

Insert Logo
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Roster Sheet

Team Name:

Players and positions:

- Prop (1):**
- Hook (2):**
- Prop (3):**
- 2nd Row (4):**
- 2nd Row (5):**
- Flanker (6):**
- Flanker (7):**
- Number 8 (8):**
- Scrumhalf (9):**
- Flyhalf (10):**
- Left Wing (11):**
- Center (12):**
- Center (13):**
- Right Wing (14):**
- Full Back (15):**
- Substitutions:**

How are points scored?

Try (5 pts) A try is scored by touching the ball to the ground in the opponent's try zone.

Conversion Kick (2 pts) After a try, teams attempt to score by placekicking the ball through the goalposts.

Penalty Kick (3 pts) A team awarded a penalty has a chance to kick for 3 points at their opponents goalpost.

Drop Kick (3 pts) A drop goal is scored by dropkicking the ball through the goalposts in open play.



Why did the whistle blow?

Penalty



Scrum



Offside Player is offside when in front of the player carrying the ball. No blocking allowed in rugby.

Forward pass Only lateral and backward passes are allowed in rugby. If the ball is passed forward a scrum will be awarded to the non-offending team.

Knock-On A knock-on is when a player fumbles the ball forward. The non-infringing team is awarded a scrum.

Failure to release player/ball After a tackle, the tackler must immediately release the ball carrier and the ball carrier must immediately release the ball. If either of these does not occur within a reasonable time a penalty is rewarded to the non-infringing team.

What is a ruck?

A 'ruck' is what occurs after a player has been tackled. Both teams will compete for the ball by driving the other team away from the ball, allowing their players to pick it up out of the back and continue play. No, this is not just chaos, there are some rules around the ruck!

Illegal action in the ruck All players must join a ruck from their own side of the ball, through what is called a 'gate'. They should not join the pile from the side, only the back. A penalty will be called if done incorrectly. If the ball becomes unplayable in a ruck and neither team is at fault, a scrum will be awarded to the team in possession of the ball prior to the ruck.

Rugby Positions:

