

# 94.7 % of All the Laws You Need to Know

No One Thing will Make us Better, quicker, than just totally understanding the Laws (rules) and being able to adapt to them quickly in a game !!

## Rule #1—Don't yap at the ref !!

**Passing**—They must be 'laterals'/backwards

If you throw (*or drop*) the ball forward, it's a minor Penalty and Scrum is awarded to opponent.

**Blocking/"Obstruction"**—You can't get in the way of or block a defender trying to make a tackle.

## Tackling

1. You can't tackle above the armpits/nipples.
2. You must 'wrap' your arms around the person you're tackling. 'Spear' tackling is illegal.
3. Once someone is tackled *he must release/set the ball back, and the tackler must release the person he tackled.*
  - a. Both players must try to get to their feet
  - b. If they can't get to their feet, they must at least try to get away from the ball so others can play it.
  - c. When you get to your feet, you can grab the ball again.

**Playing While on the Ground**—If you're not on your feet, you're not allowed to do **anything**—*touch the ball, tackle an opponent, etc.* Get to your feet !

**What is a 'Ruck'?** —It is the Contest to win a loose ball or a ball in tackle and restart our attack. The Ball is *on the ground and at least one player from each side* is 'bound' with each other and pushing on each other over the ball.

**What is a 'Maul'?**—The Ball is held by a player *standing up and at least one player from his side and the opponent's side* are bound in and pushing.

## Rucks and Mauls—Important Rules

1. If you're not 'bound in', you must be behind the last foot in the ruck or maul or you are **offside**.
2. If you enter the ruck or maul, you must do it from behind the last foot and through the 'gate'. And you must bind on your teammate.
3. In a ruck, you will be penalized for falling on top of or near the ball. Stay on your feet !
4. You can't use your hands to grab or push a ball that is in a **Ruck**.
5. You can use your hands to take the ball out of a **Maul** (because a maul means the ball is being *held by players*)
6. The ruck (or maul) is over and *these rules stop*, the minute the ball comes out of the ruck or maul

## Lineouts and Scrums

Scrums are used to put the ball in play after a minor penalty. Everyone (including flankers) must stay *bound* until the ball comes out of the scrum--the scrum is then over.

Lineouts are used to put the ball in play after it goes out of bounds

- The team that *did not* last touch the ball gets to throw the ball in where it went out. (Exception—if the team was awarded a 'Penalty Kick' and they kick it out of bounds, they get to throw the ball back in where it went out)
- Lineouts occur between the 5 & 15 meter lines, the ball must be thrown straight down the 'channel'. The team 'throwing in' determines how many players in the lineout. The defending team can have less, but not more than the 'attacking' team.
- You can do a 'Quick Lineout' anywhere behind where the ball went out, *and you do not have to throw it in straight—it can go backwards (not forwards)*. You do have to throw it in at least 5 M

### **Offside in Lineouts and Scrums if you're not part of the Lineout or Scrum.**

1. **Scrums**—Backs must stay 5 M behind the last foot of the scrum until the ball comes out.
2. **Lineouts**—You must stay 10 meters/yards behind the spot where the ball was thrown in (this spot is called 'the mark') until the lineout is over. It is over when:
  - a. The ball comes out of the lineout
  - b. The ball goes over the back of the lineout.
  - c. If the ball stays in the lineout, and a ruck or maul is formed, you must stay 'back ten' from that ruck or maul until the foot of the last man in the ruck or maul goes through 'the mark'
  - d. The ref will usually indicate when the ball is out.

### **Offside/Onside in "Loose" Play. You can't do anything besides run around uselessly, if you are ahead of the ball—You are '**Offside**'—you are out of the game)—**Stay behind the ball !!****

1. You are offside if you are ahead of your teammate who is carrying, or last carried, the ball.
  - i. (You *are* offside, but you won't be penalized unless you do something to get involved in the play. **You can't get involved in the play or tackle if you are offside !! Penalty**)
  - a. You can't play the ball until that teammate, or someone that was behind him, gets ahead of you (*Most typical example of this is your teammate kicking ahead—don't chase until you're put onside*)
  - b. If your teammate kicks it down field and an opponent fields it, you *also* become onside when
    - a. Your player (or someone behind him) runs ahead of you.
    - b. The guy that catches it runs 5 yards, passes or kicks the ball, or tries to catch the ball but muffs it.
    - c. In any case, you need to get, or stay, 10 yards away from the guy as he's trying to catch the ball.
2. You are also offside if a maul or ruck occurs *behind* you and your opponent wins the ball. If this happens, you only become **ON**side if:
  - a. You get back behind the ball and enter from an onside position.
  - b. They run 5 yard or kick the ball. (in this case, them passing the ball does not put you onside)

### **Kicking into 'Touch' (out of bounds)**

If you kick it 'directly' (on the fly) into touch, your opponent gets a lineout *from where you kicked it*.

If you kick it 'on the bounce' into touch, your opponent gets a lineout *where it went out*.

Exceptions:

- If you're behind your 22 when you kick it, the lineout is where the ball went out, whether it went out on the fly or not.
  - Exception--If your team carries or passes it back behind the 22 and then kicks it out, the lineout goes back to where you kicked it.
- If the kick is a result of a Penalty Kick, the team that kicks gets to put the ball in at the Lineout.

If a **Penalty Kick** is Awarded to Other Team—Face them & Get Back Ten Meters ! If you can't get 'back 10', you are onside when the things listed in 1 b above occur.

Full Set of Laws can be found at this Link <http://laws.worldrugby.org>