

RUGBY



MOST IMPORTANT COMPONENTS OF FITNESS

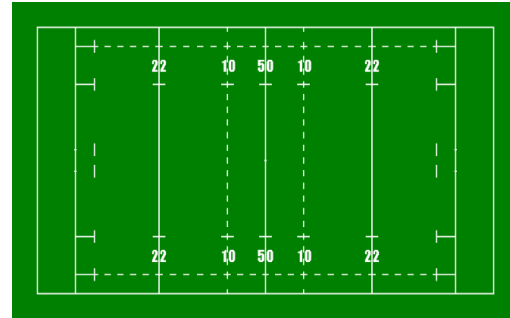
Speed- to get into space.
C.V Endurance – to be able to play for the full game.
Strength – tackle
Power – push people back.
Balance – to stay on your feet and go past tacklers.
Co-ordination – to catch passes.

SKILLS

Tackling
Passing
Running
Rucking
Mauling
Scrummaging

TACTICS

Running to create space
Support play
Recycling the ball



K S 3

REGULATIONS

There are two types of rugby: Rugby League and Rugby Union. They have similar skills, but different rules.
A full game consists of 2 x 40 min halves.
Rugby league has 13 players union has 15
A try is scored by placing the ball over the try line.
In league this scores 4 Pts in Union it scores 5.

RULES

Players must attempt to run forwards when the ball is in their hands aiming for the opposition try line
Players must pass the ball laterally or backwards
If a player fumbles the ball to the ground or the ball is passed forwards a 'knock on' is awarded and a scrum is called
Players must tackle the opposing players below the shoulder and ground their opponent safely
The defensive team must retreat 10 m when the attacking team are playing the ball.

League

Once a player has been tackled they must 'play the ball' by standing up and passes the ball backwards with their foot.

You have 6 tackles to try to score

Union

In Union you keep the ball alive by rucks and mauls and keep the ball until you make a mistake.