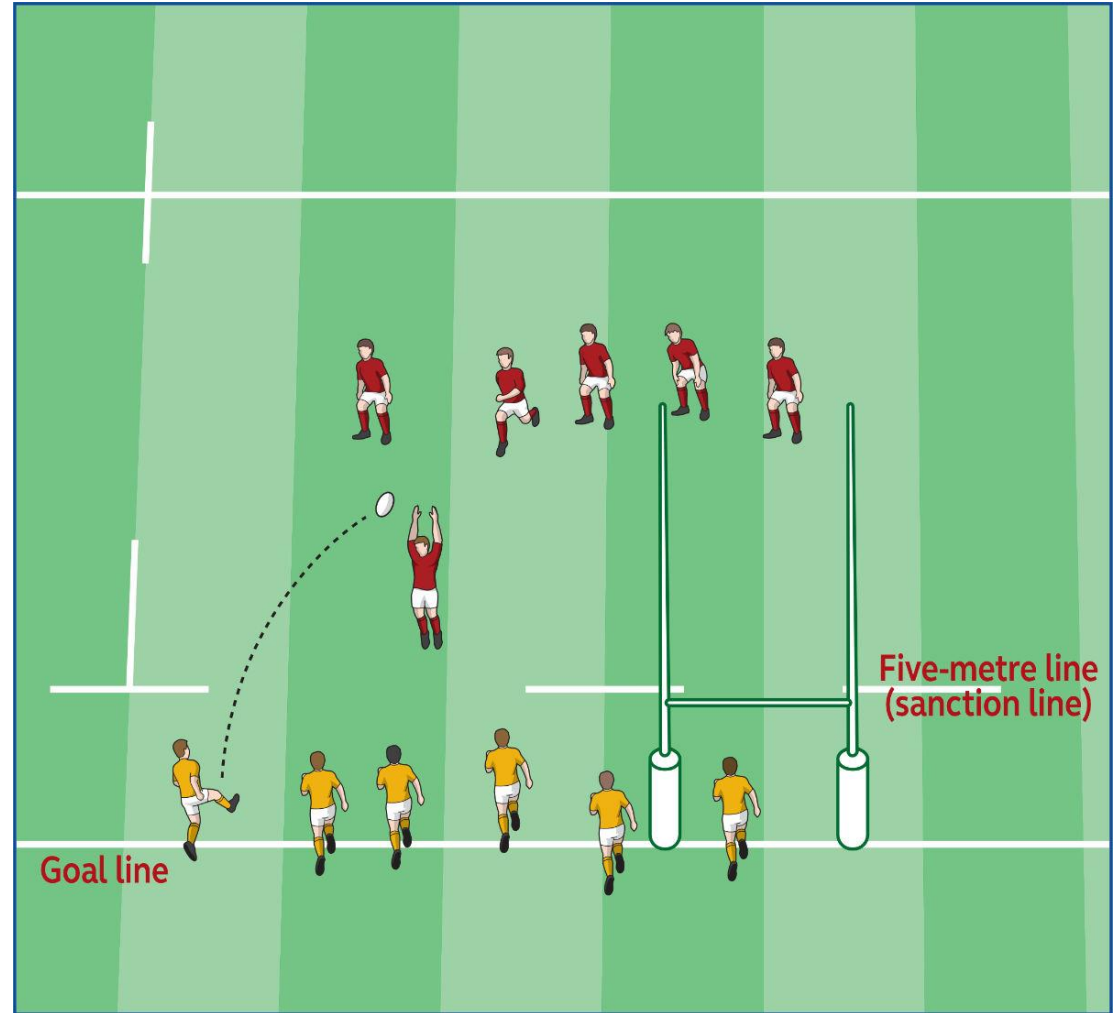


Offside



Weird Other Stuff

- Drop-outs
- 5-metre scrum
- Mark
- Cards



Weird Rugby Terms

- Box-kick – when the scrum half kicks from the back of the ruck.
- Grubber-kick – a kick that rolls along the ground.
- Wheel – a scrum that has rotated through 90 degrees has wheeled.



Players To Watch On Saturday



https://www.youtube.com/watch?v=GNI0_5CnX0o