



**ROUND ROCK**

**RAGE**

**Rugby 101**

# COMMON TERMINOLOGY

# Terminology

Term	Definition
<b>“Running at Pace”</b>	Running at the speed of play, not jogging or walking.
<b>Try Zone</b>	Rugby’s “end zone”, similar to football’s end zone.
<b>Try</b>	Rugby’s way to score. You must touch the ball to the ground in the try zone, in a controlled manner (no knocks).
<b>Touchline</b>	Boundary/Sideline of the field.
<b>Recycle/Reload</b>	In rugby, we can only pass the ball backwards (unless kicking), so “recycle/reload” means to get back into line to become a passing option again.
<b>Kicks</b>	<ul style="list-style-type: none"><li>- <u>Punt</u>: far kick through the air to gain yardage.</li><li>- <u>Grubber</u>: kick that bounces on the ground in an erratic pattern.</li><li>- <u>Conversion</u>: once a try is scored, a conversion must be kicked (either off a tee or a drop kick).</li><li>- <u>Chip</u>: short punt that will be caught by the kicker or other player.</li><li>- <u>Drop kick</u>: kick offs; ball must hit ground before contact is made.</li></ul>
<b>Maul</b>	When the ball carrier is held up by one or more opponents and one or more of his or her teammates bind on as well.

# Terminology

Term	Definition
<b>Channel</b>	Different lanes on the field, see “Channels” page for a visual.
<b>Fire</b>	Ball is on the ground; we need to react.
<b>Line</b>	<ul style="list-style-type: none"><li>- <u>Hard</u>: run your line at a sprint.</li><li>- <u>Dummy</u>: you won't be getting the ball, but you're running a hard line as a fake.</li></ul>
<b>Sin Bin</b>	Rugby's penalty box. You will go here if you receive a card.
<b>Forwards “The Pack”</b>	Numbers 1-8.
<b>Backs</b>	Numbers 10-15.
<b>“Tight 5”</b>	Numbers 1-5; they're called this because they're bound in tightly in a scrum.
<b>“Loosies”</b>	Numbers 6-8; they're called this because they're bound loosely in a scrum.

# Terminology

<b>Term</b>	<b>Definition</b>
<b>Passes</b>	<ul style="list-style-type: none"><li>- Spin: used for passing over distances &gt;5m.</li><li>- Push: passes 1 - 5m in distance.</li><li>- Pop: used for very close passes (switches, offloads, etc.).</li></ul>
<b>Switch</b>	Player with ball will pop ball inside when player calls for a switch. Switch lines form an X.
<b>Loop</b>	Player passing the ball will 'loop' around the player receiving the ball and call for the ball again.
<b>Offload</b>	Passing the ball to a teammate post-contact. This only happens if their teammate is calling for the ball, and the pass can be made safely.
<b>Ruck</b>	A ruck is formed when at least one player from each team is "engaged" in contact over the ball and ball carrier that has been tackled.
<b>Scrum</b>	The consequence of a "knock on". Eight players from each team (in 15s), form the pack or forward pack and bind together in three rows. The interlocking with the opposing team's forwards and contest for the ball.
<b>Lineout</b>	Rugby's "throw in"; The ball is thrown in as a jumper is lifted into the air to catch it.
<b>Knock On</b>	In rugby, the ball must be passed backwards, if the ball hits your body and bounces forward it is considered a "knock on".

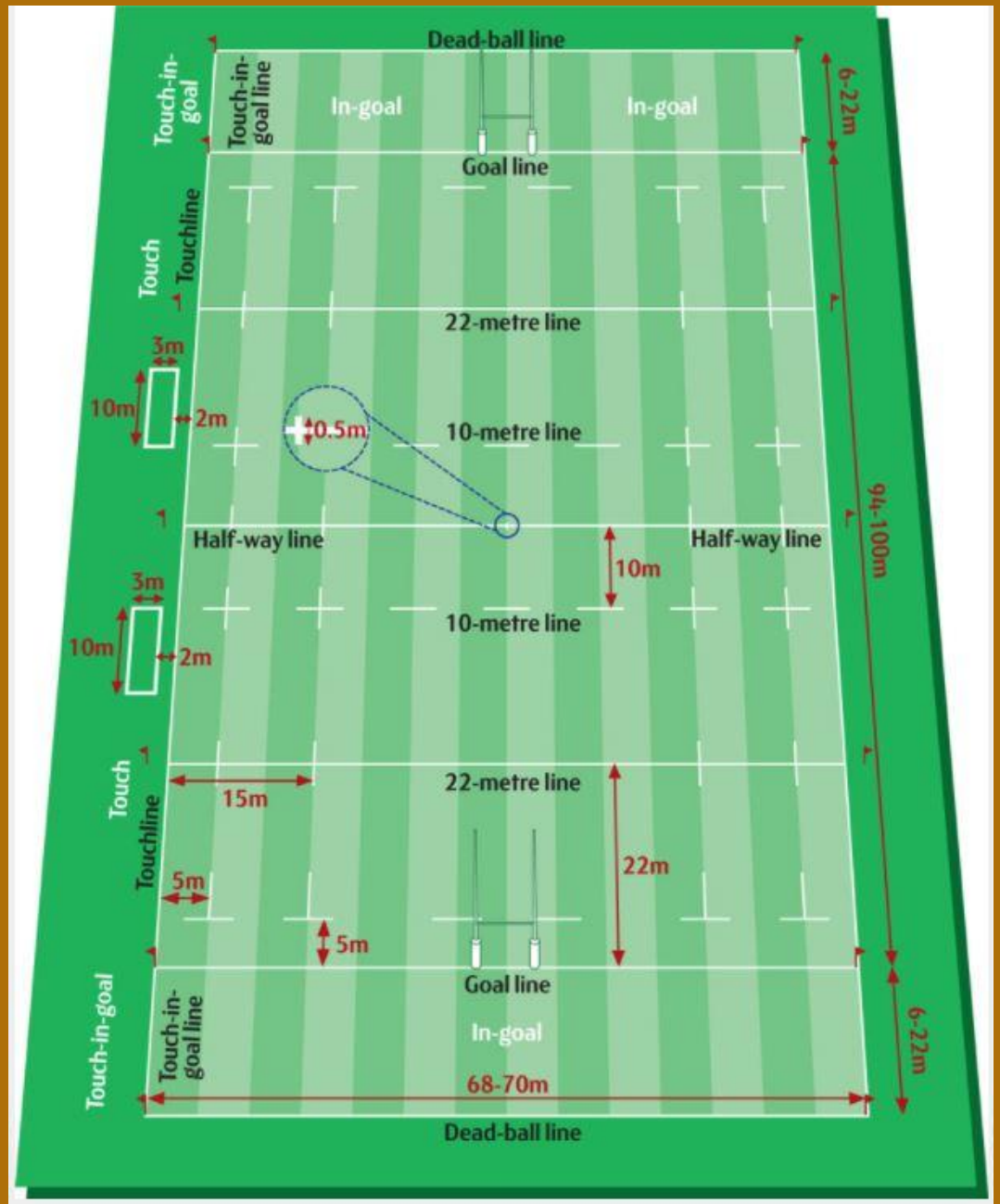
# FUN-DAMENTALS

# XV's RUGBY BASICS

- Two teams of 15 players
- 80 minute halves
- Keep the ball moving in the same direction until we get to a few meters from the touchline (then we'll head back the other way)
- You can only pass the ball backwards
  - How does the ball go forward if we can't pass it forward?
    - Pass backwards, run forward with the ball
    - Kicking is the only method by which both teams may move the ball forward
- Run up and down the field, not side to side

**\*\*Always look before you pass!\*\***

# The Field





# SCORING

<u>ACTION</u>	<u>POINTS</u>
TRY	5
CONVERSION (made after a try is scored)	2
PENALTY (case-by-case basis)	3

# Maul

- One of the most effective ways to cross over the try-line is the use of an efficient rolling maul
- To be considered a “Maul”
  - A player with the ball goes into contact with a defender
  - Both players remain on their feet
  - At least one more player from the attacking team joins the contact
- Looks sort of like a scrum except with the ball in the player's hands instead of on the ground
- Once formed, a maul must move towards a goal line



# Lineouts

- **Similar to a “throw in” in soccer**
  - The ball or player with the ball goes out of bounds, in rugby: “into touch”
  - The ball is then thrown in
- **Where the lineout is taken typically depends on the manner in which the ball was played into touch**
- **Structure: a minimum of two players from each team**

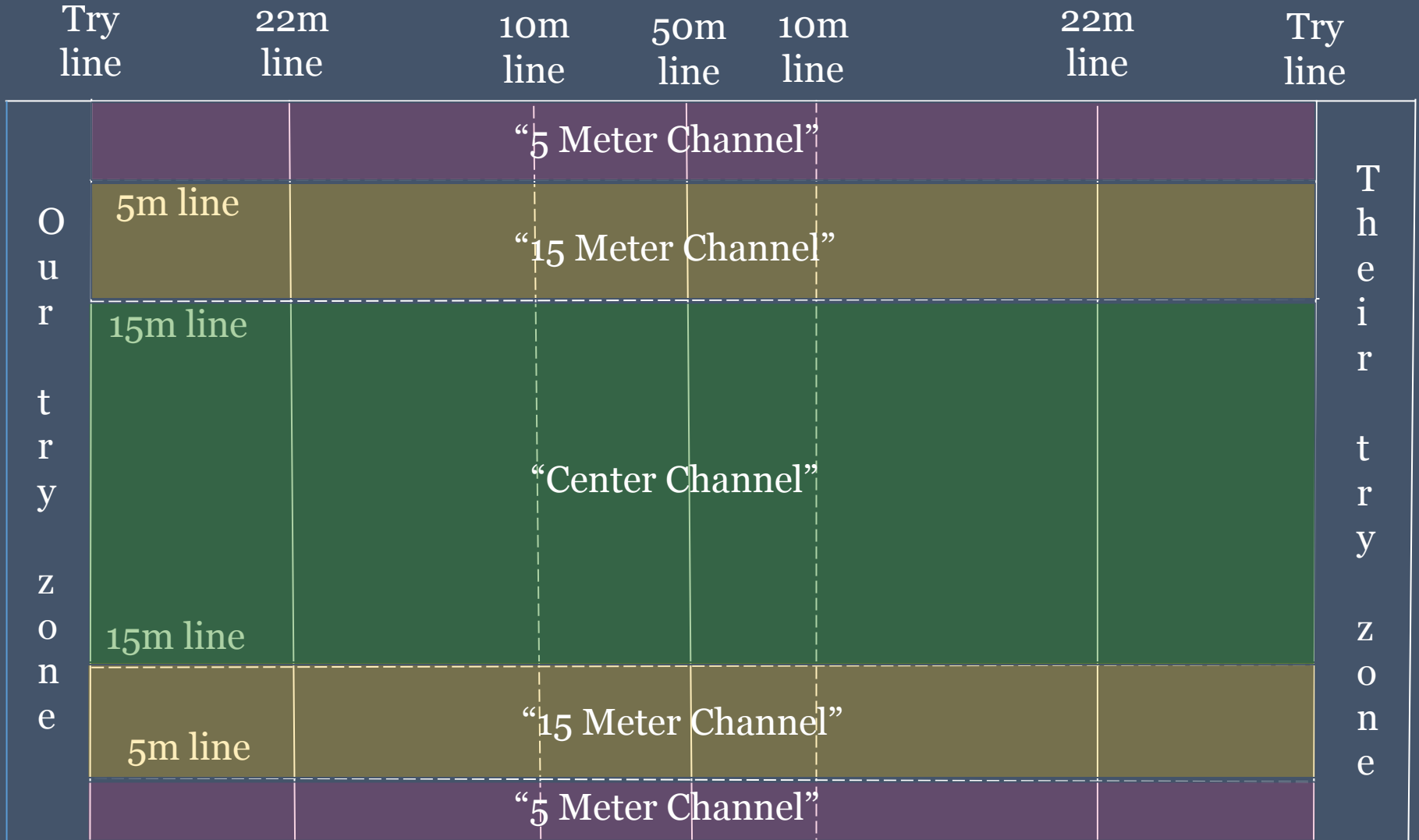


# The Scrum

- Short for “Scrummage”
- A scrum is a method of restarting play in rugby that involves players packing closely together with their heads down and attempting to gain possession of the ball
- When do we do a scrum?
  - When the ball is knocked on (moved forward, not using the feet)



# “Channels”





# Three Zones of Field

**Zone 1** - our Try line to our 22m line

**Zone 2** - 22m line to 22m line

**Zone 3** - their 22m line to their try line

Try  
line

22m  
line

10m  
line

50m  
line

10m  
line

22m  
line

Try  
line

O u r  t r y  z o n e	5m line							T h e i r  t r y  z o n e
	15m line	<p><b>Zone 1</b> Clear: ball kicker kicks to touch.</p>	<p><b>Zone 2</b> Fast Ball - get the ball to the backs- for most part they will spread field and run wide. If forwards get it run only one to two crashes, then to back for "Rocket".</p>				<p><b>Zone 3</b> Crash Ball - Forwards crash ball straight ahead. Will only go to backs to let forwards reset.</p>	
	15m line							
	5m line							

## Standard Set-up Off a Scrum

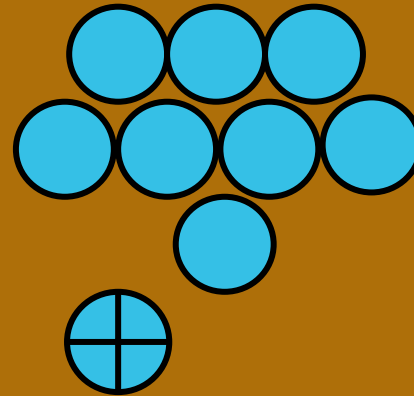
**Backs, you will set up like this every time**

- Outside center should always be visible and one pass away from fly-half. Weak-side wing should be close enough to insert when needed.

● Forward

○ Back

⊕ Scrumhalf

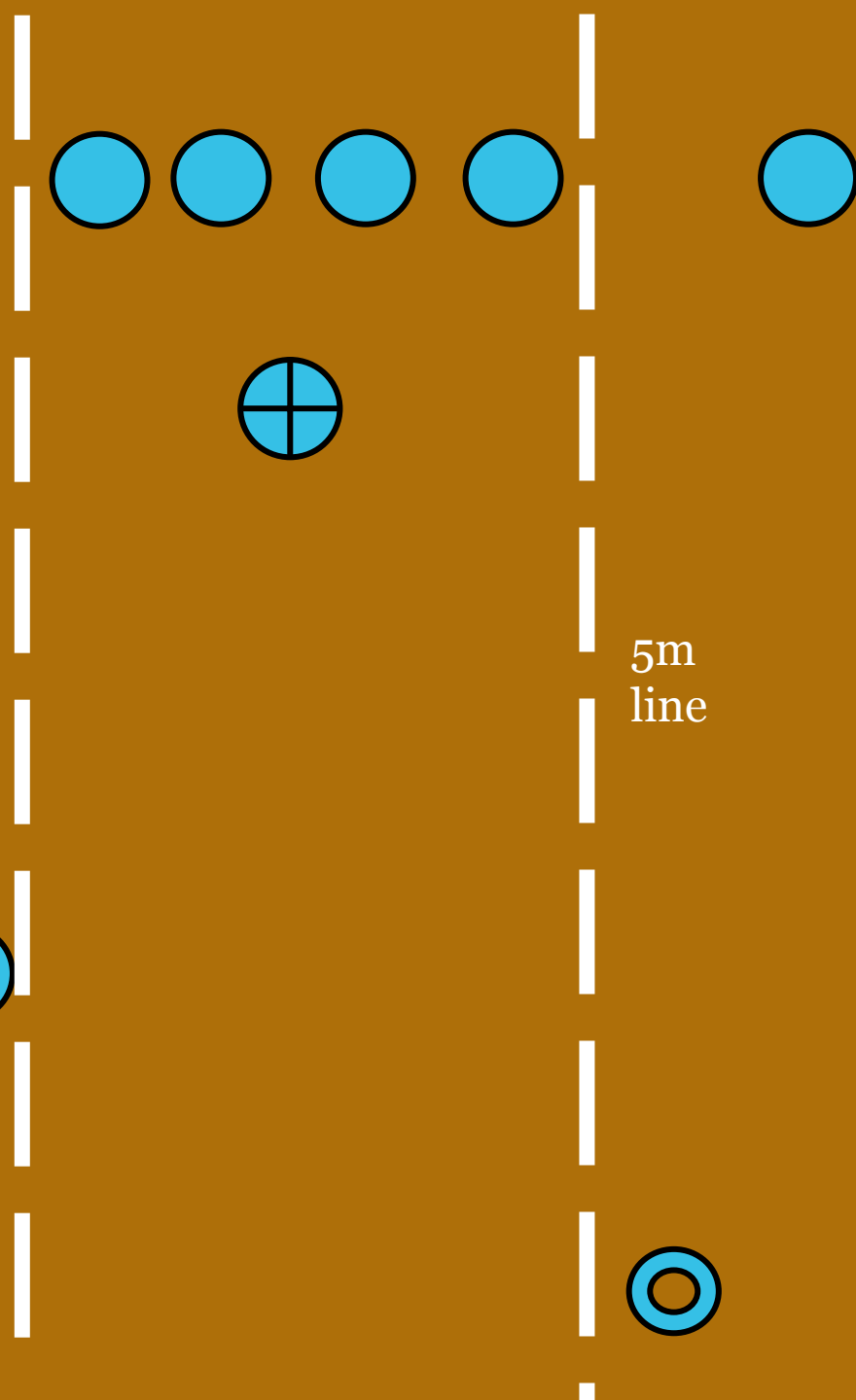


## Standard Set-up Off a Lineout

For this, wings will be lifted, so flankers you will be used in the back line.

- Depending on how many forwards we have in the lineout, we might also have a pod of forwards for the backs to work with.

- Forward
- Back
- ⊕ Scrumhalf



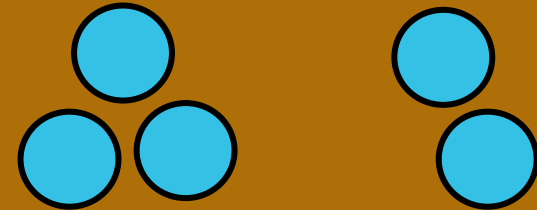
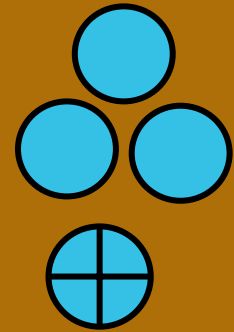


## Standard Set-up Off a Ruck/Breakdown

**We need to know what area of field we are in. This will set up how we attack with ball.**

It won't be perfect every time, but main points are:

- Forward pods should be behind the breakdown and ready for the pass from scrumhalf. Try to make sure you are not in the passing line from scrumhalf to fly-half. Scrumhalf and fly-half will remind you of this, too.
- Forwards must *support* each other! Close enough to touch the girl running with the ball.
- Backs, be ready for plays to be called in the back line and communicate them with each other.
- Call to back line is "Rocket".



# RUGBY POSITIONS

# Rugby Positions - Basic Lineout

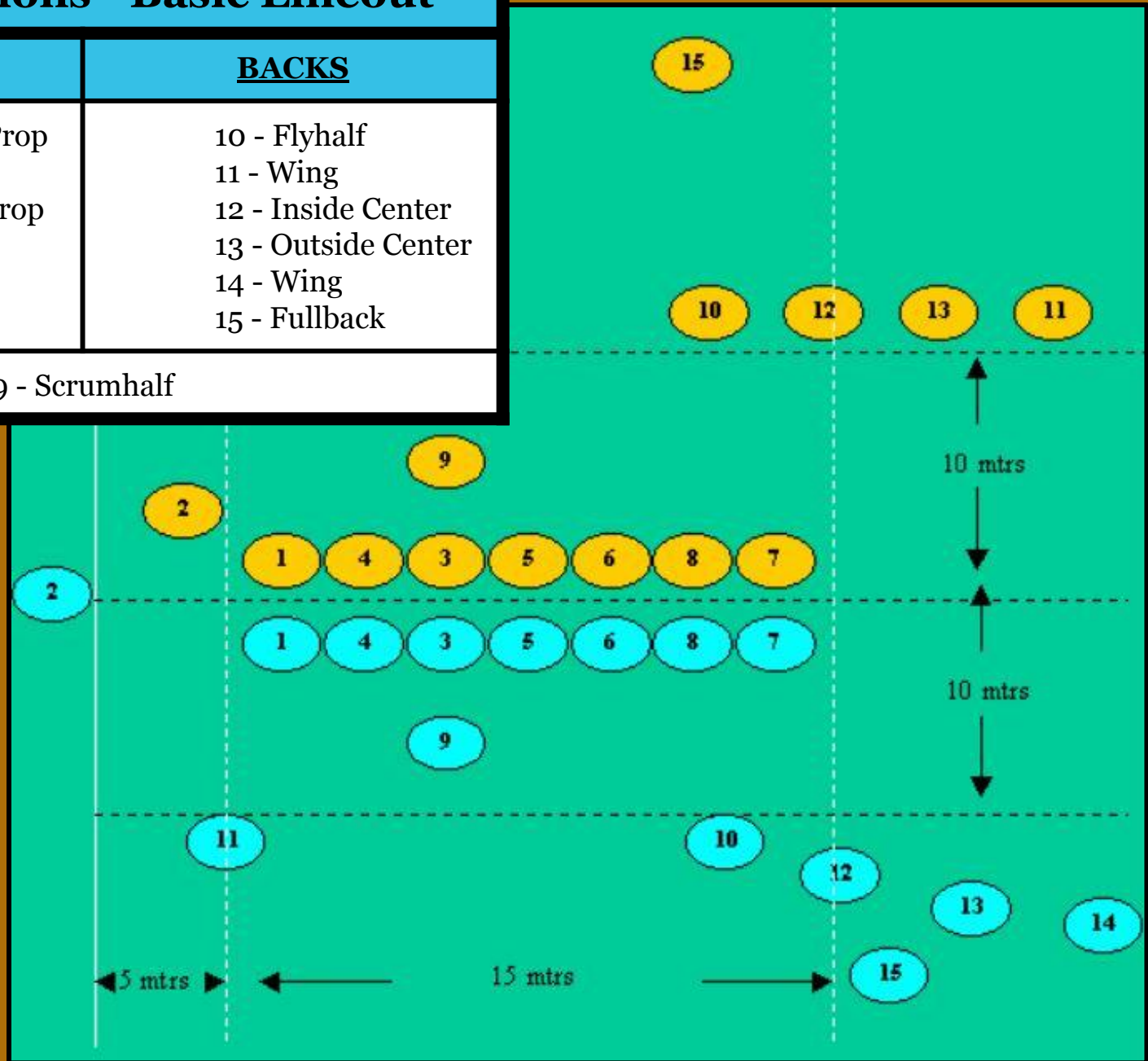
## FORWARDS

- 1 - Loose-Head Prop
- 2 - Hooker
- 3 - Tight-Head Prop
- 4 & 5 - Lock
- 6 & 7 - Flanker
- 8 - 8-Man

## BACKS

- 10 - Flyhalf
- 11 - Wing
- 12 - Inside Center
- 13 - Outside Center
- 14 - Wing
- 15 - Fullback

9 - Scrumhalf



# Rugby Positions - Scrum

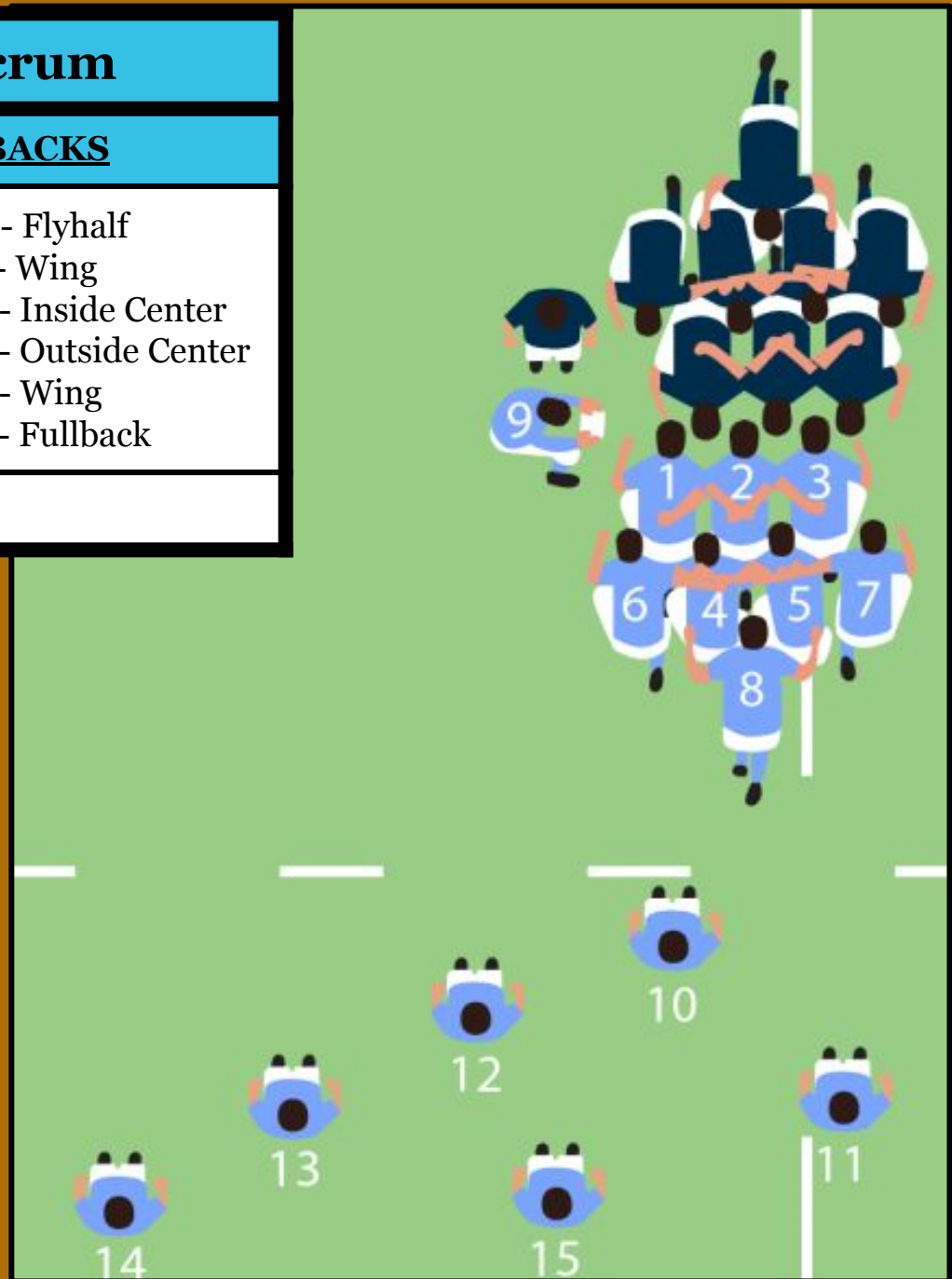
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# #1 & 3 - PROPS

- Props prevent the scrum from twisting and moving backwards, and support the weight of the hooker in scrums
- In line-outs, they lift other players who contest for possession of the ball
- Props must have strong necks, shoulders, and legs
- Often serve as battering rams when carrying the ball, they perform a critical role when restarting play at scrums and lineouts
- **Loose-Head Prop (#1)**
  - A loosehead is tasked with trying to isolate and get under the opposing tighthead prop, with the intention of trying to drive him up while the opposing tighthead tries to pin them down
- **Tight Head Prop (#3)**
  - A tighthead prop is the cornerstone of a scrum, that is all of the angles of force come through him

# #2 - HOOKER

- Hookers are normally small but strong.
- A hooker is responsible for winning possession in both line-outs and scrums
  - In scrums they hook the ball from the center of the scrum back to the other forwards
  - In line-outs they throw the ball to the jumpers
  - In each case, timing and accuracy are critical
- The hooker and the props make up the front row of a scrum

# #4 & 5 - LOCKS

- In scrums, locks are behind the front row and thus provide most of the additional pushing power
- In line-outs, they usually catch the balls thrown in by the hooker
  - They are often tall and powerful with a great vertical jump and good ball-handling skills
  - They are also dangerous on attack as their size makes them a challenge to defend

# #6 & 7 - FLANKERS

- Flankers have the fewest defined roles at scrums and line-outs.
  - They often have a great all-around mix of speed, endurance, ball-handling, tackling, and rucking
  - Unlike the front row and second row players, flankers can detach from the scrum with ease
    - They play an important role in scrum defense when the other team wins possession
  - **Defensive Scrums:** cover opposing team's scrumhalf/8-man picks
  - **Offensive Scrums:** supporting line breaks
- Openside vs. Blindside Flanker:
  - They get their names from their positions at the scrum
  - They don't line up left and right, but rather, their positions depend on where a scrum is on the pitch
  - The **openside flanker**
    - Is usually on the side that the opposing team has the majority of their backline
  - The **blindside flanker**
    - Covers the narrower of the two sides (*opposite openside flanker*)



# #8 - 8 MAN

- Number 8s share many characteristics with flankers and will be mobile, dynamic, and powerful
- In the Scrum:
  - They bind between the locks at the back of the scrum and help control the ball when it has been kicked back.
  - Additionally, the number 8 is the only forward allowed to pick the ball up from inside the scrum (this provides a unique attacking opportunity)
  - Eights should also be quick to defend when the opposition wins a scrum
- The number 8 and flankers together make up the back row of the scrum

# #9 - SCRUM HALF

- The scrum half is the link between the forwards and backs
  - They are key decision makers and determine when the backs get the ball from scrums, line-outs, and rucks
  - They also put the ball into the scrum and must coordinate their timing with the hooker
- Scrum halves need to have excellent endurance, speed, ball-handling skills, and vision in equal measure

# #10 - FLY-HALF

- Fly-Halves are the main playmakers of the backs
  - The fly half is the center of most attacks and decides when to run the ball forward or kick for territory
  - On defense, they are the target of attacking flankers and the number 8 so the fly half must also be a great tackler
- They should be:
  - quick thinkers
  - good at communicating
  - able to read the defense and carry the ball forward when the opportunity arises
- Normally the team kickers

# #11 & 14 - WING

- Normally the fastest and often the smallest players on the field
- They should be capable of catching kicks and often act as the last line of defense
- Playing out wide on the side of the pitch, the winger is a team's finisher in the attack
- A winger is also often the last line of defence when they don't have the ball and as such, *pace is their major resource*

# #12 - INSIDE CENTER

- Inside Center stands closest to the fly-half when the backs line up
- Tend to be strong, dynamic runners with a good eye for exposing gaps in the opposition defence
- Main Duties:
  - Draw in players to create space/gaps for teammates
  - Score a try
  - Break the line
- Often the more creative in a centre pairing and should be able to pass and kick nearly as well as the fly-half

# #13 - OUTSIDE CENTER

- Inside Center stands closest to the fly-half when the backs line up
- Tend to be strong, dynamic runners with a good eye for exposing gaps in the opposition defence
- Main Duties:
  - Draw in players to create space/gaps for teammates
  - Score a try
  - Break the line
- Tends to be the faster of the two and have the ability to offload the ball quickly to the wingers

# #15 - FULLBACK

- Lines up behind the entire back line
- The fullback is the closest thing that rugby has to a (soccer) sweeper in defence
- They receive the deep kicks from the opposition, so they must be comfortable catching high balls and launching attacks from the resulting possession.
- Strongest at open-field tackles
- These players are the last line of defence

*This high-pressure rugby position is not for the faint-hearted, but those who can combine tackling, kicking, catching and running with a cool head can excel here*