1. Rugby originated from from what sport? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How many chances does a team get to try to score? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. The game starts with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. In PE rugby, how many points does a girl get for a score? \_\_\_\_\_\_\_\_\_\_
5. After you get a flag pulled you re-start by doing a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. What player cannot score? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Is it better strategy to get your flag pulled or to make a bad pass and let the ball hit the ground?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Who performs the roll back? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What happens after a flag pull? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. When is a “Tap” done? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Who is the “dummy half”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. How far back does the defense have to be during a re-start? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Is being off sides a penalty? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**History**

A student at the Rugby School in England, William Webb Ellis, was playing soccer in 1823 when he picked up the ball and ran down the field to score. From this point, the game of rugby was formed. Today rugby is played in over 100 countries all because Mr. Ellis picked up the ball, and ran with it.

**Objective**:

Move ball down field and across your opponents’ goal line by running and passing the ball to teammates. The game starts from the mid line with a “tap.” Players than attempt to advance ball my running with the ball and/or passing (backwards or lateral) it to their teammates. They will have six attempts per possession to score.

**Scoring**:

A successful “TRY” (touchdown) is when the ball carrier crosses the opponents’ goal line and places the ball on the ground. In real rugby, a try is worth 5 points. If a player is touched (flag pulled) before he/she touches ball to ground in the end zone, the attacking team must re-start.

In PE rugby, it is:

* Boys = 1 point
* Girls = 2 points

**Rules**:

* The game starts with a “Tap” from the mid-line.
* Re-Starts are begun with a “roll” back. Re-starts are done where an opponents’ flag is pulled.
* A “roll back” is when a player steps over the ball and gently rolls ball backward with the hand. A “dummy half” will then pick up the ball and continue playing. The “dummy half” may not score or get his/her flag pulled. The dummy half becomes a regular player after passing the ball. It is a turnover if the dummy half’s flag is pulled or he/she scores.
* Passes may only be done underhand sideways (laterally or backwards).
* Teams have **six** touches/pulls (flags pulled; tackles in real rugby) to score on each possession.
* No blocking or interfering with defensive or offensive players.
* Flag Pulls: After pulling someone’s flag, stop, hold flag high, and shout “flag.” The ball carrier must come back to the spot and re-start play with a roll back.
* If the ball is within 5 yards from the goal line, the defense may stand closer than the 5 yds (5 large steps) neutral zone (the closest they may stand is the goal line).

**Penalties**: Teams are to re-start with a “TAP” after a team is penalized. Defense must be 10 yds (10 large steps) from ball to be “On-Side.” A defensive penalty results in the offensive team re-starting at zero pulls/touches. A Tap is done by dropping the ball and touching the ball with foot.

1. Forward passes.
2. Offside Interference.
3. Blocking defensive or offensive players.
4. Any negative and/or aggressive behavior.

**Change of possession:** When the other team gets the ball and has a “re-start.” Play re-starts with a “roll back” and defense 5 yds back.

* The ball hits the ground.
* The dummy half has flag pulled or crosses the goal line with ball.
* Ball carrier runs out of bounds (side lines or end line). In this case the re-start would happen 5 yds inside the field from where the ball carrier went out.
* The defensive team got six flag pulls.
* Forward passes or late passes (passed after flag is pulled).

14. When can the defense pull flags after a re-start? \_\_\_\_\_\_\_\_\_\_\_\_

1. Should you run in front of the ball or behind the ball? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Should I attempt to catch the ball with my fingers.
3. What happens when someone runs out of bounds with the ball?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Terms:**

1. *Tap:* Ball carrier drops ball and taps with foot to start game, re-start after score, or re-start after penalty.
2. *Roll Back:* a means tore-start play after a flag is pulled or when the ball hits the ground.
3. *Offsides*: when a team (offense or defense) is not on their designated side of the ball. Usually, 5 yds back at the start of a “roll back” and 10 yds back at the start of a “tap.”
4. *Offside Interference:* When a defender is not 5 meters back at the roll ball, or not 10 meters back for a penalty tap, they are “offside”. They may not attempt to touch a ball player. They can either stay out of that particular play or attempt to get 5/10 meters back from the ball during the play, in which case they will become “onside”. Once the ball has traveled 5/10 meters forward, all players are then “on-side.”
5. *Dummy half:* The player that receives (picks up the ball) after the roll back. The dummy half may

Skills & Strategy

* Catching: hands & fingers up, thumbs pointing toward each other; be ready.
* Always trail the ball carrier either behind or to side of him/her (usually around 5-6 steps). Never be in front of the ball.
* Spin the ball to create a spiral. A spiral allows for stability and more accurate passes.
* Run in lanes to create better passes zones. Unless you run a switch back (run behind the ball carrier— criss-cross, reverse, or X cut).

Defense:

* Stay in lanes.
* Stay low and balance while attempting to pull flags. Always try to pull both flags.
* Defense must be 5 yards back during all roll backs (re-starts).
* If off-sides during a roll back, the defender must get to the 5 yard mark (from where the roll back started), before pulling flags. It is a penalty, if a defender is off-sides and pulls a flag.
* During a roll back, the defense may only charge when the dummy half touches the ball.