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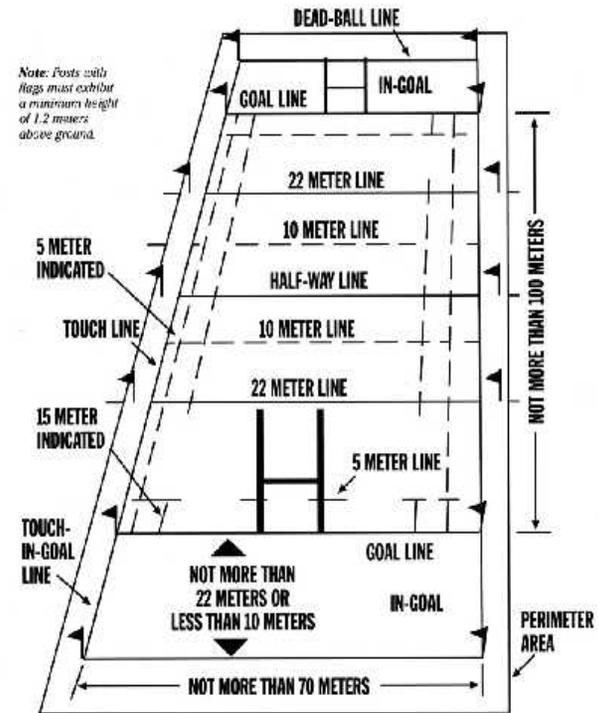
Rugby:

Technical Information Sheet

Rugby Field Dimensions

Playing Area: Max 100m long and 70m wide

Try areas: Min 10m and maximum 22m deep



Rugby Positions & Numbering

Forwards (1-8)

- 1 - Loosehead Prop (Front Row)
- 2 - Hooker (Front Row)
- 3 - Tighthead Prop (Front Row)
- 4 - Lock (Second Row)
- 5 - Lock (Second Row)
- 6 - Blind-side Flank (Loose Forward)
- 7 - Open-side Flank (Loose Forward)
- 8 - Number 8 (Loose Forward)

Backs (9-15)

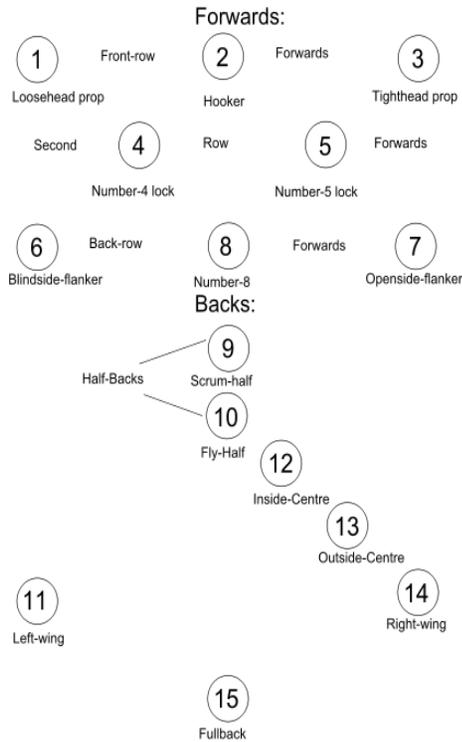
- 9 - Scrum Half (Halfback)
- 10 - Fly Half (Halfback)
- 11 - Left Wing (Back)
- 12 - Inside Center (Back)
- 13 - Outside Center (Back)
- 14 - Right Wing (Back)
- 15 - Fullback (Back)

Numbering Conventions

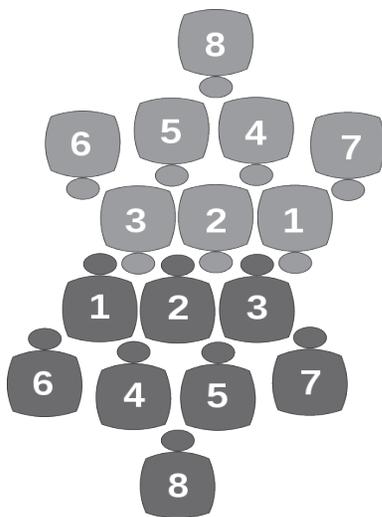
In rugby, players are often referred to either by their position (hooker, #4 lock, fly half, etc...) or simply by the position number. For example, the starting open-side flanker is always #7, and can be referred to as the Open-side Flanker or, simply, #7.

Substitutes often have a specific numbering scheme as well (16 for Hooker; 17-18 for Props; 19 for Second Row; 20 for Loose Forward; 21 for Scrumhalf or second Loose Forward; and 22-23 for Backs).

Rugby Position Setup



Scrum Setup



Positional Overview

Hooker: The hooker is positioned between the two props in the scrum and generally throws the ball into the line-out. In the scrum, the hooker uses his feet to “hook” the ball back and win possession for their team. Hookers generally have a short back and long arms to aid in binding to the props on either side.

Props: The props “prop up” the hooker in the scrum. They form part of the front row of the scrum and push against the opposition’s props. The loosehead prop is positioned to the left of the hooker; the tighthead is to the right of the hooker with his head positioned between the opposition hooker. The prop’s main role is to provide stability at the scrum and support the hooker in quickly winning the ball. At the line-out, the prop’s role is to support the jumper as they compete for the ball. Props have to take in pressure from the locks and loose forwards pushing from behind and the opposition pushing against them, so they are often among the strongest players in a team.

Locks: The two locks form the second row of the scrum, pushing against the front row during the scrum. They provide much of the power and are commonly known as the engine room. They are almost always the tallest players on the team and are the primary targets when the ball is thrown in at line-outs; they must have good catching and tackling ability. In scrums, the two locks bind tightly together and put their heads between a prop and the hooker. They compete for the kick-offs and are involved in securing the ball in rucks and mauls.

Flankers: The flanker’s role is to tackle the opposition and try to steal the ball. They bind loosely to the side of the scrum, and should be the first forward to a breakdown from a scrum or line-out and are expected to link with the backline or secure the ball at the tackle. Both positions have a high workrate, meaning the players need to be fit, fast and good at reading the opposition’s attacking plays, and hard tacklers.

Scrum Half: The scrum-half is the link between the forwards and the backs. They receive the ball from the line-out and remove the ball from the back of the scrum, usually passing it to the fly-half. They also feed the scrum. Along with the fly-half, they make many of the tactical decisions on the field. During general play, the scrum-half is generally the player who receives the ball from the forwards

and passes it to the backs. They are good communicators, especially at directing the forwards around, and their aim is to provide the backs with clean ball. Good scrum-halves have an excellent pass, a good tactical kick and are deceptive runners. Historically they were the smallest player on the field, but this has changed in the modern game.

Fly Half: A fly-half is crucial to a team’s game plan; they possess leadership and order the back line. They are usually the first to receive the ball from the scrum-half following a breakdown, line-out or scrum and need to be decisive with what actions to take and be effective at communicating with the outside backs. Good fly-halves are calm, clear thinking and have the vision to direct effective attacking plays. Fly-halves need good passing and kicking skills.

#8: The Number 8 binds between the locks at the scrum, providing extra weight at the push. #8’s interact with the scrum-half at the back of the scrum to control and provide clean ball for the backs. They can also pick the ball from the back of the scrum and run with it or flick it to the scrum-half. #8’s are often strong ball carriers and tacklers. It is considered one of the most versatile positions on the field.

Centers: Like the fly-half, Centers generally possess a good kicking game and are good at reading the play and directing the attack. The centres’ main role is to provide space for the players outside them; they need to run good lines, be able to side step and swerve, and have good passing skills. When the ball is moved along the opposition backline, the centers are the first players to make the tackle; they need to be aggressive tacklers to knock their opponent down and seize the ball and be good at organising the defensive lines.

Wingers: As the name indicates, Wingers play wide; their primary function is to finish off moves and score tries. They are usually the fastest players in the team and are either elusive runners or, more recently, big, strong and able to break tackles.

Full-back: The fullback is usually positioned several metres behind the back line; they field any deep opposition kicks and are often the last line of defence should an opponent break through the back line. Three of the most important attributes of a good full-back are good catching ability under a high kick, the ability to punt the ball a long distance with accuracy and the speed and skill to join in back line attacking moves, especially counter-attacks.