

Year 9 Rugby - How do we outwit our opponents in Rugby?



The Basics

The aim of the game is very simple - use the ball to score more points than the other team. You can run with the ball, kick it and pass it, but passing forwards is not allowed.

Rugby union is a contact sport, so you can tackle an opponent in order to get the ball, as long as you stay within the rules. There is a referee, aided by two touch judges (one on each side of the pitch), to decide how the rules should be applied during a game.

Scoring

There are several ways to score points.

- A try - **five** points are awarded for touching the ball down in your opponent's goal area.
- A conversion - **two** points are added for a successful kick through the goalposts after a try
- A goal kick - **three** points are awarded for a penalty kick or drop goal through the posts

If both teams score the same amount of points, or no points are scored, then the match is a draw. In some cases, extra time is played to decide who wins.

Duration

A game of rugby union has two periods of 40 minutes each. In international matches the referee will stop the clock for stoppages.

Between the two halves, there is a maximum 10-minute interval, after which both teams change ends.

Ball

Rugby union is played with an oval-shaped ball. All balls must be between 28cm and 30cm in length (approximately 11-13 inches).

To develop their understanding and knowledge of the basic rules of rugby union/league

Wider experiences and opportunities:

- All students will be encouraged to watch club Rugby, 6 nations and World Rugby fixtures
- All students are invited to Rugby practice
- Students may be invited to compete in Rugby fixtures

| rating | males | | females | |
|---------------|----------|-------|----------|-------|
| | (inches) | (cm) | (inches) | (cm) |
| excellent | > 28 | > 70 | > 24 | > 60 |
| very good | 24 - 28 | 61-70 | 20 - 24 | 51-60 |
| above average | 20 - 24 | 51-60 | 16 - 20 | 41-50 |
| average | 16 - 20 | 41-50 | 12 - 16 | 31-40 |
| below average | 12 - 16 | 31-40 | 8 - 12 | 21-30 |
| poor | 8 - 12 | 21-30 | 4 - 8 | 11-20 |
| very poor | < 8 | < 21 | < 4 | < 11 |

Scoring a try

Scoring a try is worth 5 points. A try is scored when a player touches the ball down inside the opposition's in-goal area between the try line and dead ball line. The referee can award a penalty try (five points) if a player would probably have scored a try but for foul play by an opponent.

If a player is tackled short of the goal-line, but can still reach over to ground the ball, or if their momentum carries them over, a try is awarded.

| Fitness Component | Training Method | Testing Method |
|---|---|--|
| Power The ability to perform strength based movements quickly | Weight Training – Higher repetitions and sets, Higher weights Circuit Training – weight bearing exercises Plyometric Training – Speed and force training | Vertical Jump Test – The participant stands side on to the wall and reaches up with the arm closest to the wall. The participant pushes the measure board as far as they can. The participant the jumps and touches the board. X3 attempts. |

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Lineouts

The lineout is a means of restarting play after the ball has gone into touch (off the field of play at the side). "The lineout concentrates a selection of forwards in one place near to the touch line, so the backs have the rest of the width of the field in which to mount an attack. The key for the forwards is to win possession and distribute the ball effectively to the back line. The forwards assemble in two lines, perpendicular to the touch line, one metre apart. The hooker throws the ball down the corridor between these two lines of players. Because the thrower's team mates know where the throw is likely to go, that team has an advantage in retaining possession. However, with speed of thought and movement, the opposition can contest for the ball and the lineout frequently results in a turnover of possession. To allow players to catch high throws in the lineout, it is permissible for the catcher to be supported by team mates while jumping to catch the ball.

Safety is a prime concern here, and any player who is off the ground must be supported until that player returns to the ground. A player may not be tackled while in the air, and holding, shoving or levering on an opponent are all offences punishable with a penalty kick.

Tackling from behind

This is the best way of getting hold of the ball carrier who is gaining ground ahead of you. Like the other ways of tackling, a good sense of timing and determination - not to mention bravery - are required. If you get the timing wrong, you could end up with a face full of boot, not a particularly pleasant experience. But when you get everything right, it is a great feeling, especially if the player with the ball is set to score a try.

The Skills



Rugby 7's

Rugby sevens is a variant of rugby union in which teams are made up of seven players playing seven minute halves, instead of the usual 15 players playing 40 minute halves. Rugby sevens is administered by World Rugby, the body responsible for rugby union worldwide. The game is popular at all levels, with amateur and club tournaments generally held in the summer months. Sevens is one of the most well distributed forms of rugby, and is popular in parts of Africa, Asia, Europe, and the Americas, and especially in the South Pacific.



Transferrable Skills

Communication is needed between a team to ensure that everyone is on the same page and knows what to do.

Rugby XV's

Rugby union, widely known simply as rugby, is a contact team sport that originated in England in the first half of the 19th century. One of the two codes of rugby football, it is based on running with the ball in hand. In its most common form, a game is played between two teams of 15 players using an oval-shaped ball on a rectangular field with H-shaped goalposts at either end.

The Scrum

The scrum is a way of restarting play after a stoppage which has been caused by a minor infringement of the Law (, a forward pass or knock on) or the ball becoming unplayable in a ruck.

It involves the designated forwards from both teams which is 8 from each team. The ball gets fed in the middle of the scrum towards the hooker, who tries try to win possession by kicking backwards towards their team mates, who then put all the force together to drive the scrum forwards.

