

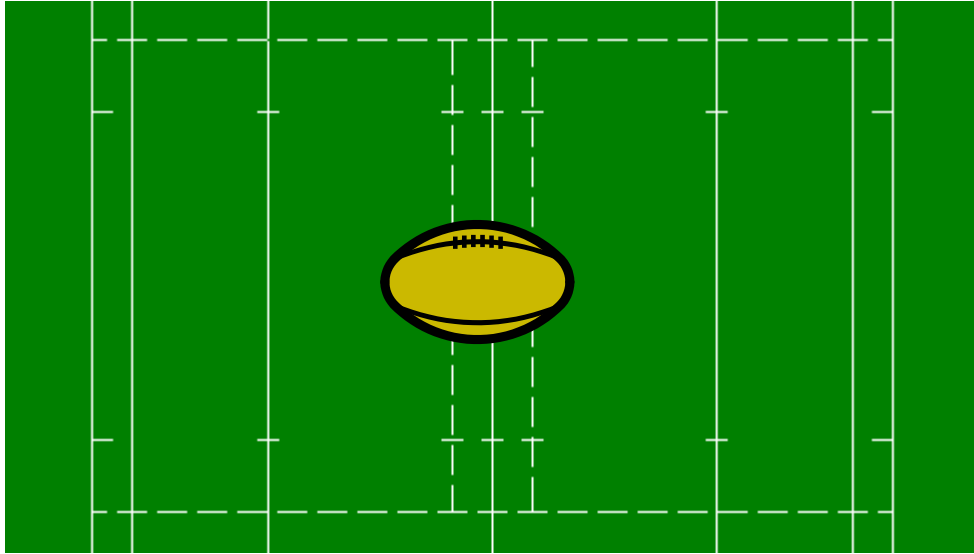
Sports Rules



Handbook

Rugby

RUGBY



The rugby pitch

OVERVIEW

Objective

The object of Rugby is to score more points than the opposing team by passing, carrying, or kicking the ball. The team scoring the most points wins the match. If the scores are level, the match is a draw. Extra time is played when game play has been stopped during standard time due to injuries.

To start the game, a coin is tossed, and the visiting captain will call. Whichever captain wins the call will decide which end their team will head for in the first half (teams change ends in the second half).

A kick-off (place-kick) is taken from the centre spot. The ball must be kicked at least to the opponents 10 metre line. Then, the side which gets possession of the ball must get the ball down to the opposing goal line by running, passing (throwing) the ball sideways or backwards *only*, or kicking the ball.

Rugby is played in two 40-minute halves. At the start of the second half, the team which did not kick off in the first half will do so to begin the second half.

At the kick-off, the opposing team (not taking the kick) must be on or behind their 10-metre line.

THE HISTORY OF RUGBY UNION

Rugby is believed to have been started at Rugby School, England, in 1823, when a pupil named William Webb Ellis was playing football (soccer) and picked up the ball, and ran with it.

There were many different rules of football in those days, so it was decided that the game which involved picking up the ball should be called Rugby football. The game spread across public schools and universities in England, and after 23 years, the first standardized set of rules were drawn up at Rugby School, in 1846.

In 1848, the Cambridge Rules were drawn up, and became the basis of the Association game, when the FA (Football Association) was set up in 1863. In 1851, the first specific Rugby School football, with its distinctive oval shape, was used.

By the 1860's, there were several clubs formed, such as Blackheath, Liverpool, Richmond, and Sale. In 1863, Richmond and Sale played each other for the first time in what has become rugby's longest surviving rivalry.

Britain wasted no time in introducing the sport to the colonies. Canada formulated its first set of Rugby rules in 1864, and soon after that, the game was taken to Australia, New Zealand, and South Africa.

Rugby Matches

The first meeting of the first governing body, the Rugby Football Union, was held in the Pall Mall Restaurant, in London, on 26 January 1871. Twenty clubs attended. The first fixture the RFU organized was a twenty-a-side match between England and Scotland on 27 March 1871, at Raeburn Place, Edinburgh.

The next year was the first 'Varsity Match' between Cambridge and Oxford. England played Ireland for the first time in 1875, and also in 1875, the Hospitals' Cup was started. In 1877 Scotland played Ireland for the first time, and by 1883, Wales appeared on the international rugby scene, and played England, Scotland and Ireland.

Rugby Union has always been strongly amateur, although it was professionalized in 1995. In 1879, it allowed players one shilling (5 British pennies) expenses for playing in international matches.

However, some clubs in the north of England had players who were losing wages by playing Rugby on Saturdays, but the Rugby Football Union refused to allow a pay system, and in 1895, several clubs broke away from the Union. They formed the Northern Rugby Union, which became Rugby League.

International Competition

A team of New Zealand Maoris visited Britain in 1888, and between March and November that year, there was the first British rugby tour to Australia and New Zealand. The British team lost only 2 of 35 matches.

In Europe, the main international rugby competition is called the Six Nations. It was first contested in 1884 by England, Ireland, Scotland and Wales. England won the first championship, then called the International Championship.

In 1910, France were admitted. British students had taken the game to France in around 1870. In 2000, the competition was expanded again to allow Italy to join.

In 1905, the New Zealand All Blacks were the first fully representative international team to tour Great Britain. They lost only one of 32 matches. They also scored 55 points against Devon, the County Champions. The county championship had been started in 1889. When the second All Blacks tour came to Britain in 1924, they won all 24 matches and scored a total of more than 650 points.

The British Lions (name for the British touring team) went on tours to South Africa in 1903, 1910, and 1924. The South Africans gave the Lions a hard time, and when the Springboks (name for the South African touring team) came to Britain in 1906-07 and in 1912-13, they lost only 5 of their 54 matches.

The first World Cup for rugby was staged in 1987, with New Zealand winning the first competition in the final against Australia. Since then it has been held every four years, with Australia winning against England in 1991, South Africa winning against New Zealand in 1995, and Australia winning against France in 1999.

The eight major rugby-playing nations are Australia, England, France, Ireland, New Zealand, Scotland, South Africa, and Wales. The game is also played in Argentina, Canada, Fiji, Italy, Japan, Romania, Tonga, the United States, and Western Samoa.

BASIC RULES

Scoring

There are four ways of scoring in rugby.

Method of Scoring	Value
Try	5 points
Penalty Try	3 points
Drop Goal/Field Goal	3 points
Conversion	2 points

Try

A try is scored when the ball is touched onto the ground beyond the opponents goal line. The scoring player must be holding the ball with either hands or arms when the ball hits the ground.

The try can also be scored if the player falls on the ball, as long as the scoring player is touching the ball somewhere between the waist and the neck.

The ball does not have to be carried over the line. If it is already there, a player can simply touch it or jump on it, to score the try. If a player catches the ball in their own in-goal area, and they do not touch it on the ground, play continues. If they do, play is re-started with a drop-out.

A try can be scored from a scrummage, as long as the ball is grounded on or over the line.

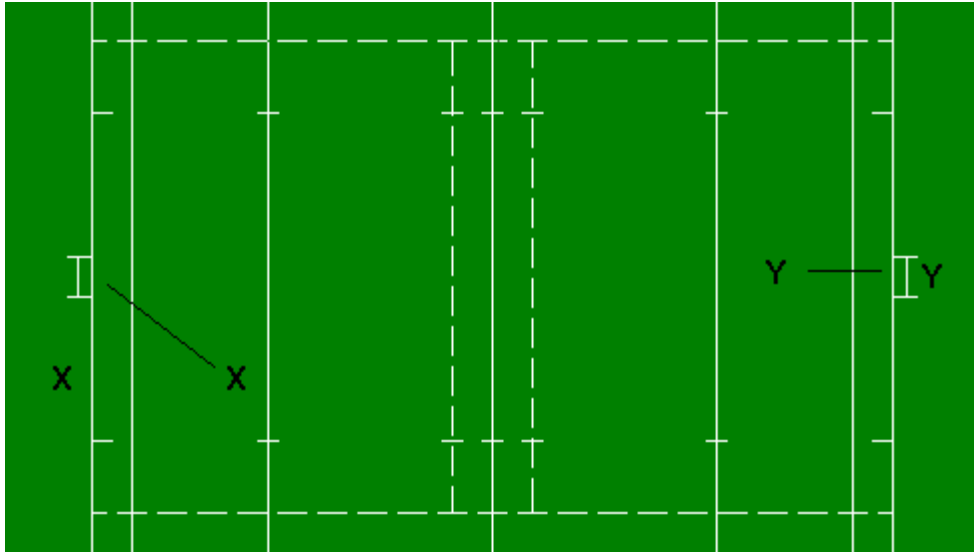
Penalty Try

The referee may award a penalty try, if it is felt that a player was prevented from scoring a try by a break of the rules by the opposite team. A penalty try is worth four points.

The conversion kick is then taken directly in front of the posts. If the offence is committed during or after the player has scored a try, the penalty kick will be taken after the conversion kick, from in front of the posts, regardless of where the foul was committed.

Conversion

Every try is followed by a kick at goal, also known as converting the try. The kick is taken at the same position on the field where the ball was grounded for the try. For any type of goal, the ball must be kicked between the upper half of the posts. See diagram for details



The diagram shows that the kick is taken from the field, parallel to the point at which the ball was grounded.

Because of this, players will try to ground the ball as centrally as possible, so that the kicker has the best chance of scoring the goal.

When the goal kick is taken, the defending team must stand behind the goal line, where they must remain until the kicker begins the run up to kick the ball. Then they may come forward to defend the goal.

If the kick at goal is unsuccessful, play will be re-started with a drop-out from the 22 metre line by the team who did not have the kick. If the ball does not reach the goal posts, play is again re-started in this way.

Penalty Kick

A penalty kick is a kick, not necessarily at goal, by the non-offending team. The rules for the penalty apply in the same way as for the goal attempt after the try. The penalty kick must be taken at or behind the point of the offence.

If the kick is taken behind the point of the offence, the opposing players must stand 10 metres (11 yards) behind the point of the infringement, *not* 10 metres (11 yards) behind where the kick is taken.

If, before the kick, the kicking team commits an offence, a scrum will be given at the point of the infringement. If the non-kicking team commits an offence, the kick will be moved forward from the point of the incident by 10 metres (11 yards) or 5 metres (16 feet) from the goal line, whichever is nearer.

This includes arguing with the referee, or any kind of verbal or physical obstruction or intimidation. If a goal is scored during or after an offence being committed by the non-kicking team, the score counts.

The non-offending team do not have to take a kick. They may elect instead to have a scrum, in which case they may put the ball in.

Dropped Goal / Field Goal

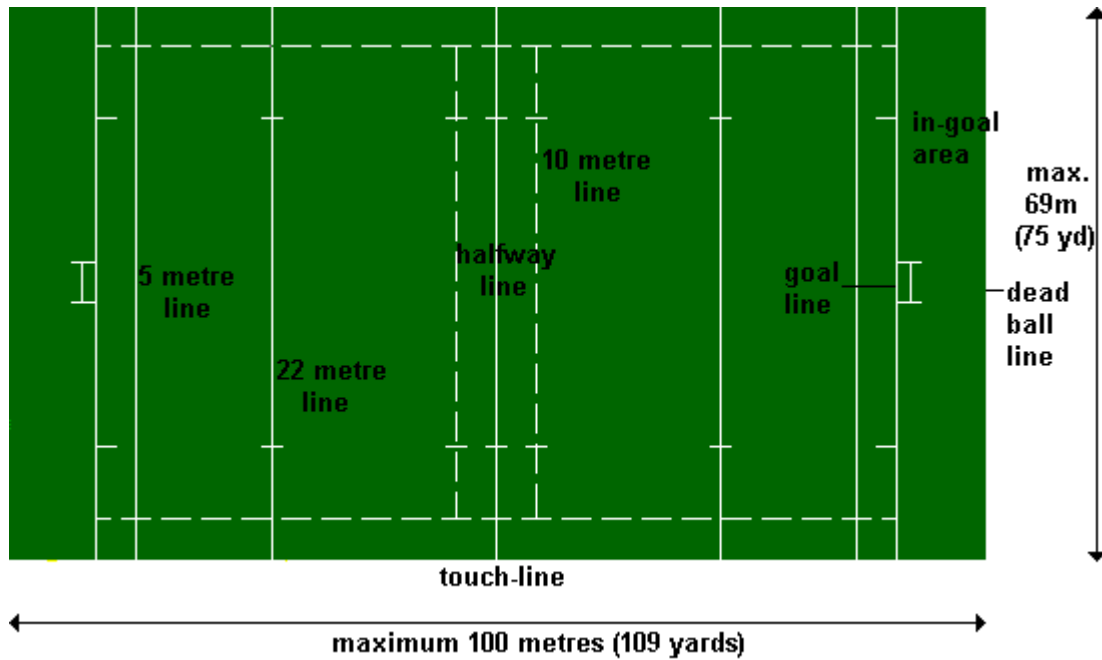
A player may, at any time during open play attempt to drop kick the ball through the goalposts. This is when a player who is holding the ball with the hands may release it into the air, and attempt to kick it through the posts from whichever part of the field they are on. A successful goal in this manner counts as three points.

After any goal, or when the ball has gone off the goal edges of the field, play is restarted with a place-kick. If the ball goes off at the touchline sides of the field, play continues.

Notes:

Points cannot be scored from the kick-off, a drop-out, a free kick, or a punt.

THE PITCH FOR RUGBY UNION



Kicking the Ball Into Touch / Line-outs

If a player has possession of the ball, they can opt to pass or kick. The ball can be advanced down the field by kicking it into touch. What this means is that a player will kick the ball so that it lands outside the field, crossing the touchline in the opposing teams half of the field.

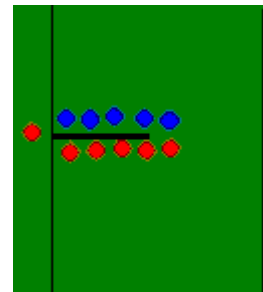
Throwing the ball into touch, touch-in-goal, or over the dead-ball line is not allowed. A penalty would be awarded to the opposing team if that happened.

Note: A player can be 'in touch' (off the field of play) but still play the ball by kicking or using the hands, providing that the ball does not hit the ground, in which case it would be in touch, or the player does not catch the ball, in which case it would be out of play.

When this happens, a line-out takes place. Two lines of players will form, team by team, and the team which did not kick the ball into touch will throw the ball back into play.

There will be at least two players in the line. The number of players in the lines will be determined by the team taking the throw.

The line-out starts from a point 5 metres (16 feet) away from the touchline, and ends at the point 15 metres (16 yards) away. Any player not within these boundaries is not considered to be in the line-out.



An example of a line-out.

Players should stand at least 1 metre (39 inches) from members of their own team. There should also be at least 61 centimetres (2 feet) between the two lines. Physical contact with any players is to be avoided until the ball is thrown into the line-out.

The ball must be thrown through the middle of the line. The players may then attempt to gain possession of the ball by jumping for the ball and using one or both hands, or the inside of the arm to deflect it towards team-mates, or the ball can be won following the **ruck** or **maul** which may take place after the throw-in. See Scrummage section for details.

The position where the ball is thrown into play varies according to how it went out of play. If the ball goes into touch following a drop kick or a free kick, or it is kicked from within 22 metres (24 yards) of the kickers goal line, it is thrown in from a part of the field level with the point where the ball was kicked from.

If the ball touches or crosses the touchline nearer to the kicker's goal (if it should travel backwards for whatever reason), then the throw-in is taken from the point where the ball touched the line or left the field.

If the ball goes into touch in any other circumstances, then the point where the ball leaves the field is the point where the throw is taken from.

If there is an infringement to the line-out rules, then either the opposing team will take the throw instead, or a scrummage will form. See below for more on scrummages.

Scrummages

More commonly known by the affectionate term 'the scrum' is an important part of the game of rugby in deciding which team gains possession of the ball.

The teams bend at the waist and meet each other head on, locking with each other as a mass of bodies. The player known as the scrum-half (see Player Positions below) will throw the ball in. It will of course be the scrum-half on the team awarded the scrum who throws the ball in.

The team who put the ball into the scrum will have their heads on the outside. The heads interlock, so they have to go one side or the other, so whichever team has the ball put their heads on the outside, closest to where the scrum-half puts it in.

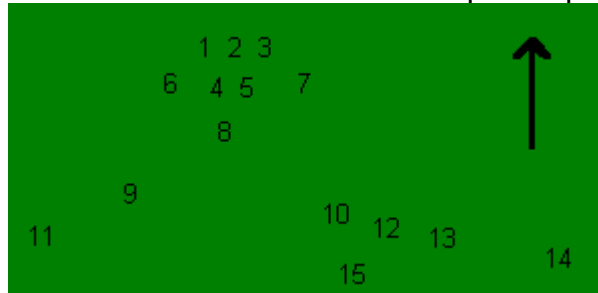
The ball rolls into the middle, beneath the pack, and each team must try and push the other team back, so that they can get the ball back to their players. The team is not allowed to get the ball unless they are clearly standing over it. Thus, the purpose of the scrum is to push the other team off the ball.

When formed, the scrummage should be as close to the area of the incident as possible. The players will stand parallel to the goal lines, so that the space between the teams is straight, not diagonal.

There will be at least five players in the scrum, and three must form the front row. The teams do not interlock until the scrum-half has put the ball in. The ball must be put into the middle in a straight line, so as not to give an advantage to either team.

A scrum cannot be formed within 5 metres (16 feet) of the goal line, and obviously not behind it. If the defending team commit a foul within 5 metres (16 feet) of their own goal line, or behind the goal line (in the in-goal area) the scrum is simply moved to the required distance, at least 5 metres (16 feet) away, and the scrummage takes place from there.

The scrum-half who puts the ball in must be at least 1 metre (39 inches) away from the scrum at the moment of putting the ball in. The ball must also be put in quickly and smoothly.



This diagram shows one team in a scrummage. The arrow is the direction of play. The ball is played out through player 1-7, who will pass to 8, who then passes to the players on either side.

For players in the scrummage, they must not collapse deliberately, and not play the ball until it is properly in the scrummage.

While scrummages are awarded by the referee after certain infringements, they can also be formed during the course of normal play.

The terms ruck and maul are often used to describe such things happening. A maul is when one or more players from each team (while on their feet) close around a player with the ball. When the players go down, the resulting scrummage that forms is known as a ruck.

For an infringement of the rules during a scrum, a penalty kick or a free kick is awarded against the offending team.

WHAT ELSE CAN HAPPEN IN THE GAME OF RUGBY?

Forward Pass

The ball must always be passed either sideways or backwards in rugby. If a player does pass the ball forwards, it is known as a throw forward (kicking the ball forward is acceptable). If a correctly-made pass is too short, and the ball hits the ground and rolls or bounces forwards, this is allowed. Similarly, if the ball hits a player's body and goes forward, this is a rebound, not a throw forward, and would not be penalized.

If a throw forward is deemed to be deliberate, a penalty is awarded to the opposing team at the spot where the throw took place. If it is deemed to be accidental, a scrummage is given, with the opposing team having possession of the ball, to put into the scrum.

Knock-on

The ball must always be caught properly. If it hits a player's hands, and the player fails to catch it, and the ball goes towards the opponents goal line (from whatever distance away), it is deemed to be a knock-on. Also, if a player loses possession of the ball, (*for example, by dropping it*) and it travels forwards, this is also a knock-on.

The knock-on is penalized in the same way as the throw forward - deliberate means a penalty, accidental means a scrummage. If, however, a player causes a knock-on, and then regains the ball before it has hit either the ground, or another player (on either team) has made contact with it, the knock-on is cancelled and play continues.

Tackle

Rugby tackles are made by holding around the waist and pulling the player down. High tackles, made around the head and shoulders, are dangerous and are against the rules. When a player is tackled, they will attempt to play the ball, by passing it to a team-mate. If they cannot do this, they must release the ball. A player is not allowed to touch the ball again until they are back on their feet. Holding the ball or obstructing other players in getting the ball is likely to be penalized with a penalty kick.

If the ball becomes stationary or unplayable (*for example, buried under a pile of players*) the a scrummage is ordered. The team which did not have possession of the ball at first (before the tackle) put the ball in.

Fair Catch (Mark)

A player can make a catch by catching the ball from a kick while stationary and with both feet on the ground. The player catching must also be the side of their own 22-metre line. This is known as making a mark.

After doing this, the player has the option of taking a place kick, drop kick, or free kick. If the player does not wish to take a kick, the team may have a scrummage instead. The player who made the mark (caught the ball) must be the one to take the kick, if they want to take a kick. If the player is injured while catching the ball, and does not recover within one minute, the scrummage will be taken, with the catching players team putting the ball in.

If the player wishes to kick, all players of the kicking team must be behind the ball, and must be on or behind a line parallel to their own goal line. The other players on the kicking team least 10 metres (11 yards) back from where the mark was made. Once the kicker has started the run-up, the opposing players may run forwards.

If an offence is committed by the defending team, the mark is moved forward 10 metres (11 yards). If the kicking team commit an offence, a scrum takes place, with the opposing team putting the ball in.

If a player makes a 'mark' in their own goal area and decides to have scrummage, it takes place 5 metres (16 feet) from the goal line, at a point level with the 'mark'.

Drop-out

This is a drop-kick taken by the defending team.

The kick is taken from anywhere on (or sometimes behind) their own 22 metre (24 yard) line. If the kick is taken from behind the 22 metre line the ball must reach the line. If it does not, the opposing team may call either for the kick to be retaken, or for a scrum to be formed at the centre of the kicking team's 22 metre line, or they could accept the kick.

The drop-out is used to restart play after a **touch-down** (when the ball is grounded in a team's own area by themselves), after the ball has gone into touch-in-goal, or it has crossed the dead-ball line at the end of the field).

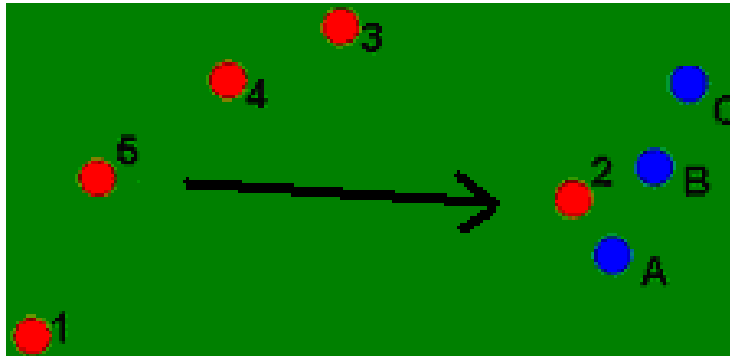
The drop-out is only used for a touch-down if a player receives the ball when they are already in their own in-goal area. If the ball is actually taken into a team's own in-goal area by themselves, there is a scrummage on the 5 metre line.

The drop-out is also used to restart play apart from the start of halves, when a place-kick is used.

OFFSIDE

General play

A player is in an *offside position* if they are in front of the ball when a member of the same team touches, kicks, or carries the ball. However, that player is not *offside* unless the offside player plays the ball, obstructs an opponent, or approaches and remains within 10 metres (11 yards) of an opponent waiting to play the ball or where the ball lands. There is no penalty for being in an offside position.



This diagram illustrates the meaning of offside. Red player 5 passes the ball to red player 2, who is onside. Red players 3 and 4 and blue player A are in offside positions. Red player 1 and Blue players B and C are onside.

If a player is caught offside, a penalty is given to the opposing team. Or, if they wish, the opposing team can elect for a scrummage from the point at which the ball was last played.

A player who is offside is played onside by their own team when

- when the offside player goes behind the player of the same team who last had or played the ball;
- when a team-mate with the ball goes in front of the offside player.;
- when a team-mate runs ahead of the offside player, from a point or from behind a point where the ball was when it was last kicked.

A player who is offside is played onside by the opposing team when

- an opponent kicks or passes the ball
- an opponent with the ball has run 5 metres (16 feet)
- an opponent deliberately touches the ball but does not catch or gather it.

A player who is within 10 metres (32 feet) of an opponent waiting to play the ball or where the ball pitches (lands after being in the air) cannot be played onside. That player must go towards their own goal line until they are onside.

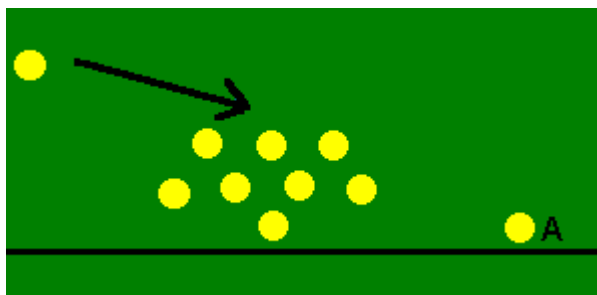
Scrummage

A player is offside if they join the scrum from the opponent side.

If a player is not involved in the scrum, they must be behind the level of the back foot of the furthest player of their own team at the back of the scrum. If not, then the player not in the scrum is offside.

The player putting the ball into the scrum is offside if the player puts a foot in front of the ball, or remains in front of it while it is in the scrummage.

If, on the opposite side of the scrum, the opposing scrum-half is in front of the offside line (the offside line being the imaginary line parallel with the back foot of the player furthest back in the scrum), then that player is offside.



In this diagram, player A is offside - not participating in the scrum, therefore must be behind the imaginary line parallel to the back foot of the furthest back player in the scrum.

Offside at a scrummage is penalized by a penalty kick from the point of the offence.

Rucks and Mauls

A player is offside if they join a ruck or maul from the opponent side or join it in front of the ball. If the player decides not to participate, they must get behind the offside line as quickly as possible (behind the ball, and behind their own player with the ball).

If a player is involved in a ruck or maul, and leaves it for whatever reason, they must get behind the offside line as quickly as possible. Players may rejoin a ruck or maul, but must do so immediately, and get in behind the ball.

If a player advances beyond the offside line without being involved in the ruck or maul is also offside.

If there is a break in the rules, a penalty kick is awarded to the opposing team from the point of the incident.

Line-outs

For line-outs, the offside line moves to 10 metres (11 yards) behind the line-of-touch (a point 10 metres back from where the ball went out - back would mean backwards from the goal line of the team who put the ball out). If, however, the goal line is within 10 metres (11 yards), then the goal line becomes the offside line.

As far as this rule is concerned, the only players considered part of the line-out are those in the lines, the player taking the throw, and the opposite number of the player taking the throw, and a player from each team who will be positioned to take the ball when one side gets possession from the throw.

All players not in the line-out will be considered offside if they step over the offside line. Thus, they will wait behind the line until the ball has touched either a player or the ground, unless they are jumping for the ball themselves. After the ball has touched either a player or the ground, the player will still be offside if they come forward in front of the ball, unless it is to tackle or attempt to tackle a player who was in the line-out.

Because the line-out extends to 15 metres (16 yards) away from the touchline, any player in the line-out who strays from that zone before the line-out has ended is offside. However, a player can join the line-out *after* the ball has been released by the player taking the throw. If the player joins before then, they are offside.

If an offside player is involved in the line-out, a penalty kick is given to the opposing team, to be taken 15 metres (16 yards) from the touchline, along the line-of touch. If the offside player is not involved in the line-out, the penalty kick is taken 15 metres (16 yards) from the touchline, and 10 metres (11 yards) behind the line-of-touch.

The person throwing the ball into the line-out can also be offside if they do not

- stay within 5 metres (16 feet) of the touchline
- get behind the offside line
- join the line out once the ball has traveled into play by at least 5 metres (16 feet)
- move into position to receive the ball after it is in play, providing that no other player on the same team has not done so already

If the ball is not thrown into the line-out properly, the other team take the throw. If they do not do it properly either, there is a scrummage, and the team who threw first put the ball in.

FOULS AND MISCONDUCT

The rules of rugby are divided into three categories.

Obstruction

Charging or pushing an opponent, other than shoulder-to-shoulder in the course of play, constitutes obstruction.

Unfair Play / Repeated Infringements

Wasting time, deliberately throwing the ball into touch or over the dead-ball line constitutes unfair play.

Misconduct / Dangerous Play

Deliberately striking, hitting, an opponent, deliberately causing a maul, ruck, or scrummage to collapse, constitutes misconduct and dangerous play.

For repeated insurrections, the referee will caution players, and can send them off. If a team has one or more players sent off, the team continues with less players.

Two replacements are allowed in a game, but no team is allowed no more than fifteen players on the field of play at once. When a player has been replaced, they may not participate again in that game.

The advantage rule

The referee may decide not to stop play after a foul if it is deemed that the non-offending team may suffer as a result of a stop in play.

OFFICIALS

The game is presided over by a referee and two touch-judges.

The referee's responsibility is to ensure that the rules are followed, and is also in charge of time, score and discipline of the players. The advantage rule is also based on the referee's decision.

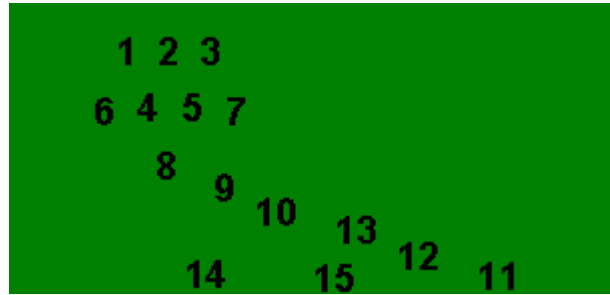
The two touch-judges are placed on each touch-line, and will follow the action up and down the field, along the lines, except for a goal attempt, when they will monitor the goal line and hold up a flag to say whether a goal has been scored. The touch-judge also informs the referee when and where the ball has gone into touch, and which team has the throw-in.

The touch-judge will also stand right behind the player throwing the ball into the line-out to ensure that the throw is taken fairly.

PLAYING POSITIONS

The 15 players in a team can be split into three groups of five according to playing responsibility. There are five forwards, five middle players, and five backs.

As numbered on the diagram they are:



Front

1 - Loose-head Prop

The two props are usually the two biggest, strongest, heaviest players in the side. Their strength is used in the overall force of the pack when the scrums are pushing. They may not need to even touch the ball during a scrum, their size itself being the main factor.

2 Hooker

The hooker is the player at the front-middle in the scrum and 'hooks' the ball, passing it back to players behind.

3 Tight-head Prop

See loose-head prop

4 and 5 Lock

Locks are often the tallest players. Their height is used for winning possessions in the line-outs.

Middle

6 Blind-side Flanker

Flankers must be able to break away from the scrummage quickly, and be versatile in both tackling and passing the ball.

7 Open-side Flanker

See blind-side flanker. The flankers may also be known as wing forwards.

8 Number 8

The number 8 is at the back of the scrum, and dictates which way it pushes, and provides a link to the scrum-half, and their height is effective in line-outs.

9 Scrum Half

The scrum half is the player who puts the ball into the scrum and runs around to collect it via the hooker and number 8.

10 Fly Half / Outside Half / Stand-off Half

Widens the play by passing to the wings, and makes the runs forward.

Backs

11 and 14 Wingers

The wingers should be the faster members of the team, collecting the ball from the middle, and running down the wings with it.

12 and 13 Centres

The centres are all-purpose players, who make the connection between the middle section and the wingers.

15 Full back

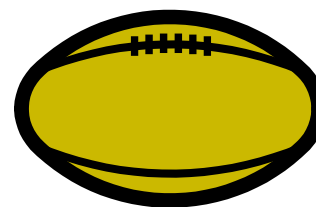
The full back is the main defender, who must be capable of tackling and kicking well, to both stop attacks and clear the ball.

The overall strategy in the team design is to get the ball from the forwards to the scrum half, who passes it to the backs, and onto wingers, who have the pace to run along the field with it.

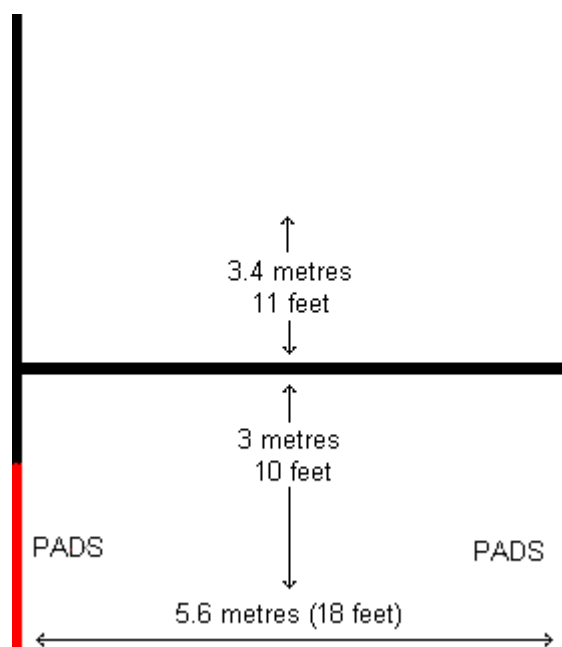
EQUIPMENT

The Ball

The ball is oval-shaped, and is made of synthetic materials. It is between 28 and 30 centimetres (11 to 12 inches) long, 78 to 79 centimetres (30 to 31 inches) in circumference across, and 58 to 62 centimetres (23 to 24 inches) in circumference wide. It weighs between 400 and 440 grams (14 to 16 ounces). Smaller balls may be used for junior games.



Goal Posts



The ball must be kicked through the upper half of the posts. It may bounce off the posts, and still be a valid goal, as long as it goes through. The height of the posts varies, and may be any height above the game minimum of 3.4 metres (11 feet).

Note:

The above diagram is not to scale. The *total* height of the posts must be a minimum of 3.4 metres, with at least 3 of those metres being underneath the crossbar.

Flags

There are flags positioned along the touch-lines, at each corner, the goal lines, the 22 metre lines, the halfway line. There are 14 flags in total. The usual height of the flag-sticks is 1.2 metres (4 feet).

GLOSSARY

Centre spot - the spot in the centre of the field where play begins from.

Charge down - the blocking of an opponent's ball with any part of the body. if the ball goes forwards, this does not count as a knock-on.

Convert - to kick the ball over the posts for two points after a **try** has been scored.

Dribbling - when the ball is kicked along the ground in a controlled manner.

Drop goal / dropped goal / field goal - kicking the ball through the posts for 3 points from anywhere on the field.

Drop-kick - a kick made by dropping the ball from the hands, and kicking it on the first bounce.

Dummy - pretending to pass the ball, but keeping possession.

Free kicks - a kick awarded by the referee, which is taken by one player, free from any other player involvement. This differs from the **penalty** in that it is purely for territorial gain (kicking into touch).

Front row - the forwards in the scrum.

Half-backs - the scrum-half and the fly-half.

Hand-off - pushing a tackler with an open hand.

Line-of-touch - imaginary line at right angles to the touch-line where the ball is to be thrown at a line-out.

Maul - when one or more players from each team (while on their feet) close around a player with the ball. They must close from opposite sides (like front and behind), and cannot tackle around the legs for safety.

Open play - general play.

Overlap - when there are more players attacking than there are defending.

Pack - the term for the collective forwards, and also going down for a scrum.

Passing - to throw the ball to another player. In rugby passing is only allowed sideways and backwards.

Peeling off - when a player leaves the line-out to get in position to receive the ball direct from the line-out (*for example, standing at the side of the line*)

Penalties - a kick awarded by the referee, which is taken by one player, free from any other player involvement. This differs from the **free kick** in that it is aimed through the posts for three points.

Place kick - a term used to describe the first kick of the match from the **centre spot**.

Prop forwards - the two front-row forwards either side of the hooker.

Punt - made by dropping the ball from the hands, and kicking it before it touches the ground.

Referee - official who ensures that rules are followed and awards penalties, free kicks, and so on.

Ruck - the resulting scrummage that forms after a **maul** is known as a ruck.

Set pieces - the scrum and line-out are set pieces.

Tap kick - A tap kick occurs is when a player taps the ball from the foot. The ball can go in any direction, and does not have to go far. Often, the kicker will tap it forward then pick it up to continue play.

Three quarters - the two centres and two wingers, the four backs between the outside-half and the full-back.

Throw forward - the official name for a forward pass.

Touch-down - when the ball is grounded in a team's own area by themselves,

Touch-in-goal - when the ball goes out of play behind the goal-line.

Try - the action of touch the ball on the ground behind the opposing goal line, for 5 points. This is followed by a **conversion kick**.

Up-and-under - a high kick to put pressure on the opposing team. The attacking team (the team who kicked) advance up field to collect the ball.

Wing three-quarters - the two outside backs. Often the fastest players in the team.