

# Rugby 101 - The basics



## During the game:

The goal of the game is to advance the ball forward through running, passing and kicking to carry the ball into your opponents 'try zone' and ground the ball for a 'try' (like a touchdown). The defense will use strategy, tackling and competing for the ball to prevent this from happening and try to recover possession of the ball.

Although resembling a bit of chaos, rugby is governed by a set of 'Laws', not rules, so the referee may interpret each situation a little differently according to circumstances.

For more information on the laws of rugby or the sport in general, [visitusarugby.org](http://visitusarugby.org)!

## Why did the whistle blow?

### Penalty



### Scrum



**Offside** Player is offside when in front of the player carrying the ball. No blocking allowed in rugby.

**Forward pass** Only lateral and backward passes are allowed in rugby. If the ball is passed forward a scrum will be awarded to the non-offending team.

**Knock-On** A knock-on is when a player fumbles the ball forward. The non-infringing team is awarded a scrum.

**Failure to release player/ball** After a tackle, the tackler must immediately release the ball carrier and the ball carrier must immediately release the ball. If either of these does not occur within a reasonable time a penalty is rewarded to the non-infringing team.

## Restarting play:

**Scrum** A scrum restarts play after a minor infringement like a knock on. It consists of eight players from each team (known as the pack) that bind together in three rows and interlock with the opposite team's pack. The ball is then fed into the gap between the two forward packs. The packs then begin push against each other while the 'Hook' tries to hook the ball back with their feet. Use of hands is not allowed inside the scrum.

**Lineouts** A lineout restarts play after the ball has gone out of bounds. Players from each team line up in two lines that are parallel to the goal line and approximately one meter apart from each other. A player from the team not responsible for the ball going into touch then throws the ball between the lines. A player from each team is lifted up in order to catch the ball.

## Rugby Positions:



## What is a ruck?

A 'ruck' is what occurs after a player has been tackled. Both teams will compete for the ball by driving the other team away from the ball, allowing their players to pick it up out of the back and continue play. No, this is not just chaos, there are some rules around the ruck!

**Illegal action in the ruck** All players must join a ruck from their own side of the ball, through what is called a 'gate'. They should not join the pile from the side, only the back. A penalty will be called if done incorrectly. If the ball becomes unplayable in a ruck and neither team is at fault, a scrum will be awarded to the team in possession of the ball prior to the ruck.

## How are points scored?

**Try (5 pts)** A try is scored by touching the ball to the ground in the opponent's try zone.

**Conversion Kick (2 pts)** After a try, teams attempt to score by placekicking the ball through the goalposts.

**Penalty Kick (3 pts)** A team awarded a penalty has a chance to kick for 3 points at their opponents goalpost.

**Drop Kick (3 pts)** A drop goal is scored by dropkicking the ball through the goalposts in open play.

## Learn the lingo

### Lineout

The free pass that is used to restart the game of play after a stoppage in the game.

### Free Pass

An uncontested pass that is used to restart play.

### Knock On

Losing, dropping, or kicking the ball forward from a player's hands. Results in a penalty.

### Try Zone

The rugby equivalent of the endzone in American football. This is where you touch the ball down to score a try.

### Lateral Pass

When the ball carrier throws the ball parallel or away from the opponent's try zone.

*People often think of rugby as "football without the pads," but football involves collisions whereas rugby involves contact. In fact, teaching players to make contact safely is a central concept of the sport, says Mathew Brown's "Rugby for Dummies."*



## What is my player's role?

**Props (1 & 3)** Like linemen in football. Their primary role is to anchor the scrum and provide lifting strength and support for the lineout jumpers. They also play a crucial role in securing the ball for their team in rucks and mauls,

**Hook (2)** Like linemen in football. This is the player who wins possession in the scrum. They also usually throw the ball in for a lineout.

**2nd Rows (4 & 5)** Like centers in basketball. These players win the ball from lineouts and restarts, and are also the force that drives scrums, rucks and mauls forward.

**Flankers (6 & 7)** Like linebackers in football. Their key task is to win possession during turnovers, using force in the tackle and speed to the breakdown.

**Number 8 (8)** Like linebackers in football. They secure possession at the base of the scrum and carry the ball into open play. Also the link between the forwards and back.

**Scrumhalf (9)** Like a point guard in basketball. This person is the link between forwards and backs at the scrum and lineouts. This person judges whether to distribute a quick ball to the back or keep it close to the forwards.

**Flyhalf (10)** Like a quarterback in football. This player orchestrates the team's performance. They will receive the ball from the 9 and choose to pass, kick, or run based upon a quick analysis of the play.

**Centers (12 & 13)** Like runningbacks in football. They are key in both offense and defense. In offense they use their speed and power to breach defenses, while in defense they attempt to tackle attacking players.

**Wings (11 & 14)** Like a striker in soccer. The wings use their speed to outrun an opponent and score a try. It is also important they provide a solid defense.

**Full Back (15)** Like a sweeper in soccer. This player is the last line of defense. They have a good leg to dropkick the ball to clear the lines, and also make tackles to prevent scoring.



### Ready to play?

The Roswell Rebels Rugby league plays from Nov - Mar.

**SIGN UP TODAY at**  
[roswellrebelsrugby.com](http://roswellrebelsrugby.com)

# Frequently Asked Questions for Parents

Rugby is a great option for your son or daughter, giving them the opportunity to play a game that will teach them how to be a leader on and off the field. Our coaches and advisory board are happy to answer any questions or address any concerns you have. Please contact us at any time and we look forward to seeing you on the pitch.

## **Q: I'VE HEARD RUGBY DESCRIBED AS 'FOOTBALL WITHOUT PADS' – IS THIS ACCURATE?**

A: Football is a sport that originated from the game of rugby, but it is a much different game. Rugby is a very controlled game with a lot of rules in place to keep all players safe on the field. Although rugby players do not wear pads and protection, they are taught the necessary skills to stay safe and successful on the field.

## **Q: HOW CAN MY SON/DAUGHTER TRY THE SPORT WITHOUT GETTING THROWN INTO A FULL CONTACT GAME?**

A: Flag rugby is a great option for kids of any age to try the sport without any contact elements. Flag rugby can be played indoors and outdoors in schools or communities. Many kids start playing flag rugby in P.E. class and move into contact programs after learning the basics. To learn more about flag rugby, visit [RookieRugby.com](http://RookieRugby.com).

## **Q: HOW MUCH WILL IT COST FOR MY CHILD TO PLAY RUGBY?**

A: Rugby is one of the lowest cost options for children in the U.S. The only equipment required is a mouth guard, compression shorts and cleated shoes. Contact Atlanta Youth Rugby for more information on team fees and equipment.

## **Q: HOW DOES USA RUGBY PROTECT ITS ATHLETES?**

A: USA Rugby believes in putting a player's safety above everything else. USA Rugby requires that all rugby coaches register and complete our Level 100 Coaching Certification, which includes a Player Protection Package and a Background Check. Additionally, with every player registration USA Rugby provides Third Party Liability Insurance and Rugby Accident Insurance. We feel that providing these levels of protections keeps our athletes safe and enjoying the game.

## **BECOME A RUGBY VOLUNTEER**

We know that being a sport parent is a tough job - being there for our children is a full time job in itself. We want to offer you the chance to get off the sidelines and get in the game by becoming a rugby coach or referee! There are great opportunities to become more involved in the game we all love.

## **BECOME A RUGBY COACH**

Great rugby parents make great rugby coaches! With USA Rugby's Coach Certification program, you can become a coach today! Click here to learn more about how you can get involved!



Touch, flag and contact Rugby for kids 1st to 8th grade. All skill levels welcome.

**SIGN UP TODAY! [roswellrebelsrugby.com](http://roswellrebelsrugby.com)**