



5- meter line: See *five meter line*

10-meter line: See *ten meter line*

15-meter line: See *fifteen meter line*

22: See *Twenty-two*

22-meter line: See *twenty-two meter line*

Actual Time: Elapsed time including time lost for any reason

Advantage: The purpose of this rule is to let the game flow and avoid unnecessary stoppages. If an infraction occurs, but the non-offending team has the chance to be better off by playing on, the referee may play advantage to see if that benefit accrues. For example, if a *knock-on* occurs and the non-infringing team gains possession from this knock-on, the referee will call advantage and allow play to continue. To help play, the referee will call '*Advantage*' when this occurs.

Assistant Referee: Is responsible for signaling *touch* (out of bounds), the success (or otherwise) of kicks at goal, indicating *foul play*, and may assist in other decisions at the discretion of the referee. ARs are appointed by the Match Organizer.

Attacking Team: The opponents of the defending team, in whose half of the pitch play is taking place.

Back Row: The back row consists of 3 players, the *two flankers* and the *number 8*.

Ball Carrier: A player who is carrying or in *possession* of the ball.

Bind or Binding: Grasping another player's body between the shoulders and the hips, inclusive, with the whole arm in contact from hand to shoulder. Players bind together during a scrum and must bind on when joining a ruck or maul.

Blood Bin: A player who has a visible bleeding injury may be replaced for up to fifteen minutes (running time), during which first aid treatment may be given. When the flow of blood has stopped and the wound is dressed, the player may return to the game (at a stoppage with referee permission)

Breakdown: Meaning tackle or ruck

Captain: The captain is the team designated leader. He will be the only player entitled to consult with the referee during the match and is solely responsible for choosing between any options that the referee provides.



Conversion kick: If a team scores a *try*, they have the opportunity to ‘*convert*’ it for two points. This means that they will attempt to kick the ball between the uprights. The ball must be kicked in line with the point where the ball was grounded for the try. A successful conversion kick is considered to have been ‘converted.’

Converted: A successful *conversion kick*

Dangerous Play: Any play that is dangerous, the referee may penalize anything he or she considers to be dangerous. Dangerous Play is a component of Foul Play.

Dead Ball: A ball is considered ‘dead’ if it has gone out of play and remained there, if the referee blows the whistle to stop time or when a *conversion kick* has been taken.

Dead Ball Line: The line at the back of the in goal area (end zone) that designates out of bounds.

Defending Team: The defending team is the opponent of the *attacking team*. The defending team is the team in their own end of the field.

Drop Goal: From any position on the field of play a player may attempt a ‘drop goal.’ This means that the ball is dropped from their hands, touches the ground and is drop kicked. If the kick is made it is worth three points.

Drop Kick: A drop kick is when a player kicks the ball from their hands, it touches the ground, and is then kicked as it rises from its first bounce.

Engagement: When the two sides of the *scrum* come together on the referee’s permission.

Fend Off: Fending off is when the ball carrier repels the *tackler* using his/her arm. Fending off must not be dangerous, and is not allowed in *Rookie Rugby*.

Field-of-Play: The area between the *goal lines* and *touch lines* (sidelines). These lines are not part of the field of play.

Fifteen Meter Line: The fifteen meter line is fifteen meters in-field and parallel to the touch line (sideline). It is the outer limit for a lineout.

Five Meter Line: There should also be the 5-meter line. These lines are five meters from each goal line. Scrums and lineouts cannot be set closer than the five.

Flanker: These players are considered '*forwards*' and wear shirt numbers 6 & 7.

Fly half: The starter at this position is a wears the number 10 shirt. This position is one of the most influential on the pitch as they make key tactical decisions during the game. In general the fly-half is also the goal kicker.

Forwards: These are the *front row* players that *bind* together during the scrum (prop-hooker-prop). They are generally the strongest players on the team.

Forward pass: This is called a *throw-forward* in the laws of the game. Passes that are thrown forward (in the direction of the *deadball line*) are not allowed. All passes in rugby must be thrown sideways or backwards.

Foul Play: Defined as a deliberate *infringement* of the laws (rules) of the game or an action that is against the '*Spirit of the Game*.' This includes dangerous play, wasting time, willfully throwing the ball out of bounds, and obstruction.

Fourth Official: A fourth official is the official who controls replacements and substitutes. He/she may also serve as a substitute for the referee or touch judge in case of injury

Free Kick: This is a lesser form of *penalty*, usually awarded to a team for a technical offense committed by the opposing team. During a free kick, a team cannot kick for goal. A referee will signal the free kick with a bent arm raised in the air.

Free Pass - A free pass is an uncontested pass allowed from one player to a teammate. In *Rookie Rugby*, a free pass is used to start the following:

Each half of the match at the center of the field

After an *penalty* to restart the match at the place of infringement

Front Row Players: These players are considered *forwards* and generally wear the jersey numbers 1,2, and 3. Their positions are called the *loose-head prop*, the *hooker* and the *tight head prop*, respectively.

Fullback: The fullback is the player wearing the number 15 jersey. They act as the last line of defense. The fullback is sometimes the specialized goal kicker on a team, taking *penalty* and *conversion kicks*.

Goal: When a player kicks the ball between the two *uprights* a goal is scored. A drop goal or penalty goal are worth 3 points and conversions count for 2 points.





Goal line : Also known as the *try line*, this is the front line of the in goal (end zone) and is part of the in goal (end zone). This means that if the ball is touched down on the goal line it will count as a *try*.

Grounding: Grounding the ball is when an player crosses over the goal line and touches the ball down to the ground. This will result in a *try* being scores if the ball was touched down by an attacking player. A try is worth five points. If it is touched down by a defender it is called a touchdown and results in either a scrum five meters out or a 22-droupout, depending on how the ball got into the in-goal.

Half-time: The interval between the two halves of the game.

Hand-off: An action taken by the ball carrier to fend off an opponent using the palm of his/ her hand.

Hindmost foot: The foot of the player that is the farthest back in a *scrum*, *ruck* or *maul*. This defines some offside lines.

High Tackle: A type of *tackle* where the tackler wraps the ball carrier above the line of the shoulders. This is dangerous play and will result in a *penalty kick*.

Hooker: The hooker traditionally wears the number 2 jersey. The hooker plays in the center position in the *front row* of the *scrum*. This position is named such because the player uses his/her feet to 'hook' the ball in an attempt to move it to the back of the scrum.

In-field: Towards the middle of the field, away from *touch* (out of bounds).

In-goal: The area between the *goal line* and the *dead ball line*. This is the equivalent to the end zone in football. One important distinction is that a ball that is placed down on the goal line (try line) is considered a *try*.

Infringement: This is when a team does not follow the rules/ laws of the game.

International Rugby Board (IRB): The IRB is the international governing body for rugby.

Jumper(s): During a *line-out* these are the players that are lifted into the air in order to contest for the ball.

Kicked Directly into Touch: The ball was kicked directly into *touch* (out of bounds) without landing on the playing area or without touching another player or the referee.

Kick- Off: A kickoff occurs at the start of each half of the game and at the beginning of each period of extra time. Restart kicks occur after points are scored.

Knock-On: A knock-on occurs when a player, while carrying the ball or trying to receive a pass, fumbles or fails to catch the ball and the ball then goes forward and hits the ground or another player. If accidental this results in a scrum, if intentional a penalty kick.

Late Tackle: A tackle that is executed once a player has already passed or kicked the ball. Late tackles are considered dangerous play and if severe or reckless may result in a *red or yellow card*.

Laws: The rules of the game.

Lock: Locks are *second row players* who wear jersey numbers 4&5. They are usually the primary targets in a *line-out* and are responsible to push in the *rucks or mauls*.

Loose Head Prop: A loose head prop is a player who takes the left hand position in the *front row* of the *scrum*. A loose head prop traditionally wears the number 1 jersey.

Line-out: A line-out is used to restart play after the ball goes into *touch* (out of bounds). The throwing team sets the maximum in the lineout, but there must be at least two. All players not involved in the line-out must backup 10 meters. A player of the team in possession throws in the ball. It must be thrown straight down the middle of the line-out. *Jumpers* may be lifted by their teammates (below the waist). A jumper may not be *obstructed* or pulled down by the other team.

Mark: This is the rugby equivalent to a 'fair catch' in football. To make a mark a player must be on or behind that player's *22- meter line*. The player must make a clean catch directly from an opponent's kick and at the same time shout 'mark.' A free kick is awarded for a mark.

Maul: When a ball carrier is held up (a tackle attempt is made but the player is not brought to ground) and one or more of the teammates bind on to that player. All the players involved must be bound to or caught in the maul, must remain on their feet. If the maul stops moving forward, possession is turned over (scrum to the opponents).

Obstruct or Obstruction: Players are not allowed to block or obstruct a player that is attempting to tackle the ball carrier.

Offensive Team: The team in possession of the ball.



Off-Load: A short pass that is made by a player being tackled before he/she reaches the ground.

Offside: Any time that a player is in front of a *teammate* who is carrying the ball, that player is offside and must not become involved or interfere in play in any way until he/she becomes onside again.

Offside (On Defense): In Rookie Rugby: Any time that the other team has a free pass the defending team players must be between the ball and their own try line and must allow the first pass of the offense to go undefended.

Out of Play: When the ball or the ball carrier has gone into *touch* (out of bounds) or crossed the *dead ball line*.

Pass: A pass is when the ball moves from one player to another. All passes in rugby must be thrown sideways (lateral) or backwards. If the ball is handed to another player, this is also considered a pass.

Penalty: A penalty occurs for serious *infringements* like *dangerous play*. Penalties are signaled by the referee lifting a straight arm in the air. As a result of a penalty players may also receive a *red* or *yellow card*. When a penalty occurs the offending team must move back 10 meters. The non-offending team can either kick for goal, *tap and go*, take a *scrum* or *kick directly into touch* (which will result in a line-out awarded to them)

Penalty Kick: If a team commits a *penalty infringement* than the non-offending team can take a place kick at goal from the place the infringement occurred. If the kick is successful it is worth three points.

Penalty Try: Awarded if the referee believes that a team has illegally prevented a *try* from being scored. Penalty tries are always awarded under the posts and are usually accompanied by a yellow card to a defender.

Phase: A phase is the time a ball is in play between *breakdowns*. Ex: The time between winning the ball at a *line-out* and a player being tackled.

Place Kick: The ball is kicked after it has been placed on the ground. This is the type of kick is commonly used when kicking towards goal (the uprights).

Placer: A player who holds the ball on the ground or a *teammate* to kick.

Played: The ball is played when it is touched by a player.

Playing Area: The field-of-play plus the in-goal areas.





Playing Enclosure: The playing area and the space around it

Playing Time: The time that has been played excluding time lost.

Possession: When a team or player has the ball in its control.

Prop: These are the players who wear jersey numbers 1 & 3. They are both *front row forwards* who support the *hooker* in the *scrum* and support the *jumpers* in the line out. Props serve as the conduit to transfer a team's power against their opponents.

Punt: The ball is dropped from the player's hand and is kicked before it touches the ground

Receiver: A person who catches the ball or intends to catch the ball when it is passed to them.

Red Card: A card that is red in color. This is shown to a player who is being sent off the field for foul play. The player must remain off of the field for the duration of the game without *substitution*.

Referee: The sole interpreter of law (the rules) during the course of a rugby game.

Releasing the Ball: Players must release the ball either once they are tackled.

Replacements: This is a player who comes in to replace an injured teammate. A player who is replaced, may to return to the game for any reason.

Ruck: A ruck is formed when the ball is on the ground (generally as the result of a tackle) and two opposing players meet over the ball. The *offside line* becomes the back foot of the person on either side of the ruck. Other players may join the ruck, but must do so from behind their player. The goal is to drive the other player backwards so that the ball can be picked up by your team.

Sanction: The action taken by a referee against an infringing player or team

Scrum: A scrum occurs to restart play quickly, safely, and fairly when a minor *infringement* or stoppage has occurred. A scrum consists of the eight forwards from each team *binding* together to form three rows and pushing against the other team. The ball is fed through the middle of the scrum. The *hooker* then tries to 'hook' the ball back to the *scrum half*. A team with strong forwards will be able to push the opposition backward, exposing the ball more quickly.



Scrum-half: These are the players who wear jersey number 9. Scrum halves are often the first tackler when defending and are behind every *scrum*, *ruck* or *maul*, either to get the ball out or to maintain movement.

Second Row: The second row consists of two players who are called *locks*.

Sevens: Is a modified version of the game that utilizes seven players rather than 15. It is a quicker paced game which consists of 7 minute halves, except in tournaments where the finals have halves that are 10 minutes long.

Sin-Bin: The designated area in which a temporarily suspended player must remain for 10 minutes of playing time. In Sevens the temporary suspension lasts for 2 minutes.

Spear Tackle: A spear tackle is a dangerous tackle where a player is picked up by the tackler, turned to or past horizontal, dropped or driven into the ground.

Spirit of the Game: Discipline, control, and mutual respect allow the game of rugby to be played both to the letter and the spirit of the laws (rules).

Substitutes: A player who replaces a teammate for tactical reasons. A player who has been substituted may not return to the game except under special circumstances (an injured front row player or as a temporary blood replacement).

Tackle: A tackle occurs when one or more defensive players hold the ball carrier and succeed to bring him/ her to ground.

Tackle Assist: Occurs when a defensive player brings the player with the ball or helps bring the player with the ball to the ground, but does not leave his/her feet. This means that by definition, that person is not a tackler.

Tap: After a *penalty* or *free kick* a ball must be kicked a visible distance before a player may pass or run with it. A tap kick occurs when a player drops the ball from their hands and taps it off of their foot or taps with a foot while the ball is on the ground. They are then free to run or pass.

Ten Meter Line: The line that exists ten meters from the *half way line*. Kickoffs must travel at least ten meters unless first played by the receiving team.

Temporarily Suspended: When a player is removed from the game by the referee. This can be for repeated infringements (by that player), team repeated infringements, cynical (or professional) infringements.

Test Match: International matches with full status



Throw Forward: When a player throws or passes the ball forward. In rugby the ball may only be passed laterally or backwards.

Touch: Out of bounds. The area outside of the playing area, including the two *touch lines* (side lines).

Touch down: When defending players are the first to touch the ball down in their *in-goal*. A *drop out* or a *scrum* then awarded.

Touchline: The sideline of the field of play. This line defines the difference between in bounds and out of bounds. The touchline itself is considered to be in *touch* (out of bounds).

Touch Judge: The official who monitors the *touchline* (side line) and raises a flag if the ball or player carrying the ball goes into *touch* (out of bounds). The Touch judges also stand behind the goal posts to confirm that a goal has been scored following a *penalty kick* or *conversion* of a try. Touch judges do not have the same training or experience as Assistant Referees and do not have the authority to call *foul* or *dangerous play*.

Try: Scoring in rugby is called a 'try'. Scoring a try is done by crossing over the *goal line*, into the *try zone*, and touching the ball down to the ground. A try in *Rookie Rugby* can only be scored if the player is still on their feet, a try will not be awarded if the player falls or dives over the goal line. A try is worth five points.

Tunnel: When a *scrum* is formed, the gap between the legs of the opposing *front row* players is called the tunnel.

Turnover: When possession changes.

Twenty-Two: The area between the *goal line* and the 22 meter line, including the 22 meter line but excluding the goal line.

Twenty-Two Meter Line: The line that exists 22 meters from the *goal line*.

Uncontested scrum: An uncontested scrum takes place when scrums have become dangerous, this may have occurred because of injury. An uncontested scrum is the same as a normal scrum except that this is no competition for the ball. The team throwing in the ball must win and neither team is allowed to push.

Union: The controlling group under whose jurisdiction a match is played. For international matches the controlling union is the *International Rugby Board*. For national matches the controlling union is *USA Rugby*.

Uprights: The posts that are placed on the goal line.

USA RUGBY: The national governing body for rugby in the United States.

Use it or lose it: If the maul stops moving forward the referee will often tell the players to ‘use it.’ This means they must pass the ball within a five second period or a *scrum* will be awarded to the team that was not in *possession* of the ball at the beginning of the *maul*. Once the ball has become available for play at the back of a ruck, the team in possession must deliver the ball within five seconds or it will be turned over (scrum).

Wheel or Wheeling: When a *scrum* is rotated further than 90 degrees. There are legal ways to wheel a scrum, and illegal ways. If wheeled legally, there will be a new scrum with the other team throwing-in. If wheeled illegally, there will be a penalty.

Yellow card: A card that is yellow in color is shown to a player who has been cautioned to indicate a ‘*temporary suspension*’ for repeated or deliberate *infringements* of the rules. The offending player is suspended for 10 minutes without *substitution*. After 10 minutes, the player may return at the next stoppage after the ten minutes, and only with the referee’s permission.

