



**SUMMIT MENS RUGBY
PLAYER GUIDE
2022**



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Rugby Glossary

The following terms are used every day during training sessions, matches, and whenever talking about rugby. Knowing and understanding these terms are important in the understanding of this great game.

Advantage - when one team makes a penalty/mistake (knock-on) the opposite team can attempt to maximize it (continue to play), rather than the referee immediately stopping the action. If the players can't maximize the error, play restarts where the first mistake happened.

Attacker - player running the ball. That player can run the ball, pass the ball, kick the ball, maul and/or ruck, and score a Try. The job of the attacker is to not lose the ball to the opponent by using skills to keep the ball in possession.

Backline - the backline is the line-up of players (Backs) that extend out and away for the scrummage performed by the eight forwards. The backline is the group of Backs starting with the Fly-half out to the Inside and Outside Centers and then to the Wingers extending across the open side of the pitch. The backline also includes a back-side Winger and the Fullback who plays from the deepest attacking position in the middle of the pitch and who is free to attack anywhere necessary.

Conversion - This kick after a Try is worth two points. The conversion kick is taken from a spot in line with where the ball was originally grounded and directly out at least 10 meters outside the Try line. So, scoring as close to the posts as possible is best.

Defender - A tackler - it is the job of a defender to work with his side to tackle players running with the ball and to then steal that ball away to his side when the attackers hit the ground. The defender cannot stay on the ground after the tackle.



Dropped Goal - A dropped goal, occurs when the player drops the ball on the ground then kicks it even as it bounces up, is worth three points if it goes through the uprights.

'FIRE' – the call made by the players who are at the POST defensive positions to let everyone know the ball is out and they need to attack the offense.

Free-Kick - A free-kick is awarded to a team for a technical offence committed by the opposing side. A free kick is also awarded for making a Mark. Once awarded a free kick the team must decide to either - perform a drop kick down field, punt down field, play a tap kick (to keep possession taps ball while on the ground or from the hands to them self).

Gain Line - the gain line is an imaginary line from one side of the field to the other which passes through the ball and is at right angles to the touch. While the game is still in play this will be at points where a tackle has resulted in a ruck or maul. At a scrum or line-out the gain line will also be drawn across the pitch.

The Gate - When a player is taken to the ground or held up in a maul. A space formed by imaginary lines that span the width of the tackled player. All players entering a breakdown or ruck should do so while “coming through the gate.” As opposed to joining the ruck or maul from the side. The arriving player must come through the gate from the back of the gate on their side of the gain line. Failure to abide by this will result in a penalty.

Kick-off - A kick-off is a how a match begins. A kick-off is also used as a restart following scores (Try and Penalty Kicks) and to start a second half. The kick-off must go at least 10 meters.

“Mark” - any player may mark a ball that is kicked to them inside his own team's twenty-two-meter line. Yelling out “Mark” means that the player may catch the ball and cannot be tackled by rival players. The mark is performed by a player, making a clean catch as they jump off the ground and shouting



"Mark!". After the catch the marking player takes a free kick at the position of the mark.

Maul - A maul occurs when a player in possession of the ball is held up off the ground by one or more of either the opposition or of the ball carrier's teammates.

Penalty – A penalty is when a player commits a Law violation – offsidings, not releasing a tackled player, not getting off the ground after a tackle, dangerous tackle, obstruction, etc. The team not being penalized has three options following a penalty – kick the ball to touch and they get the ball for a line-out. Kick the ball for points if close enough to the goal posts. Or take a scrum restart.

Penalty Kick - Penalties kicks are available after a Law has been broken. The penalty allows the team who is rewarded the penalty a kick at goal, which is worth three points.

Pitch – the location for where rugby is played for both training and matches. The official size of a rugby pitch is 68 m wide and 100 meters from try line to try line. There are lines painted at 22m, 40m and at mid-field. There is also a dotted line running the length of the field 5m from the touch line. This line indicates where a line-out can begin for a restart of a match when the ball goes into touch.

Red Card - A Red Card is given to a player for hitting a ball carrier above the shoulders and/or in the head without attempting to wrap. Or after a player has committed multiple penalty's and has been warned with the use of a Yellow Cards. A red card is used to indicate that a player has been sent off and can take no further part in the game. He cannot be replaced, leaving his team with one less player for the remainder of the game.

Restarts – A restart is the way that a rugby team starts the game after a stoppage. Stoppages are caused by a ball going into touch, penalties, a team



scores, injuries, dead ball in-goal, and a called time out. There are several types of restarts – Kickoffs, which is just like the kickoff in American football to start a match. Scrummage (scrum), is a method of restarting play in rugby that involves players packing closely together in the attempt to gain possession of the ball. Lineout, after the ball has gone over the touchline, both teams line up in two lines parallel to the goal line and at least one meter apart, and a player on the team not responsible for putting the ball out throws the ball between the lines. 22-Metre Drop-out Kick - a kick from inside the kicking team's 22 meter and a Free Kick after a penalty that can be a tap and go or any other kick to the opponent. Tap and Go - after a penalty a team can immediately attack the opponent. The team can do this by putting the ball through the ref's mark by tapping foot off ball and attacking.

Ruck - A ruck is a phase of play within rugby *where one or more players from each team* are in physical contact close around the ball on the ground. A ruck is formed after the ball carrier is taken to the ground. Having made the tackle, the tackler must immediately release the ball carrier and roll away from the ball.

Side - A side is the Rugby term for a team.

Scrum Engagement Call - Rugby 3 on 3 front row scrum engagement procedure. Scrum Front Rows coming together. Each prop touches the opponent's upper arm and then pause before the front rows meet. The sequence should be: "Crouch, Engage, Set". And is called by the Referee.

Tap and GO – after a penalty, a team can immediately attack the opponent. The team can do this by putting the ball through the ref's mark immediately after the whistle by tapping ball off the foot and attacking.

Touch – Touch is when a ball goes out of bounds and out of play. The ball can go into touch by a player's being tackled or by being kicked. A line-out is used to restart the match when a ball goes into touch.



Try – when touching the ball down to the ground with pressure within the opponent’s in-goal area or on their line. Doing so is worth five points and earns that team to attempt a conversion kick. After a try. The team that scored the try will receive the kick-off (yes, they get the ball back).

Tunnel - A tunnel is formed after the match by either the home side or the loser of the match to shake the hands of the opponent. A team enters the tunnel in single file and shakes the hands of each opposing player standing on each side of the tunnel. When a player exits the tunnel. They then take the position next to the last player on that side. This continues until all players have passed through the tunnel and has shaken everyone’s hand.

Yellow Card - A players that is shown a yellow a card has to spend ten minutes off the pitch in the ‘sin-bin’ if they commit a variety of offences ranging from foul play to indiscipline to backchat.

22-Metre Drop-out Kick – When a ball is kicked into the in-goal area by an attacking side or if the ball is played or taken into in-goal by an attacking player and is made dead by an opponent, play is restarted with a 22-metre drop-out. A 22-metre drop-out: Is taken anywhere on or behind the defending team’s 22-metre line. All supporting players must be behind the kicker.



Laws to Remember

Dangerous Tackle: Tackling the player above the collar is a penalty.

Failure to Release: Not letting go of the ball when tackled and on the ground.

Forward Pass: An illegal pass to a player who is before the ball, a player isn't allowed to pass the ball forward to a team-mate.

Foul play: Play deemed by the referee as being dangerous, obstructive, unfair play or misconduct. The offending player is penalized, possibly sent to the sin bin or even sent off.

Knock-on: If a player drops the ball 'forward', that's towards the opposing team's try-line or loses possession of the ball and it goes forward. It's a scrum with the non-offending team getting the scrum feed.

Offsides: A player is offside in general play if he is in front of a teammate who is carrying the ball in the match. Or in front of a teammate who last played the ball. It's also illegal to kick the ball to a teammate that's down-field from the kicker.

Playing the ball on the ground: Touching or picking up the ball while you are on the ground, in a ruck, or part of a tackle.

Playing the Person and not the ball: Tackling or interfering with someone who isn't carrying the ball.

Shepherding: Interfering with an opponent who is trying to tackle the player running the ball.

WHISTLE – when you hear the referee blow their whistle – STOP!! STOP immediately whatever you're doing on the pitch during play.



ATTACKING

Attacking - Whenever you have the ball in your hands you should immediately attack the opposition and run at full speed to space. It is up to your supporting players to run in support of you and communicate LOUDLY where they are so, when necessary, you can pass the ball to them.

Principle of attacking: Always run hard and when being tackled make sure you protect the ball and yourself – “*Body Before Ball*”. (Turn your body to take on the tackler as he hits your back and hide the ball). Remember - it is always better to deliver the hit as compared to letting the defender hit you.

Rucking – When an attacking player has gone to the ground.

- ✓ When in contact with the opposition... try to stand as long as possible. This will give your supporting players time to get to you and to help you protect the ball.
- ✓ If you have to go to the ground. Hold on to the ball and when on the ground place it behind you as far as possible to allow your supporting players to Ruck Over.
- ✓ Establishing a Ruck: Arriving players must ruck over the ball getting low before they make contact with the opposition. The rucking players need to make that contact as they wrap their arms around the opposition in an effort to clear the opposition from the tackle location. If the attacking side does not clear the tackle location. All attacking players must at least ruck over the ball staying on our feet to allow our team to get the ball out of the ruck with a pass to the players away from that ruck breakdown area.

Mauling – When an attacking player is able to stand up and not go to ground. Mauling is used in open field play, as a restart lineout play and as a set play restart the match after a penalty.

Mauling is a way of keeping control of the ball off the ground and moving the ball towards the goal line. As long as the players with the ball stay bound



together, the ball can be moved from player to player in order to keep the ball at the back of the maul. As the defenders try to disrupt the maul the attacking players can leave the front of maul and rejoin at the back in a continuous flow while at the same time keeping the ball at the furthest point at the rear of the maul.

Good posture and body height are important to maintain the ball in the Maul. You must stay bound to other team members with the full length of at least one arm. You must stay on your feet. Using the power of your legs, drive opponents back, making contact with them with your shoulder.

Coaching Points for a Successful Maul

- ✓ Establish a strong front platform and immediately get the ball back to the last player in the maul.
- ✓ Stay bound and don't let opponents separate you
- ✓ Keep your body in a well-balanced crouched bent at the waist leaning forward position
- ✓ Keep your feet moving
- ✓ Must keep the ball at the back with the last man
- ✓ If you detach from the maul, retreat behind the offside line and then rejoin at the back of the maul (through the gate) and immediately get the ball



DEFENDING

Tackling Skill – Tackling is 90% attitude and 10% execution. You have to want to take that opponent to the ground.

Coaching Points for Successful Tackling

- ✓ Keep your eyes focused on the targets Belt Buckle
- ✓ Keep your head up and behind the runner's butt (Cheek to Cheek)
- ✓ Tackle low – at the knees
- ✓ Run through the tackle
- ✓ Wrap your arms around the legs at point of impact
- ✓ After tackle, jump up immediately to your feet and grab “Poach” the ball as the attacker tries to put the ball back out of your reach

POST DEFENSE - Defensive Alignment at the Breakdown (ruck/maul)

Our team will use the defensive alignment formation referred to as the POST DEFENSE. The Post Defense occurs immediately after a tackle is made and a ruck has formed anywhere on the pitch. The first two arriving players at the breakdown must immediately take the POST positions on each side (left and right) and at the back of the ruck (breakdown). The POST players upon taking the POST positions raise their arms in the air as they YELL ... LEFT POST, RIGHT POST and announce to all team members they have taken the POST positions. Then, as their team members arrive at the breakdown/ruck, each new arriving players assumes a position directly next to the POST players as needed until the ruck ends. The POST players do not leave their POST position until the ball is passed out and until they YELL FIRE and attack the oppositions back line. If the opposing team slows down the speed of play and form attacking lines on each side of the breakdown. The defenders do the same next to the POSTs to match the opponent's numbers adding players to the left and



right of the POSTS. If the attacking team shifts players to one side or the other behind the breakdown/ruck. Then the line of defensive players to the left or right of the POST move to either side to match the opponents' players making sure the POST always stays in place and the shifting players fill inside out starting at the POST to match the attacking teams number of players. Again, the moving players fill right next to the POST players sliding inside out.



SUMMIT MEN'S PLAYBOOK

Field Directional Calls

- ❖ **Running Attack** (the planned direction of our attack)
 - Red – left 1/3 of the pitch
 - White – middle 1/3 of the pitch
 - Blue – right 1/3 of the pitch

- ❖ **Kicking Attack** (the planned direction for where the kick will go)
 - Red/Red - left 1/3 of the pitch
 - White/White - middle 1/3 of the pitch
 - Blue/Blue - right 1/3 of the pitch

Kick-off Plays (where we will kick the ball)

- ❖ The Kick-off play will start with the Field Direction Call – Red/Red, White/White or Blue/Blue
- ❖ The next call is the play – One, Two, or Three
 - One - the ball will be kicked just past the 10-meter line to be contested.
 - Two - the ball will be kicked as deep as possible inside the opponents 22-meter line.
 - Three - the ball will be grub kicked straight in front of kicker to himself and then immediately passed to a support player.



Line Out Plays

The call for a line-out will include:

- 1) Field Directional call (Red, White, Blue)
- 2) Who gets the ball - Forwards or Backs
 - a. Forwards - any word w first letter of “F”. If ball goes to forwards they will maul.
 - b. Backs - any word first letter of “B”. If ball goes to back it will be tapped down from jumper to scrumhalf and immediately out to back.
- 3) What jumper will get the pass from Hooker
 - ❖ Aspen - thrown to 1st jumper
 - ❖ Breckenridge - thrown to 2nd jumper
 - ❖ Copper - thrown to first man in line-out and he attacks straight

Back Line Plays

The back lines plays will be determined and called by the Flyhalf and communicated to the Scrumhalf for communication to the forwards. And the following numbers will be used to identify the players and the play:

- ✓ Flyhalf - 1
- ✓ Inside Center - 2
- ✓ Outside Center - 3
- ✓ Weakside Winger - Blind
- ✓ Strongside Winger - Open
- ✓ Fullback - 5



Attacking Plays from Line Out or a Scrum

- ❖ 1 - 2 Switch (scissor)
- ❖ 1 - 3 Chopper
- ❖ 2 - 3 Switch (scissor)
- ❖ Dummy 1 - 2, skip 3, 5 in
- ❖ Blind (weaksider winger runs inside flyhalf)
- ❖ Double Miss - skip 2 to 3, 5 in, 3 skips 5 to Winger

Penalty Plays (when we choose not to kick)

1. **Forwards, Tap and Go** - ball tapped into play by Scrumhalf and given to designated forward who charges forward and sets up a Maul.
2. **Backs, Tap and Go** - Ball tapped into play by Scrumhalf and is passed out to the Flyhalf who has already picked a Backs play to run.



RUGBY ACTIONS to KNOW and REACT TO

RUCKING

The purpose of a ruck is to allow players to compete for the ball which is on the ground with at least one player is on the ground as well. When you have the ball and are tackled to the ground you have started a RUCK. Remember, the ball is the most important thing about a ruck. Make sure to get the ball back away from you and the tackle and do not hold onto the ball. As this can be a Penalty.

If you are the defense and have tackled an opponent successfully to the ground. **GET OFF THE GROUND IMMEDIATELY** and try to get the ball. If you touch the ball while still on the ground, it's a PENALTY. If you do not get off the ground and hold the player, it is a PENALTY.

1. Possession of the ball after the tackle may be won by either team by rucking. RUCKING - pushing the opposing team players off the ball.
2. A ruck is formed when at least one player from each team is in contact, on their feet (or on the ground) and over the ball which is on the ground.
3. Any arriving player must stay on their feet as they hit their opponent and must join the area from behind their offside line (The Gate).
4. A player may join alongside but not in front of the hindmost player.
5. A player must bind onto a team-mate or an opposition player.
6. Players must endeavor to remain on their feet throughout the ruck.
7. Players may play the ball with their feet, provided they do so in a safe manner.
8. Players on the ground must attempt to move away from the ball and must not play the ball in the ruck or as it emerges.
9. The ruck ends and play continue when the ball leaves the ruck or when the ball in the ruck is on or over the goal line.



DEFENSE

POST DEFENSE - Defensive Alignment at the Breakdown (ruck/maul)

Our team will use the defensive alignment formation referred to as the POST DEFENSE. The Post Defense occurs immediately after a tackle is made and a ruck has formed anywhere on the pitch. The first two arriving players at the breakdown to the ruck. If they are not needed in the ruck, they **MUST** immediately take a POST position on each side (left and right) and at the back of the ruck (breakdown). The POST players upon taking the POST positions **raise their arms in the air as they YELL ... LEFT POST, RIGHT POST and announce** to all team members they have taken the POST positions.

Then, as their team members arrive at the breakdown/ruck, each new arriving players assumes a position directly next to the POST players as needed until the ruck ends. The POST players **MUST NEVER** leave their POST position until the ball is passed out and until they **YELL FIRE** and attack the oppositions back line.

If the opposing team slows down the speed of play and form attacking lines on each side of the breakdown. The defenders do the same next to the POSTs to match the opponent's numbers adding players to the left and right of the POSTS.

If the attacking team shifts players to one side or the other behind the breakdown/ruck. Then the line of defensive players to the left or right of the POST move to either side to match the opponents' players making sure the POST always stays in place and the shifting players fill inside out starting at the POST to match the attacking teams' number of players. Again, the moving players fill right next to the POST players sliding inside out.



RESTARTS

A restart is the way that a rugby team starts the game after a stoppage. Stoppages are caused by a ball going into touch, penalties, injuries, by a team scoring, or by a team calling for a time out.

There are several types of restarts:

- ✓ Kickoff, which is just like the kickoff in American football. Kick offs occur at the start of the match, after a score (try or penalty kick) or to start the 2nd half.
- ✓ Scrummage (scrum), is a method of restarting play in rugby that involves players packing closely together in the attempt to gain possession of the ball.
- ✓ Lineout, after the ball has gone over the touchline, both teams line up in two lines parallel to the goal line and at least one meter apart, and a player on the team not responsible for putting the ball out throws the ball between the lines.
- ✓ Tap and Go - after a penalty a team can immediately attack the opponent. The team can do this by putting the ball through the refs mark by tapping foot off ball and attacking.
- ✓ Free Kick after a penalty that can be a tap and go or any other kick to the opponent.
- ✓ 22-Metre Drop-out Kick - a drop kick from inside the kicking teams 22. Occurs after a down ball inside opponents in-goal line.

Penalty

When there is an infraction to the laws of the game the ref will call a penalty. The team not penalized has options to restart play.

- ✓ Quick tap and go - **Be Alert - React - Attack or Defend**
- ✓ Scrum
- ✓ Kick for touch - if the ball goes to touch. The team gets the line out
- ✓ Kick for points



What do we do when we hear the ref whistle, and they call a PENALTY!??

Penalty against us - “immediately” RETREAT 10 METERS - Spread out cover the pitch - watch what the opponent players are doing as you “quickly” run behind where the ref marks the penalty. Spread out and cover the field as necessary making sure to be ready for the opponent’s quick “tap” and go.

Penalty Against Opponent - our ball - “immediately” run behind the penalty mark and get ready for our quick attack with a “tap” and go! If no tap, wait for captain’s call.

- ✓ Kick for Points - Wingers, Centers line up behind the ball and in the middle of goal post. Chase the ball when kicked towards post in the event it hits the post. The ball is “live”.
- ✓ Kick for Touch - Centers and Wings chase kick to make sure it goes to touch.

22-Metre Drop-Out

When the ball is played or taken in-goal by an attacking player and is made dead by an opponent, play is restarted with a 22-metre drop-out.

When a 22-meter is called by the REF - **Immediately sprint behind the 22-meter (if it’s your in-goal) or spread out in front of the 22-meter (if it’s the opponents in-goal).**

A 22-metre drop-out kick:

- ✓ Is taken anywhere on or behind the defending team’s 22-metre line.
- ✓ Must be taken without delay.
- ✓ The kicking team must Drop-kick across the 22-meter line.
- ✓ Drop-kick must only cross the 22-metre line.
- ✓ Can be a tap and go as long as ball is on the ground.
- ✓ An opponent, who is inside the kicker’s 22, may not delay or obstruct the drop.



What do you we do **“immediately”** upon hearing the ref call a 22-Meter??

- We have the ball.
 - ✓ Immediately retrieve the ball and pass it quickly to designated player who is waiting at the 22-meter line to kick the ball.
 - ✓ Spread out along the 22-meter line in your assigned kick-off position.
 - ✓ The designated kicker will use the same calls for the 22-meter that we use for all Kick-offs.
- The opponent has the ball.
 - ✓ **“Immediately”** sprint outside the 22-meter line, turn, and face the opponent and go to the position you are assigned for a kick-off receiving play.
 - ✓ Always look to find out where the ball is and be ready for them to go quickly!!



Attack Formation



