



## Rules of The Game

- The game is broken down into two 40-minute halves with a 10-minute rest period in between. The game carries no stoppage time and will end exactly on 80 minutes.
- Each team can start with 15 players and up to 7 substitutes. Players that have left the field are only allowed to return if they have been treated for an injury.
- The game must have one referee and two touch judges. It is the referee's job to time keep, make decisions throughout the game, and keep order on the field. The two touch judges can assist the referee with decisions and notify the referee when players are in touch (out of playing boundaries).
- The game will stop if a player is fouled, the ball goes out of play or a try or drop goal is scored.
- The defending team must tackle a player by grabbing a hold and pulling them to the floor. A tackle cannot be made above shoulder height and doing so will cause the referee to award a foul.
- Once the ball goes into touch a line out is called. Up to 7 players can enter a line-out and any of these players can be lifted in order to catch the ball being thrown in. Both teams can compete to win the ball.
- A scrum will be called for minor infringement of the Laws (for example, a forward pass or knock on) or the ball becoming unplayable in a ruck or maul.
- A successful conversion, penalty or kick at goal only occurs when the player manages to kick the ball through the top section of the goal. If a player is unsuccessful the ball is still in play until it crosses one of the playing fields boundaries.
- Attacking players must remain behind the ball whilst active or run the risk of being called offside. Players not interfering with play can be in front of ball but must get back behind the ball before then again interfering with play.

## Positions

A rugby team has 15 positions. Each one wears a specific number and has individual responsibilities:

1-8 refer to as the *pack* or the *forwards*. This group's main goal is to win possession of the ball. These players are usually the heavyweights of the team, using their bulk and strength to try to overpower their opponents.

9-15 refer to the *backs*. This group provide speed and agility and evasiveness required in many cases to score tries.



## Pitch Markings and Equipment

The pitch is split up into three sections; one main playing area which must not exceed 100 metres and two dead goal areas which can range from 10 to 20 m. The pitch must then be equal to 70 metres wide. The goal posts are in an 'H' shape and are roughly 5 to 6 meters apart with no restrictions on height.

Studded boots can be worn along with gum shields, head guards, shoulder pads and shin pads. Each team must wear the same coloured shirts with matching shorts and socks.

## Scoring

The aim of rugby is to score more points than the opposition within 80 minutes. This is done in four different ways:

**Try:** The most valuable play is to score a try, which means touching the ball down in the opponent's in-goal area or on their goal line. Doing so is worth five points and earns that team the right to attempt a conversion kick.

**Conversion kick:** This kick is worth an additional two points. The conversion kick is taken from a spot in line with where the ball was originally grounded, so scoring as close to the posts as possible is best.

**Penalty kick:** Penalties for various infractions can be used to take a kick at goal, which is worth three points.

**Drop goal:** A dropped goal, which occurs when the player drops the ball on the ground and then kicks it just as it bounces, is worth three points if it goes through the uprights.

## Key Terms

**Lineout:** Both teams line up opposite each other, but one team then throws the ball down the middle of the tunnel. Lineouts restart play after the ball, or a player carrying it, has gone out of bounds.

**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. All the players involved are on their feet and moving toward a goal line. Open play has ended.

**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 cannot use their hands to get the ball, only their feet.

**Scrum:** A contest for the ball involving eight players who bind together and push against the other team's assembled eight for possession of the ball. Scrums restart play after certain minor infractions.

**Offload:** Offloading means you are trying to keep the attack alive. At times when you cannot beat your