



# Roster Sheet

Team Name:

## Players and positions:

Prop (1):

Hook (2):

Prop (3):

Scrumhalf (4):

Flyhalf (5):

Center (6):

Wing (7):

Substitutions:

## How are points scored?

**Try (7 pts)** A try is scored by touching the ball to the ground in the opponent's try zone.

## Why did the whistle blow?

### Penalty



### Scrum



**Offside** Player is offside when in front of the player carrying the ball. No blocking allowed in rugby.

**Forward pass** Only lateral and backward passes are allowed in rugby. If the ball is passed forward a scrum will be awarded to the non-offending team.

**Knock-On** A knock-on is when a player fumbles the ball forward. The non-infringing team is awarded a scrum.

**Failure to release player/ball** After a tackle, the tackler must immediately release the ball carrier and the ball carrier must immediately release the ball. If either of these does not occur within a reasonable time a penalty is rewarded to the non-infringing team.

## What is a ruck?

A 'ruck' is what occurs after a player has been tackled. Both teams will compete for the ball by driving the other team away from the ball, allowing their players to pick it up out of the back and continue play. No, this is not just chaos, there are some rules around the ruck!

**Illegal action in the ruck** All players must join a ruck from their own side of the ball, through what is called a 'gate'. They should not join the pile from the side, only the back. A penalty will be called if done incorrectly. If the ball becomes unplayable in a ruck and neither team is at fault, a scrum will be awarded to the team in possession of the ball prior to the ruck.

## Rugby Positions:



## Restarting play:

**Scrums** A scrum restarts play after a minor infringement like a knock on. It consists of three players from each team (known as the pack) that bind together in one row and interlock with the opposite team's pack. The ball is then fed into the gap between the two forward packs. The packs then begin push against each other while the 'Hook' tries to hook the ball back with their feet. Use of hands is not allowed inside the scrum.

## During the game:

The goal of the game is to advance the ball forward through running, passing and kicking to carry the ball into your opponents 'try zone' and ground the ball for a 'try' (like a touchdown). The defense will use strategy, tackling and competing for the ball to prevent this from happening and try to recover possession of the ball.

Although resembling a bit of chaos, rugby is governed by a set of 'Laws', not rules, so the referee may interpret each situation a little differently according to circumstances.

For more information on the laws of rugby or the sport in general, visit [usarugby.org](http://usarugby.org)!



**USA RUGBY**

## What is my player's role?

**Props (1 & 3)** Like linemen in football. Their primary role is to anchor the scrum and provide lifting strength and support for the lineout jumpers. They also play a crucial role in securing the ball for their team in rucks and mauls,

**Hook (2)** Like linemen in football. This is the player who wins possession in the scrum. They also usually throw the ball in for a lineout.

**Scrumhalf (4)** Like a point guard in basketball. This person is the link between forwards and backs at the scrum and lineouts. This person judges whether to distribute a quick ball to the back or keep it close to the forwards.

**Flyhalf (5)** Like a quarterback in football. This player orchestrates the team's performance. They will receive the ball from the 4 and choose to pass, kick, or run based upon a quick analysis of the play.

**Center (6)** Like runningbacks in football. They are key in both offense and defense. In offense they use their speed and power to breach defenses, while in defense they attempt to tackle attacking players.

**Wing (7)** Like a sweeper in soccer. This player is the last line of defense. They have a good leg to dropkick the ball to clear the lines, and also make tackles to prevent scoring.