

# Physical Education - Rugby Union

## Key vocabulary

Tier 3 Vocabulary	Definition
Scrummaging	Eight players from each team, binding together in three rows and interlocking with the free opposing teams forwards.
Mauling	A maul is when the ball carrier is held by one or more opponents and one or more of the ball carrier's team mates holds on. The ball must be off the ground. There needs to be a minimum of three players.
Rucking	A ruck is formed when at least one player from each team are in contact, on their feet and over the ball which is on the ground.
Turn over	When the defenders drive players back over the ball and gain possession of the ball.
Tackling	Wrapping your arms around the opponent and bringing down your opponent. Contact cannot be made above the shoulders.
Line out	Play is restarted after the ball has gone into touch by throwing the ball at height and teammates being lifted in the air to receive it.
Try	A try is a way of scoring points. A try is scored by grounding the ball in the opposition's in-goal area.
Tier 2 Vocabulary	Definition
Identify	Name the key point.
Describe	Recall facts, events or process in an accurate way.
Explain	Make something clear, or state the reasons for something happening.
Evaluate	Using the information supplied to consider evidence for and against when making a judgement.
Demonstrate	To show how to do something.
Practise	To do repeatedly in order to improve or gain skill.

## Rules and regulations of Rugby

- The aim of the game is to score more points than the other side and points are scored through tries, conversions, penalty kicks and drop goals.
- A match is split into two 40-minute halves, half-time is 10 minutes after which both teams change ends.
- Rugby union is a full contact sport involving 15 players on each team with 7 substitutes on the bench.
- You can win, lose or draw.
- Each game starts with a drop kick from the halfway line and the ball must travel 10 metres from the kick off.
- After every try, penalty kick or drop goal, the game restarts at the halfway line with the team that did not score taking a drop kick.
- If the ball goes out of the side of the pitch then the other team get the ball and they have a lineout, whoever wins this continues the game.
- A scrum happens when the ball is knocked forward, passed forward, or when a ball becomes trapped in a ruck or maul.
- Can only pass backwards
- Must roll away as soon as you have made a tackle

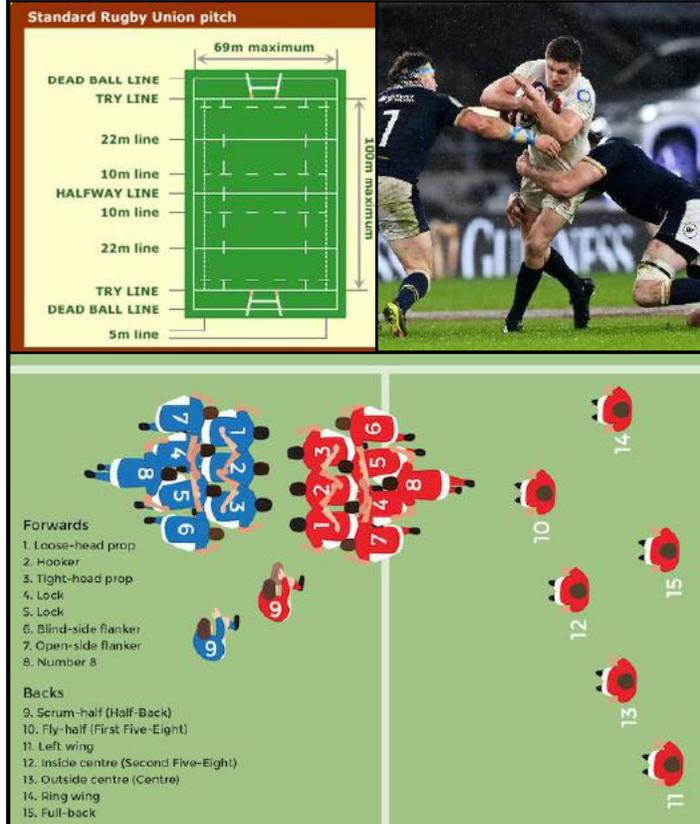
## Positions in Rugby

### Forwards

Prop  
Hooker  
Second Row  
Open side Flanker  
Blind side Flanker  
Number 8

### Backs

Scrum Half  
Fly Half  
Inside Centre  
Outside Centre  
Winger  
Full Back



# Answers

<https://www.ruck.co.uk/rugby-positions-roles-beginners/>

<https://www.myactivesg.com/Sports/Rugby/How-To-Play/Rugby-for-Beginners/Rugby-Union-The-Basics>

## Positions in Rugby

- **Prop** - While stopping their side of the scrum from moving backwards, the props also support the hooker's body weight in a scrum.
- **Hooker** - Responsible for winning possession in the scrum by hooking the ball back with their legs through the props' legs.
- **Second Row** - The second row forwards drive the scrum forward from the middle of the scrum and the target their opponent in the lineout.
- **Flanker** - There are two flankers and Blind side and a Open side these go either side of the second rows and help drive the scrum. They also try to win balls at the ruck and maul, collecting short passes from tackled players and making their own big tackles in open play.
- **Number 8** - Binding on at the back of the scrum, the No.8 is also the only player from the forwards who are allowed to pick the ball up from the base of the scrum.
- **Scrum Half** - Link between the forwards and the backs. They control when the ball is fed out to the backs from the rear of a scrum, ruck or maul.
- **Fly Half** - Organised the back line and decide what rehearsed moves to put into action and reacting to gaps in defence. They have to be able to kick the ball down the field into touch, and is often the team's designated kicker for conversions, penalties and drop goal attempts.
- **Inside/Outside Centre** - The centres take on their opposite number in an attempt to either break the defensive line, or draw in enough opposition defenders to create space and try-scoring opportunities for their teammates.
- **Winger** - Playing out wide on the side of the pitch, the winger is a team's finisher in attack and often score the tries.
- **Full Back** - Stands at the back of the whole team and they have to receive deep kicks from the opposition, make try saving tackles, kick to the opposition and pass the ball to teammates.

## Key vocabulary

Tier 3 Vocabulary	Definition
Scrummaging	It involves up to eight players from each team, binding together in three rows and interlocking with the free opposing teams forwards.
Mauling	A maul occurs when the ball carrier is held by one or more opponents and one or more of the ball carrier's team mates holds on (binds) The ball must be off the ground. There needs to be a minimum of three players.
Rucking	A ruck is formed when at least one player from each team are in contact, on their feet and over the ball which is on the ground.
Turn over	When the defenders drive players back over the ball and gain possession of the ball.
Tackling	Wrapping your arms around the opponent and bringing down your opponent. When you tackle an opponent, you cannot make contact above the shoulders.
Line out	Play is restarted after the ball has gone into touch by throwing the ball at height and teammates being lifted in the air to receive it.
Try	A try is a way of scoring points. A try is scored by grounding the ball in the opposition's in-goal area.