

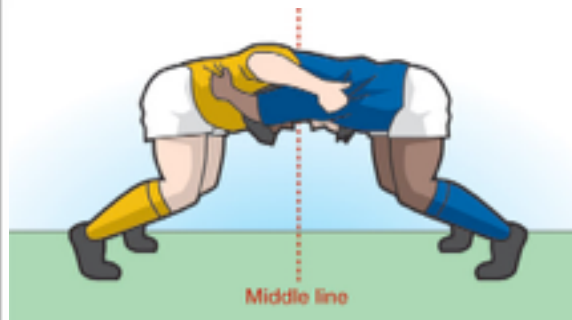
SCRUM

DEFINITION:

A scrum is formed in the field of play when eight players from each team, bound together in three rows for each team, close up with their opponents so that the heads of the front rows are interlocked.

KEY POINTS:

- The purpose of the scrum is to restart play quickly, safely and fairly, after a minor infringement or a stoppage.
- The middle line of a scrum must not be within 5 metres of the goal line. A scrum cannot take place within 5 metres of a touchline.
- The tunnel is the space between the two front rows.
- The player of either team who throws the ball into the scrum is the scrum half.
- The middle line is an imaginary line on the ground in the tunnel beneath the line where the shoulders of the two front rows meet.
- The middle player in each front row is the hooker.
- The players on either side of the hooker are the props. The left side props are the loose head props. The right side props are the tight head props.
- **SAFETY IS PARAMOUNT:** Always make sure players are prepared to scrum before starting any scrum.



WHAT TO LOOK FOR

GETTING THE SCRUM GOING:

- Set the Hookers so they are at the mark and their feet are only a few inches away from the other Hooker's feet.
- Watch the other players in the scrum bind up to ensure they are correct.
- Once ready, call 'Crouch' so teams lower themselves ready to scrum. Their heads should be to the left of their opposite player and they should be ear to ear with the opposition.
- Once ready, call 'Bind' so the props grasp on to the jersey of the other teams prop. The hands should all be grasping up on the backs of players, not on arms, armpits, shoulders or sides of the players.
- Once ready, call 'Scrum'. This will let the players know they can come together and the scrum can begin.
- On 'Scrum' the players should come together and be stable and not moving. Once ready, tell the scrum half 'Yes 9', so they can put the ball into the scrum.
- The scrum should not turn and not drive more than 1 meter in either direction.

INFRINGEMENTS

If the scrum looks uncomfortable or strange in any way for any of the participants, stop the scrum

RESULT: Reset

One team pulls down the scrum, turns the scrum or drives past the 1 meter allowed

RESULT: Penalty

A team does not bind correctly or does not follow your 'crouch, bind, scrum' calls

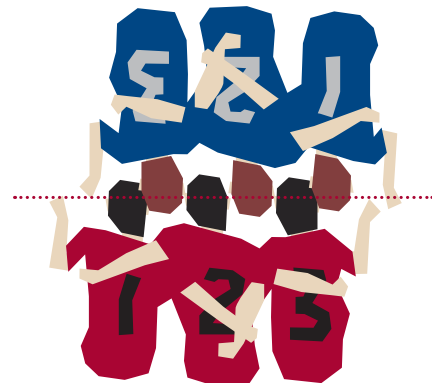
RESULT: Reset

POSITIONING

The best positioning for a referee at a scrum is to be near it. Start by setting your mark at the point of the scrum, then back away 1 meter so players can set up. Make your calls while near the scrum, close to the 'tunnel', either to the right side of the scrum half or on the opposite side of the scrum. After the ball is in and the scrum has begun, back away a few meters to see it clearly. Even after the ball is out, keep an eye on the scrum for safety reasons.

NOTES

"CROUCH"



"BIND"



"SET"



RUCK

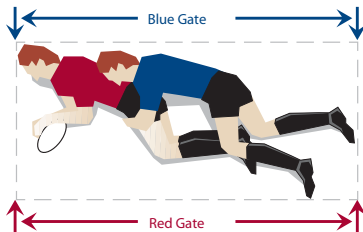
DEFINITION:

A ruck is a phase of play where one or more players from each team, who are on their feet, in physical contact, close around the ball on the ground, usually after a tackle.

KEY POINTS:

- After a tackle, players will enter the area to contest for the ball. They may enter the tackle area only through the GATE on their side.
- When at least one player from each team enter the area and make physical contact with each other, a Ruck has formed.
- Players must stay on their feet in and around a ruck.
- Players must enter a ruck from their own side of the ball.
- Players (except the scrum half) are not allowed to use their hands in a ruck.
- Players may not step or stamp on players on the ground.

Direction
of play



WHAT TO LOOK FOR

THE REFEREE'S FOCUS:

Many things can happen in and around a ruck, so this is a key area to watch for safety.

- Be near the ruck to best see all aspects of the situation. Too far away and you can get lost.
- Watch for players entering the area from the 'side'. Picture walls on either side of the tackle, parallel with the sideline. Players should not 'run into the walls', rather, enter from their own team's side of the ball.
- Entering the ruck should be a controlled action and players should not enter out of control or without a true intention to positively ruck.
- Players joining a ruck must bind on a teammate or an opponent, using the whole arm. The bind must either precede, or be simultaneous with, contact with any other part of the body of the player joining.
- Once engaged in the ruck, players should stay on their feet, keep hands away from the ball and drive forward.

INFRINGEMENTS

Players entering the ruck from the side.

RESULT: Penalty

Players diving down on the ground

RESULT: Penalty

Players using hands on the ball

RESULT: Penalty

Players entering the ruck out of control

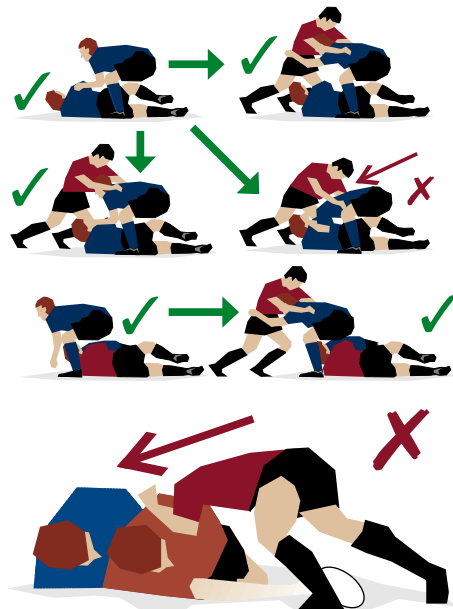
RESULT: Penalty

POSITIONING

The Referee should be on the offense side of the ball, facing the defense, approximately 3-5m away at a 45 degree angle from the tackle. The referee should be looking at the ruck, but also making sure that all players on both teams are onside., close to the ruck and the back lines.



NOTES



KICKS/RESTART KICKS

DEFINITION: The kick-off occurs at the start of each half of the match. Restart kicks occur after a score or a touch down. A drop-out is used to restart play after an attacking player has taken/kicked the ball into in-goal, and a defending player has made the ball dead or it has gone into touch-in-goal or on or over the dead ball line.

KEY POINTS KICK OFF:

- A team kicks off with a drop kick which must be taken at or behind the centre of the half way line.
- If the ball is kicked off by the wrong type of kick, or from the incorrect place, the opposing team has two choices, to have the ball kicked off again, or to have a scrum at the centre of the half way line and they throw in the ball.
- All the kicker's team must be behind the ball when it is kicked or a scrum is formed at the centre. Their opponents throw in the ball.
- All the opposing team must stand on or behind the 10-metre line.

KEY POINTS DROP-OUT:

- At drop-out is taken from on or behind the team's 22m line. It has to cross the line and be taken by the correct form of kick, otherwise the opposition have the following choices: Drop-out again or scrum at the centre.
- If players are in front of the kicker (except at a quick drop-out), a scrum is formed at the centre.



WHAT TO LOOK FOR

MORE KEY POINTS KICK OFF:

- If the ball reaches the opponents' 10-metre line or reaches the 10-metre line and is blown back, play continues.
- If the ball does not reach the opponent's 10-metre line but is first played by an opponent, play continues.
- If the ball does not reach the opponent's 10-metre line the opposing team has two choices:
 - To have the ball kicked off again, or
 - To have a scrum at the centre of the half-way line and they throw in the ball.
- If the ball is kicked directly out of bounds the opposing team has three choices:
 - To have the ball kicked off again, or
 - To have a scrum at the centre and they have the throw-in, or
 - To accept the kick.
- If they accept the kick, the throw in is on the half way line.

INFRINGEMENTS

Kick Off ball is not kicked 10 meters, or drop-out does not cross the line.

RESULT: Kick again or Scrum

Players in front of the kick from kicker's team

RESULT: Scrum

Ball is kicked directly out (on the fly)

RESULT: Kick again, Scrum or Lineout

POSITIONING

Always be right with the kicking team. This will help you see the players behind the kicker. As soon as the kick takes place, get to the ball to best see the next part of play.

It is best to stand so you can see both the kicker and the kicker's team who will most likely be chasing the ball. ie if they always kick toward the left, stand on the right side of the kicker so you can see the kick and the players chasing.

NOTES



LINEOUT

When the ball goes out of bounds, it will be brought back into play using a Lineout. The team not responsible for it going out gets to throw the ball back into to at least 2 awaiting players from each team to compete for the ball.

- Lineout players are the players who form the two lines that make a lineout.
- The receiver is the player in position to catch the ball when lineout players pass or knock the ball back from the lineout. Any player may be the receiver but each team may have only one receiver at a lineout, usually the scrum half.
- Players taking part in the lineout are the player who throws-in and an immediate opponent, the two players waiting to receive the ball from the lineout and the lineout players.
- All other players who are not taking part in the lineout must be at least 10 metres behind the line of touch, on or behind their goal line if that is nearer, until the lineout ends.
- Any scrum ordered because of an infringement or stoppage at the lineout is on the 15-metre line on the line of touch.



WHAT TO LOOK FOR	INFRINGEMENTS	NOTES
KEY POINTS: - At least two players from each team must form a lineout. - The opposing team may have fewer lineout players but they must not have more. - If the team throwing in the ball put fewer than the usual number of players in the lineout, their opponents must be given a reasonable time to move enough players out of the lineout - Participating players in a lineout may change places before the ball is thrown. - Opposing players forming a lineout must keep a clear space between their inside shoulders. This space is determined when players are in an upright stance.	Players do not form the lineout correctly RESULT: Re-set the lineout or FreeK Ball is not thrown in straight RESULT: Scrum or Lineout to opposition Playing opposition players in the air RESULT: Penalty Leaving the line out early, or backs offside RESULT: Penalty POSITIONING Positioning at the lineout can vary according to the situation. The best place to start as a referee is on the offense side of the lineout, near the touch line, facing the lineout. A secondary position would be to stand at the 'back' of the lineout on the offense side, facing the defense and line out. Both are reflected on the picture with an 'R'	 USA RUGBY UNIVERSITY

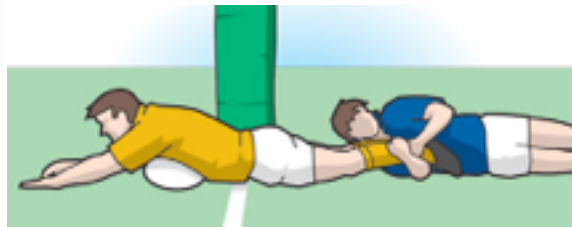
TRY

DEFINITION:

A Try is scored when an attacking player grounds the ball in the opponent's in-goal.

KEY POINTS:

- There are two ways a player can ground the ball:
 1. Player touches the ground with the ball. A player grounds the ball by holding the ball and touching the ground with it. No downward pressure is required.
 2. Player presses down on the ball. A player grounds the ball when it is on the ground in the in-goal and the player presses down on it with a hand or hands, arm or arms, or the front of the player's body from waist to neck inclusive.
- Other ways to score a try
 1. Grounding the ball on the opponent's goal line.
 2. Grounding the ball against the opponent's goal post and padding.
 3. Grounding the ball if a scrum or ruck is pushed into the opponent's in-goal.
 4. If a player is tackled and their momentum takes them into the opponent's in-goal where they ground the ball.
 5. If a player is tackled short of the opponent's in-goal they can reach out and ground the ball on or over the goal line in one movement.
 6. A player outside the field can ground the ball that's on the ground in in-goal.



WHAT TO LOOK FOR

The Referee Focus:

- Ensure the ball is correctly grounded.
- To be sure the player, if they are carrying the ball, did not step into touch or touch in-goal before grounding the ball.
- Note the place where the ball was grounded so that the conversion kick can be taken in line with the grounding mark.
- If a player is tackled short of the goal line if their momentum takes them into in-goal or if they are short that they reach out and score in one movement.
- If a maul or scrum moves into in-goal, be aware of the ball to make sure you can see the grounding.

INFRINGEMENTS

All infringements that take place in-goal are treated as if they had taken place in the field of play.

If ball is taken into in-goal by the attacking team and it is held up in in-goal so that they cannot ground the ball.

Result: 5m scrum (attacking team ball)

A penalty kick infringement occurring in-goal.

Result: 5m Penalty Kick

A scrum infringement occurring in-goal.

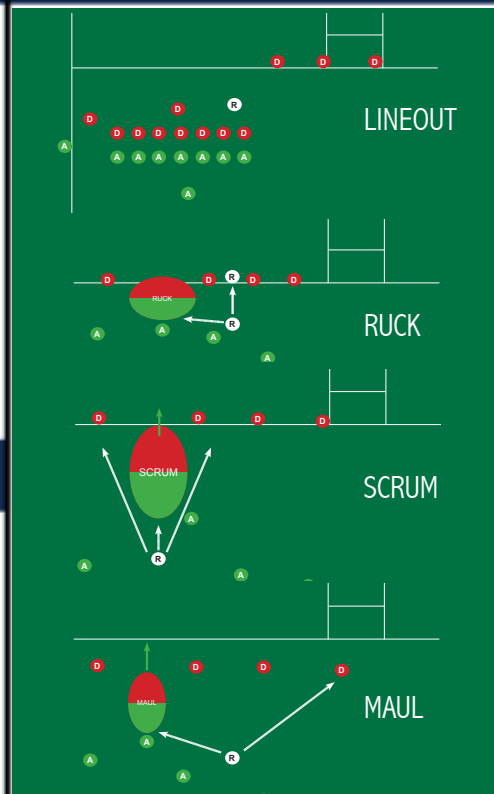
Result: 5m Scrum

POSITIONING

The most important aspect is to be in the best position to see whether a try has been scored.

The best positioning varies for line out, ruck, scrum and maul. The diagrams in the NOTES indicates the best positions for referees.

NOTES



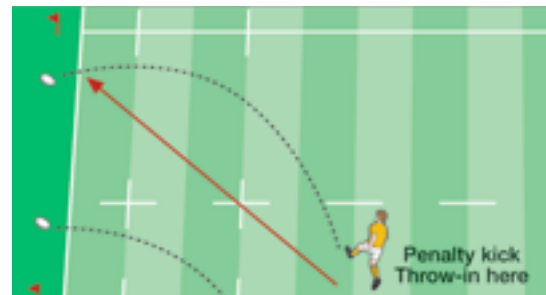
PENALTY KICK

DEFINITION:

Penalty Kicks are awarded to the non-offending team when a foul occurs. The kick is taken from the place of the foul, unless stated otherwise.

KEY POINTS:

- Any player may take a penalty or free kick awarded for an infringement with any type of kick: punt, drop kick or place kick (when kicking at goal). The ball may be kicked with any part of the lower leg from knee to the foot, excluding the knee and the heel.
- A penalty goal can only be scored on a penalty kick, only if the player indicates to the referee that they are doing so.
- Any penalty kick awarded in in-goal is taken 5 meters from the goal line.
- If a team select to kick to touch and the ball goes into touch, then that team will be able to throw the ball in.
- If a team selects to take a tap kick the ball has to leave the player's hands.



WHAT TO LOOK FOR

The Referees Focus:

- The defending team need to retreat 10m immediately or to their goal line whichever is nearer.
- Referee must be ready for the quick tap kick that puts the ball back in play.
- Watch for obstruction or delay by the opposing team.
- Make sure that the kicker kicks the ball from the mark or behind the mark.

INFRINGEMENTS

Bouncing the ball on the knee does not constitute a kick

Result: Scrum at mark to opposition

Interference by the opposing team; this includes obstructing the kicker or delaying the kick.

Result: Another Penalty Kick 10m forward

Taking the Penalty Kick from the wrong mark.

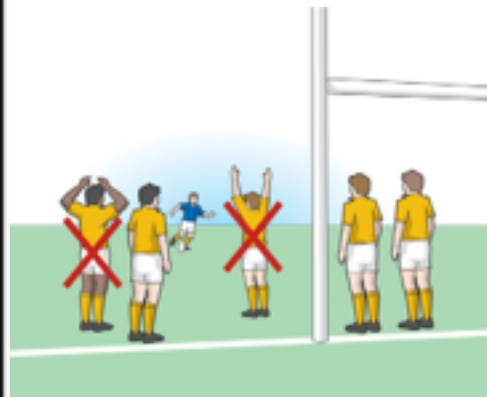
Result: Allow them to retake the kick

POSITIONING

Make the mark of the kick position and move slightly away from the mark to allow players room to take the kick.

For a penalty kick at goal, take a position a few meters away level with the kicker, with the ball in between you and the kicker's team to ensure no players are in front of the kick. Do not stand too close to the kicker to interfere with their vision.

NOTES



DROP GOAL

DEFINITION:

The ball is dropped from the hand or hands to the ground and kicked as it rises from its first bounce. A player scores a dropped goal by kicking a goal from a drop kick in general play.

KEY POINTS:

The team awarded a free kick cannot score a dropped goal until the ball next becomes dead, or until an opponent has played or touched it, or has tackled the ball carrier. This restriction applies also to a scrum taken instead of a free kick.

WHAT TO LOOK FOR	INFRINGEMENTS	NOTES
The Referee Focus: The drop kick has to be taken by the correct form of kick.	Late tackle on the kicker. Result: Penalty Kick unless the drop goal is successful The kicker's team has to be onside, especially if the kick is unsuccessful and play continues. Result: Another Penalty Kick 10m forward	
	POSITIONING Run into a position to be in the line that the ball is traveling and to the goal posts to be in the best position to see if the kick is successful.	

SIGNALS

DEFINITION:

The use of referee signals is required in order to help communication with both players and fans.

KEY POINTS: PRIMARY SIGNALS

Penalty Kick: shoulders parallel with touchline. Arm angled up pointing towards non-offending team

Free Kick: shoulders parallel with touchline. Arm bent square at elbow, upper arm pointing towards non-offending team.

Scrum awarded: shoulder's parallel with touchline. Arm horizontal pointing towards team to throw in the ball.

Try/Penalty Try: back to dead ball line, and arm raised.

Advantage: shoulder's parallel with touchline. Arm horizontal pointing towards team who you are playing advantage to.



Penalty Kick



Free Kick



Try and Penalty Try



Scrum awarded



Advantage

OTHER SIGNALS



Throw forward / forward pass



Knock-on



Handling ball in ruck or scrum



Throw in at lineout not straight



Joining a ruck or a maul in front of the back foot



Not releasing ball immediately in the tackle



Tackler not releasing tackled player



Tackler or tackled player not rolling away



Entering tackle from wrong direction



Diving to ground

VARIATIONS

DEFINITION:

These are variations to certain regulations from a Rugby 15's match.

Under 19:

- Duration of match: each half lasts 35 minutes, and a whole match lasts no longer than 70 minutes
- Substitution: a player who has been substituted may replace an injured player.
- Scrum: an eight person scrum must be a 3-4-1 format, with a single player shoving on the two locks. Locks must pack their heads on either side of the hooker. The maximum push of the scrum is 1.5 metres and there is no turning allowed. If an team is without a forward, both teams must use a 3-4 formation (no No. 8).

Seven-a-side

Ten-a-side

NOTES

- Substitution: a team may not nominate more than five subs and they can replace up to three during the match. A player that has been substituted may not return to the match.
- Time: A whole match lasts no longer than 14 minutes plus lost time and extra time. each half lasts seven minutes.
- Scrum: a scrum must have three players from each team. All three players must be bound to the scrum until it ends.
- Conversion: must be a drop kick, taken within 40 sec of the try.

- Substitution: a team may nominate no more than five subs, but can replace any number of players during the match.
- Time: match consists of two ten minute halves, and match cannot exceed 20 minutes plus lost time and extra time.
- Conversion Kick: must be a drop kick taken 40 sec. after try is scored
- Scrum: must have five players, with each front row having three players.

THE TACKLE

DEFINITION:

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

KEY POINTS:

1. Occurs in the field of play, but not in-goal.
2. Occurs when the ball carrier is held by one or more opponents and brought to the ground.
3. A tackle occurs when:
 - The ball carrier brought down to their knee(s)
 - The ball carrier is sitting or laying on the ground
 - The ball carrier is sitting or laying on top of another player on the ground



WHAT TO LOOK FOR

TACKLER RESPONSIBILITIES:

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

BALL CARRIER RESPONSIBILITIES:

- Not lie on, over, or near the ball to prevent opponents from gaining possession of it.
- Must immediately pass the ball or release it.
- May release the ball by putting it on the ground in any direction or by pushing it along the ground in any direction except forward.
- If opposition players who are on their feet attempt to play the ball, the tackled player must release the ball.

ARRIVING PLAYERS RESPONSIBILITIES:

Arriving players MUST:

- Be on their feet when playing the ball, remain on their feet, do so from behind the ball (GATE), from behind the tackled player.

Arriving players MUST NOT:

- Intentionally fall on or over players lying on the ground

INFRINGEMENTS

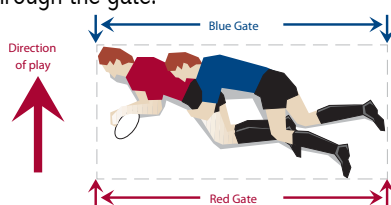
The tackler does not release the ball carrier and allow the ball to be played after the tackle has been made. **RESULT: Penalty**

The tackled player does not pass, place or release the ball. **RESULT: Penalty**

The arriving players dive on the tackle and are not on their feet. **RESULT: Penalty**

POSITIONING

On the offense side of the ball, facing the defense, approximately 3-5m away at a 45° angle from the tackle, looking at the tackle and also making sure that all arriving players enter through the gate.



NOTES



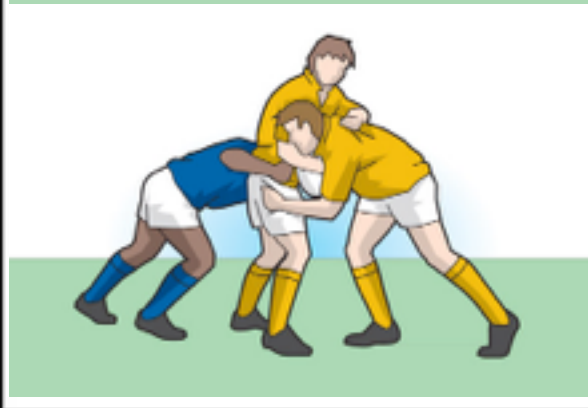
MAUL

DEFINITION:

A Maul begins when a player carrying the ball is held by one or more opponents, and one more more of the ball carriers teammates bind on the ball carrier. So a maul is at least 3 players, all on their feet,

KEY POINTS:

- A maul occurs usually after an unsuccessful tackle and players remain on their feet. For a maul to occur, a defender must grasp the ball carrier.
- The maul is a dynamic part of the game and the team in possession should be moving forward or make the ball available.
- When a maul remains stationary or has stopped moving forward for more than 5 seconds, but the ball is being moved and the referee can see it, a reasonable time is allowed for the ball to emerge. If it does not emerge within a reasonable time, a scrum is ordered.
- When a maul has stopped moving forward it may start moving forward again providing it does so within 5 seconds. If the maul stops moving forward a second time and if the ball is being moved and the referee can see it, a reasonable time is allowed for the ball to emerge. If it does not emerge within a reasonable time, a scrum is ordered.



WHAT TO LOOK FOR

THE REFEREE'S FOCUS:

- Players joining a maul must have their heads and shoulders no lower than their hips and may not be in front of a player of their team with the ball. This is obstruction.
- Keeping players on their feet. Players in a maul must try to stay on their feet. The ball carrier in a maul may go to ground providing the ball is available immediately and play continues.
- A maul is not over when all the defenders leave the maul voluntarily. Defenders who then join the maul, should do so from the last line of feet.
- If defenders leave the maul involuntarily or are unable to remain bound, and there are no more defenders attached to the maul, the maul is over and the team in possession should not continue to move forward. Referees are to communicate that the maul is over. If this happens a moment prior to the maul going into in-goal and the ball is grounded by the attacking team, a try should be awarded.

INFRINGEMENTS

Players entering from the side and not from behind the last line of feet on their team's side.

RESULT: Penalty Kick

Players intentionally collapsing the maul.

RESULT: Penalty

The ball is not made available.

RESULT: Scrum to the team not in possession of the ball at the commencement of the maul

POSITIONING

The referee should be near the maul, at a 45° angle on the team in possession of the ball. Focus on defenders trying to collapse the maul or join from the side.

All players not in the maul should be onside, near the maul and the back lines.

NOTES

