

Rugby Rules

In Rugby each team consists of 15 players. 8 forwards and 7 backs.

The object of the game is to score points either by carrying the ball and touching it to the ground over the opponent's goal line, or by kicking the ball between the posts. The ball may be kicked forward

but it may only be passed backwards.

Terms:

Maul: a type of scrum when the ball is held up off the ground in the tackle. There is a minimum of three players involved.

Ruck: a type of scrum when the ball is taken to or placed on the ground at the point of the tackle. This involves a minimum of 3 players.

How the ball enters play:

Kick off: drop kick at the start of a game, half time, and after a score.

Set Scrum: the forwards of both teams form a scrum and the ball is put on the ground between the 2 teams when a minor infraction occurs.

Line Out: If the ball is run, kicked or passed outside the sidelines the opposing team passes the ball in between two parallel lines of players. These players jump to gain possession. The ball must be thrown straight.

Rules:

Minor Infraction: Forward Pass or knock on. If the ball is accidentally thrown, dropped, or knocked forward on to the ground, a set scrum is awarded to the other team.

Major Infractions:

Tackling – a player is considered tackled when one of his/her knees touches the ground. Tackling above the shoulders is dangerous play and a penalty will be given.

Offside – A player may not touch the ball if he is standing ahead of a kicker on his own team. A player must enter the maul or ruck from behind, otherwise he is off side.

Scoring in Rugby:

Try: 5 points. Player must touch the ball to the ground over the goal line.

Conversion: 2 points, a place kick or drop kick after a score. Ball must go between uprights.

Penalty Goal: 3 points. A free kick after a major infraction

Drop Goal: 3 points. A drop kick over the bar. Can happen at any time throughout the game.