

# Rugby Rules and Basics



	Rugby Fifteens	Rugby Sevens
Number of Players	15	7
Duration	40 minutes / half	7 minutes / half
Aspects of Appreciation	More about power and tactics	Fast-paced and higher score rate

## Scoring Points



### Try/Conversion

A try is scored (5 points) when the ball is grounded over the opponents' try line in the in-goal area. After scoring a try, that team can attempt a conversion kick to score two more points.

### Penalty

The team is awarded a penalty kick following an infringement by the opponents. Three points would be awarded by kicking the ball over the cross bar in between the posts.

### Drop Goal

A player scores a drop goal by kicking by a drop-kick in open play. Three points would be awarded by kicking the ball over the cross bar in between the posts.

### Line out

When a player of either side carries the ball out of play, the team in advantage may gain possession of the ball from a line out. Forwards from both sides then form two respective straight lines to contest possession of the ball when the player from the team in advantage throws the ball from the line of touch.

### In-goal area

### Passing

The ball carrier may run freely. However, the ball carrier must pass it backward (to his/her teammates towards his/her own try line) when passing the ball.

### Maul

### Ruck

### Halfway line

### Scrum

The referee will award a scrum whenever the ball is passed forward or dropped in front of the ball carrier. Forwards from both sides are then tasked to form a scrum.

### Maul & Ruck

A maul occurs when two competing teams contest the ball or when the ball-carrying team is planning an attack in an organised way, and the ball carrier is on his/her feet and his/her teammates are binding on for support and moving forward. A ruck occurs when the ball carrier falls on the ground and his/her teammates surround him/her and push away the opponents.

5.6m

3m

### Tackle

It means stopping the attacking player from moving forward by tackling him/her below the line of his/her shoulders.

### Try line

### In-goal area

### Dead ball line

### Did you know 1:

#### Why a rugby ball is olive-shaped?

Rugby was born in Rugby School in England in 1823. The ball was firstly made from an inflated sun-dried pig bladder, which was like an olive in shape. Until 1851, a shoemaker William Gilbert made the ball by stitching four pieces of leather, which became the prototype of the rugby ball. With its olive-shape, a rugby ball may roll with more uncertainty in direction in comparing to a football which can roll on a straight line.

### Did you know 2 :

#### The protective gears of rugby and American football

Rugby and American football are different. American football players need more protective gears such as helmets, shoulder pads, elbow pads, thigh pads and knee pads etc. as the sport has more collisions. For rugby players, they have to wear mouth guards and may also wear scrum caps and shoulder pads.

### Did you know 3 :

#### When did Rugby Sevens become an Olympic sport?

Rio 2016

American football



This infographic is developed by Curriculum Development Institute, Education Bureau.

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