



RUGBY LEAGUE

A BEGINNERS

GUIDE

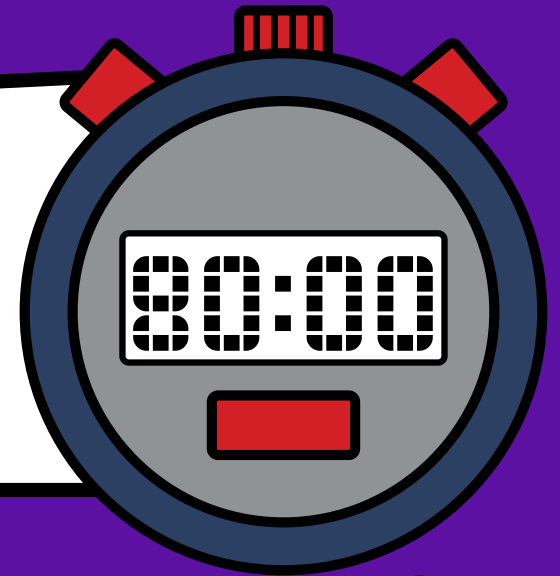


**RUGBY LEAGUE
WORLD CUP
ENGLAND 2021**

KNOW YOUR NUMBERS

EIGHTY

MINUTE MATCHES

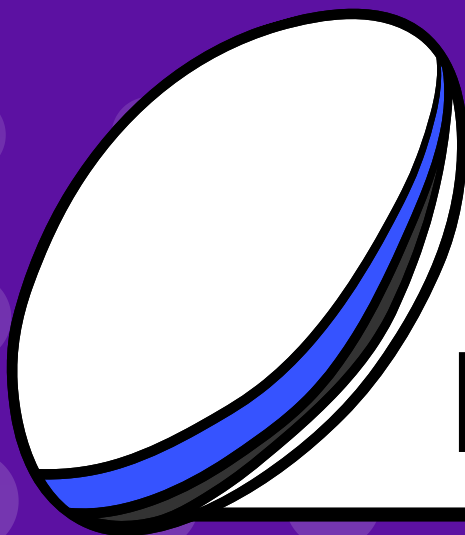
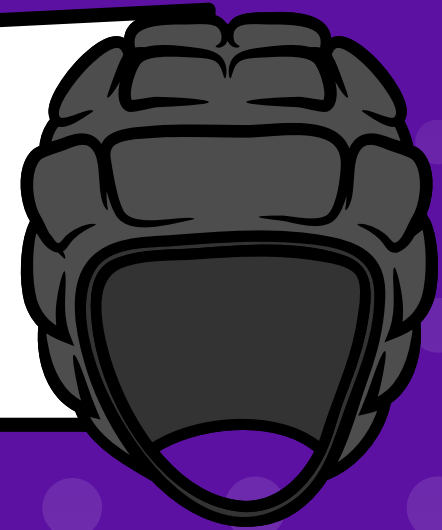


NUMBER OF
PLAYERS PER TEAM

THIRTEEN

SIX

TACKLES A TEAM

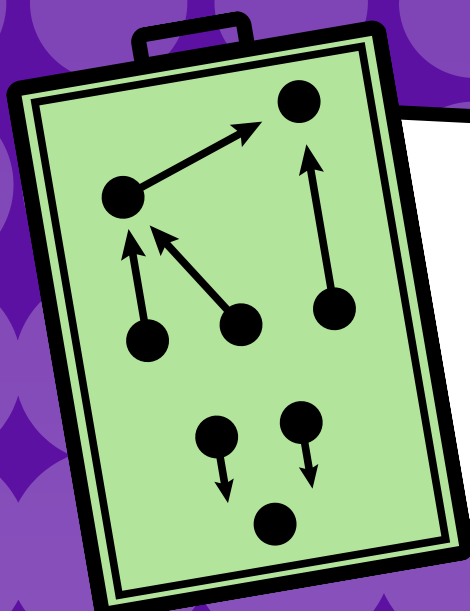
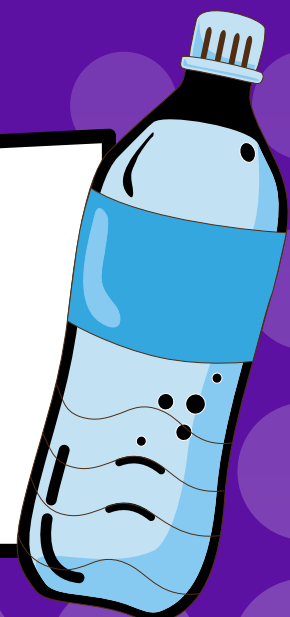


POINTS FOR A TRY

FOUR

TWO

POINTS FOR A
CONVERSION/ PENALTY KICK



POINT FOR
A DROP GOAL

ONE

THE RULES

DID YOU KNOW THERE ARE 5 WAYS TO SCORE IN RUGBY LEAGUE?

TRY - 4 POINTS

Scored by an attacking player grounding the ball in their opponents goal area.

CONVERSION - 2 POINTS

After scoring a try, that team can attempt to add two further points by kicking the ball over the goal.

PENALTY GOAL - 2 POINTS

After an infringement, the team awarded a penalty can take a kick at goal.

DROP GOAL - 1 POINT

A goal scored by propelling the ball over the crossbar by drop kicking it.

PENALTY TRY

When a team is prevented from scoring, they are awarded a penalty try. The conversation is placed in front of the posts.

TACKLING

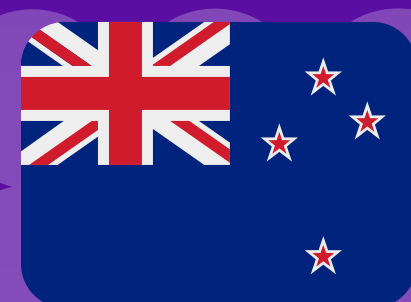
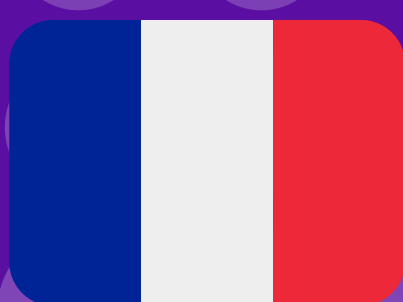
To stop players scoring the defending team must tackle the attacking team.

The attacking team are given a set of six tackles. If they fail to score, they must hand over possession of the ball to the opposing team.

Tackles made must be below the neck and not deemed to be reckless.

Once a tackle is complete, the attacker must play the ball behind. This is done by placing the ball on the floor and heeling it backwards.

Defenders must be onside, this is ten meters from where the ball is played with the exception of 1 or 2 markers.



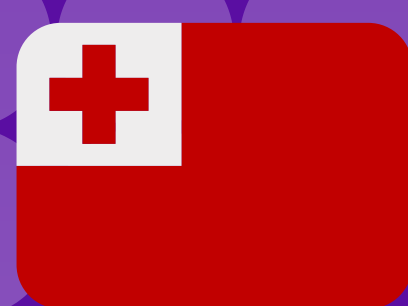
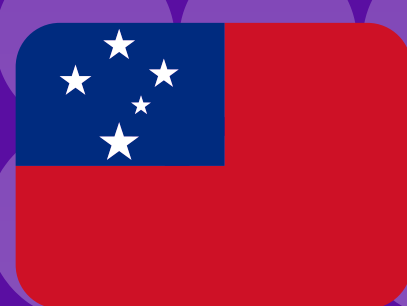
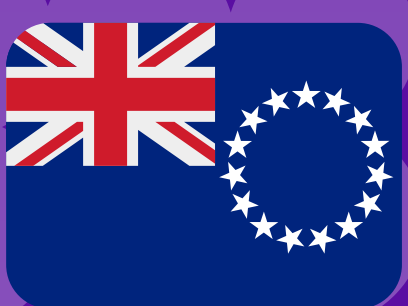
PENALTIES

When a team commits a penalty, it may result in the tackle count being reset or the opposing team electing to either advance ten meters to start a new set, form a scrum or kick into touch and gain possession from where it leaves the field.

The following fouls will result in a penalty:

- High or reckless tackles
- Being offside
- Deliberately passing the ball forward
- Shoulder barge
- Stealing the ball in a tackle with more than 1 player
- Punching
- Dissent to the referee
- Deliberately wasting time
- Obstructing a tackler
- Tackling someone without a ball

Serious or repeat offences from a player will result in a yellow card, sent to the sin bin for ten minutes or shown a red card and sent off for the rest of the game.



TURNOVERS

Teams take it in turns attacking and defending. The attacking team must score or turn the ball over as close to the line as possible. The defending team must stop the attacking team scoring and force them to turn the ball over.

Turnovers can occur when the ball or a player carrying the ball goes in touch, the attacking team drops the ball forward known as a "knock on" or the attacking team pass the ball forward.

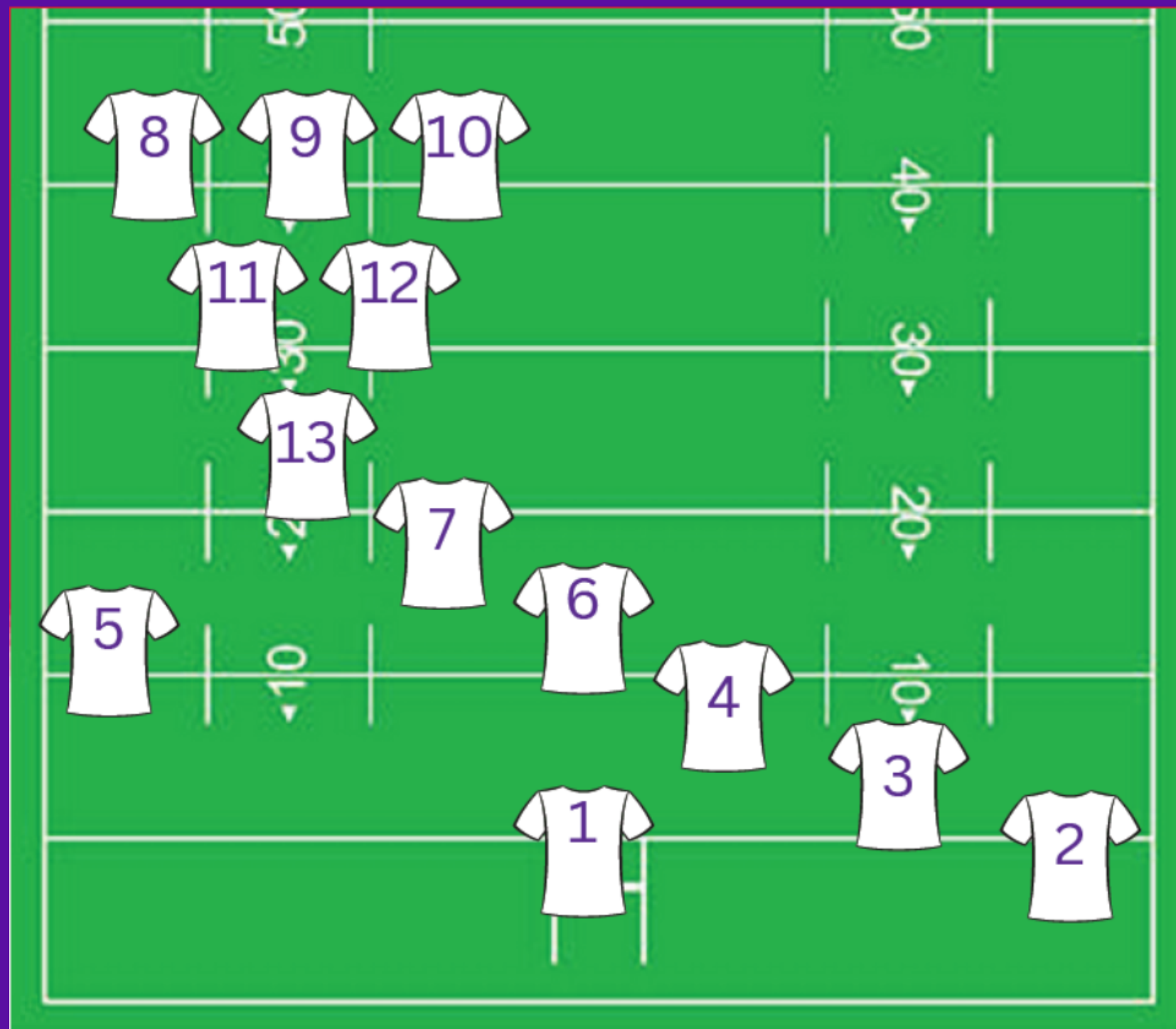
Any of the above will result in a scrum to the defending team unless it is the last tackle where it will be a play the ball.

The attacking team runs out of tackles which results in the game being restarted by a play of the ball.

The attacking team commits a foul which results in a penalty to the defending team.

If the defending team picks up a loose ball, catches a kick, intercepts a pass or steals the ball from another player in a tackle, this will result in play carrying on and the defending team now becomes the attacking team.

POSITIONS



BACKS

- 1 - Fullback
- 2 & 5 - Wingers
- 3 & 4 - Centres
- 6 - Stand off or Five Eighth
- 7 - Scrum Half

FORWARDS

- 8 & 10 - Prop or Front Forwards
- 9 - Hooker
- 11 & 12 - Second Row Forward
- 13 - Loose Forward or Tight End

TERMINOLOGY

BOMBS

A bomb or an up and under, is a high, but short-range punt onto or behind the defending team.

CAUTION

A player who deliberately or repeatedly infringes the laws is cautioned, and shown a yellow card. A cautioned player is suspended from playing for ten minutes.

DUMMY PASS

An offensive rule, where the ball carrier moves as if to pass the ball to a team-mate, but then continues to run with the ball themselves; the objective is to trick the defenders into marking the would-be pass receiver, creating a gap for the ball carrier to run into.

DUMMY RUNNER

Another offensive tactic; a player on the attacking team runs towards the opposition as if running onto a pass, only for the ball to be passed to another player, carried on by the ball carrier or kicked forwards. As with a dummy pass, this tactic draws defenders away from the ball and creates space for the attacking team.

TERMINOLOGY

DUMP TACKLE

The tackler wraps their arms around the ball carrier's thighs and lifts them a short distance in the air before forcibly driving them to the ground. The tackler must go to ground with the ball carrier for the tackle to be legal. This technique is useful to completely stop the opponent in their tracks. A dump tackle which drops the ball carrier on their head or neck is known as a spear tackle, and will almost inevitably concede a penalty and possibly result in a caution for the tackler.

FEND OR "HAND OFF"

Fending is the action by the ball carrier of repelling a tackler using their arm. For the action to be legal, the ball carrier's arm must be straight before contact is made; a shove or "straight-arm smash", where the arm is extended immediately before contact or on contact, is illegal and classed as dangerous play.

TERMINOLOGY

GOLDEN POINT

The golden point is a sudden death overtime system. This is sometimes used to resolve rugby league matches that have ended in a draw. If the scores are level at the end of 80 minutes an extra 5 minutes are played. The teams swap ends with no break, then a further 5 minutes are played. Any score (try, penalty goal, or field goal) in this 10 minute period secures a win for the scoring team, and the game ends at that point.

GRAPPLE TACKLE

A grapple tackle is where the tackler attempts to impede the ball carrier by applying a chokehold-like manoeuvre. Although players can be penalised for its use, it is difficult to enforce.

GRUBBER KICK

A type of kick which makes the ball roll and tumble across the ground, producing irregular bounces making it hard for the defending team to pick up the ball without causing a knock-on. It gives the ball both high and low bounce and on occasions, the ball can sit up in a perfect catching position.

TERMINOLOGY

HIGH TACKLE

A high tackle (or head-high tackle) is a tackle where the tackler grasps the ball carrier above the line of the shoulders (most commonly around the neck or at the line of the chin and jaw).

Executed violently or at speed, a high tackle is an extremely dangerous play, high tackles are a cause for penalties, and yellow or red cards.

KNOCK-ON

Is also called a knock-forward, this is when a player loses possession of the ball and goes forward off the hands or arms of a player and hits either the ground or another player. It results in a scrum with the put-in to the opposition.

40/20 RULE

If a player is standing no more than 40 metres away from their own try line and manages to kick a ball in general play which bounces in the field of play then goes into touch inside his opponents, 20-metre area, his side gets the head and feed at the scrum.

TERMINOLOGY

LATE TACKLE

A late tackle is executed on a player who has already passed or kicked away the ball. As it is illegal to tackle a player who does not have the ball, late tackles are penalty offences (referees allow a short margin of error where the tackler was already committed to the tackle) and if severe or reckless may result in yellow or red cards.

OFFLOAD

An offload sees a player who is holding the ball tackled, but passes the ball to a teammate before the tackle is completed.

ON THE FULL

If the ball is kicked into touch without first bouncing inside the field of play it is termed as ball is kicked into touch on the full.

WE HOPE YOU ENJOY

THE GAME!