

RUGBY



An old British saying...

“Rugby is a ruffian's game played by gentlemen”

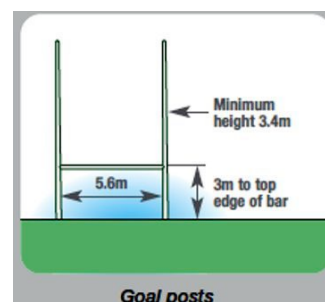
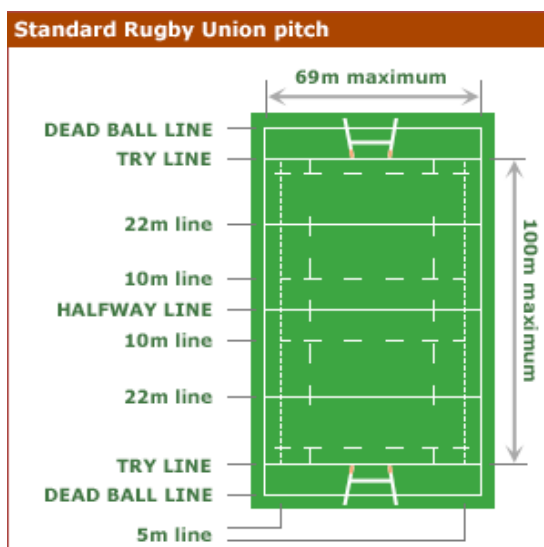
Many believe that rugby was born in 1823 when William Webb Ellis, public school student in the town of Rugby, broke the rules of football of his time by picking up the ball in his hands and starting to run. But the prelude to rugby can be found in Ancient Rome, in a game called *harpastum*. This game led to others until the game *soule* was invented in France and football in Great Britain. The rules varied until the public school of the town of Rugby unified them. Nowadays, the two most important rugby competitions are the Six Nations Tournament (the Five Nations before the inclusion of Italy) and the World Cup.

The Spanish rugby Federation was founded in 1923 after Baldiri Aleu, a medical student from Montpellier, brought the sport from France some years before.

OBJECTIVE

The aim of the game is to score more points than your opponents.

PLAYING AREA



DURATION

Two forty-minute halves, with a ten minute half-time break. Each half starts with a kick off.

PLAYERS

Each rugby team has 15 players. The team is split into two groups known as forwards and backs.

- **Forwards** These players have to fight for the ball. They are the stronger ones on the team. One of the easiest ways to identify a forward from a back is by their number; 1 to 8 (two props, two locks, three flankers and one hooker). The **hooker**, number 2, is in charge of winning the ball in the scrum and throwing the ball in the lineout.
- **Backs** These players have to play the balls won by the forwards. They are generally the faster players on the team. Their numbers are from 9 to 15 (two halves, two centres and three defences). The scrum-half, number 9, is responsible for organising how his team will perform during the game. He is also the best kicker on the team and the one who throws the ball in the scrum.

EQUIPMENT

An oval shaped ball.

SCORING IN RUGBY

Points can be scored in four different ways:

METHOD OF SCORING	What is it?	Points awarded
TRY	Putting the ball on the ground in the in-goal area of the opposite team.	5 points
CONVERSION	Shooting the ball over the crossbar into the goal of the opposite team after a try.	2 points
PENALTY GOAL	Kicking the ball over the crossbar into the goal of the opposing team after an infraction.	3 points

DROP GOAL	Kicking the ball over the crossbar into the goal of the opposing team using a drop kick during loose play.	3 points
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BASIC RULES

FORDWARD PASS

The ball cannot be passed forward at any time.

If the referee sees a pass that goes forward instead of backwards, he will blow the whistle. Then, a scrum has to be performed in order to continue the game.

OFFSIDE

Is when a player is in front of a teammate in possession of the ball.

The referee will award a penalty at the place where the offence took place.

PENALTY KICK

Sanction is applied to a team that has committed a foul. The ball can be kicked or played with the hands.

FAILURE TO RELEASE THE BALL

This occurs when a player in possession of the ball is tackled by another player and does not release the ball. He is punished with a penalty kick.

ATTACKING TECHNIQUES

PASSING It is the way of passing the ball between players. There are different types of passes: side, floated, spin, etc. It is very important to hold and handle the ball well.

KICKING It is the action of using the foot to move the ball.

SIDESTEP It is a move used by the person with the ball by going away from a defender quickly changing the direction towards where he is running.

HAND OFF It is a move used by the person with the ball when the defender tries to tackle him, using his arm and pushing him.

DEFENSIVE TECHNIQUES

RECEPTION When you catch a ball from the air that has been kicked.

TACKLING It is the only legal way of stopping the team with the ball. You can only tackle a player with the ball. You cannot make contact with the head when tackling, only from the chest downwards.

TEAM TECHNIQUES

THE SCRUM

Formed by eight players, the forwards.



They are set in three lines: the front row, second row and back row. The scrum-half is the player who starts the play. They put the ball between the two front rows with their hands. One of the two hookers have to kick the ball as quickly as possible. Once the ball is out of the scrum, the scrum-half has to take the ball again.

LINEOUT

Occurs when the ball or the person holding it goes over the sideline. The forwards form two perpendicular lines to the sideline, between the 5 and 15 metres line. The hooker of the team that did not make the ball leave the pitch has to throw the ball into the space between the two lines.



All the players are sometimes in the same part of the field. This situation is known as the breakdown. When the players organise themselves into a group around the ball to protect

it with their hands, the breakdown is called a **maul**. If it is recovered on the ground, it is called a **ruck**.