

# RUGBY FLOZ



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# rugby 101

## your guide to understanding the game

Here's a crazy thought: Forget just the stadium. Build an entire city around a single sport. Glendale did just that in 2005, building an entire community around the sport of rugby.

There you had it - men, women, children, roads, buildings – a culture immersed around a sport many at the time were quite unfamiliar with. They called it RugbyTown USA, and it's flourished ever since.

Today, more than one million Americans play this game. Even more follow it.

They love it because of the discipline it entails. They grasp onto the control, the speed, the physicality and, of course, the mutual respect shown by a community that stretches the globe.

And whether it's played on the schoolyards for bragging rights or in front of millions for world titles, that love of the game never fades.

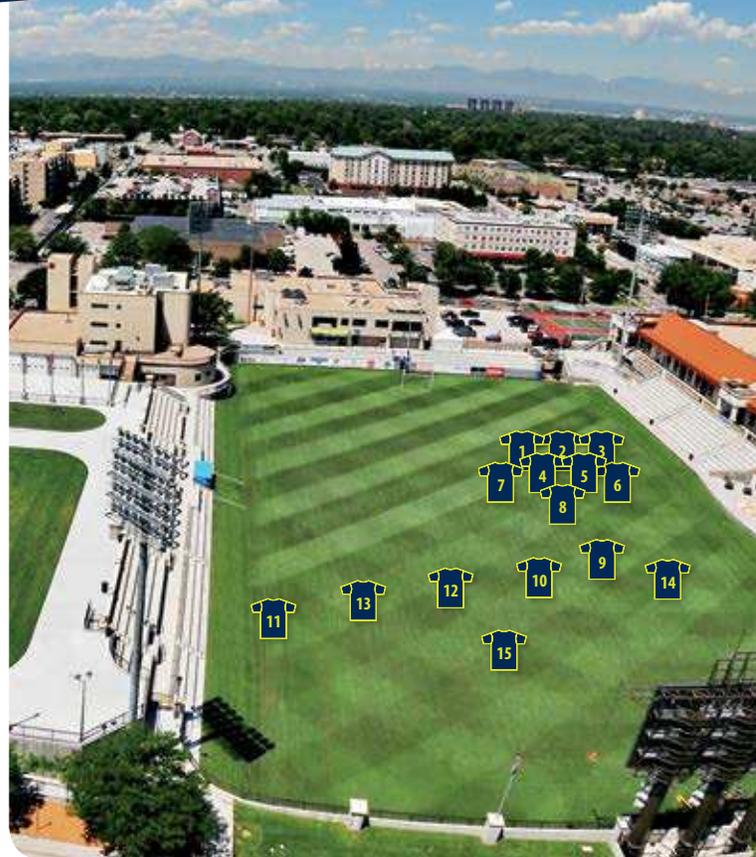
Please, come join our community. We'd love to have you.

**The object of the game is to carry the ball over the opponent's goal line and ground it for a score (called a try).**

**Some quick rules:** You may carry the ball forward, but the ball must be passed backwards. A player may also kick it forwards to gain territory, but that may put some teammates in an offside position. The defense, in the meantime, is trying to deny the other team from moving down field by tackling and causing turnovers.

Use of space, teamwork and creativity is all a plus in helping you win a match. Cheating and being a ball hog is not advised.

**What do I need:** A rugby ball and a field (called a pitch, because we like to be different). A regulation size pitch is 100 meters long by 70 meters wide.



### number of players:

Rugby Union is 15 players per side. Positions are defined by their numbers, shown below.

#### props



Your primary role is to anchor the scrum and provide lifting strength and support for lineout jumpers. You are also pivotal in rucks and mauls.

#### hooker



Like your jersey number, you, the hooker, have two very important jobs. Win possession in the scrum and throw the ball in for the lineout.

#### locks



Lineout and restarts. If you're a lock, your job is to win the ball in lineouts and restarts. You also push forward in scrum, rucks and mauls. Lock it down.

#### flankers



You are the enforcers. Go to a bakery because you are a turnover machine. Use your speed and physicality to win possession. Get possession at all cost.

### the field/pitch:

100 meters long by 70 meters wide

#### number 8



Your name isn't as creative as it could be, but you don't care. You do it all. You must secure possession at the base of the scrum, carry the ball in open play, provide the link between the forwards and backs in attacking phases and defend aggressively.

#### scrum half



You provide the link between forwards and backs at the scrum and in rucks. In open play, you'll need to judge whether to distribute a quick ball to the backs or keep it close to the forwards.

#### fly half



You are the field leader. You take the ball from the 9 and then choose to kick, pass or make a break. Your knowledge and decision making will go a long way in the outcome of the game.



## the scoring system:

**try - 5 points** A try is scored by touching the ball to the ground in the opponent's try zone.

### conversion kick - 2 points

After a try, a team can tack on another two points by kicking the ball through the goal posts.

**penalty - 3 points** When a team commits a penalty, the other team has the option of putting three points on the board by kicking the ball through the goal posts. The spot of the kick depends on where the penalty was committed.

**drop goal - 3 points** A drop goal is scored by drop kicking the ball through the goal posts in open play. That's like if a punter in American football was running down the field and punted the ball through the field goal posts -- except that would be frowned upon.

## centers



You are pivotal in offense and defense. On D you need to tackle opposing players, and on the attack you'll need speed, power and creativity to break the defense.

## wings



Speed is always a plus here. You will need to beat the defense to score a try, and on defense you'll need that up-tempo pace to stop opposing offenses.

## full back



You are the last line of defense. You should have a good boot and must enjoy making try-saving tackles. You will also need to return long kicks to keep your offense in good field position.

## did you know?

**Glendale, CO was named the "Official Rugby Capital of Colorado" by Governor Bill Owens.**

## open play:

**maul** Occurs when the player carrying the ball is held by one or more opponents and one or more teammates. A maul forms when a player keeps his feet from a tackle, and a teammate (or teammates) grab on and help him push forward.

**ruck** Happens when the ball is on the ground and one or more players from each team comes in contact trying to get possession of the ball. More or less it's fighting for a loose ball, same as in football. Except in rugby, players must use their feet to try to win or keep possession.

## the set piece:

The set piece is a means of restarting the game.

**scrum** As a restart, a scrum is a contest for the ball involving eight players in three rows who bind together and push the other team's eight players for possession of the ball. Think of it like tug-of-war, but you're pushing not pulling, and it's for possession of the ball.

**lineout** It's a cross between an inbounds play and a jump ball that you would see in basketball. Both teams line up opposite of each other before one team throws the ball through the middle of the two sides. It's the job of the inbound team to jump up and take possession.

## i'll blow my whistle if...

**offside** The offside line varies, but the main offside line is when a player is further forward than their teammate who has possession of the ball. The whistle will be blown if a player takes part in the game while offside. So until they get back on-sides, they should stay away or they will be penalized.

**forward pass or knock on** If a pass is thrown forward or a handling error has resulted in a knock on (a forward fumble), a scrum will be awarded to the other team.

**don't release player or ball** After a tackle the defender must immediately release the ball carrier, and the ball carrier must immediately release the ball. If not, oh yeah, it's a penalty.

**un-playable ball in ruck or maul** If the ball becomes unplayable and neither team is at fault the scrum will be rewarded to the team who was in possession before the ruck or maul was formed.

**joining ruck/maul from the side** When joining a ruck or maul, all players must do so from behind their last teammate in the pile. If you're sneaky, and you go in from the side, you'll be penalized.

**failure to roll away** Any player on the ground when a ruck or maul is formed must immediately roll away from the ball so play can continue for possession. Not going to do it? That's a penalty.



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## the legend

In 1823, rugby was started in the town of Rugby, England, by a lad named William Webb Ellis. The legend goes that during a game of schoolyard football (soccer) William -Will for short- picked up the ball and ran it towards the opposition's goal line.

Of course, that was far illegal. But whether it was an innocent mistake or a grand innovation, his move is said to have helped form the game of rugby.

Two centuries later, rugby is the second most popular sport in the world.



it's **YOURS.**

**autographs**

have more rugby questions? come ask our knowledgeable rugby 101 specialists!

