

Akron Rugby Football Club



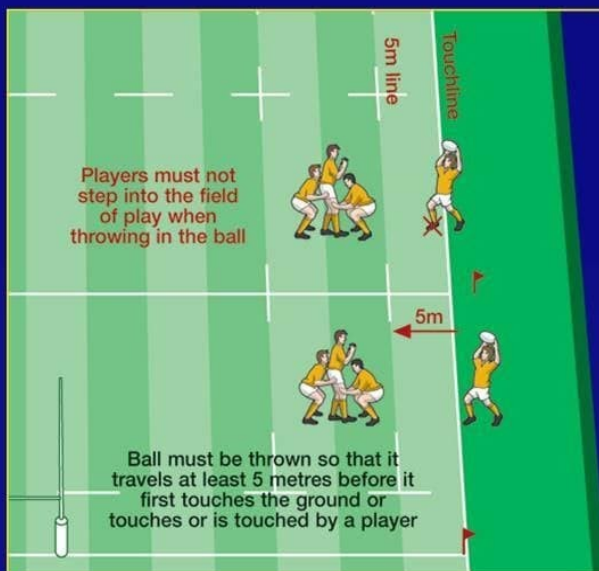
Rugby 101

The Set Piece

The set piece is a means for re-starting the game. The game maybe stopped for a variety of reasons. One example would be that the ball was moved forward. There are three ways in which the game can be restarted, a scrum, a line out, or a kick-off.

A Scrum: As a restart, a scrum is a contest for the ball involving eight players in 3 different rows, who bind together and push the other team's eight players for possession of the ball.

Think of it like tug-o-war , but you are pushing and not pulling, and it is for possession of the ball. The team awarded the scrum has an advantage because they put the ball into the scrum on a signal from their hooker, who then kicks the ball back to their side.



A Line Out:

As a restart, a line out happens when a ball travels out of bounds. The teams line up side by side, with the advantage to the team throwing the ball in as they call out a play and two players lift the jumping player. A line out is a cross between an inbounds and out of bounds play ad a jump ball in basketball. .

A Kick Off:

Similar to football, they occur at the start of each half, and after a score. The major difference from football is that the team that just scored will receive the kickoff rather than be the team that kicks off.



Players and Positions:

Rugby union is 15 players per each side. Positions are defined by numbers, which is shown below.

Props: ① ③

The prop positions are typically the 2 biggest, strongest players on a team. In scrums, which are pretty much huge pile-ups in a fight for the ball, it is the props that lead the way in the battle. While their roles on a team resemble that of offensive linemen in football, they are also sometimes used to carry the ball, bashing through the other team's defense.

Hooker: ②

The hooker is located at the front of a scrum, directly between the 2 props. The hooker's primary job is to hook, or kick back, the ball and draw it towards his own team.

Locks: ④ ⑤

In a scrum, the locks are the 2 players that line up behind the props. The locks supply the majority of the pushing power in a scrum, and as a result they are often the tallest players on the team, given their long legs and strength.

Flankers: ⑥ ⑦

The final row in a scrum, the flankers supply the last bit of push, while also commonly used to pound the ball at the opposing defense.

8 Man: ⑧

The one final player who can be found at the back of a scrum is known as the number 8. This individual may help in pushing a scrum or ruck, as well as handle the ball on his own.

Scrum Half: ⑨

In some ways, the scrum half is the quarterback or point guard of the team. The scrum half is the first person to get his hands on the ball out of a scrum or ruck, and he has the responsibility of calling out the plays and making the key passes.

Fly Half: ⑩

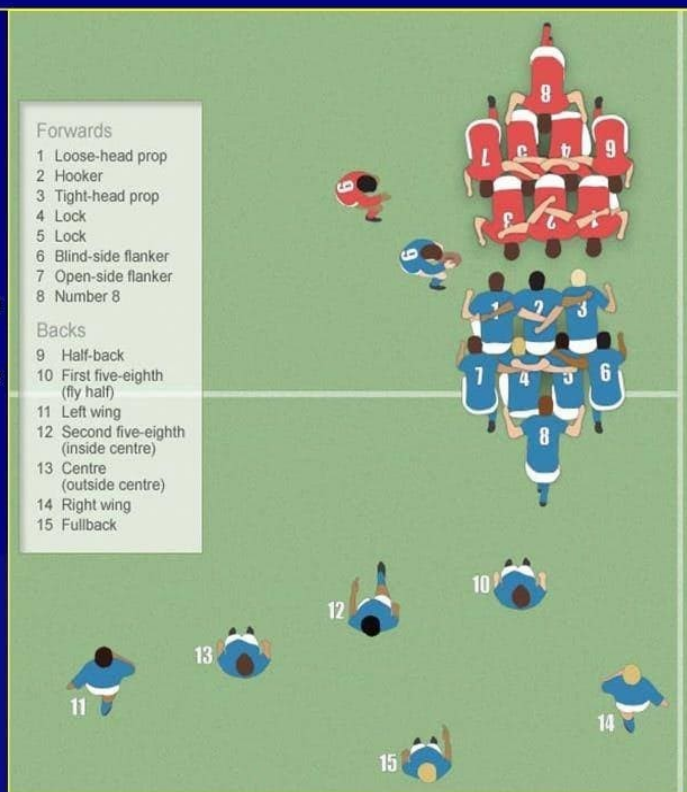
Another position that holds quarterback-like responsibilities, the fly half is typically the first "back" position to receive the ball from the scrum half. Once he has the ball, he has to make the judgment as to

Forwards

- 1 Loose-head prop
- 2 Hooker
- 3 Tight-head prop
- 4 Lock
- 5 Lock
- 6 Blind-side flanker
- 7 Open-side flanker
- 8 Number 8

Backs

- 9 Half-back
- 10 First five-eighth (fly half)
- 11 Left wing
- 12 Second five-eighth (inside centre)
- 13 Centre (outside centre)
- 14 Right wing
- 15 Fullback



whether he should pass the ball, he runs with it or kicks it in hopes of getting better field position.

Centers: ⑫ ⑬

When the fly half makes his first pass, it will usually be to the centers. The centers are primary offensive threats, possessing both speed and power in running the ball.

Wings: ⑪ ⑭

The wing has one major responsibility: to run, very, very fast. Located on the two sides of the field, teams will often try to get the ball into the hands of the wingers, and then hope they burn their way into the end zone. On the defensive end, wingers have to be capable and agile tacklers, as they are often matched up with the opposing team's wing one on one

Full Back: ⑮

The fullback is almost like the kick returner of the team, except that any given play in rugby could be a return. Waiting towards the far end of the field, fullbacks wait for the other team to attempt a kick for field position. Upon catching it, a fullback can either run the ball back or try to kick it for field position.

In rugby matches the referee is called a "Sir" whether they are male or female. The Sir is responsible for enforcing the rugby union laws of the game during a match and imposing sanctions on individuals who do not follow the rules. Every match is under the control of match officials who consist of the referee and two touch judges. Touch judges are one the side lines moving up and down the field with the play.



Whistles will blow if..

Teams continually try to advance the ball up the field, usually with multiple rucks happening, until they breakthrough for a try, or an infraction is committed.

Off Sides:

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

Forward Pass or Knock On:

If the 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.

Not Releasing the Player or the Ball:

After the tackle the defender must immediately release the player and the tackled player must release the ball. If not it is a penalty and the penalized team has to get back 10 meters.

Un-Playable ball in a ruck or mull:

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

Joining the ruck or mull from the side:

When joining a ruck or mull, all players must do so from behind their last teammate in the pile. If you are sneaky and try to go in from the side you will be penalized.

Failure to roll away:

Any player on the ground when a ruck or maul is formed must immediately away from the ball so that play can continue for possession.

Today, more than 1 million Americans play rugby, even more follow it. They love it because of the discipline it entails. They grasp onto the speed, the physicality, and of course the mutual respect shown by the community that stretches across the globe. Whether it is played in school yards, parks or club fields for bragging rights, or in stadiums in front of millions, for world titles, the love of the game never fades.

Come join our community we would love to have you!



The Rugby Pitch

The field of play does not exceed 100 meters in length and 70 meters in width. Each in-goal does not exceed 22 meters in length and 70 meters in width. The side-lines are referred to as touch-lines.

There are numerous other markings in a rugby pitch. Two important ones are the 5 meter line (which runs parallel to the touch line and is important for line-outs – see below) and the 22 meter line which is parallel to the goal line (this marks a defensive boundary; a player between his own 22 m line and his goal may kick the ball directly off the pitch in defense).

The Object of the Game

The Object of the game is to carry the ball over the opponent's goal line and ground it for a score (also called a "Try"). You may **CARRY** the ball forwards but you may only **PASS** the ball backwards. A player may also kick the ball forwards to gain territory. However, all teammates in front of the kicker are now off sides, and the kick needs to run forwards past all the players in front of them to put them onside. The defense, in the meantime, is trying to deny the other team from moving downfield by tackling them and causing turnovers.

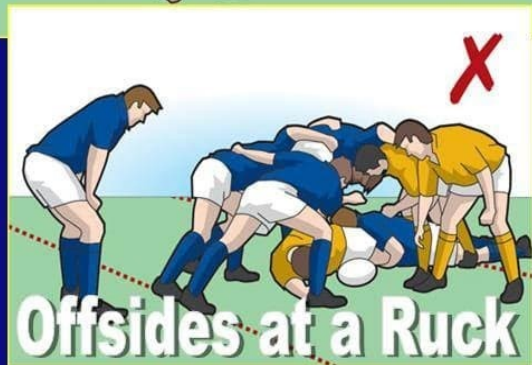


Open Field Play

A Ruck :

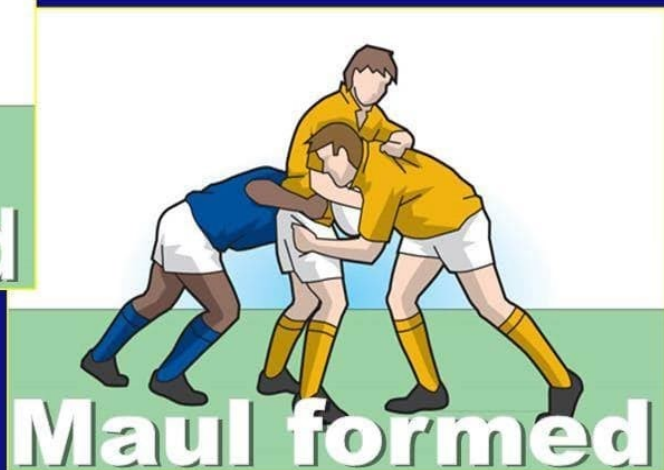
is a phase of play where one or more players from each team, who are on their feet, in physical contact, close around the ball on the ground. Open play has ended.

Players are rucking when they are in a ruck and using their feet to try to win or keep possession of the ball, without being guilty of foul play. A ruck can be formed anywhere on the field of play. A ruck can be formed by players who are on their feet. At least one player must be in physical contact with an opponent. The ball must be on the ground. If the ball is off the ground for any reason, the ruck is not



A Maul:

A maul begins when a player carrying the ball is held by one or more opponents, and one or more of the ball carrier's team mates bind on the ball carrier. A maul therefore consists, when it begins, of at least three players, all on their feet; the ball carrier and one player from each team. All the players involved must be caught in or bound to the maul and must be on their feet and moving towards a goal line. Open play has ended.



The Scoring System

Try– 5 Points

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



A Conversion Kick– 2 Points

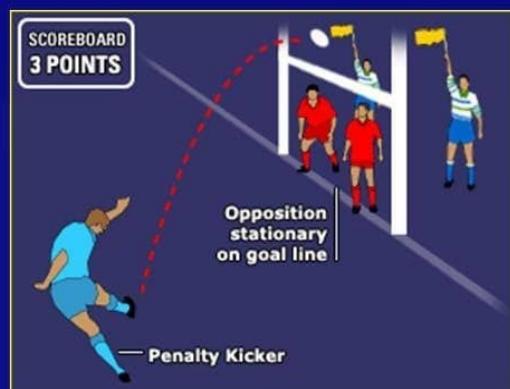
After a try, a team can tack on another 2 points by kicking the ball through the uprights (goal posts)



Penalty Kick– 3 Points

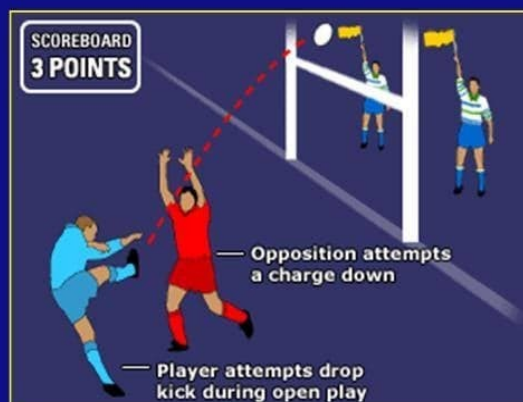
When a team commits a penalty the other team has the option of putting three points on the board by kicking the ball through the posts.

The spot of the kick depends on where the penalty occurred.



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 goal posts– except that would be frowned upon.



Match Length

Rugby is played with two 40 minute halves and one 5 minute half time. Anytime that is spent tending to an injured player will be added on to the end of the half. In rugby the game never stops, and is in continuous play.



HOME	40:00	VISITORS
9	TRIES	4
1	PENALTIES	5
8	FIELD GOALS	6
3	CONVERSIONS	3
78	TOTAL	59

What to wear

Rugby gear is shirt, shorts, underwear, socks and boots! - talk to current players for advice on kit. Some minimal padding is allowed.

Boots are probably the most important item. Before buying them, Safety and comfort are most important. Keep in mind...

- World Rugby regulations state that stud length must not exceed 21mm and studs should not 'burr' (create sharp edges when worn down)
- forwards play close together and often their feet are stood on by other forwards , sturdier boots offer more protection
- forwards require good grip for pushing, individual studs may be better than molded soles
- if you have boots with individual screw in studs you can have more than one set of studs and use studs suitable for the surface you are about to play on
- for speed and agility backs may prefer lighter boots with molded soles
- before you buy, try on the boots with the same thickness of sock you will be wearing during a game



Enjoying the Game!

Rugby may seem a bit complicated, but in the end, all it takes to enjoy the game is time. Be patient and you'll pick up on it, it's very similar to enjoying a football game. There will be great tackles as well as beautiful tries scored through wonderful teamwork, passing, and aggressive running

Welcome to Akron Rugby Club!