

Rugby

Item #2960

What Are The Educational Applications Of This Activity?

Rugby was created in 1823 at the Rugby School in England where, during a soccer match, William Webb Ellis picked the ball up with his hands and ran with it. The game became popular in private schools and universities throughout the British Isles. In 1871, the first Rugby Union was founded in London and the rules of the game were established.

Rugby spread across the globe with competition emerging between countries. In the United States, the game was played primarily on the West Coast, influenced by touring Australian and New Zealand teams. However, as a result of World War I, rugby was criticized in the U.S. as “foreign”, losing its popularity soon thereafter.

Rugby, however, proved to be the sport of the times in the 1960s, especially on college campuses. The sport grew in America and is still expanding today with over 1,000 Rugby Clubs in existence. This growth is primarily due to the establishment of the United States of America Rugby Football Union in 1975. The following are concepts and abbreviated rules that you can share with your class. A more complete set of rules is also provided.

There Are Several Key Terms Used In Rugby.

1. The playing field is called a PITCH.
2. The rugby uniform is called a KIT (rugby jersey, rugby shorts, socks, mouthpiece, an optional scrum cap to protect the ears, and cleats).
3. SCRUMMAGE (SCRUM) is a tight formation between the opposing teams in readiness for the ball to be put in the tunnel between the two front rows and brought into play.
4. A RUCK is when at least one player from each team fights over the ball on the ground.
5. A MAUL is when at least one player from each team surrounds a player standing with the ball.

How Can I Use This Activity With My Students?

1. Objective

To gain more points than the opposing team within the allotted time of play by carrying, passing, kicking, and grounding an oval ball in the scoring zone at the far end of the field. A tie is called if the scores are equal at the end of play. A TRY is scored when a player bounds the ball (places the ball on the ground with force) in the opposing team’s goal area. A TRY is worth 5 points (4 points in the U. K.). An additional 2 points are awarded when a successful place kick is launched through the goal posts from the spot where the player scored the TRY. A 3-point conversion can occur if a player drop kicks the ball through the goal posts while the ball is in play.

2. Key Points

- a. The game lasts 85 minutes (two 40-minute halves, one 5-minute half-time). The clock never stops.
- b. Substitutions and time outs are not permitted.
- c. The game is only halted when the ball goes out of bounds, after scores, and for penalties.

- d. Unlike American football, play does not stop when a player is tackled.
- e. A team consists of 15 players.
- f. The oval-shaped ball (slightly larger than a football) can never be passed forward or laterally. It can be carried, kicked ahead, or passed behind.
- g. A SCRUM occurs when both teams interlock facing each other. The ball is put in the middle by the scrum half. Both team forwards struggle to pop the ball to their teammates.
- h. If the ball is on the ground (as in a scrum or ruck), NO HAND USAGE IS PERMITTED.
- i. The game starts up again with a drop kick by the team that just scored.
- j. Penalties are assessed for forward passing or dropping/ bumping the ball forward with any part of the upper body. A scrum is then formed and play is continued.
- k. Players may not receive the ball on the offside position, nor may they wait in such a position.
- l. Players may not be tackled unless they have the ball in their possession.

How Do I Make This Developmentally Appropriate For My Students?

This product is appropriate for ages 10 to adult and encompasses all developmental levels, depending upon how the rules are framed. High school and college students may be able to follow the official rules as stated above. However, official rugby rules can be modified to “Touch Rugby” for your younger and less developmentally able students. Touch Rugby allows students to practice the basic skills of rugby, as follows.

1. Rules for Touch Rugby

- a. Start the play with a kick-off (or throw-off) to the team who wins the coin toss.
- b. At penalties, the opposition must stand 10 meters back.
- c. When a player is touched, play stops.
- d. If six “touches” have occurred without a score, ball possession changes sides.
- e. Kicking the ball forward is not permitted.
- f. If the ball touches the ground, possession changes sides.
- g. After a player is “touched”, the game is stopped and then restarted by passing the ball through the legs at the point of touch to a “half” who, if touched, causes ball possession to change sides.
- h. The opposition must stand 5 meters back after a touch; any player not 5 meters back is out of the game.
- i. If the ball is passed after a touch, the ball changes sides.
- j. If the ball is touched, it counts as a “touch” and play stops.

2. Other rules you could incorporate to make Touch Rugby more challenging:

- a. The “half” cannot score.
- b. Touching the ball does not count as a “touch”, play continues as normal.

3. Use the following strategies if you would like to encourage teamwork.
- Allow an immediate pass after a touch to encourage support when playing the more challenging "Touch Rugby" game.
 - Require a touch to be two-handed and below the waist to discourage high tackling when ready to play the "real" game.

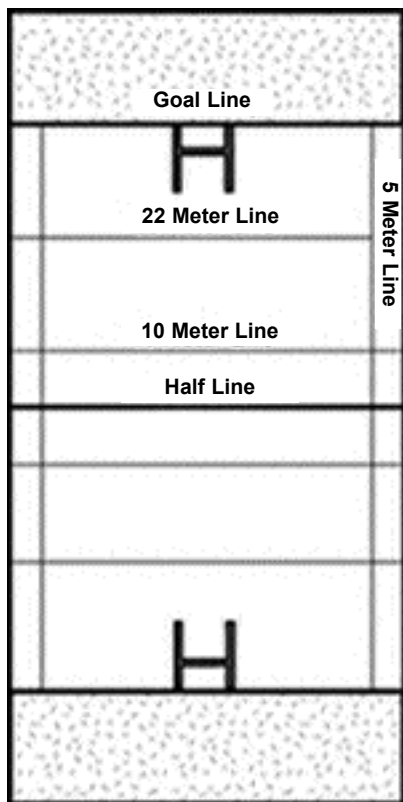
How Does This Product Relate To Current Educational Thinking?

Depending on the developmental level of your group, use one or more of the following items when assessing student learning at the end of the unit:

- Have students create modified "Touch" rules that would improve the game according to their skill level.
- Create a written test using the rules presented in this guide.
- Authentically assess student learning, and the game itself, by letting students write about how they felt playing the game; what they learned that they didn't know when they started the unit; how they would teach Rugby to a friend or younger student. Have them write an article for the school or local newspaper about their Rugby activities.

The Field

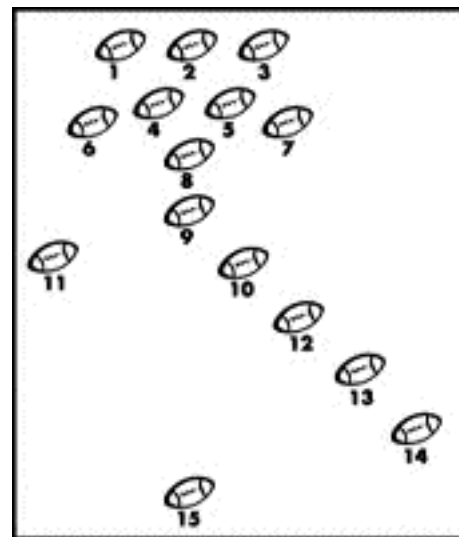
The field used is grass with the usual exception of mud. The measurements of the field are shown in the image below. The length of the field cannot exceed 100 meters (110 yards) in length and the width cannot exceed 69 meters (75 yards). Each try zone cannot exceed 22 meters (25 yards) in length. Goal posts similar to those used in American football and shaped in the form of an "H" stand on the goal line at opposite ends of the field, at the beginning of each try zone. The lines usually drawn inside the field are 22 meters (25 yards) off goal, 10 meters (10 yards) off halfway and the halfway line. Also, a 5 meter (5 yard) alley is drawn along the lengths of the field measured off the touch line (out of bounds).



The Players

15 people play at a time per side.

| Number | Position |
|--------|------------------------|
| 1 | Prop |
| 2 | Hooker |
| 3 | Prop |
| 4 | Lock (2nd Row) |
| 5 | Lock (2nd Row) |
| 6 | Flanker (Wing Forward) |
| 7 | Flanker (Wing Forward) |
| 8 | 8th Man |
| 9 | Scrum-Half |
| 10 | Fly-Half |
| 11 | Weak Side Wing |
| 12 | Inside Center |
| 13 | Outside Center |
| 14 | Strong Side Wing |
| 15 | Fullback |



Glossary

- **Advantage:** A method of referee. The referee allows the game to proceed uninterrupted as long as the ball is in play and there are no major infractions. Play can continue after an infraction if the non-offending team gains an advantage.
- **Blind Side:** The side nearest to the touch line.
- **Drop Kick:** A kick technique where the ball is dropped to the ground and is kicked as it bounces back up.
- **Dummy:** A technique where one pretends to pass the ball.
- **Free Kick:** Kick where a score may be made. Can be taken as a place kick, drop kick, or if no score is attempted, a punt.
- **Grubber Kick:** A kick technique where the ball bounces along the ground.
- **Knock-on:** Where a player propels the ball toward the opponent's goal line. This results in a penalty.
- **Line-out:** A play where two single-file lines are formed by both teams after the ball goes out of touch. A player from the team

that did not take it out throws the ball back in from the touch line between the two lines. This brings the ball back into play and determines which team receives the ball.

- **Maul:** A loose formation brought around a player who is still in possession of the ball and has not been brought to the ground.
- **Obstruction:** Also called blocking. Where the player gets in the way of an opponent who is chasing after the ball. This results in a penalty.
- **Off-side:** Generally when a player is in front of the ball when it was played last by a team member. A penalty occurs if a player is off-side and obstructs an opponent, plays the ball, or is within 10 meters (10 yards) of an opponent playing the ball.

- **Penalty Kick:** Kick awarded to the non-offending team after a penalty occurs.
- **Place Kick:** A kick technique where the ball is dropped and kicked before it touches the ground.
- **Ruck:** A loose formation created around a free ball or a player who has been brought to the ground with the ball.
- **Scrummage:** Also called scrum. A tight formation between the two opposing teams in readiness for the ball to be put in the tunnel between the two front rows and brought out into play.
- **Try:** Method of scoring worth 5 points by touching the ball down in the opponent's goal area.



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