

## Rugby Lingo For Beginners

**Binding:** The careful method in which players grip and grasp each other to form a secure scrum, ruck or maul. This is a critical skill to ensure the safety of players.

**Breakaway:** (No, not your bro's favorite mag.) Either of the two forwards wearing No. 6 or No. 7. Also called wing forwards or flankers, they bind to the scrum outside of the locks, just behind the outside hip of the props.

**Charge Down:** The blocking of a kick by an opposition's player.

**Chip Kick:** A short, shallow kick usually delivered over the head of an onrushing defender to be quickly retrieved or caught by the kicker or one of his or her supporting players

**Drop Goal:** A kick at the posts taken at any time a side is close to their own try line. If successful, it scores three points, but the ball must hit the ground before being kicked.

**Feed:** The rolling of the ball into the scrum by the scrumhalf. Must be into the tunnel (but not necessarily in the center of the tunnel).

**Fixture:** Another name for a rugby match.

**Foot Up:** An offense where a hooker brings his or her foot into the scrum's tunnel before the ball is fed by the scrumhalf.

**Garryowen:** A tactical kick which is popped very high and shallow allowing the kicker and supporting players to easily run underneath it for recovery. Also known as an Up and Under or Dirty Annie (don't ask why) or sometimes a pop kick.

**Grubber:** A kick of the ball which causes the ball to bounce and roll along the ground. Also known as a squib kick.

**Hooker:** The No 2 position: The front row forward wearing No. 2. The player is supported on either side in the scrum by props and is required to gain possession of the ball in the scrum by hooking or blocking the ball with one of his or her feet.

**Jumper:** A common name for a rugby jersey. Also the name of a player in a lineout, usually at the two, four and six positions, jumping to catch or intercept the throw.

**Knock On:** Losing, dropping or knocking the ball forward from a player's hand resulting in the ball being awarded to the other team in a scrum. Note: it is legal to kick the ball forward with any part of the leg, but if the ball leaves the hands, it must be kicked before it hits the ground to avoid a knock on.

**Loosehead:** The No. 1 position (left side of the hooker): The prop in a scrum due to his head being outside the opposition's tighthead prop's shoulders (i.e., the prop who has someone else's head on only one side of his head)

**Tighthead:** The No. 3 position (right side of the hooker): The prop in a scrum with his head INSIDE due to his head being between the opposing prop and hooker's head (i.e., the prop who has someone else's head on both sides of his head)

**Maul:** Typically after a runner has come into contact and the ball is still being held off the ground by a player. The primary difference from a ruck is that the ball is not on the ground.

**Pack:** Pigs, Piggies, Forwards, Another name for all the forwards, usually when they are bound for a scrum.

**Pitch:** The field upon which a rugby match is played.

**Prop:** Either of the two forwards normally wearing No. 1 (loosehead) or No. 3 (tighthead). Responsibilities are to support the hooker during scrums and second rows during lineouts.

**Ruck:** Typically after a runner has come into contact and the ball has been delivered to the ground. The primary difference from a maul is that the ball is on the ground.

**Rugby:** A football game in which the ball is kicked or carried forward down a field to score points either by touching the ball down beyond a try line or kicking the ball through posts. The primary rule governing the game is that no pass by hand (kicks are ok) to a player in front of the ball is allowed.

**Sevens:** (or 7s or VIIIs) the version of rugby played with only seven players from each side on a full size field. Typically, the game is shortened to 7 minutes per half. This is the version of rugby that will debut in the 2016 Olympics.

**Scrum:** The formation used in the setplay restarting play after a knock-on or forward pass. A scrum can also be awarded or chosen in different circumstances by the referee.

**Scrumdown:** The coming together of the scrum.

**Take:** A well-executed catch of a kicked ball.

**Try:** A score of five points awarded when the ball is carried or kicked across the try line and touched down to the ground by a player.

**Tunnel:** The gap between the front rows in a scrum or the gap between the two lines of forwards in a lineout.

Wing/Winger: Either of the two backs wearing No. 11 or No. 14. Typically, they're expected to be the fastest sprinters in the side. Wingers also have key duties during defense helping the fullback cover kicks and counterattacking.

XV: A common identifier for the first 15 selected players of a club or team or the version of rugby played with 15 players on each side.