

## **Straight Ahead Rugby !!**

'Possession' and being in an 'Attacking' mode, along with knowing your assignments is the key to winning rugby games. The following should help you to achieve that. These are some general 'Rules of Thumb'. There are exceptions to all of the below, but if in doubt, the following is *most likely* the proper thing to do. These 'basics' will make you look and perform like a smart rugby player. Please ask if you have questions.

1. **Don't talk to the ref!** Refs will miss calls, but don't make it worse by pissing them off or losing your concentration on the game.
2. If in doubt, and you have the ball, run straight *up*, *not across*, the field; if you get tackled, fine, set the ruck.
3. Getting tackled is OK and way better than making a pass you're not sure you can complete. If you get tackled, we should win the 'ruck'. If you make a crazy pass, it's anyone's ball—lost 'possession'.
4. If you have support of your teammates in the tackle, go down and set the ruck. If don't have support, try to stay on your feet until support gets there.
5. If we're losing a ruck, set up defensive 'Post & Pillar'. If we're winning a ruck, set up OPP/pod(s) and backline. Don't go into a ruck unless you are going to *make a difference!* Don't 'lean on' or stand behind a ruck doing nothing.
6. Don't stop unless there is a whistle. Always play until the whistle blows (ref might be playing 'advantage' or didn't see infraction)
7. Always 'retreat 10M' **while facing** the opposition after a penalty.
8. If we're inside our 22, we want to kick the ball to touch. If you're a kicker, do that. If you're not, pass the ball to a kicker or set a ruck and calmly use that to get the ball to a kicker.
9. If the ball is bouncing around in our Try zone, touch it down.
10. Pushing a guy out of bounds is usually better than tackling him and giving them the opportunity to set and win a ruck.
11. Always fight to stay in bounds and set a ruck or maul, going out of bounds gives them the lineout. Exception to this would be if you're totally out numbered and at risk of losing the ball in live play; in this case, kill play by going out of bounds or kicking ball out of bounds.
12. Don't play the ball with your hands in a ruck or scrum (unless you're taking the ball out the back).
13. Don't fall on top of rucks. Stay on your feet.
14. If you're *not in* a ruck or maul, you must be '*behind the last foot*'. If you do enter, it must be directly from the back and not from the side.
15. If you're ahead of a teammate that kicks the ball, don't chase it until you're put on sides. If you're the kicker or someone that was behind the kicker, put everyone on side.
16. Attackers and Defenders have equal right to a kicked ball in the air or on the ground. If you're near a kick, and on sides, *get that ball*.
17. Catch all kicks in the air (take it while turned sideways to avoid knock on).
18. If our Kick Off does not reach the 10 M line, or our 22 does not reach the 22, the other team *can still play the ball so cover those kicks*. Don't quit on them.
19. If the other team's Kick Off or 22M *to us* does not go the required distance in the air, remember that we have the option of taking a scrum or a rekick so don't touch it unless you've got a good chance for a long break.
20. If it's too close to tell whether it's going to be a legal kick or not, you should play the ball.
21. 'Mark your Man' on the initial line up and use that as a *guide* of where to stand when defending Penalties, Kick offs and 22's.
22. Anticipate the need to get back and help our fullback and wings field/support long kicks over our heads. Get back there to help.