

# What in the World is Rugby all about?

## A Guide and Introduction for Parents and Players



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From an Original Idea by June Somers  
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*"Soccer is a gentlemen's game  
played by ruffians..."*

*Rugby is a ruffians game  
played by gentlemen..."*

*Football is a ruffians game  
played by ruffians."*

*Anon.*



This introduction to rugby has been written primarily for the parents of children in Mini-Rugby, who have grown up with such games as football, hockey or baseball but do not know anything about rugby, so in the Mini-Rugby section we are including some detail as to the different modifications for each age group.

However, before you can understand when and why mini- rugby does not have a 'scrum' - you must first understand what a scrum is and how it is used in rugby. So we will start with Rugby itself: - the organisation- the team- the game- the history

Because many of you will have watched Canadian and American football and hockey, we have made some comparisons between Rugby and these games.

Rugby is much more than you will find in this outline, but this should get you 'into' the game. Many of the finer points and kicking strategies will be learned best by watching the games and asking questions.

The social aspects of the clubs are the core of rugby union. The youngster who is playing mini-rugby today, if he or she stays with the game, will be making friends for life. Rugby is played in over fifty countries around the world, so almost anywhere they travel they will find a rugby club. As the teams from these clubs also travel to other countries, club members will always have the opportunity of meeting and making new friends from around the world.

It is not just the game, but the camaraderie that draws so many to the sport.



## HOW RUGBY IS ORGANIZED

Rugby Union at the club level is mainly amateur rugby (at the national and international level it is professional).

### INTERNATIONAL RUGBY BOARD (IRB)

This board governs Rugby Union  
It sets down any changes in the laws.  
It determines what is an international meet and what is not.

COUNTRY: Each country has it's own union:  
eg. Rugby Canada, the Canadian Rugby Union



Welsh Rugby Union, New Zealand Rugby Union  
(in England it is just "The Rugby Union")

COUNTRIES ARE DIVIDED INTO REGIONAL AREAS OR UNIONS:  
Canada-Provinces (England-Counties)

All 10 Provinces have rugby unions:  
e.g. BC Rugby Union



PROVINCIAL UNIONS ARE DIVIDED INTO SUB-AREAS (Sub-  
Unions)

- e.g. Fraser Valley Rugby Union
- Vancouver Rugby Union
- Vancouver Island Rugby Union
- North Vancouver Island Rugby Union



WITHIN THE PROVINCIAL UNIONS ARE RUGBY FOOTBALL  
CLUBS:

- e.g. Capilano RFC, Meraloma RFC



If the club has enough players to form several teams they will be:

- Premier
- 1st division
- 2nd division
- 3rd division

Most clubs will also have:

- An 'over forty' (Veterans or Old Boys) club
- Women's team/s
- Age Grade/Youth teams, Male and Female, ages 12 -20
- Mini-Rugby, Co-Ed, Pre-School to Grade 6

RUGBY is also played at:

Elementary Schools  
Secondary Schools  
Senior Secondary Schools  
Colleges  
Universities

Rugby has "All Star" or representative teams at most "Union" levels for a variety of age groups.

CANADA also has Men's and Women's Senior and Junior National Teams. The senior Men's team will play the international games in competitions like the World Cup and the Churchill Cup.



# LANGUAGE

Getting it right ...

Winston Churchill once said, “The only thing separating the English speaking people of the world is ... language.”

## British (rugby)

Barbarians/ Lions  
Conversion  
Fixture  
Infringement  
In touch  
Jersey  
Laws  
Line of gain  
Pitch  
Touch lines  
Union  
In Goal Area  
Try Line  
Try

## Canadian (football)

All Stars / Reps  
Convert  
Game  
Infraction  
Out of bounds  
Sweater  
Rules  
Scrimmage line  
Field  
Side lines  
Association  
End Zone  
Goal Line  
Touch Down

## THE GAME

Rugby is a game of tag and scramble: the success of a team depends on how well each individual player has developed his or her skills, and can apply them in this fast paced game.

**FIELD or PITCH:** A rugby field is rectangular in shape.

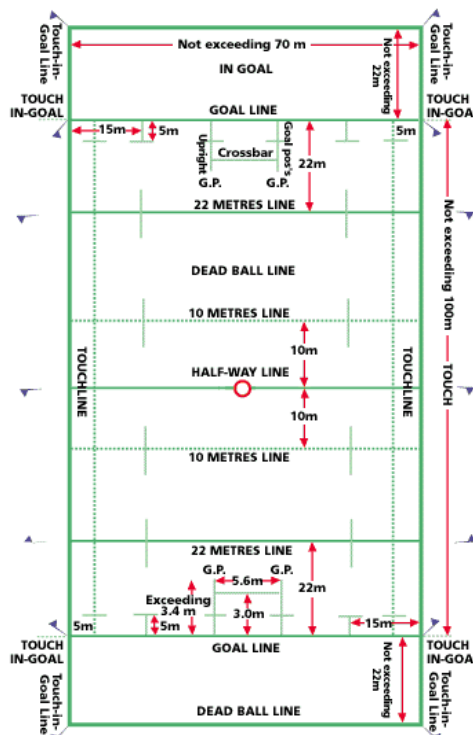
Recommended size is 100m by 69m.

The field is divided by two halves at the centre line.

There are two 10m lines on either side of the centre line.

There are two goal lines at each end and two lines 22m from the goal line

There are two touch lines on the sides. (These are called side lines in Football.)



## THE TEAM

There are 15 players on each side (15 a side)

NUMBERS on shirts or jerseys refer to the POSITIONS.

(In Football and Hockey the numbers refer to the players)

In rugby each team's numbers will be the same.

Position Numbers:

### FORWARDS:

#1 LOOSE HEAD PROP

#3 TIGHT-HEAD PROP

The two props will be strong stocky players as they are responsible for keeping the scrum up, and pushing; and for lifting line-out jumpers.

The terms loose-head and tight-head come from how they are bound in the scrum. Loose-head is bound on only one side and the tight-head is bound on both sides.



#2 HOOKER:

He or she binds between the two props and is responsible for “hooking” the ball back when it is put into the scrum. The hooker usually throws the ball in to the line-out.

*#1, 2, and 3 make up the first line in the scrum., known as the "Front Row"*

#4 LOCK

#5 LOCK

They are usually the tallest players and are responsible for giving the most shove in the scrum, and jumping in the line-out.

*#4 and 5 together are called the "Second Row"*

#6 FLANKER

#7 FLANKER

The flankers attach themselves to the scrum by pushing on either side of the props using one shoulder. They are generally the quickest of the forwards and are responsible for getting to where the ball is first in attack and defence.

#8 EIGHTH MAN

Binds the second row.

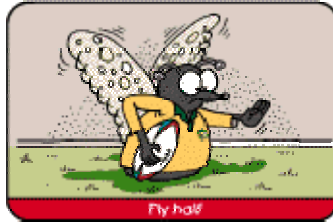
#8 is responsible for giving shove, controlling the ball at the back of the scrum and supporting the player with the ball.

*#6, 7 and 8 are called the "Back Row"*

## BACKS:

### #9. SCRUM-HALF

The scrum-half puts the ball into the scrum and passes to the three-quarters when the forwards win the ball. He or she may be small but will also be very agile and a good kicker and passer of the ball.



#10. FLY-HALF -this player is the tactician and is most often the kicker - sometimes called the stand-off or 1<sup>st</sup> five-eighth .

*#9 and 10, the scrum-half and the fly-half are also known as the half-backs.*

### #12 AND #13 -CENTRES.

They are strong, fast runners, with good handling skills and must be able to tackle well.

### #11 AND #14 -WINGS.

They are placed at each end of the three-quarter line and are usually the fastest players.

*The two centres and the two wings are also known as the three-quarters.*

### #15 FULL-BACK

The last line of defence and must be a good tackler and kicker . Often joins in with the three-quarter line in attacking movements.

## SUBSTITUTES:

The laws permit players to be substituted. Once substituted a player may not return. The exception is when an injury causing bleeding occurs. The injured player must retire from the field until the bleeding stops and replace any bloody clothing or equipment. A substitute is permitted whilst this treatment takes place.

Only an experienced front row player can be substituted into that position due to risk of injury to inexperienced players.

## TIME:

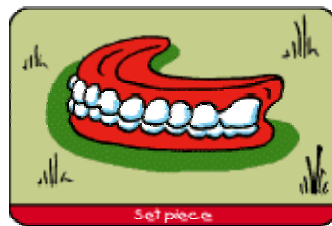
Two halves divided into 40 minutes each. Plus added injury time as determined by the referee. Unlike Football or hockey time runs continuously... The clock is NOT stopped so a game will take about one hour and twenty minutes plus injury time to complete.

## PLAYING THE GAME:

The object is to place the ball on the ground across your opponent's goal line to score.

The really big differences between football and rugby are in rugby, the ball is NEVER PASSED FORWARD and only the ball carrier may be tackled.

The game of Rugby has only 2 set plays, or set pieces as Rugby players call them: The scrummage (scrum) and the line-out. Both the scrum and the line-out must be set up according to the (rules) laws.



THE SCRUM is a method of re-starting a game after an infringement or penalty call.

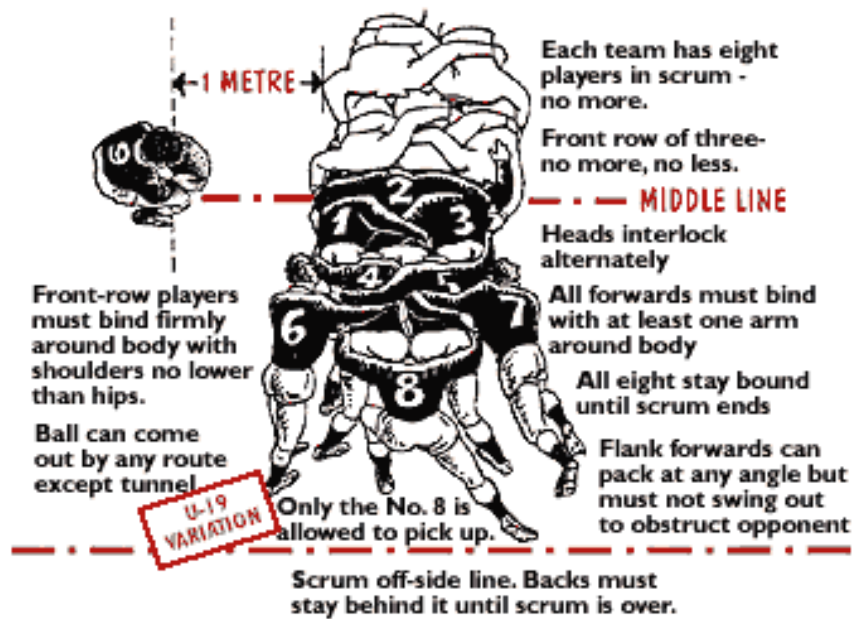
THE LINE-OUT is used to re-start the game after the ball has gone into touch.

## THE SCRUM

An imaginary line through the centre of the scrum is the line of gain.

Both teams bind together to form a tunnel into which the scrum-half throws the ball. The scrum-half must throw the ball in straight along the middle line.

The hooker grabs the ball with his feet and works it back through the scrum where the scrum half picks it up and the play resumes.



## THE LINE-OUT

Line-outs are a method of putting the ball back into play when the ball has crossed over the touch lines\*, either by kicking or when a player carrying the ball runs over the touch line.

\*Note: In football these lines are called side-lines

The line-out is awarded AGAINST the team that touched the ball last, and the opposition receives the throw-in.

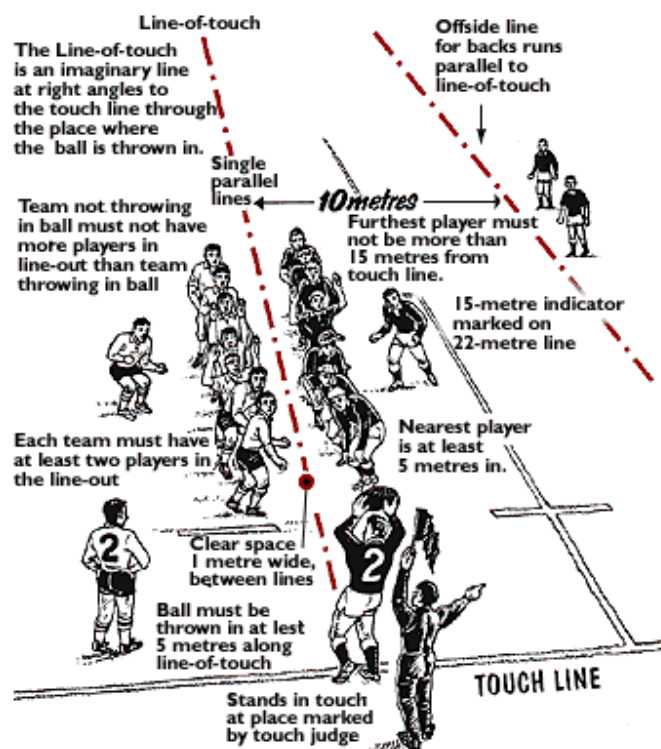
Note: This is true but with one exception: a team has kicked directly for touch from a penalty.

### Setting up the line-out

1. The forwards are used in line-outs.
2. Both teams form a line that must be 1m apart.
3. A player, usually the hooker, must throw the ball in straight.
4. The ball must cross the 5m line.
5. The ball must be caught two handed or controlled with the inside arm.
6. Players must not lean on, shove, or obstruct the other team when they jump for the ball.

\*Note: A player may be lifted by his or her team. The jumper may not be touched by the opposition whilst off the ground.

# The Line-Out



## THE RUCK AND THE MAUL

In Rugby when a player who is carrying the ball is tackled, the game does not stop...unlike football the ball is not 'dead'. But the ball carrier must pass on the ball within a certain time. Two strategies that allow the player to pass on the ball without interception, or to continue to move the ball forward, are the ruck and the maul.

One way to remember the difference between the ruck and maul is this: In a ruck the ball is in the 'muck' (on the ground). In a maul the player is standing tall: the ball is held in the hands of the player who is standing up.

The ruck looks like an informal scrum and it is designed to protect the player who is on the ground with the ball wrapped in a foetal position. Both teams try to push over the ball and the grounded player in order to gain possession. The grounded player may not interfere with the ball and must make every effort to get up and back into the game.

The maul looks like a free wheeling scrum. The player is standing up in the middle and as long as the maul is moving forward the ball does not have to be passed on.

## PLAYER'S DRESS

LAW 4. A players' dress consists of jersey, shorts and undergarments, socks and boots.

Every part of dress is regulated particularly as to padding.

Players are permitted to wear fingerless mitts (but not gloves), soft head and shoulder padding.

One of the many burning questions came from watching the players both in practice and in games vigorously charging up and down the fields: HOW DID THEY KEEP THEIR SOCKS UP? The answer is: "with electric tape!" Electric tape is also used to keep the props' ears on and anything else that may be flopping.



**THIS GAME CANNOT BE PLAYED WITHOUT ELECTRIC TAPE!**

No player is permitted to leave the field to change ripped or torn gear except if it is bloody.

Each club will have its own colours. The shirts or jerseys come in every conceivable variation of stripes and plain colours. This always makes a very colourful scene on the field.

Clubs may also have a variation of their colours for both their senior and mini-rugby teams.

The Capilano Snowcaps' shirts are black and grey stripes over plain black. The Capilano senior men's team wears black shirts with gold trim and the Capilano mini-rugby shirts are wide alternating bands of black and gold. When two or three hundred children are on the fields they look like a hive of very busy bumble bees.

ALL OVER FORTIES PLAYERS ALSO HAVE THEIR SHORTS COLOUR CODED.

The laws are modified for the over forties according to age much as they are in mini-rugby but in reverse order.

WHITE. 40 to 50

BLACK. 50 to 60

RED 60 to 70

YELLOW 70 to 80

OVER 80 .... PURPLE !

OVER 90 .... give me a break - GOLD !

## PENALTIES

The scrum or scrummage (the proper name) is used to restart the game in the following situations. (\*Note: The Face-off in Hockey is a modified scrum and is used in the same way- to re-start the game).

1. Knock-on: The ball has been knocked forward when it has hit a player and bounced forward or been fumbled forward
2. Forward pass
3. The ball is stuck in a ruck or maul and has not been passed on after a certain time.
4. A player is unintentionally in front of his or her own kicker and is struck by the ball
5. The ball has been kicked directly into touch from a kick-off
6. The ball is not thrown straight for a line-out
7. The ball does not cross the 5m line at the line-out
8. A player runs into a team-mate who is in front of her or him.
9. The defending team touches down the ball in their own in-goal area...in this case, the scrum is placed 5m from goal line.



### PENALTY KICK:

This is awarded for major infractions. The offended team has the following three options:

1. Kick at goal and aim to score three points. (Many games are won on penalty points)
2. Take a tap penalty. (Ball is barely kicked so it goes back into the hands of the kicker, who then passes or runs with the ball)
3. Kick directly into touch and gain a line-out where the ball crosses the touch line.

### FREE KICK:

This is awarded for minor infractions and a mark (clean catch in 22 metre zone)

the offended team has two options:

1. Take a tap penalty and attack
2. Kick - the ball must not go directly into touch without bouncing

Note: When a team concedes a penalty or free kick the players must retreat 10m. If they fail to do so the non-offending team takes the kick a further 10m upfield.

A Referee may also allow the non-offending team to take the kick a further 10m upfield when there is argument or dissent with any decision he makes.

## **THE REFEREE: HE WHO MUST BE OBEYED!**

If a policeman's lot is not a happy one, neither is a referee's.

It wasn't until the laws of rugby were codified in 1871, almost fifty years after the game began, that referees were brought into the game.

If you have laws someone has to see that they are obeyed.



The referee's decision is the final one and may not be challenged.

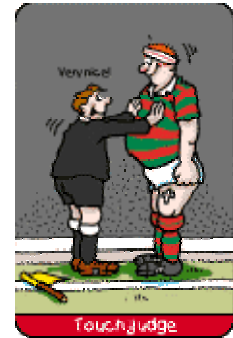
The referee is the only one on the field expected to be right 100% of the time: so a very thick skin is beneficial.

When I started playing the game, it seemed to me that the following was true (almost).

The game of Rugby Football (which is the correct name) is governed by 28 laws. Only one of which tells you what you can do: the rest tell you what you can't do. The laws are in a constant state of change which can lead to the following problems: Some referees know some laws, and other referees know other laws, and the players know an entirely different set of laws, and the guys in the stands don't know any at all! This makes this game the perfect means for the training of would-be lawyer's, judges, police officers and politicians!

The reality is that every effort is made by the Rugby Union to provide good training for their referees. Still the referees can make or break a game. If a referee blows the whistle on every little infringement then the flow of the game is seriously impeded. However, if infractions are not called the offending team is given a definite advantage.

The Referee may have two linesmen, called Touch Judges, who assist him by raising their flags when the ball goes out of play. In Senior Club games, Touch Judges are qualified referees and assist the referee by drawing his attention to infractions he may have missed.



The referee has the discretion to allow play to continue after an infringement if stopping play would be to the disadvantage of the non-offending team. This is known as “playing an advantage”.

Note: In rugby the referee will point towards the team who will be given the ball. In football the referee points in the direction the play will go. This difference can be confusing at first.

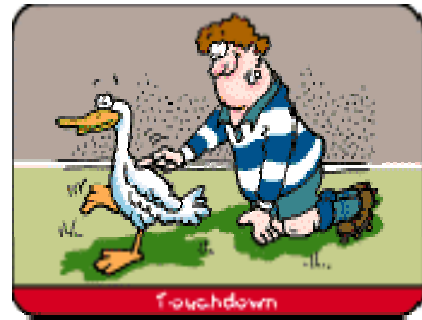
## SCORING

### TRY: 5 POINTS

Scored when a player caring ball touches the ball down behind the opposition's goal line or on the goal line.

Where it is touched down is very important as the kick for the conversion (or 'convert' as it will be called here) starts from an imaginary line directly out from where it is touched down, and is kicked over the cross-bar and between the goal posts. So if a ball is set down close to the touch line, the distance and angle to the goal posts will be much more difficult.

\*Note: Why is it called a try and not a touch down as it is in football? It was called a touch down in the beginning but no score was awarded, the team could 'try' for a goal -kicking the ball through the goal posts above the cross-bar to score. The spectators would yell, "A try! A try!" So it eventually became a 'try'.



When rugby went to the USA they discarded the term try and called it a touchdown. Now in football the ball is not touched down at all but it remains a 'touchdown'.

### CONVERSION : 2 POINTS

### PENALTY GOAL : 3 POINTS

A penalty kick is awarded after an infraction. The team awarded the penalty is allowed to kick at goal from the point where the infraction took place. The other team must stand back 10m, until the kicker has made contact with the ball.

## DROPPED -GOAL: 3 POINTS

Any player can score a dropped-goal from anywhere on the field by drop-kicking the ball between posts. The only time a player cannot drop-kick a goal is from a free kick.



## MINI-RUGBY



PHOTO COURTESY OF NORTH SHORE NEWS/CINDY GOODMAN

Mini-rugby comes with its own set of rules for each age group. The objective in mini-rugby is to gradually introduce children into the skills of rugby, taking care always to make it safe and fun. Children play Rugby from the age of 4 upwards, with regular non-competitive jamborees being played between clubs. The aim of the jamborees is to have fun - scores are not recorded. Rugby organisers discourage competitive behaviour from parents and coaches.

**UNDER 7** (Grade 1 and under )

7 players

No tackling (Two-handed touch)

No Scrum

No Line-out

No kicking

No rucking or mauling

Play-the-ball start/restart/penalty

No differentiation between forwards and backs

**UNDER 8** (Grade 2)

Three player no-push, no counter-strike scrum (2 props, hooker)

Scrumhalf, Standoff, Centre, Wing, Fullback

Place kick start drop kick restart : play-the-ball-penalty

Introduce Tackling

Introduce Ruck/maul: no pile-ups

No conversions

No kicking

**UNDER 9** (Grade 3)

Three player no-push, no counter-strike scrum

Scrumhalf, Standoff, Centre, 2 Wings, Fullback

Place kick start drop kick restart : play-the-ball penalty

Introduce tackling

Introduce ruck/maul: no pile-ups

No conversions /No kicking

No line outs

**UNDER 10** (Grade 4)

Three player no-push, no counter-strike scrum (2 props, Hooker)

Scrumhalf, Standoff, Centre, 2 wings, Fullback

Place kick start : drop kick restart : play-the-ball penalty

Introduce conversions

Introduce line-out

No pile-ups

**UNDER 11** (grade 5)

Five player scrum (2 props, Hooker, 2 locks)

Scrumhalf, Standoff, 2 Centres, 2 Wings, Fullback

Place kick start: play-the-ball penalty

Introduce kicking in attack and in defense 22 metre zone

No pile-ups

**UNDER 12** (Grade 6)

Five player scrum (2 props, hooker, 2 locks)

Scrumhalf, Standoff, 2 Centres, 2 wings, fullback

Place kick start: drop kick restart: play-the-ball penalty

Kicking in attack and defense 22 metre zone

No pile-ups

UNDER 14, UNDER 16, UNDER 18, and UNDER 21 Age groups are known as JUNIOR RUGBY and each have their own sets of Laws.

- For more information on Mini-Rugby Laws and skills, read Paul Timperley's "Mini-Rugby Manual", available from the British Columbia Rugby Union.



***“STARTING YOUNG”***

*“Grade 8 is too late”*

*Paul Timperley*

**AND NOW FOR A BIT OF HISTORY.....**



*1851 Painting of a Game at Rugby School*

## **ORIGINS OF THE GAME**

Roman Legionnaires first played an organised ball game called Harpastum over 2000 years ago – the game was played in a rectangular space marked by base lines at each end, and divided into two halves by a centre line. Players were allowed to tackle or wrestle to gain possession of a small ball filled with hair. The game continued from the time of the Roman occupation until the 12<sup>th</sup> Century in Britain.

In medieval England, groups of farm lads kicked around stones and even skulls they had dug up. The “game” was great sport but a tad bit hard on the toes; so they came up with the idea of taking the linings from the stomachs of small animals such as sheep and pigs then filling them with grass: these were the first footballs.

The game was a free wheeling, no holds barred game that all the lads from the village joined in.

The game was banned in the 13th century by King Edward I. According to a document kept in one of the archives in Scotland which is a hand written account of the events, the ban was a result of the following episode: King Edward I brought his army of Lancashire lads north to do battle with the Lowlands Scottish Chieftain and his army. When the lads got together they started playing the game. King Edward I was furious, “I didn’t bring you here to play games with the buggars, I brought you here to do battle: to kill them!”

I don’t suppose the ban really held everywhere but the king did have a point: injuries were not easily mended. The ban would remain in effect until Queen Elizabeth I lifted it.

The game became the highlight of the festival of Shrove Tuesday. (The day before the beginning of Lent and its forty days of penance leading up to Easter in the Christian religion).

The game was played the length and breadth of England...literally! Goal posts were set in one village and the second in the next village. Everything was permitted, especially ‘hacking’, which is kicking the body, particularly the shins.

By the 19th Century the game was being played on fields. Unofficial rules were beginning to be used. Usually the rules were decided by the captains, and so changed considerably from one area to another and from one school to another.

Whether the game evolved to become a dribbling game or a tackling game depended very much on the 'field' or pitch. If the field was made of cinders the game played was a dribbling game. If it was on grass then it became a tackling game. It is easy to see why the tackling game would become the game of choice at the public (private) schools: they had acres of green playing fields.

It is almost impossible to dribble and control an oval ball, so balls also changed. For Associated Football (soccer) the balls were at first made of pieced and stitched leather: they were very heavy. The development of both rubber and synthetic materials have made balls much lighter. Rugby balls too have changed as the casings no longer must be made of leather. The length and size are regulated.

The official myth of the origin of Rugby is that in 1823, in Rugby School in the town of Rugby, England a young student, William Webb Ellis, took the ball and ran it across the goal line... 'in fine disregard of the rules' ... thus changing the game from football to rugby.

Regardless of what exactly transpired, picking up or running with the ball was a popular change and gradually the game at Rugby was played in many schools, and by the graduates who started movements towards 'club' play. In 1860 the first unified code was written down: 20 men a side, scoring 1 point, hacking allowed. Hacking was a body kick. In 1871 the laws of Rugby/Football were set down. In 1871 Hacking was only allowed below the knees much to the dismay of the players who felt it was turning the game into a game for weaklings!

When the ball was carried over the goal line it was called a touch down. No points were scored but it allowed the team to 'try' for a goal by kicking the ball through the uprights. When a ball was touched down the crowds roared, "A try, a try!" so a try it became.

### **SOME DATES . . .**

1823 William Webb Ellis reputedly ran with the ball at Rugby School and "invented" the game of Rugby

1839 First Rugby Club formed at Cambridge University by old boys of Rugby School

1854 Gaelic Athletic Association, although excluding such games as cricket, soccer and hockey, did permit rugby but everyone was encouraged not to fraternise with anyone who played the game!!!

1871 The English Rugby Union formed

1871 First international game between England and Scotland

1873 Scottish Rugby Union formed

1876 Royal Navy teams played against land force and civilian teams at Esquimault, the first organised games in British Columbia

1879 Irish Rugby Union formed

1880 Welsh and French Rugby Unions formed

1887 Vancouver Rugby Club formed. Played on fields by the Burrard Bridge, by Hastings Park and in Stanley Park (from 1890)

1891 British Columbia Rugby Union formed

- 1892 Miners and other working class players from the North of England, upset that they were not being compensated for "lost time" at work to play Rugby, set up a their own professional league, which is now called "Rugby League". The game is played mainly in England, Australia, New Zealand and France. Players are paid and it has different laws, but is essentially the same as Rugby Union.
- 1900 France was banned from the union because some money changed hands when players were recruited from other teams. France was re-instated in 1939 out of sympathy because Germany had once again invaded France: a truly magnanimous gesture.
- 1906 BC travelled to San Francisco to play the New Zealand All Blacks
- 1908 Anglo-Welsh Team plays BC. The first overseas touring team to visit BC
- 1929 Rugby Union of Canada set up. Subsequently disbanded during WWII and not reformed until 1965
- 1932 Canada's first international games, against Japan in Osaka and Tokyo. Canada did not play another senior international game until 1966 (British Lions)
- 1995 Payment of players allowed by the IRB. The game becomes professional at the higher levels.

## **BRIEFLY . . .**

**ADVANTAGE:** The referee has the discretion to allow play to continue after an infringement if stopping play would be to the disadvantage of the non-offending team.

**ANKLE TAP:** Tackling an opponent by tapping his ankle with the hand.

**BACK ROW:** The #8 and the two flankers, who form the back row.

**BACKS:** The seven players behind the scrum.

**BLIND SIDE:** The side opposite where the backs are lined up.

**CAPS:** Each time a player plays in an international game he is awarded a 'cap'. At one time the players received a cap, but now it is an honorary cap. You will hear about players who have x-number of caps in a game: this is what they are referring to.

**CONVERSION:** A successful kick over the cross-bar following a try. Worth two points.

**DRIBBLING:** Kicking the ball along the ground under full control.

**DROP KICK:** When a player kicks the ball just as it makes contact with the ground or is rebounding.

**DROP-OUT:** Re-starting the play from either the 22m line or the half-way line.

**DROPPED GOAL:** A drop kick over the cross-bar. Worth 3 points.





**DUMMY:** Feinting or pretending to make a pass or kick but holding onto the ball. Selling a Dummy is to fool someone with a feint

**FAIR CATCH:** A catch inside your own 22m line. Must be made with one foot on the ground and caught directly from a kick from an opponent, shouting, **MARK** as you make it.

**FORWARDS:** The 8 players who form the scrum.

**GOAL:** A try and a successful conversion worth 7 points.

**HALF-BACKS:** The scrum half and fly-half

**HAND-OFF:** To fend or keep a tackle away with an outstretched hand.



**KICK-OFF:** To start each half the ball is placed kicked from the centre line.

**KNOCK-ON:** When the ball is knocked or fumbled forward.

**LAWS:** Rules

**LINE-OUT:** Used to re-start the game after the ball has gone into touch.

**MARK:** When a player catches the ball on the full in his 22m area and calls 'mark', he is awarded a free kick. The mark is the spot from where the penalty or free kick must be taken.



**OPEN SIDE:** The side on which the three-quarters are aligned.



**PLACE KICK:** Kicking the ball after it has been placed on the ground

**SCRUM:** 8 players of each team bind together to form a tunnel into which the ball is thrown.

**SEVENS:** Seven a-side rugby.

**TACKLE:** Only the ball carrier may be tackled.

**THREE-QUARTERS:** The two centres and the two wingers.

**TOUCH-IN-GOAL:** When the ball goes out of play behind the goal-line.

**TRY:** When a team successfully touches the ball down behind the opposition's in-goal area. (5 points)

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