

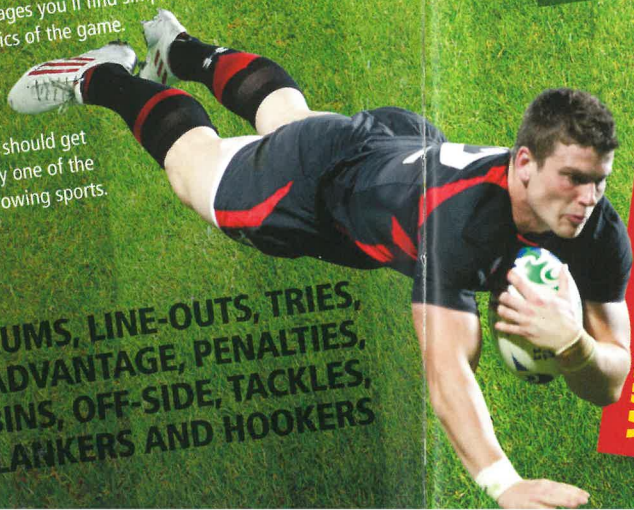
Rugby Union is a game played by two teams of 15 players. The aim of the game is very simple: use the ball to score more points than the other team. You can run with the ball, kick it and pass it backwards, but passing forwards is not allowed. Rugby is a contact sport, so you can tackle an opponent in order to get the ball, as long as you stay within the laws!

RUGBY

SIMPLY EXPLAINED

There are many rules (known as laws), which can make it hard for someone new to the game to keep track of what is going on. Over the next few pages you'll find simple explanations to some of the basics of the game. It's not a comprehensive rule book (it doesn't go into the intricacies of the scrum, rucks, mauls and off-side law), but it should get you started and help you enjoy one of the world's biggest and fastest growing sports.

RUCKS, MAULS, SCRUMS, LINE-OUTS, TRIES, DROP-GOALS, ADVANTAGE, PENALTIES, SIN BINS, OFF-SIDE, TACKLES, FLANKERS AND HOOKERS



FIVE WAYS TO SCORE

TRY = 5 Points

The act of putting the ball down on or over the try-line. Leads to a conversion attempt.

CONVERSION = 2 Points

Following every try is a chance to kick the ball between the goal posts and over the cross bar.

PENALTY KICK = 3 Points

A chance to kick the ball between the goal posts and over the cross bar. Awarded for certain infringements of the rules.

DROP-GOAL = 3 Points

A kick in open play when the ball is dropped to the ground then kicked between the goal posts and over the cross bar.

PENALTY TRY = 5 Points

If the referee believes a foul has been deliberately committed to prevent a try being scored, he can award a penalty try. Leads to a conversion attempt.

The scoring system means that few games end in a draw. A team can be behind on points one moment then winning the next!

WIN, LOSE OR DRAW

RWC2015 POOL STAGES

Win	4 points
Draw	2 points
Lose	0 points
Score 4 or more tries	1 bonus point
Lose by 7 points or less	1 bonus point

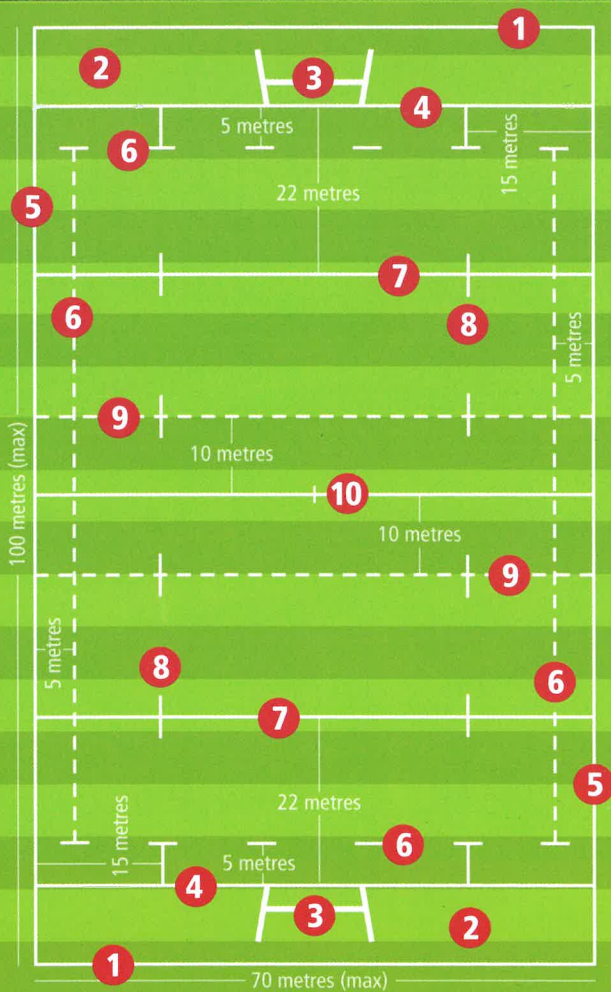
RWC2015 KNOCKOUT STAGES

If the scores are level at the end of the 80 minutes then an additional 20 minutes' extra time will be played. If the scores are still level at the end of extra time then a maximum further 10 minutes of 'sudden death' will be played during which the first team to score any points will be declared the winner. If there is still no winner after 'sudden death' then the match will be decided by a penalty kicking competition.

PITCH & POSTS



The rugby ball must be 28cm-30cm in length and 383g-440g in weight



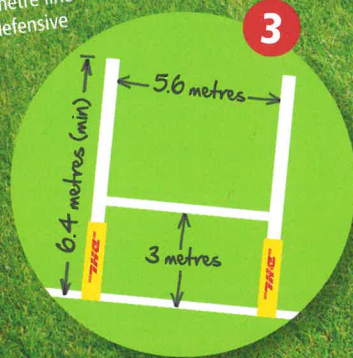
- 1** Dead ball line
- 2** In-goal area
- 3** Goal posts
- 4** Try line
- 5** Touch line
- 6** 5 metre lines
- 7** 22 metre line
- 8** 15 metre line
- 9** 10 metre line
- 10** Halfway line

The maximum size of the pitch is 100 metres long and 70 metres wide, whilst the in-goal area must be no deeper than 22 metres. The sidelines are referred to as touch lines.

Two key markings are the five metre lines which run parallel to the touch line and are important for line-outs. The 22 metre line which is parallel to the try line marks a defensive boundary. A player between their own 22 metre line and their goal may kick the ball directly off the pitch in defence.

HOW LONG?

Matches last for 80 minutes divided into two 40 minute halves with up to a 15 minute break in the middle. The referee stops and starts the clock to allow for injuries and other stoppages. When 80 minutes playing time is up the clock goes 'red' and the game is over the next time the ball goes out of play.



IN TOUCH

If any part of the ball or any part of the player carrying the ball makes contact with the touch line, the ball is out of play.

MEET THE TEAM

HOOKER
Smaller, but just as powerful as the props, 'hooks' the ball back in the scrum and throws in at line-outs.

LOOSEHEAD PROP
Big and powerful, on the outside left in the front row of the scrum.



TIGHTHEAD PROP
Big and powerful, on the inside right in the front row of the scrum.



BLINDSIDE FLANKER
Quick and muscular in the back row of the scrum. Attacks and defends on the narrower 'blindside' of the pitch.



LOCKS
Tall and powerful in the second row of the scrum. Useful in line-outs.



OPENSIDE FLANKER
Quick and muscular in the back row of the scrum. Attacks and defends on the wider 'opposite' of the pitch.

Big, small, fast, tall...

Fifteen players of all shapes and sizes make up a Rugby Union team and they're split into two groups; the **forwards** (1-8) are the big boys who compete in the scrums and the **backs** (9-15) are the pretty boys who run around a lot. The numbers on their shirts indicate which position they play and they all have unique roles.

Additionally, each side can use up to seven substitutes to replace injured or tired players. If a player needs to leave the pitch to be treated for a blood injury he can be temporarily replaced until he's been stitched up and bandaged (this does not count as a substitution).

NUMBER EIGHT
Steers the scrum from the back. A strong ball-carrier.



SCRUM HALF
Smaller, but quick witted, the link between the forwards and the backs. Feeds the ball into scrum.



LEFT WINGER
Quick on his feet and either out on his own or at the end of the line. Likes to score tries.

FLY HALF
Smaller, quicker and the leader of the backs! Often the goal kicker (think Jonny Wilkinson).



INSIDE CENTRE
Quick and strong with good handling skills. Able to take some big hits.



FULL BACK
Last line of defence, strong kicker and good under the high ball.



OUTSIDE CENTRE
Quick and strong with good handling skills. Gets the ball to the wingers.



RIGHT WINGER
Quick on his feet, either out on his own or at the end of the line. Likes to score tries.

If a team is constantly misbehaving and the referee has had just about enough of it, he can show a player a yellow card – that means 10 minutes off the pitch in the **sin bin**. For more serious offences such as dangerous play and violent behaviour, a red card can be shown and the guilty player will be sent off altogether.

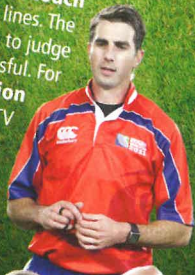
SIN BIN
10 MINS
OFF
FOR REST
OF GAME

IN THE BIN

IT'S No punching, kicking, slapping, tripping, stamping, trampling, biting, gouging – or retaliating!

OFFICIAL

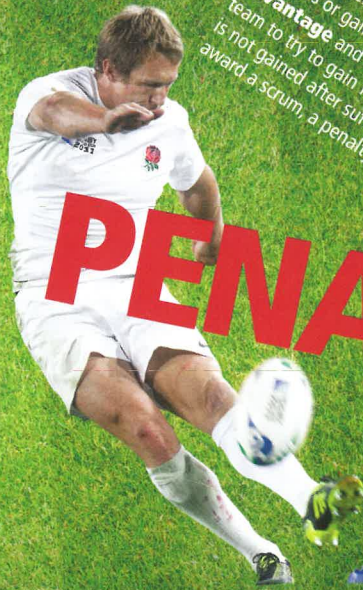
There is one **referee** to control the match and two **touch judges** to assist with decisions on the touch lines. The touch judges also stand behind the goal posts to judge whether penalty goals and conversions are successful. For Rugby World Cup matches there is also a **television match official (TMO)** who, with the benefit of TV replays, also assists with decisions.



TAKE ADVANTAGE

OBSTRUCTION
Standing in front of a player and blocking his path, whether he has the ball or not, is not allowed.

When a player does something they shouldn't and the other team has or gains possession of the ball, the referee shouts **advantage** and lets the play carry on to allow the other team to try to gain from the situation. If an advantage is not gained after sufficient time, the referee will award a scrum, a penalty or a free kick.



PENALTIES AND FREE KICKS

When a team does something they shouldn't (except an unintentional forward pass or knock-on), and the other team is unable to gain an advantage, the referee will award a free kick or penalty. **Free kicks** are awarded for technical infringements, **penalties** are for more serious things such as off-side and foul or dangerous play. The referee signals these with his arm pointing upwards at 45 degrees and the offending team must go back 10 metres from where the penalty was awarded. Unlike in football, penalties in rugby happen a lot!

OFF-SIDE

In general, a player is **off-side** if they are in front of a team mate who is carrying the ball or they are in front of the team mate who last played the ball. These players cannot participate in the game until they are in a position where the ball is in front of them again and another player has touched it.



TACKLE

When a player is running with the ball, he may be tackled by an opposing player. Tackles must be no higher than the shoulders and must be made with the arms. If the tackled player is brought to the ground and held, he must release the ball so that both teams can contest possession.

Players must be on their feet when competing for the ball. You can't tackle a player when he's in the air and you can't tackle a player without them having the ball.



PASS BACKWARD

The ball is transferred from one player to another by passing (throwing) the ball backwards to players of the same team. If a pass goes forward or if a player drops the ball forward (called a knock-on), play is stopped and a scrum is awarded to the other team.



KICK FORWARD

Players may kick the ball forward. They might do this to launch an attack, gain territory or to get out of trouble, but any team mate who is in front of the kicker is off-side until the kicker runs past him.



JUMP LINE-OUTS

A line-out is a way of restarting play after the ball has been kicked or carried into touch and is taken on the exact spot where the ball went out of play.

The team who weren't the last to touch the ball (except in the case of a penalty) get to throw in the ball. They also get to decide how many players compete in the line-out, between three and eight from each side. The hooker throws the ball down the centre of the two lines of players who, with the help of their team mates, jump to compete for possession.

A QUICK ONE

Alternatively, a team can take a quick throw-in. The player taking it needs to be beyond the point where the ball went out of play and must use the same straight line for at least 5 metres and can't have been touched by anyone else.

SCRUMS

When play is stopped for a minor infringement (a forward pass or knock-on), it is restarted by a scrum made up of the eight forwards from each team. During a scrum, the ball is rolled into the middle of the two opposing "packs" by the scrum half (No. 9) and "hooked" back by the hooker (No. 2) from either side. During a scrum, all players not involved must be behind their side of the scrum; otherwise they are off-side.



Cauliflower Ears

The swelling of the outer ear is a common feature of rugby players, especially those involved in the scrum. Taping and/or bandaging the ears can help to prevent this as does wearing a scrum-cap.



IF THE BALL IS ON THE GROUND IT'S A
RUCK

When a player is tackled and falls to the ground, they must immediately release the ball to allow a ruck to develop. In a ruck, three players or more contest for possession by pushing against each other and compete for the ball with their feet until it's safely behind them and out of the ruck. If a player uses their hands in a ruck, a penalty will be awarded against them!

Rucks and mauls are used to compete for the ball and keep the game flowing.

A maul is formed between opposing teams in a similar way to a ruck, except that the players stay on their feet and the ball remains in the hand, not on the ground. Players must bind with their arms and try to push forward. If the maul stops, the team in possession must use the ball or a scrum will be awarded against them.

IF THE PLAYER IS ON HIS FEET IT'S A

MAUL

Any player not competing in a ruck or maul must be behind the trailing foot of the hindmost team mate who is taking part otherwise they are off-side.

