

Year 8 Rugby - How do we abide by the rules play successfully in Rugby?



The Basics

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

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).

- 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

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												
<p>Strength</p> <p>The maximum force that can be generated by a muscle or a group of muscles.</p>	<p>Weight Training – lower repetitions and sets, Higher weights</p> <p>Circuit Training – weight bearing exercises</p>	<p>Hand Grip Dynamometer – The dynamometer is held in the hand by the side of the participant and they squeeze the handle for 5 seconds.</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="font-size: small;">AGE</th> <th style="font-size: small;">Weak</th> <th style="font-size: small;">Normal</th> <th style="font-size: small;">Strong</th> </tr> </thead> <tbody> <tr> <td style="font-size: small;">10-11</td> <td style="font-size: small;">< 12.6</td> <td style="font-size: small;">12.6-22.4</td> <td style="font-size: small;">> 22.4</td> </tr> <tr> <td style="font-size: small;">12-13</td> <td style="font-size: small;">< 19.4</td> <td style="font-size: small;">19.4-31.2</td> <td style="font-size: small;">> 31.2</td> </tr> </tbody> </table>	AGE	Weak	Normal	Strong	10-11	< 12.6	12.6-22.4	> 22.4	12-13	< 19.4	19.4-31.2	> 31.2
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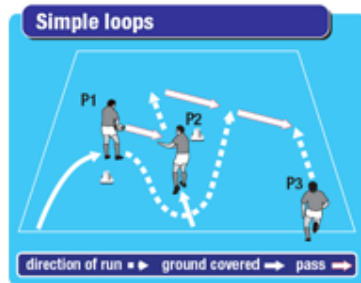
Passing the ball

Rugby union is one of the few ball games where the ball cannot be passed forwards. That means a player moving towards the opposition's dead ball line must pass the ball to a team-mate either along or behind an imaginary line running at right angles to the side of the pitch.

Loop pass

The loop pass involves the player running or looping behind the player they pass the ball to in order to receive it back the following side.

This is the loop pass. It involves the first player running or "looping" around the player he just passed the ball to receive the ball again. The player can loop around any amount of players to receive the ball.



The Skills



Kicking – Up and Under

This is your chance to really give the ball some welly. It's height, not distance that counts here, you need to put the ball as high up into the air as you can. The more hang time, the more chance for your team to get under the ball - and the more pressure on the opposition.

You can't just sit back and admire your fancy footwork once the ball has left your boot. Any team-mates in front of you when you kick the ball will be offside so you must run forward to put them onside.

An up and under is sometimes called a **Garryowen** after the team in Ireland who used it all the time.

Transferrable Skills

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

Kicking - Grubber

A grubber kick is a low kick along the ground usually used in attacking situations close to the opposition try line. Use it to put the ball behind the opposition as they're coming towards you. That way, you force them to stop and turn. And with the ball on the floor, even a covering defender will find it awkward to collect. It should be a short, shallow kick over or around your opponent. Then once the ball's left your boot, be prepared to follow up and gather it.

The Lineout

The line-out is another awesome sight in rugby union. It is a way of restarting play after the ball has been knocked or kicked out of play past the touch line.

The line-out consists of three to eight players from each side, up to 16 in total, and is taken where the ball went out of play.

The aim of each player is simply to get their hands on the ball for their team.

Kicking

If a player chooses not to pass the ball to a team mate or run with it, that player may kick the ball instead. The kick can travel forwards, but any team mates in front of the ball at the moment the ball is kicked are out of play until either they retire behind the kicker or are played onside by a team mate.

Retaining possession of the ball following a kick is a challenge. There are different kicking strategies including grubber kicks and up and unders.

