

# Rugby

## Rugby Union

1. Assemble two teams of fifteen players each. There are eight forwards, who mainly get possession of the ball, and seven backs who mainly carry and move the ball.
2. Start play with the defensive team kicking the ball to the offensive team. Run with the ball until tackled. You may also pass or kick the ball to a team mate, but you cannot pass the ball forward.
3. Release or pass the ball if tackled. If released, the ball is open for anyone to take. Play only stops on a rules violation, two opposing players grabbing the ball (known as a ruck or maul) or the ball going out of bounds.
4. Restart play with a scrum after a rules violation, such as a ball dropped forward or a forward pass, or a ruck or maul. This is when the forwards on the team lock up in a huddle and contest for the ball by kicking in backwards. The ball is thrown into the scrum by someone on the team that did not commit the violation.
5. Restart play with a line-out if the ball went out of bounds. The forwards on each team line up facing each other. The team that didn't knock the ball out throws it back in, and the players contest for possession.
6. Score five points for a try, which is touching the ball to the ground in the goal area. A kick is then attempted through the goalposts for two extra points.
7. Score three points for a goal, kicking the ball through the goalposts while in play.

*Information retrieved from: How to Play Rugby | eHow.com  
[http://www.ehow.com/how\\_2048948\\_play-rugby.html#ixzz1MpQI4jvP](http://www.ehow.com/how_2048948_play-rugby.html#ixzz1MpQI4jvP)*



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