

Rugby Study Guide

History of Rugby

In the late 1700 and early 1800s, mob football (soccer) was a common pastime at English boy's schools. Running with the ball was a later development. The first person to be attributed with picking up the ball and running is William Webb Ellis. Even though this is probably an urban legend, the Rugby World Cup is named after him. In 1863, 11 schools and clubs met in London to hash out the rules. Mr. Blackheath broke from the group because running or hacking an opponent was not going to be allowed. This became the breaking point between rugby and soccer. The first club was started at Cambridge University in 1839. In 1845, three Rugby School students established the first set of written rules. The three students were William Delafield Arnold (age 17), W.W. Shirley (age 16), and Frederick Hutchins. In 1871, the laws became standardized and 22 clubs formed the Rugby Football Union. The rules are called laws because they were written by lawyers Rutter, Holmes, and L.J. Maton. The Olympics had rugby in 1900 and appeared in the next three. France won the first gold medal. Today rugby is played all over the world in 120 countries by over 5 million people. Rugby Sevens were played in the 2016 Olympics held in Brazil. The gold medal went to Fiji, their first Olympic medal ever.

Objective (Scoring system)

Rugby is a fast-paced physical game that requires tremendous endurance and teamwork. Teams of 15 compete in two, 40-minute halves. Teams of 7 compete in two 7 minute halves. The referee stops the clock only for injuries. Scoring can occur four ways:

- Try = 5 points, when the ball is carried across the try line and grounded in full view of the ref.
- Conversion = 2 points, after a try the ball is kicked between the goalposts.
- Penalty = 3 points, a kick that is taken from the spot of a foul.
- Drop goal = 3 points, a kick between the goalposts taken at any time during the game.

Equipment/Playing surface

The 100 meters by 70 meter (maximum) pitch is grass or turf. The 10 meter line is for kicking off. The ball must travel that distance to be in play. The goal posts are 5.6 meters apart with a cross bar 3 meters off the ground, same as American football. The leather ball is oval and made of 4 panels. The ball is 280-300mm in length with a weight of 410-460 grams. Lindon and Gilbert were the two main suppliers of rugby balls by 1850. Gilbert is still making balls today.

Players/Positions/Skills

In Rugby 7s, the players are more well-rounded and better conditioned from the extra running required while playing on the same size field as the 15s. The positions listed apply to the games played with 15 on a side.

Forwards – There are specific names for jobs, but basically they are responsible for the scrum.

Flanker – Just outside of the scrum

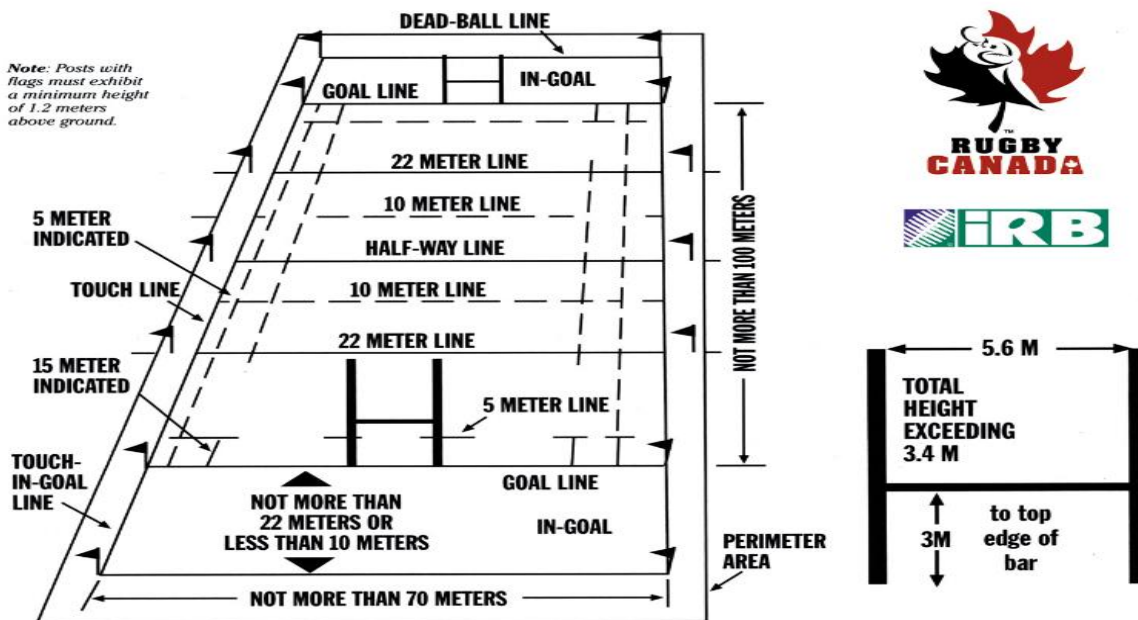
#8 – Working with the flankers, the only player that may pick up the ball from the scrum. An explosive and dynamic runner.

Wing – Guard the very edges of the pitch and are usually the one that gets the ball over the try line.

Centre – Last line of defense in the middle between the wings.

Full-back – Like a sweeper in defense, plays behind the centres. Must be good at catching a kicked ball, tackling, and running out of trouble.

Field Diagram



Rules/Etiquette/Faults

Note: Tackle references will be the same as pulling a flag.

A drop kick is used to start the game. The ball must be kicked off of a bounce, stay in play, and travel 10 meters. During play the team with possession of the ball is allowed to carry, pass, or kick the ball. The ball may be carried in any direction. Players are not allowed to tackle or obstruct any other player that doesn't have the ball. That means no blocking. Defenders are not allowed to strip the ball from the ball carrier. Passes must go side-ways or backwards, never forwards. A forward pass would result in a scrum for the opposing team. A knock-on is when a player "knocks" the ball forward into the ground or an opponent. In PE, forward passes and knock-ons result in turnovers. Knocking the ball backwards is legal. Kicked balls may travel in any direction and may be kicked more than once. Offside may be called if a teammate is ahead of the kicker. Kicks are used to gain ground or to avoid being tackled. Kicking usually gives away possession to the opponent. When players commit fouls they are sent to the sin-bin (chair on the sidelines) for 2 minutes.

Rules that are not applied during Fitness class: **RUCK** = When the ball is on the ground and players attempt to gain possession by pushing and stepping over the ball. **MAUL** = Players that are bound together when the ball is off the ground. They push and grapple attempting to gain control. A maul must keep moving or play will be stopped. **SCRUM** = When the 8 forwards from each team pack down, head to head in one mass. The ball is put into the center and the players attempt to win control with their feet and legs. No handling in the scrum. **LINEOUT** = When the ball goes out of play over the touch-lines, it is restarted with a throw in between two lines of opposing players who try to catch it.

Components of Fitness

Rugby requires tremendous cardio-respiratory endurance, muscular strength depending on the position, and muscular endurance from all the running.