

Basic Rugby Rules

- We will generally play 12 players-aside, except grade 6/7 boys, who will be playing 7-aside matches
- A coin toss at the beginning of the match determines who KICKS-OFF and which direction to play for the first half of the game
- A TRY is awarded 5 points. A CONVERSION after a try will earn your team 2 more points although conversions are often not attempted at middle school.
- The ball can only be passed BACKWARDS
- If the ball is mishandled and it is knocked forwards, it is treated like a forward pass... if you catch it again before it touches another player or touches the ground, you can play it.
- OFFSIDE – all players must aim to stay behind the ball or they will be offside; in other words, make sure the ball and the player on your team playing the ball are AHEAD of you
- TACKLING – you can only tackle the ball carrier; the ball carrier is tackled when as little as one knee is on the ground; the tackler is responsible for taking the tackled player to the ground SAFELY
- RUCK – when the ball is on the ground and players are close to it, a ruck may be formed. Players must try to stay on their feet during the RUCK. To retrieve the ball, you MUST enter from your GATE
- SCRUM – a scrum is formed when a minor infringement of rules occur, like a forward pass, for example. The REF will instruct you in the formation of the SCRUM. The words “CROUCH”, “BIND” and “SET” will be used.
- FOUL PLAY includes:
 - Obstructing opponents
 - Punching, trampling, kicking or tripping players
 - Tackling too early, too late, or above the shoulders (HIGH TACKLE)
 - Tackling a player when they are in the air
 - Doing anything which is dangerous
- LINEOUT – Essentially a jumping contest to win possession of the ball when the ball has gone out of play.
- POSITIONS/PLAYERS: Notice we do not play with 6,7 or 8



Below is a link to a good 12 minute video about Rugby:

<http://www.englandrugby.com/my-rugby/players/rugby-basics/>



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 can't use their hands to get the ball, only their feet. A ruck ends when the ball emerges from the ruck or when a scrum is ordered by the referee.



Lineout: Both teams line up opposite each other (similar to a jump ball in basketball), but one team then throws the ball down the middle of the tunnel. Line-outs restart play after the ball, or a player carrying it, has gone out of bounds.



Maul: One or more players from each team on their feet and in physical contact closing around a player who is carrying the ball. A maul ends when the ball is on the ground creating a ruck, or the ball or a player carrying it emerges from the maul, or when a scrum is ordered by the referee.



Scrum: A set piece formed by the front eight players of each team. The ball is thrown into the middle of the group and each team pushes against the other team's assembled eight men to contest for possession of the ball. Scrums restart play after certain minor infractions. The scrum ends when one team gains possession of the ball and moves down the field.