



**USA RUGBY  
UNIVERSITY**

# **INTRODUCTION TO RUGBY REFEREEING**

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## A Workbook for New Referees

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

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Email Address: \_\_\_\_\_

Primary Telephone Number: \_\_\_\_\_

I want to become a rugby referee because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What makes a good referee?

\_\_\_\_\_

\_\_\_\_\_

What makes a bad referee?

\_\_\_\_\_

\_\_\_\_\_



USA Rugby has developed this program to provide an introduction to the role of rugby referees at the contact level.

The content of the program does not assume any previous experience or knowledge in the sport of rugby. It is the first stage in the rugby refereeing training and development pathway.

Modules have been developed and grouped in accordance with the common components of the laws of the game of rugby, along with the requirements of those actually playing the game.

The completion of this program will provide participants with the necessary skills and knowledge to referee rugby at the contact level.

Thank you for participating in this course. We trust it will assist you in reaching your goals in the short and long term future.

Good luck with your refereeing!

**Ed Todd**  
**USA Rugby; Referee Development Director**  
**April 2014**

# Welcome

Welcome and thank you for accepting the challenge of being a rugby referee. Whether you have been asked to take up the whistle or it is by your own initiative, congratulations! Whether you referee for the love of the game or you aspire to referee at the highest level, refereeing the sport of rugby provides many challenges and opportunities.

## Challenges

The challenge of refereeing can provide great personal rewards. As a referee, you are in a position to make a positive contribution to every game and help the game flow, making instant decisions and judging the actions of players. You are a role model among children, young adults and experienced players. Actions speak louder than words, so ensure that your behavior is consistent with the principles of good sportsmanship both on and off the field.

As you enhance your skills and gain confidence you will be appointed to referee at higher levels. Further advancement is up to you. Show desire, commitment and potential, and Referee Coaches will guide your development. The final step for a successful few is the professional arena. With dedication, commitment and hard work a referee will reach such a pinnacle.

A referee must be able to exercise control, understand fairness, promote safety and encourage good sportsmanship. A referee must be consistent, objective and courteous, a good communicator and unobtrusive but firm while always retaining respect for fair play. Possess and display these attributes and you are well on your way to becoming a great referee.

## Opportunities

Refereeing the sport of rugby provides many opportunities. Consider the following important questions as you begin your refereeing career to make the most of those opportunities:

### **ARE YOU PHYSICALLY FIT?**

Officiating any field sport involves some running and endurance, and requires the referee to be in constant motion if they are to keep up with the play.

### **DO YOU UNDERSTAND THE GAME?**

An understanding of the game is important. As a referee you are in a position of authority, but it is the players who the fans have come to watch. You must exercise your responsibilities with caution, as your role is to assist the players to enjoy the game. Show empathy with the players but do not compromise standards.

### **CAN YOU CONTROL YOUR EMOTIONS?**

Players and spectators have tremendous passion for their sport, which can place referees in volatile situations. You must remain calm under pressure and be prepared to become the subject of verbal criticism and not react. Retain your composure when confronted by others who are not in control of themselves.

## **ARE YOU ABLE TO COMMIT TO BECOMING A BETTER REFEREE?**

Reading the law book is only one requirement to becoming a better referee. A good referee understands the game and has empathy with all participants. You should have a “feel” for the flow and spirit of the game, and then adapt your refereeing style to suit each game. You must be prepared to regularly attend training and development sessions to help improve your refereeing and understanding of the game.

## **DO YOU HAVE THE RIGHT ATTITUDE?**

Refereeing is fun and enjoyable. If your attitude is right, you will find refereeing is a great way to:

- » Continue your enjoyment of the game
- » Make new friends
- » Stay fit
- » Learn life skills
- » Develop self-confidence
- » Contribute to the sport
- » Travel

Enjoyment is the key. If you are not enjoying your role as a referee, there will be players who are not enjoying your refereeing.

## **USA Rugby Referee, Leah Berard**

**WORLD CUP FINAL REFEREE; WOMEN'S WORLD CUP 7S FINAL 2013**



“Refereeing is a great way to stay involved and give back to the game of rugby. With my playing days behind me, it has been a great opportunity to meet so many amazing people and be part of a new team. Refereeing is a challenge in the best sense of the word; I love how it makes me think and look at rugby in a new way each time I step onto the pitch. I can’t think of any better way to keep giving myself opportunities to grow and be better every day.”

# The Role of the Referee

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The referee is required to ensure that the players adhere to the Object of the Game

## OBJECT OF THE GAME

Two teams of 15, 10 or 7 players each score as many points as possible by carrying, passing, kicking and grounding the ball. All play is in accordance to the laws and spirit of the sport.

## SAFETY

- » A major consideration for all concerned.
- » All phases of the game must be kept as safe as humanly possible.
- » **If it looks dangerous, STOP IT!**

## EQUITY

- » All involved with the game (spectators, players, parents, administrators and coaches) must see ALL referees officiating both sides fairly.
- » The referee is a role model.
- » “Two wrongs do not make a right”

## LAWS

- » The laws establish the framework through which a game is contested. The laws are an integral part of the game and it is important that referees possess a basic knowledge and understanding of them. This knowledge brings confidence to all involved.

## ENJOYMENT

- » Vital for all involved; players, coaches, spectators AND referees!

1. The Role of the Referee is to:

Promote **S** \_\_\_\_\_

Maintain **E** \_\_\_\_\_

Know the **L** \_\_\_\_\_

and **E** \_\_\_\_\_ the game

2. The object of the game is to lead players in observing the principles of:

I. **F** \_\_\_\_\_

II. **S** \_\_\_\_\_

3. Name four ways teams promote the scoring of points:

I. **C** \_\_\_\_\_

II. **P** \_\_\_\_\_

III. **K** \_\_\_\_\_

IV. **G** \_\_\_\_\_

4. “Two wrongs do not make a right”

This is a reflection of **E** \_\_\_\_\_

5. A key factor in refereeing is **E** \_\_\_\_\_

# Game Organization

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## **PRE-MATCH DAY**

- » Check venue location
- » Check time for each half
- » Organize personal gear
- » Check team's jersey color(s)
- » Check cancellation/ground change method
- » Plan match day timetable

## **MATCH DAY**

- » Listen for cancellation/ground changes
- » Following match day food/fluid intake plan
- » Pack your gear bag
- » Arrive at the field 45-60 minutes before kickoff

## **AT GROUND**

- » Locate the field and the Club officials
- » Familiarize yourself with the field markings and flags
- » Check depth of in-goal areas
- » Check for dangerous objects
- » Use crowd barriers if they are available
- » Check to make sure the scoreboard/clock is working

## **PRE-MATCH BRIEFING PROCEDURES**

- » Introduce yourself to coaches and captains
- » Arrange time for gear inspections and safety procedures discussion
- » Confirm kickoff time
- » Arrange time for coin toss
- » Arrange for team(s) touch judges
- » Answer pertinent questions honestly

## **THE COIN TOSS**

- » Make sure you have a coin to toss
- » Offer the visiting team the option of calling the toss
- » If there are two home teams, then the leading team in the competition has the option to call the toss
- » Ensure that the winning captain makes their choice, choosing ends or kicking off, in your presence
- » Check-in with both teams with regard to the game's start time

### PRE-MATCH PREPARATION

- » Physical: Warm up
- » Mental: Revisit areas for on-field improvements (e.g. whistle, positioning)

### PRE-KICKOFF ORGANIZATION

- » Blow whistle 2-3 minutes prior to scheduled match start.
- » Ensure that teams go to correct ends and that the correct team kicks off.
- » If starting the game late and there are games following, divide remaining time in half and consider reducing halftime.

### TIME KEEPING

- » Check time for each half prior to each game.
- » Check field clock if available - is it working?
- » Do NOT rely on the ground clock.
- » Use your own watch.
- » Set YOUR watch immediately prior to the kickoff.
- » Stop your watch for major injury stoppages.
- » Add time on to the half that the injury occurred in.
- » Reset watch for the second half at completion of halftime.
- » Half time is five minutes (televised matches are up to fifteen minutes).
- » One minute maximum time allowed for treatment of injured players.
- » Longer stoppages allowed for serious injury or for removal of player from the field.

# Assessment

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1. Name four things that you should check as part of your pre-match day preparation:

I. \_\_\_\_\_

II. \_\_\_\_\_

III. \_\_\_\_\_

IV. \_\_\_\_\_

2. Name four things you should do on match day:

I. \_\_\_\_\_

II. \_\_\_\_\_

III. \_\_\_\_\_

IV. \_\_\_\_\_

3. Name two things you should arrange in your pre-match briefing:

I. \_\_\_\_\_

II. \_\_\_\_\_

4. Who tosses the coin?

\_\_\_\_\_

5. How long should you allow for the treatment of an injured player?

\_\_\_\_\_

# Whistle! Signals! Talk!

The communication model is sequential:

1. **Whistle**
2. **Signals**
3. **Talk**

## Whistle

The use of the whistle is a form of communication and tends to be either a combination of **LONG and LOUD**, or **SHORT and SOFT**

Uses of **LONG and LOUD** blasts:

- » Try scored
- » Penalty kick
- » Free kick

Use of **SHORT and SOFT** blast:

- » Knock on
- » Throw forward
- » Unplayable ball

## Signals

There are four primary signals:



**PENALTY**



**TRY**



**FREE KICK**



**SCRUM**

## MODULE 3

The most important secondary referee signal:



### ADVANTAGE

## Talk

When verbally delivering your decision, make sure to be clear and concise. Here are two examples:

### KICK OFF (START OF THE GAME AND AFTER HALF TIME)

- » “Ready Blue Captain” (non-kicking team)
- » “Ready Red Captain” (kicking team)

### KNOCK ON

- » “Knocked on Blue Number 9”
- » “No advantage”
- » “Scrum here”
- » “Red ball”

# Assessment

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1. Name the Communication Sequence:

I. \_\_\_\_\_

II. \_\_\_\_\_

III. \_\_\_\_\_

2. Name three signals demonstrated by the use of a straight arm:

I. \_\_\_\_\_

II. \_\_\_\_\_

III. \_\_\_\_\_

3. When would you use a LONG and LOUD blast of the whistle?

\_\_\_\_\_

\_\_\_\_\_

4. A player knocks the ball on. Write down the possible statements you could use at this infringement:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Where Do I Stand?

## KICK OFF

- » Take up a position in line with the kicker approximately 5m to the side away from where the majority of players have lined up.
- » Ensure that the kick off is at the center of the halfway line and is a drop kick.
- » The kicker's team must be behind the kicker when the ball is kicked.
- » The opponents are on or behind the 10m line.
- » As the ball is kicked, you are moving towards the kicker and then turn out towards the 10m line before coming in to the ball landing zone.
- » Observe that the ball reaches the opposing team's 10m line unless an opponent plays it first.
- » The ball cannot be kicked directly out of bounds.

## SCRUM FORMATION

- » Ensure you are in a position to see the correct scrum engagement sequence - stand about 1m to the side of the scrumhalves with a clear view of the scrum throw in and front rows.
- » Call the scrum engagement sequence: **“Crouch,” “Bind,” “Set”**
- » Keep the scrumhalf throwing the ball in, on your left side.
- » The scrumhalf throwing the ball into the scrum must do so with little delay. The ball is put in straight and the hooker's feet remain on the ground until the ball has left the scrumhalf's hands.
- » All scrum participants are bound to the scrum (binding means holding with full arm).

## SCRUM BALL EMERGING

Your prime responsibility is to position yourself so you can observe the following:

- » Are all scrum participants still bound and not infringing (i.e. flankers hanging on with one hand)?
- » Does the scrumhalf gather the ball cleanly?
- » Does the opposing scrumhalf remain onside at the scrum?
- » Are the opposing backs onside or offside?

## LINEOUT

- » Take up a position either at the front, between the touch line and the 5m line (normally on the side of the team throwing in), or at the back on either side of the 15m line (usually at age grade level the ball will be thrown short, so the front positions are preferable).
- » Be able to observe that the 1m lineout gap is established and that lineout non-participants (backs) are back 10m until the lineout ends.
- » The key is to be able to observe that the jumpers have a clear jump for the ball.

### RUCK / MAUL

- » Take up a position which enables you to observe offside players and those not bound to the ruck or maul, while also being able to see where the ball is and its availability for play to continue.
- » The best body position is side on, that is, with your back to the goal line and facing the non-ball carrying team. It makes observing offside lines much easier.
- » Move to either side of the Ruck/Maul (rear) depending on what you want to observe. Then move away in the direction of subsequent play.

### IN-GOAL

- » This is the area where few players, parents, coaches or spectators forgive referee errors. Raise your level of alertness.
- » Get into in-goal quickly and have play come to you.
- » Aim to see the ball clearly so you can rule accurately.
- » Be aware that there is no such law as 'too many hands on the ball'. The ball carrier either forces the ball on the ground (**Try**), or is prevented from doing so by opponents (**held ball in-goal, scrum 5m**).

# Assessment

1. Ensure the kickoff is taken from the \_\_\_\_\_ of the halfway line and the kicker's team is \_\_\_\_\_ the kicker.
  
2. The ball must reach the \_\_\_\_\_ **m** line unless touched by the opponents first. If the ball goes into the in-goal area and is immediately forced down in the in-goal, the non-kicking team is offered the option of either a **s** \_\_\_\_\_ at the center of **h** \_\_\_\_\_ or having the ball kicked-off again.
  
3. The scrum engagement sequence is:
  - I. C \_\_\_\_\_
  - II. B \_\_\_\_\_
  - III. S \_\_\_\_\_
  
4. As the ball emerges from the scrum you need to be in a position so you can observe these four things:
  - I. \_\_\_\_\_
  - II. \_\_\_\_\_
  - III. \_\_\_\_\_
  - IV. \_\_\_\_\_
  
5. The best preferred position at the Ruck/Maul is \_\_\_\_\_ with your back **f** \_\_\_\_\_ the goal line.

# The Kicks of Rugby

**DEFINITION**

A kick is made by hitting the ball with any part of the leg or foot, except the heel, from the toe to the knee, but not including the knee.

**DROP KICK**

A drop kick is made by letting the ball fall from the hand(s) to the ground and kick after the first bounce.

**KICKOFF**

A drop kick taken from the center line. If the wrong type of kick is used, the ball is kicked from the wrong place or does not reach the opponent's 10m line, **the opposing team has two choices:**

1. Have the ball kicked off again
2. Have a scrum at the center of the halfway line and they throw in the ball

**Note: If the ball is first played by an opponent, PLAY ON!**

If the ball is kicked directly into touch, **opponents can either:**

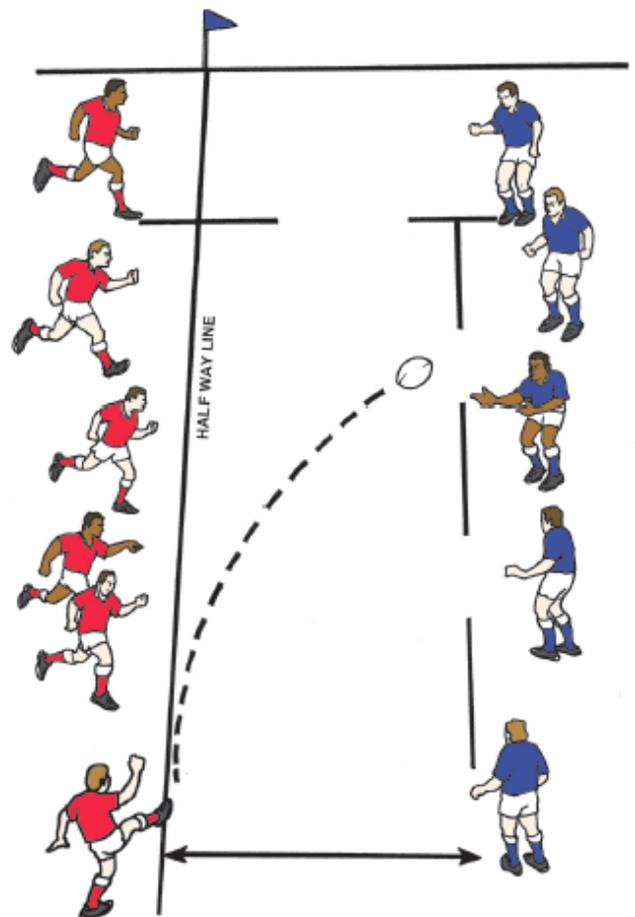
1. Accept the kick - lineout
2. Take the scrum at the center of the halfway line
3. Have the ball kicked-off again

When the ball is kicked into in-goal without any player having touched it, **the receiver has three choices:**

1. Ground the ball immediately
2. To make the ball dead (kick it over touch-in-goal/dead ball line).
3. Play on (pick the ball up and play it).

**If the defenders take choice 1 or 2, then the ball will be:**

1. Kicked off again; or
2. A scrum formed at the center of the halfway



### DROP OUT

A drop kick that must be taken by defenders anywhere on or behind the 22m line.

If there is an **incorrect kick, the opposing team has two choices:**

1. Drop out again
2. Scrum at the center of the 22m line, they throw the ball in

If ball does not cross the 22m line, **the attackers have two options:**

1. Drop out again; or
2. Scrum at center of 22m line

If the ball goes directly into touch:

1. Accept the kick; or
2. Another drop out; or
3. Scrum at the center of the 22m line

### PENALTY KICK / FREE KICK

The referee must make a mark.



**PENALTY**



**FREE KICK**

- » Penalty and free kicks may be taken by any player, and by any form of kick, at or behind the mark.
- » The ball must clearly leave the hands and tap the foot to restart play.
- » Opponents must line up 10m from the mark or go to their own goal line (whichever is closer).

**Note: A free kick awarded from a mark must be taken by the player that catches the ball.**

### **PENALTY KICK FOR GOAL**

- » Indication to kick for goal cannot be reversed.
- » If a team indicated to kick for goal and then does not, play restarts with a scrum (the opponents throw-in).
- » Can be a place kick or a drop kick.
- » All players of kicker's team must be behind the ball until it has been kicked.
- » Opponents must retire 10m from the mark and remain motionless with their hands by their sides until the kick has been taken.

### **KICK AS GOAL AFTER A TRY (CONVERSION)**

- » Can be a place kick or drop kick.
- » Use of kicking tee is mandatory for a place kick.
- » Must be taken in line with where the try was scored.
- » Opposing team must be behind the goal line until the kicker begins to run.

# Assessment

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1. A kick is made by hitting the ball with any part of the \_\_\_\_\_ or \_\_\_\_\_, except the heel, from the toe to the knee, but not including the knee.
2. A drop kick is made by letting the ball fall from the \_\_\_\_\_ to the \_\_\_\_\_ and kicking it on the first rebound.
3. A drop out can be taken anywhere **a** \_\_\_\_\_ or **b** \_\_\_\_\_ the 22m line.
4. At a penalty kick, the ball must be \_\_\_\_\_ out of the hands, or if it is on the ground it must be propelled a \_\_\_\_\_ distance from the mark.
5. The kicker indicated that the team is going to have a shot at goal. The ball is then kicked out. Is this allowed? (Circle the answer)

**Yes**      **No**

When is the next phase of play and who gets the ball?

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# Tackle: Ball Carrier Brought to Ground

## DEFINITION

A tackle occurs when the ball carrier is held by one or more opponents and is brought to the ground.

- Where:** In the field of play, but not in-goal
- When:** The ball carrier is held by one or more opponents, and while held is brought to the ground
- How:** Ball carrier is:
1. On knee(s)
  2. Sitting on the ground
  3. Sitting on top of another player on the ground
  4. Ball touches the ground



## TACKLER RESPONSIBILITIES

The tackler **MUST**:

- » Immediately release the tackled player.
- » Allow the tackled player to pass, place, or release the ball
- » Roll away; or
- » Be on their feet before next playing the ball.



## BALL CARRIER RESPONSIBILITIES

The ball carrier player **MUST**:

- » Pass, place, or release the ball without delay.
- » Get up or move away from the ball.
- » Release the ball to any player in a standing position that is competing for it.

## ARRIVING PLAYER RESPONSIBILITIES

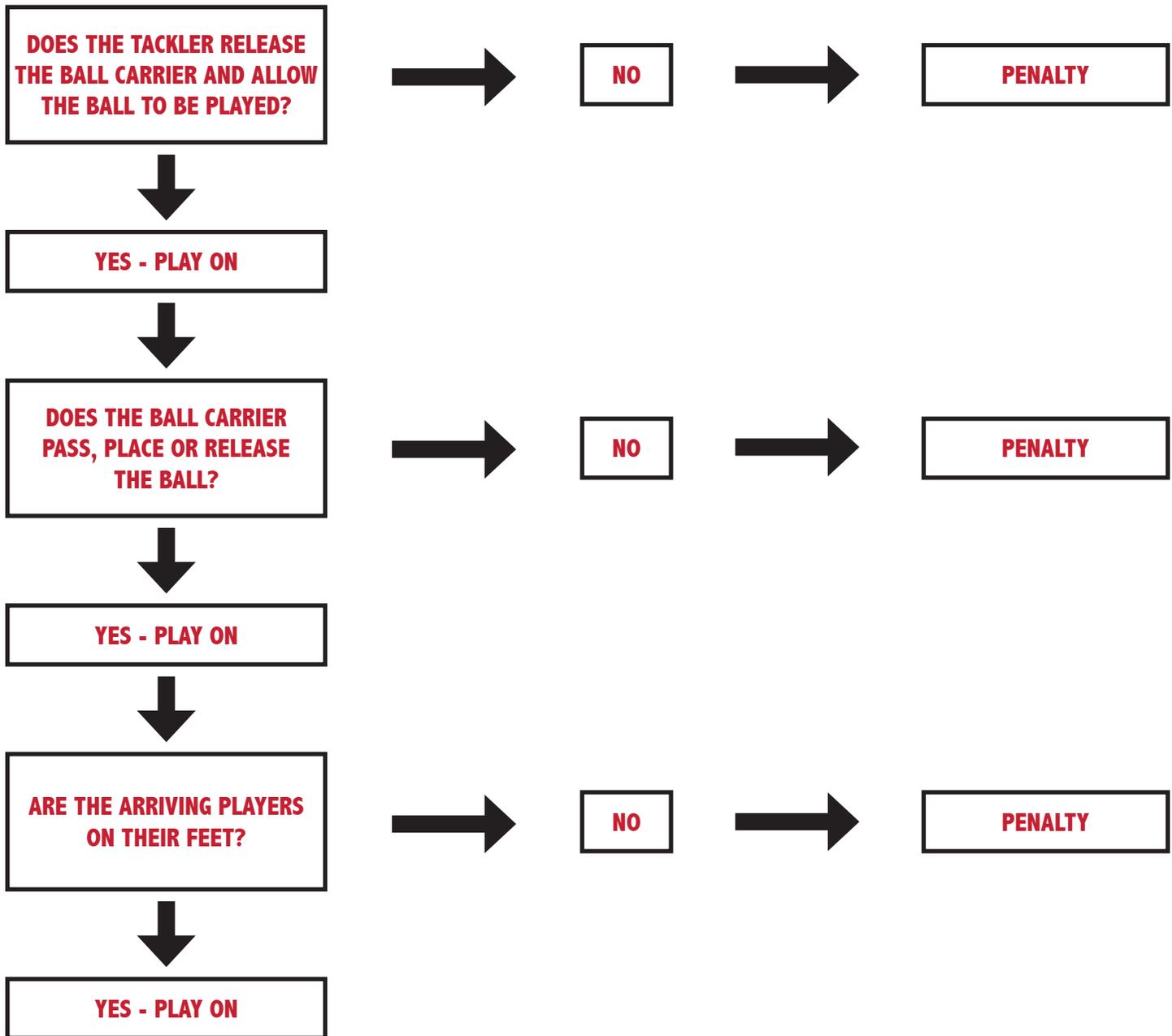
Arriving players **MUST**:

- » Stay on their feet only when contending for the ball.
- » Do so from behind the ball and from behind the tackled player or the tackler closest to those player's goal line.

Arriving player **MUST NOT**:

- » Intentionally fall on or over players lying on the ground.

**Refereeing Process**



**COMMUNICATION TIPS**

Communication by the referee helps make the tackle work.

Recommended use of:

- » “Release”
- » “Roll away six” (number)
- » “Let him/her go”
- » “Play it”

# Assessment

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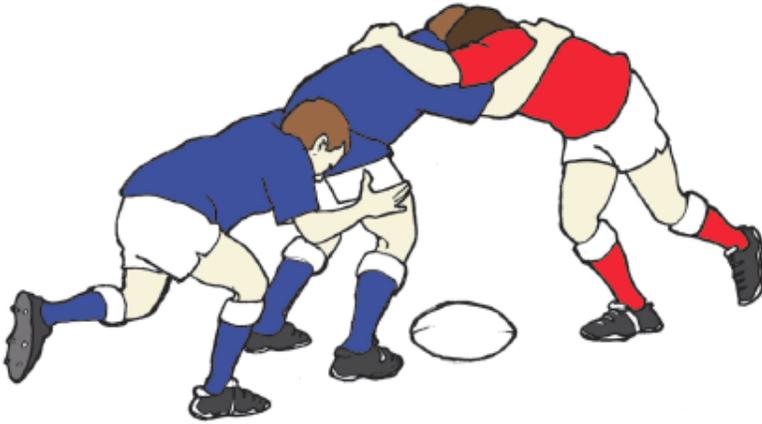
1. A tackle occurs when \_\_\_\_\_  
\_\_\_\_\_
  
2. What must the tackler do immediately?  
\_\_\_\_\_
  
3. Name one thing that a tackled player must do immediately:  
\_\_\_\_\_
  
4. Can a tackle occur in-goal?  
\_\_\_\_\_
  
5. Name one thing the referee should communicate to players at the tackle:  
\_\_\_\_\_
  
6. Describe 2 things arriving player at a tackle must do:
  - I. \_\_\_\_\_
  - II. \_\_\_\_\_

# Ruck and Maul

## Ruck

### DEFINITION

- » Only in the FIELD OF PLAY.
- » Ball must be on the ground.
- » Includes one or more players from each team on their feet in contact around the ball.



## Maul

### DEFINITION

- » Only in the FIELD OF PLAY.
- » Ball is held by a player.
- » Includes a ball carrier and one player from each team.



# Assessment

1. How many players from each team does it take to form a ruck?

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2. Where must the ball be to create a ruck?

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3. To create a maul, there must be at least one player from each team around the **b**

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**c**

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4. Can a maul take place in-goal?

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5. If the ball becomes unplayable in a maul, what should the referee rule?

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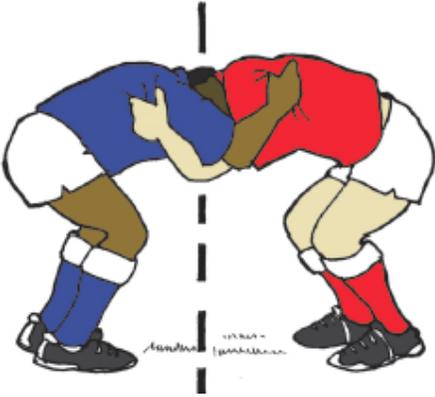
Who receives the ball?

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**SAFETY IS PARAMOUNT**

The scrum is a potentially serious injury phase of the game.



The scrum formation and engagement laws must be strictly followed to minimize the risk of serious injury.

**SCRUM FORMATION**

- » Referee must make a mark.
- » Scrum is formed at the mark.
- » Eight players from each team shall be required to form a scrum.

**Note:**

- » **All scrums shall be formed no closer than 5m to the touch line or goal line.**
- » **If for any reason team numbers are reduced, the number of players in the scrum must remain equal.**

**SCRUM FORMATION - REFEREE ACTION**

Check to make sure:

- » Players assemble one arm's length apart.
- » Players line up to the left of their direct opponent.
- » Feet of front rowers are shoulder width apart.
- » Feet, shoulders, and hips are square.
- » Props and hook are firmly bound.
- » Shoulders of front row players **MUST NOT** be lower than hips.
- » Locks bind to each other and then bind onto front row.
- » Loose forwards bind on to the 2nd rows with No. 8 binding between the 2nd rows.
- » All spines in line.

**SCRUM ENGAGEMENT**

Each front row shall engage in the sequence of "Crouch," then "Bind," then pause, and then engage only on the call "Set" given by the referee. The call "Set" is not a command, but rather an indication that the front rows may engage when ready.

## ENGAGEMENT SEQUENCE - REFEREE ACTION

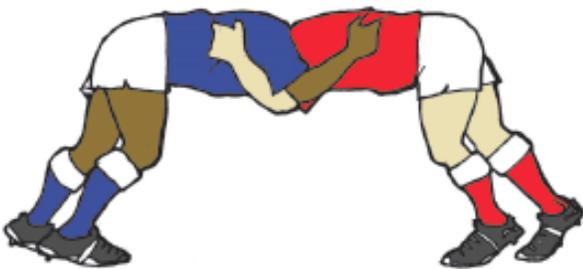
When you are satisfied with the formation:

- » Call "CROUCH," then "BIND"
- » Observe heads up, looking ahead, spines in line.
- » Call "SET"

## BINDING

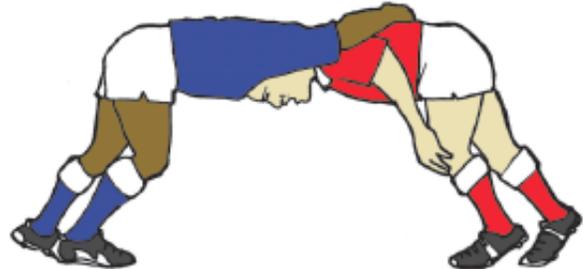
- » The players of each front row must bind firmly and continually throughout the duration of the scrum.
- » Any player who is not a front row player must bind with one arm around one of the locks and must bind firmly and continuously throughout the duration of the scrum.
- » The No. 8 must bind between the locks.

### LEGAL BINDINGS

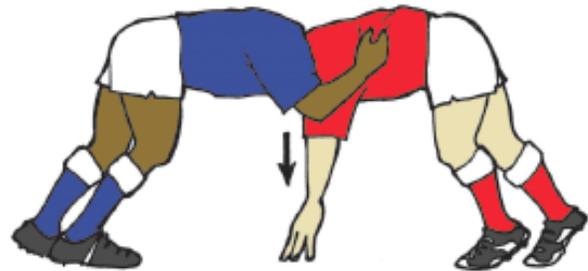


- » Loosehead's arm up
- » Tighthead's arm on opponent's back

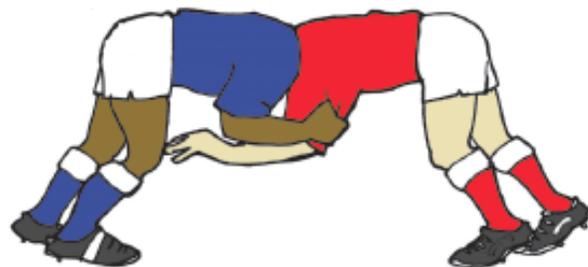
### ILLEGAL BINDINGS



- » Loosehead's arm on thigh



- » Tighthead pulling down
- » Loosehead's hand on ground



- » Tighthead gripping sleeve or arm
- » Loosehead not bound at all

### PROBLEM IDENTIFICATION

Watch for:

- » Mismatched front rows.
- » Chins on chest.
- » Shoulders below hips (folding and collapsing).
- » Players standing up.
- » Players being pushed up (popping).

**BLOW WHISTLE IMMEDIATELY SHOULD ANY OF THESE OCCUR - IF IT LOOKS DANGEROUS, STOP IT!**

### OTHER FACTORS

Ensure:

- » Immediate scrum feed on referee call.
- » No wheeled scrums beyond a 45 degree angle.
- » No pushing beyond 1.5m.
- » All participants remain bound until the ball emerges.
- » Ball is not held in scrum for a prolonged period.

### PRE-MATCH BRIEFING

- » Must include all forwards, scrumhalves and reserves.
- » Check who has previously played in the front row.
- » Referee will make a mark.
- » Front rows assemble arm's distance from the mark.
- » Call "CROUCH"
- » Call "BIND"
- » Call "SET"
- » Following engagement, scrumhalf to throw the ball into the scrum on command without delay.

### OTHER FACTORS

If scrums become unsafe, uncontested scrums **MUST** be applied.

# Assessment

1. Scrums shall be formed no closer than \_\_\_\_\_ from the goal line and touch line.
2. A team must always have a total of \_\_\_\_\_ players to form a scrum, and if for any reason the opposing team reduce numbers through injury, sin bin or ordering off, the non-offending team must \_\_\_\_\_  
\_\_\_\_\_.
3. Feet of front row players should be \_\_\_\_\_ width apart. Shoulders of front row players should be \_\_\_\_\_ lower than their hips.
4. Players must bind **f** \_\_\_\_\_ and **c** \_\_\_\_\_ throughout the duration of the scrum.
5. Name four potential problems during a scrum:
  1. **C** \_\_\_\_\_ on **c** \_\_\_\_\_
  2. **S** \_\_\_\_\_ below **h** \_\_\_\_\_
  3. Players standing **u** \_\_\_\_\_
  4. Mis-match of **f** \_\_\_\_\_ **r** \_\_\_\_\_

## FORMATION

- » A lineout needs a minimum of two players from each team lined up.
- » The line-of-touch is an imaginary line down the middle of the lineout.
- » A gap of 1m is required between the two lines of players.
- » Players must line up in two single lines.
- » Each team to line up between the 5m and 15m line.

## THROWING IN

- » Player throwing in must stand in touch.
- » Throw in must be without delay.
- » The throw in must be straight.
- » Straight means the ball lands between the inside shoulders of both lines of players.
- » The throw in must travel at least 5m.

## QUICK THROW IN

- » Less than two players from each side lined up (i.e. no lineout is formed).
- » Same ball that went out must be used.
- » Ball must only be touched by player throwing it in.
- » The throw in can be taken anywhere between where the ball went out and the goal line of the team throwing in.
- » Ball must travel 5m.
- » Ball must be thrown in straight or backwards towards own goal line.

**Note: A quick throw in is not a quick lineout**

## QUICK LINEOUT

- » A quick lineout is a lineout taken quickly.
- » The ball is thrown in quickly, normal lineout rules apply.

## BEGINNING OF LINEOUT

- » Lineout begins when the ball leaves the hand(s) of the player throwing it in.

### LINEOUT ENDS

- » When player carrying ball leaves lineout.
- » When ball is knocked back from lineout.
- » When ball is thrown beyond 15m line or returns into the 5m area.
- » When lineout ruck or lineout maul moves beyond line-of-touch.
- » The ball becomes unplayable.

### PARTICIPANTS / NON PARTICIPANTS

Participants in a lineout are:

- » Player(s) who line up in the lineout (lineout players).
- » Player who throws in the ball, plus immediate opponent.
- » Players of each team who take up a position of receiver/scrumhalf.

Non Participants at a lineout are:

- » All other players, who must be at least 10m back from line of touch.

### ACTIONS BY LINEOUT PARTICIPANTS

- » May take a step in any direction when jumping for the ball.
- » May support/lift a teammate who has jumped for the ball.
- » Must not lift/support a teammate below the shorts from behind or below the thighs from the front.
- » Must not use an opponent as a support when jumping.
- » Must not hold, push, charge, obstruct, or grasp an opponent not holding the ball.
- » Must not use a team mate as a support to jump.
- » Must not stand less than 5 metres from the touch line or prevent the ball being thrown in 5m.

**Note: At all levels of domestic rugby grades Under 13 and below, supporting of the jumper at the lineout is not permitted.**

# Assessment

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1. What is the minimum number of players from each team required to form a lineout?

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2. How far apart must the teams be from one another?

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3. Can the ball be thrown beyond 15m?

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4. How far back from the lineout must the non-participants be?

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5. List an action permitted by lineout participants:

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# Offside and Onside in General Play

## Offside

### DEFINITION

Offside means that a player is temporarily out of the game and could be penalized if they take part in the game.

In general play a player is offside because they are in front of the ball when it was last played by another member of their own team behind them. PLAYED = Kicked, Touched, Carried

### PLAYER IN AN OFFSIDE POSITION IS LIABLE TO BE PENALIZED IF THEY DO ONE OF THREE THINGS:

- » Move forward/sideways.
- » Play the ball or obstruct an opponent.
- » Are within 10m of where the ball lands and does not attempt to retire 10m.

## Onside

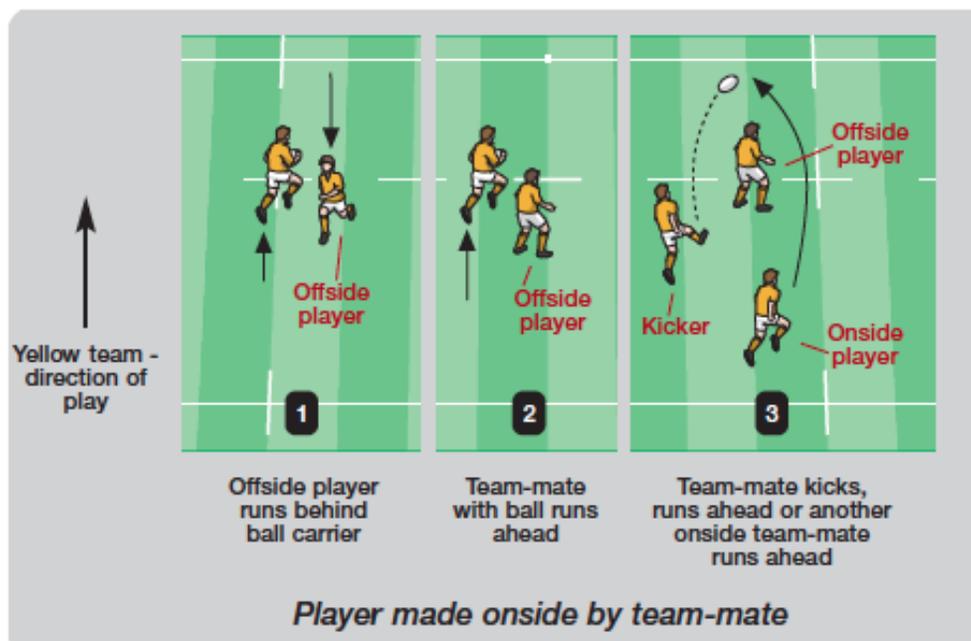
### DEFINITION

Onside means that a player is in the game and should not be penalized for an offside penalty.

### OFFSIDE PLAYERS CAN BE PUT ONSIDE IN THREE DIFFERENT WAYS:

1. By actions of their own
2. By actions of teammates
3. By actions of their opponents

### PLAYER PUT ONSIDE BY ACTION OF OWN OR TEAMMATES

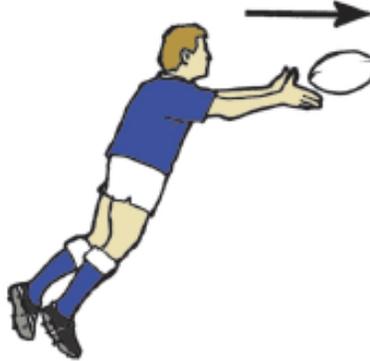


### PLAYER PUT ONSIDE BY OPPONENTS

1. Opponent runs 5m with the ball



2. Opponent kicks or passes the ball



3. Opponent intentionally touches ball



### TEN METER LAW - OFFSIDE

When a player is in front of a teammate who has kicked ahead, they must immediately move behind an imaginary line 10m from the opponent waiting to play the ball, or from where the ball lands.

### TEN METER LAW - BEING PUT ONSIDE

Until the player retires, NO action of teammates or opponents can put this player onside.

While retiring:

- » Action by player. Offside player runs behind the teammate who last kicked, touched, or carried the ball.
- » Action by ball carrier. Teammate carrying the ball runs in front of the offside player.
- » Action by kicker or other onside player. The kicker, or teammate who was level with or behind the kicker when (or after) the ball was kicked, runs in front of the offside player.

1. Name at least one thing an offside player **MUST NOT** do:

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2. When a player is in front of a teammate who kicked ahead, what is the law that protects an opponent waiting to catch the ball?

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3. Name three actions by which an offside player can be put onside:

1. 

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2. 

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3. 

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4. Can an offside player advance within 10m of an opponent waiting to catch the ball?

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5. Can a player who was behind a teammate who last kicked the ball advance forward?

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# Foul Play

## DEFINITION

Foul play is an action by a player which is against the letter and spirit of the Laws of the Game.

## OBSTRUCTION – KEY POINTS

- » Players running for the ball may not push, hold, or charge an opponent, except incidental shoulder to shoulder contact.
- » Players may not move/stand in front of a ball carrying teammate (i.e. block for a teammate).
- » A player carrying the ball may not force through his/her own players after a scrum, ruck, maul, or lineout.
- » A player may not prevent an opponent advancing around a scrum, ruck or maul.
- » The ball carrier cannot be penalized for obstruction.

## UNFAIR PLAY / REPEATED INFRINGEMENTS

- » To deliberately play unfairly or intentionally infringe any Law of the game.
- » Intentionally wasting time.
- » Intentional knock on or throw the ball into touch, touch in goal, or over the dead ball line.
- » Can apply to a player as an individual or collectively as a team.

## MISCONDUCT / DANGEROUS PLAY

- » Punching or striking an opponent.
- » Kick, trip, hack, trample.
- » Tackle late, early, and/or dangerously (e.g. stiff arm tackle, above shoulder, tip tackle, tackle in the air). The tackle phase is a major cause of injuries in the game.
- » Charging front rows at scrum.
- » Intentionally lift opposing front row players off the ground at the scrum, or collapsing a scrum, ruck, or maul.
- » Play opponent without the ball.
- » Foul/abusive language to opponent/referee/match officials.
- » Reckless play.

## REFEREE OPTION

According to the severity of the incident:

- » Penalty.
- » Penalty and admonishment.
- » Caution and Temporarily Suspension (Yellow Card).
- » Ordering Off (Red Card).
- » Penalty try.

1. Foul play is an action by a player that is against the **i**\_\_\_\_\_ and  
**s**\_\_\_\_\_ of the Laws of the Game.

2. Can the ball carrier be penalized for obstruction? (Circle the correct answer)

**Yes**      **No**

3. Do repeated infringements apply solely to a player, collectively as a team, or both?

\_\_\_\_\_

4. A major cause of injury occurs at what phase of the game?

\_\_\_\_\_

5. What are five referee options in dealing with foul play?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

# Advantage, Free Kicks, and Penalty Kicks

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## Advantage

### DEFINITION

Advantage allows the referee to continue play even though an infringement has occurred. Its purpose is to make play more continuous with fewer stoppages for infringements.

Advantages can be either territorial, or tactical. Advantage applies to all phases of play.

### EXCEPTIONS TO THE ADVANTAGE RULE

- » Ball emerges at either end of the scrum tunnel without being played.
- » Ball/player touches the referee and a team gains an advantage.
- » Foul play/dangerous play.
- » When scrum wheels through more than 45°.
- » When a scrum collapses.
- » When a player is forced upwards out of the scrum.
- » Advantage cannot be played after the ball has been made dead.

### ADVANTAGE APPLICATIONS

- » Signal advantage.
- » Call “Advantage!” (Team) - Advantage Over!
- » Advantage exercised quickly and consistently contributes to a free flowing match with fewer stoppages.

## Free Kicks

### DEFINITION

A free kick is awarded for less significant offenses. A team may not score points directly from a free kick.

### FREE KICK RULES

- » A goal may not be scored from a free kick.
- » A goal may only be scored after a free kick when:
  1. The ball becomes dead
  2. An opposing player plays or touches the ball
  3. An opposing player has tackled the ball carrier
- » A scrum may be taken instead of a free kick.
- » The kick must be taken without delay, in any direction.
- » The kicker’s team must be behind the ball when the kick is not taken quickly.
- » If a quick kick is taken, retiring players of the kicker’s team, who are in front of the ball will not be penalized but they must not stop retiring. They must not take part in the game until put aside by an action of their own team.
- » Kicker’s team may not provoke a premature charge, if so, charge is allowed.

### OPPOSITION

- » Opposition players cannot delay the taking of a free kick/penalty kick.
- » Opposition players must retire 10m or to the goal line.
- » Opposition retiring players must retire 10m or if a quick kick is taken they must continue retiring until put outside by an outside team member.

### INFRINGEMENT AT A FREE KICK

- » By kicker's team: Scrum (opponent's ball).
- » By opponent's team: Free kick 10m upfield, up to 5m from the goal line.

## Penalty Kick

### DEFINITION

If the place where the penalty is awarded is within range of the posts, the team can choose to kick for a goal from a place kick. The ball is placed on a kicking tee and the kicker attempts to kick it between the posts and over the crossbar.

### PENALTY KICK RULES

- » A scrum may be taken instead of a penalty kick.
- » Kick must be taken without delay, with same ball.
- » Kick at or behind the mark.
- » Attackers awarded kick up to within 5m of the goal line.
- » Kick can be taken in any direction.
- » Once indicating a kick at goal, a player must kick at goal.
- » Kicker's team must be behind the ball, unless quick penalty taken, as per free kick provisions.
- » Opposition must retire without delay 10m from the mark, or to the goal line.
- » Quickly taken penalty, retiring opposition as per Free Kick provisions.
- » Opposition cannot delay taking of penalty kick.
- » A penalty kick cannot be taken unless a mark has been made by the referee.

### INFRINGEMENTS AT A PENALTY KICK

- » By kicker's team: Scrum (opponent's ball)
- » By opponent's team: Penalty 10m upfield, up to 5m from the goal line

# Assessment

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1. Advantage can be either \_\_\_\_\_ or \_\_\_\_\_

2. Does the advantage rule apply if the ball touches a referee and a team gains an advantage? (Circle the correct answer)

**Yes**      **No**

3. Can a goal be scored directly from a free kick? (Circle the correct answer)

**Yes**      **No**

4. Do players from a kicker's team have to be behind the kicker when a penalty kick is taken quickly? (Circle the correct answer)

**Yes**      **No**

5. Can a penalty be awarded 3m from the opponent's goal line? (Circle the correct answer)

**Yes**      **No**

# Assistant Referee and Touch Judge

## REFEREE RESPONSIBILITY

- » The referee will provide a touch judge flag for each team prior to the match commencing, to ensure a touch judge is provided on each side of the field.
- » The referee may instruct the assistant referees or touch judges on their duties.
- » An assistant referee or touch judge is under the control of the referee who may overrule them at any time.

## TOUCH JUDGES

- » Two Touch Judges or Assistant Referees are required for every match.
- » It is the responsibility of each team to provide a touch judge unless an officially appointed assistant referee is appointed to the match (this is unlikely to occur in other than high school level games).
- » The touch judge must keep up with the play and raise the flag immediately after the ball or a player carrying it has gone into touch.
- » The touch judge must indicate the place for the throw in and the team to throw the ball in.
- » If the ball or a player carrying the ball touches the side line, the ball is out. 'On the line is out.'
- » The touch judge shall lower the flag when the ball has been thrown in, except when:
  - The player throwing in the ball puts any part of either foot in the field of play; or
  - When the ball has been thrown in by the team not entitled to do so;
  - At a quick throw in, the ball that went into touch is replaced by another, or is touched by anyone other than the player throwing it in

## TOUCH JUDGE PROTOCOLS

- » If the ball crosses the line in the air but descends back in the field of play, the ball is not out.
- » Touch in goal means the ball crosses the touch line after first crossing the goal line.
- » Indicate touch in goal with a low wide sweeping movement of the touch judge flag.
- » If a quick throw in occurs, the touch judge should lower the flag and play continues unless the referee rules otherwise.
- » At a kick at goal, touch judges must stand behind the goal posts and raise the flag only if the ball goes over the cross bar and between the uprights.
- » Only officially appointed assistant referees may indicate and report on incidents of foul play.
- » When reporting an incident of foul play to the referee it is important to provide a verbal report only. Do NOT imitate the actions of the player.
- » Anticipate play, get into in-goal early.
- » Try situations, look to referee to see if your input is required.
- » Try - Hold your position on the touch line until the referee gives a decision.

1. Can a referee overrule the assistant referee or touch judge? (Circle the correct answer)

**Yes**      **No**

2. The ball crosses the line in the air, but descends back in the field of play. Is the ball out? (Circle the correct answer)

**Yes**      **No**

3. At a quick throw in, a player uses a ball given to him by a ball boy/girl. Is this permitted? (Circle the correct answer)

**Yes**      **No**

4. A touch judge must indicate **p** \_\_\_\_\_ of the lineout and the team to

**t** \_\_\_\_\_ in the ball.

5. Where do the two touch judges stand at a kick at goal?

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# Method of Scoring: In-Goal

## DEFINITION

In-goal is the area between the goal and the dead ball line and between the touch in-goal lines. It includes the goal line, but it does not include the dead ball line or the touch in-goal lines.

- » In-goal is the part of the ground where the ball may be grounded by players from either team.
- » When attacking players are first to ground the ball in the opponent's in-goal, the attacking players score a try.
- » When defending players are first to ground the ball in in-goal, the defending players make a touchback.

## GROUND THE BALL

There are two ways:

1. Player touches the ground with the ball
  - » Attacker: Try
  - » Defender: Touchback
2. Player presses down on the ball
  - » Attacker: Try
  - » Defender: Touchback



If there is doubt about which team first grounded the ball in-goal play is restarted by a 5m scrum - attacker's throw in.

## SCORING A TRY

1. On the goal line is part of in-goal – TRY
2. Touching goal posts and padding are part of goal line
3. Ruck - ball on goal line – Ruck is ended



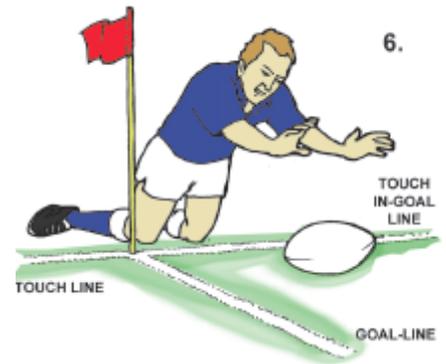
4. Players momentum carries him/her to goal line – TRY



5. Tackle near goal line – Reach out and place ball in one movement on goal line – TRY



6. Player in touch (touch in goal) not carrying the ball can score a try



A defending player performing the same actions results in a - TOUCHBACK

## PLAYERS INTO IN-GOAL

Ball kicked dead: Option of drop out or scrum at place of kick

Ball held up: 5m scrum, attacker's throw in

Ball touches corner post: Referee rules on what happens next. For example:

- » Ball deflects into touch - Lineout
- » Ball deflects into in-goal and is grounded by an attacker - Try

## Notes:

- » **Scrum can take place no closer than 5m to goal line and 5m from touch line**
- » **Ruck/Maul – when the ball goes over goal line, ruck/maul ends**

## METHOD OF SCORING

Try/Penalty Try	5 pts
Conversion goal	2 pts
Penalty goal	3 pts
Dropped goal	3 pts

Goal - Player scores a goal by kicking the ball over an opponent's cross bar and between the goal posts.

1. Is the goal line part of in-goal? (Circle the correct answer)

**Yes**      **No**

2. Name the two ways the ball can be grounded in-goal:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. An attacker grounds the ball against the base of the goal post and padding surrounding it. Is this a try?  
(Circle the correct answer)

**Yes**      **No**

4. To score a try, an attacker needs to press down on the ball in-goal with **h** \_\_\_\_\_

or **a** \_\_\_\_\_, or the front of the player's body from **w** \_\_\_\_\_

to **n** \_\_\_\_\_ inclusive.

5. Points scoring:

Try \_\_\_\_\_ pts

Conversion \_\_\_\_\_ pts

Penalty \_\_\_\_\_ pts

Dropped \_\_\_\_\_ pts



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