



Tiger Try Rugby Club

9 Simple Rugby Rules

1. Fifteen players on each team are on the field. They are divided into eight forwards and seven backs.
2. The ball must be pitched backward or laterally to teammates. A team can pass the ball back and forth to each other as many times as they wish. Forward passes result in a stoppage of play and a scrum down (see #4).
3. THERE IS NO BLOCKING to assist a runner. Standing in front of the ball carrier is an obstruction penalty.
4. A scrum, when players bind to each other in set positions and compete for possession of the ball, is used to restart play after an infraction. It is analogous to a faceoff in hockey.
5. When a player is tackled, he has one second to release the ball. A ruck is then formed during which each team tries to drive the ball to a teammate in order to gain possession. Players cannot touch the ball with their hands again until they are standing on two feet and not bound into the ruck.
6. When a player is tackled, other players cannot pick up the ball while they are on the ground. A player must be standing to pick up the ball and cannot dive on a loose ball.
7. When a player is tackled, both teams must make sure they are behind the last foot of the players in the ruck before engaging in any physical contact with the other team. Failure to do so is called offsidés.
8. Accidentally dropping the ball or otherwise moving it forward with any body part except the foot is called a “knock on.” The other team will receive possession in a scrum down. Kicking the ball forward is permitted.
9. If the ball is kicked or carried out of bounds (into “touch”), the play will be restarted with a line-out in which the ball is thrown back into play. The two teams form a tunnel for the ball to be thrown into. The two teams will compete for possession by lifting players into the air to reach the ball.

One more important term - “maul”: occurs when a player carrying the ball is held by one or more opponents, and one or more of the ball-carrier’s teammates bind on the ball-carrier. All the players involved are on their feet and moving toward a goal line. Open play has ended.