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## How to Survive Your First Rugby Game



Allblack player makes a tackle on Irish ball carrier

### Introduction

Your first rugby game can be a frightening prospect. You may not know many, if any, of the rules, and you have probably had little practice of the basic skills of the game. And the terminology will probably be unfamiliar to you. Depending on the skill levels of your teammates and your opponents, you may be completely lost and might feel that you are holding your team back, but don't worry, the basic skills will be broken down for you, and once you begin to get a feel for the pace of the game, the rest will quickly fall into place with experience.

### Instructions

**Difficulty:** Moderate

### Things You'll Need

- Mouth guard
- Rugby Ball
- Rugby Boots (or any cleats without toe spikes)
- 29 other rugby players
- 3 officials (one referee, two touch judges)
- One rugby pitch

### Steps

#### 1 Step One

Try to familiarize yourself with the terminology of rugby, you won't remember all of the terms, but do your best to know what your



teammates are talking about.

Pitch - Field

Touch - Out of Bounds area

Try - a 5 point score, earned by touching the ball to the ground in the try zone

Try Zone - goal area behind the uprights

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Conversion - 2 point kick after a try

Drop Goal - 3 point drop kick for goal anytime during play

Line out - throw in to restart play after the ball goes into touch

Scrum - The method of restarting play after a knock on (dropping the ball forward) or forward pass

## 2 Step Two

Learn about your position from your teammates. If you're a big forward, chances are that there is another person on your team playing the same position (there are two each of locks, props, and flankers, but only one hooker and 8-man). As a forward, you will have to learn your role in the scrum, but hopefully you've addressed this in practice. ask questions when you can.

## 3 Step Three

Game Time:

By now, you've probably absorbed far too much information, so at the moment of the first kick, you will forget all of it. If you are truly lost, follow the forwards if you are a forward, and follow the backs if you are a back.

## 4 Step Four

Tackle any opponent that has the ball. Try not to tackle teammates or the referee.

## 5 Step Five

If you find yourself holding the ball, run like hell forward. if you get tackled, place the ball on the ground as close as you can get it to a teammate.

## 6 Step Six

Learn from your mistakes and listen to your teammates. If you hear a teammates yell "BACK 10" run backwards to wherever your teammates are. Your team has just committed a penalty and must concede 10 yards. The referee and your teammates will tell you if you commit a penalty, helping you learn the rules of rugby (Rugby Law).

## 7 Step Seven

After the game:







Drink up

Nurse your wounds

Go to practice and try to figure out what happened during the game

Ask questions

## Overall Tips & Warnings

-  Always ask questions if you have the opportunity
-  Play with confidence, make mistakes and learn from them
-  Don't be afraid to give/receive a hit
-  Don't drop the ball
-  if you find yourself holding the ball and in big trouble, give it a boot
-  Rugby, like any contact sport, can cause serious injury. Always make sure to wear protective equipment allowed by rugby law, and to treat any injuries properly.

## Photo/Video Credits

- \* [http://news.bbc.co.uk/sport2/hi/rugby\\_union/photo\\_galleries/5066914.stm](http://news.bbc.co.uk/sport2/hi/rugby_union/photo_galleries/5066914.stm)

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