

# Rugby Union

Big idea: Outwitting opponents as a team

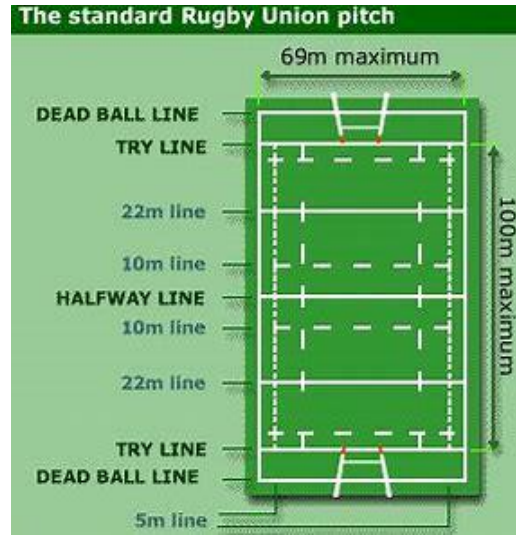
## Introduction to Rugby Union

Rugby union brings together a combination of skill, athleticism and tactics in probably the most punishing of all ball sports. The game is contested by two teams of 15 players and involves one team invading another team's territory with the aim of scoring a try. However, from this simple premise comes a very complicated rule code, tactics and techniques that must be followed correctly to ensure the safety of the players. Played professionally, recreationally and in different forms, rugby selects players with different physical characteristics to play in certain positions in the team.

## History

Although the origins of rugby are unclear, there is evidence of similar games that date back to handball games of the Romans, mob-based games of Normandy, and hurling which dates back to the Bronze Age.

The most widely accepted version of the game's origins describes how in 1823, William Webb Ellis, a pupil at Rugby School, invented the game when he picked up a football and ran towards the opposition goal with it.



- Try can be scored anywhere between 'try;' and 'dead ball' line.
- Game starts from half way.
- The posts are 'H' shaped and conversions must go between the posts.

## 5 rules

1. The ball can only be passed backwards
2. A gumshield must be worn
3. Tackling only below the shoulders
4. Attacking players must stay behind the ball.
5. Yellow cards mean 'sin bin' for 10 mins

## Current world champions

Men – South Africa

Women – New Zealand

## Skills

Passing Catching Tackling Running Kicking Teamwork  
Communication