

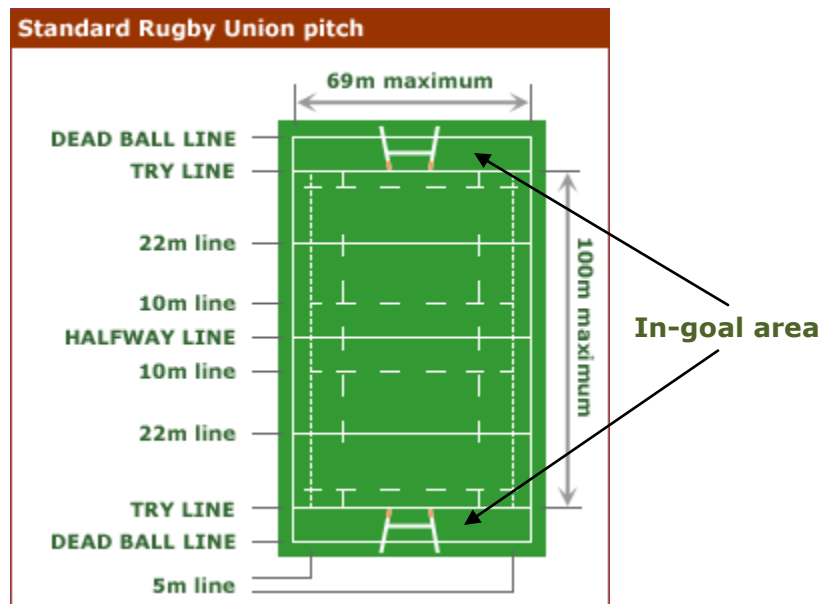
# Know the Laws!

## Part 1: Set Pieces

### Kick Off, Drop Out, Scrum & Line Out

#### A summary of the laws of Rugby Union Prepared for Harrow RFC U14

This is a selected summary of the main laws of the game as applied to U14 age groups and is intended as an aid for the development of youth rugby players. For a full reference to the laws please see the IRB website [www.irb.com](http://www.irb.com)



## NOTE! ADVANTAGE

The Law book says: "Players must always play to the whistle despite infringements by their opponents. When the result of an infringement by one team is that their opposing team may gain an advantage, the referee does not whistle immediately for the infringement".

**SO ALWAYS PLAY TO THE WHISTLE!**

## Kick Off

- The kick off is a drop kick taken on or behind the half way line.
- All players of the kicking side must remain behind the ball and on their side of the halfway line until the ball is kicked
- All players of the receiving side must be at least 10m from the halfway line
- The ball must travel at least 10m from the halfway line. If it does not, the receiving team can choose to play it unless the referee signals.

## Kick Off

LAW/OFFENCE	RESULT
Ball does not travel 10m	Receiving side can choose either scrum at centre (their put-in) or kick to be retaken
Ball goes straight into touch	Receiving side can choose either scrum at centre (their put-in) or play on with a lineout
Ball goes over try line into in-goal area	Receiving side can either play on or touch down. If touched down then choice of kick taken again or scrum at the centre (receiving side put-in). <b>Note!</b> If not touched down immediately, then it may be assumed that the receiving side has chosen to play on!
Ball goes over dead ball line (edge of in-goal)	Receiving side has choice of scrum at centre or kick to be taken again

## Drop Out

- A drop-out is used to restart play after an attacking player has put or taken the ball into the in-goal, without infringement, and a defending player has made the ball dead there or it has gone into touch-in-goal or on or over the dead ball line.
- A drop-out is a drop kick taken by the defending team. The drop-out may be taken anywhere on or behind the 22-metre line.

LAW/OFFENCE	RESULT
Kicking team in front of the ball	Scrum to the opposing side on the 22m
Drop out kick taken from wrong place or with wrong type of kick	Receiving side choice of kick retaken or scrum on 22m
Drop out does not cross 22m line	Receiving side choice of kick retaken or scrum on 22m
Drop out kick goes straight into touch	Receiving side choice of kick retaken or scrum on 22m, or accept the line out
Drop out kick goes into in-goal area	Opposing team can ground the ball, make it dead, or choose to play on. If they ground the ball or make it dead they have the choice of a scrum on the 22m or to have the kick retaken

## Scrum

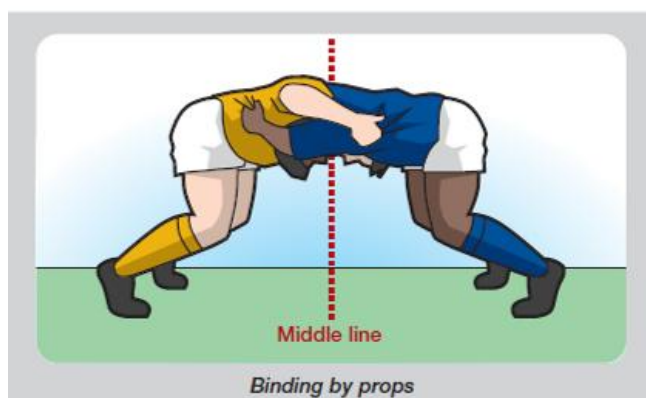
- The middle line of a scrum must not be within 5 metres of the goal line.
- A scrum cannot take place within 5 metres of a touchline.
- The tunnel is the space between the two front rows.
- The player of either team who throws the ball into the scrum is the scrum half.
- The middle line is an imaginary line on the ground in the tunnel beneath the line where the shoulders of the two front rows meet.
- The players on either side of the hooker are the props. The left side props are the loose head props. The right side props are the tight head props.

## Forming a scrum

LAW/OFFENCE	RESULT
A team must not delay forming the scrum	Free Kick to the opposing team
Each side must have 8 players in scrum	Penalty to the opposing team
"Crouch-Touch-Pause-Engage"	Failure to comply correctly is a Free Kick to the opposing team
Front rows take up position no more than an arms length apart and crouch with heads higher than hips	Free Kick to opposing team
Scrum must be stationary until the ball leaves the scrum half's hands – a team must not shove beforehand	Free Kick to opposing team

## Front rows & binding

LAW/OFFENCE	RESULT
All players must be in a position to shove with both feet on ground and crouching correctly	Free Kick to opposing team
Hooker must be in a position to hook with both feet on the ground and not in front of the props front feet	Free Kick to opposing team
All front row players must bind firmly throughout the scrum until it is over	Penalty to opposing team
Hooker must bind over or under the arms of the props and must bear own weight	Penalty to opposing team
A loose head prop must bind on the opposing tight head prop by placing the left arm inside the right arm of the tight head and gripping the tight head prop's jersey on the back or side. The loose head prop must not exert any downward pressure.	Penalty to opposing team
A tight head prop must bind on the opposing loose head prop by placing the right arm outside the left upper arm of the opposing loose head prop. The tight head prop must grip the loose head prop's jersey with the right hand only on the back or side. The tight head prop must not exert any downward pressure.	Penalty to opposing team
All other players in a scrum must bind on a lock's body with at least one arm prior to the scrum engagement. The locks must bind with the props in front of them.	Penalty to opposing team



## Start of scrum and during the scrum

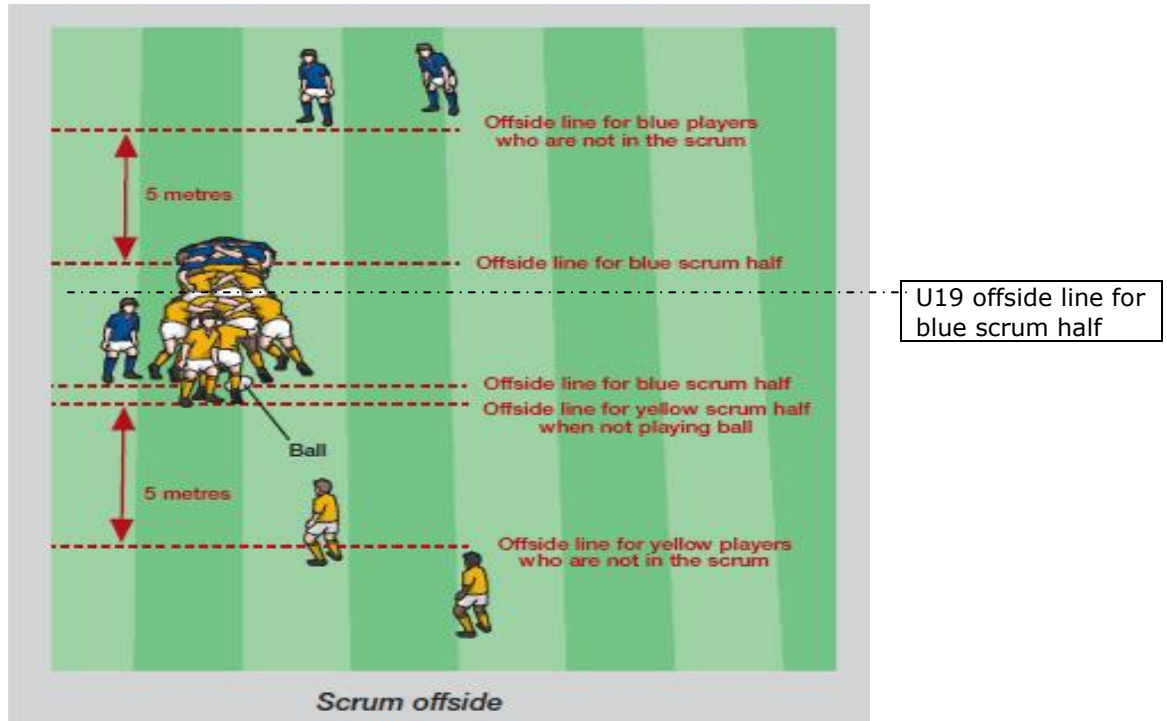
LAW/OFFENCE	RESULT
Scrum half must throw ball in without delay	Free Kick to opposing team
The scrum half must stand one metre from the mark on the middle line so that player's head does not touch the scrum or go beyond the nearest front row player.	Free Kick to opposing team
The scrum half must throw in the ball straight along the middle line, so that it first touches the ground immediately beyond the width of the nearer prop's shoulders	Free Kick to opposing team
"Foot up" Front row must not lift feet off ground before ball leaves scrum half's hands	Free Kick to opposing team
Intentionally kicking ball out of scrum	Penalty to opposing team
Swinging – front row player must not intentionally raise both feet off ground	Penalty to opposing team
Front row players must not twist or lower their bodies, or pull opponents, or do anything that is likely to collapse the scrum	Penalty to opposing team
A player must not intentionally collapse a scrum. A player must not intentionally fall or kneel in a scrum. This is dangerous play	Penalty to opposing team
Players must not handle the ball in the scrum or pick it up with their legs.	Penalty to opposing team
When the ball comes out, leave it out. When the ball has left the scrum, a player must not bring it back in to the scrum.	Free Kick to opposing team
A scrum half must not kick the ball while it is in the scrum	Penalty to opposing team
A player must not fall on or over the ball as it is coming out of the scrum	Penalty to opposing team
The scrum must not wheel more than 45 degrees	Penalty to opposing team if scrum wheeled intentionally
Maximum 1.5 metres push. A team in a scrum must not push the scrum more than 1.5metres towards their opponents' goal line.	Free Kick to opposing team
Ball must be released from scrum. A player must not intentionally keep the ball in the scrum once the player's team has heeled the ball and controls it at the base of the scrum	Free Kick to opposing team



## Offside at the scrum

Players who are not in the scrum and who are not the teams scrum half, are offside if they remain in front of their offside line or overstep the offside line which is a line parallel to the goal lines and 5 metres behind the hindmost player of each team in a scrum.

**Penalty:** Penalty Kick on the offside line



## Offside for Scrum Half

LAW/OFFENCE	RESULT
Any player may be scrum half, but a team can have only one scrum half at each scrum.	Penalty to opposing team
When a team has won the ball in a scrum, the scrum half of that team is offside if both feet are in front of the ball while it is still in the scrum. If the scrum half has only one foot in front of the ball, the scrum half is not offside.	Penalty to opposing team
If the scrum half leaves the area of the scrum they must not stay in front of the 5m offside line	Penalty to opposing team
The scrum-half not throwing the ball into the scrum must not move beyond the middle line of the scrum until the ball has emerged from the scrum or an opponent has placed his hands on the ball. In the event of a strike against the head, the scrum-half who has thrown the ball into the scrum is similarly restricted in not following the ball.	Penalty to opposing team

# LineOut & Touch

## In touch

The ball is in touch when it is not being carried by a player and it touches the touchline or anything or anyone on or beyond the touchline.

The ball is in touch when a player is carrying it and the ball carrier (or the ball) touches the touchline or the ground beyond the touchline. The place where the ball carrier (or the ball) touched or crossed the touchline is where it went into touch.

The ball is in touch if a player catches the ball and that player has a foot on the touchline or the ground beyond the touchline. If a player has one foot in the field of play and one foot in touch and holds the ball, the ball is in touch.

If the ball crosses the touchline or touch-in-goal line, and is caught by a player who has both feet in the playing area, the ball is not in touch or touch-in-goal. Such a player may knock the ball into the playing area.

If a player jumps and catches the ball, both feet must land in the playing area otherwise the ball is in touch or touch-in-goal.

A player in touch may kick or knock the ball, but not hold it, provided it has not crossed the plane of the touchline. The plane of the touchline is the vertical space rising immediately above the touchline.

## Throw-In

A lineout is formed at the point where the ball went into touch except when:

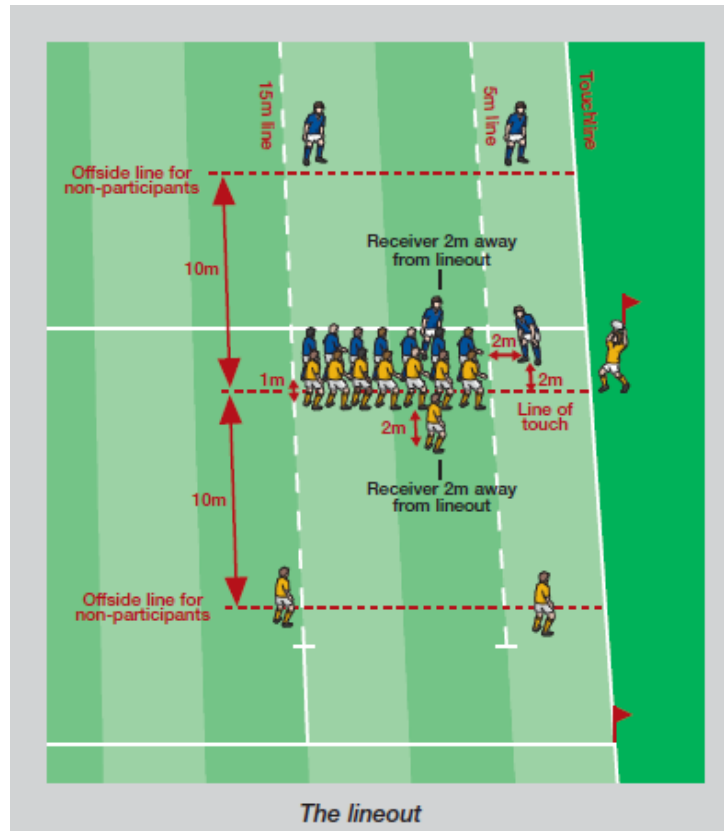
- A team member kicks directly into touch (ball does not bounce inside the playing area or touch another player) outside their own 22 area
- When a team takes the ball back into their own 22m area and kicks directly into touch
- If it is a Free Kick outside the kicker's own 22m area
- When the ball goes into touch in the in-goal area

In these cases, there is no gain in ground: i.e. the Throw In is taken at a point level with where the ball was kicked except when in-goal when there is no lineout

<b>The Throw In</b>
The player taking the Throw-In must stand at the correct place. The player must not step into the field of play when the ball is thrown. The ball must be thrown straight, so that it travels at least 5 metres along the line of touch before it first touches the ground or touch or is touched by a player.
A player may take a quick Throw-In without waiting for a lineout to form. For a quick throw-in, the player may be anywhere outside the field of play between the place where the ball went into touch and the player's goal line. A player must not take a quick throw-in after the lineout has formed.

Incorrect Throw-In, i.e. not 5m or not straight: the opposing team can choose to take the lineout again and have the Throw-In or a scrum on the 15m line.

## Forming the Lineout



LAW/OFFENCE	RESULT
<b>Numbers:</b> Minimum number of players in the lineout = 2 Maximum number is set by the throwing team	Offence: Free Kick on 15m line:
Each team must have a Receiver (normally scrum half) who must be 2m away from Lineout	Offence: Free Kick on 15m line:
Opposing hooker must stand in 5m area and 2m from line of touch (middle of Lineout)	Offence: Free Kick on 15m line:
Failure to form a Lineout	Offence: Free Kick on 15m line:
Lineout players must be between 5m and 15m from touch, in 2 straight lines with 1m gap	Offence: Free Kick on 15m line:
No pushing, charging, holding or obstructing before ball is thrown in	Offence: Penalty
All other team members not in the Lineout must be behind offside line, 10m behind the line of touch	Offence: Penalty

## During the Lineout

- The Lineout begins when the ball leaves the thrower's hands and ends when the ball or a player carrying it leaves the Lineout.
- The offside laws apply until the end of the Lineout.
- If a Ruck or Maul develops the Lineout is not over until the Ruck or Maul moves beyond the line of touch.

LAW/OFFENCE	RESULT
<b>Offside.</b> A lineout player must not be offside. The offside line runs through the line of touch until the ball is thrown in. After the ball has touched a player or the ground, the offside line is a line through the ball.	Penalty Kick on the 15-metre line
Players jumping for the ball may take a step in any direction providing they do not step across the line of touch	Penalty Kick on the 15-metre line
<b>Levering on an opponent.</b> A lineout player must not use an opponent as a support when jumping.	Penalty Kick on the 15-metre line
<b>Holding or shoving.</b> A lineout player must not hold, push, charge, obstruct or grasp an opponent not holding the ball except when a ruck or maul is taking place.	Penalty Kick on the 15-metre line
<b>Illegal charging.</b> A lineout player must not charge an opponent except in an attempt to tackle the opponent or to play the ball.	Penalty Kick on the 15-metre line
<b>Lifting and supporting</b> is not allowed in U16 or below	Penalty Kick on the 15-metre line
<b>Before the ball has touched a player or the ground.</b> A player must not overstep the line of touch.	Penalty Kick on the 15-metre line
<b>Long throw-in.</b> If the player who is throwing in throws the ball beyond the 15 metre line, a player of the same team (i.e. a back) may run forward to take the ball. If that player does so an opponent may also run forward	Penalty Kick on the 15-metre line
<b>Peeling.</b> A lineout player "peeling off" to catch the ball must not peel off before the ball has left the hands of the thrower	Penalty Kick on the 15-metre line



# Part 2: Open Play & Offside

## General Play, Tackle, Ruck & Maul

### Offside in General Play

At the start of a game all players are onside. As the match progresses players may find themselves in an offside position. Such players are then liable to be penalised until they become onside again.

In general play a player is offside if the player is in front of a team-mate who is carrying the ball, or in front of a team-mate who last played the ball.

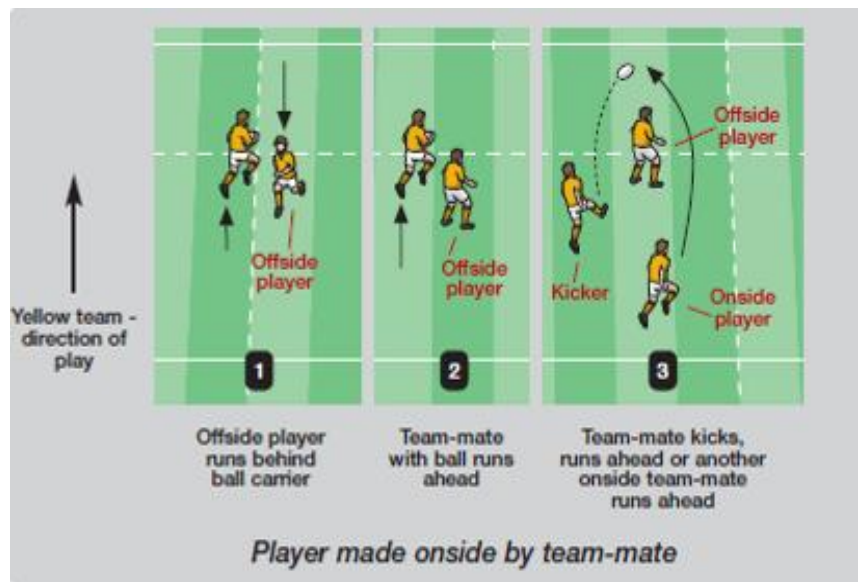
Offside players can be put onside by their own players or by opponents:

#### By Own Players:

- When the offside player runs behind the team mate with the ball
- When the team mate carrying the ball or who has just kicked the ball runs past the offside player

#### By Opponents:

- When an opponent touches, kicks or passes the ball or runs 5 metres with the ball



### The 10 Metre Law

An offside player whose team have just kicked the ball must remain at least 10 metres from a line across the pitch where the ball lands or is caught unless they have been put onside

#### Off

LAW/OFFENCE	RESULT
Not moving to a position 10 metres away if within 10 metres (retiring)	Penalty
Charging the opponent from within 10m waiting to catch the ball	Penalty
Playing the ball while offside	Penalty
A player who remains in an offside position is loitering. A loiterer who prevents the opposing team from playing the ball as they wish is taking part in the game, and is penalised	Penalty

# Knock On & Throw Forward

A knock-on occurs when a player loses possession of the ball and it goes forward, or when a player hits the ball forward with the hand or arm, or when the ball hits the hand or arm and goes forward, and the ball touches the ground or another player before the original player can catch it.

A throw forward occurs when a player throws or passes the ball forward.

LAW/OFFENCE	RESULT
Unintentional knock on or throw forward	Scrum to opposition
Intentional knock on or throw forward	Penalty

# Ball on the Ground

The Game is to be played by players who are on their feet. A player must not make the ball unplayable by falling down. Unplayable means that the ball is not immediately available to either team so that play may continue.

A player who makes the ball unplayable, or who obstructs the opposing team by falling down, is negating the purpose and Spirit of the Game and must be penalised.

The player on the ground with the ball must immediately do one of three things:

- Get up with the ball, or
- Pass the ball, or
- Release the ball.

LAW/OFFENCE	RESULT
A player who passes or releases the ball must also get up or move away from it at once	Penalty
Lying on or around the ball. A player must not lie on, over, or near the ball to prevent opponents getting possession of it.	Penalty
Falling over the player on the ground with the ball. A player must not intentionally fall on or over a player with the ball who is lying on the ground.	Penalty
Falling over players lying on the ground near the ball. A player must not intentionally fall on or over players lying on the ground with the ball between them or near them.	Penalty
A player on the ground. A player on the ground must not tackle an opponent or attempt to tackle an opponent.	Penalty

# Tackle

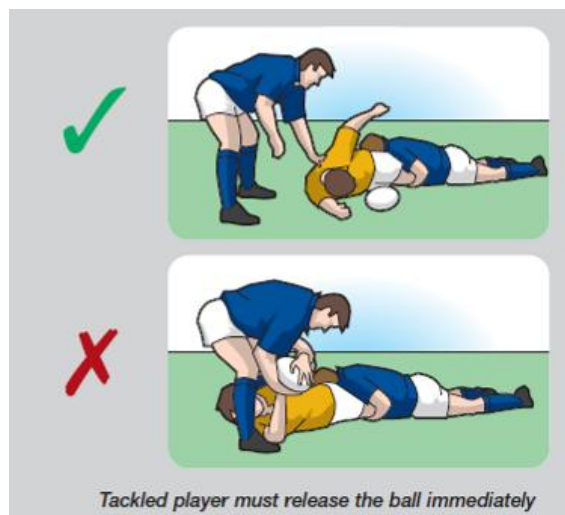
A tackle occurs when the ball carrier is held by one or more opponents and is brought to ground. A ball carrier who is not held is not a tackled player and a tackle has not taken place.

## The Tackler

LAW/OFFENCE	RESULT
When a player tackles an opponent and they both go to ground, the tackler must immediately release the tackled player.	Penalty
The tackler must immediately get up or move away from the tackled player and from the ball at once.	Penalty
The tackler must get up before playing the ball and then may play the ball from any direction.	Penalty

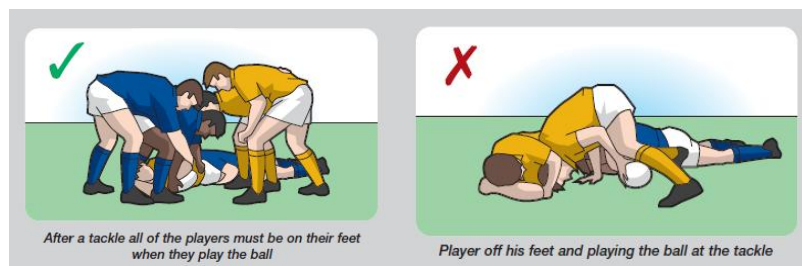
## Tackle - The Tackled Player

LAW/OFFENCE	RESULT
A tackled player must not lie on, over, or near the ball to prevent opponents from gaining possession of it, and must try to make the ball available immediately so that play can continue.	Penalty
A tackled player must immediately pass the ball or release it. That player must also get up or move away from it at once.	Penalty
A tackled player may release the ball by putting it on the ground in any direction, provided this is done immediately.	Penalty
A tackled player may release the ball by pushing it along the ground in any direction except forward, provided this is done immediately.	Penalty



## Tackle - Other Players

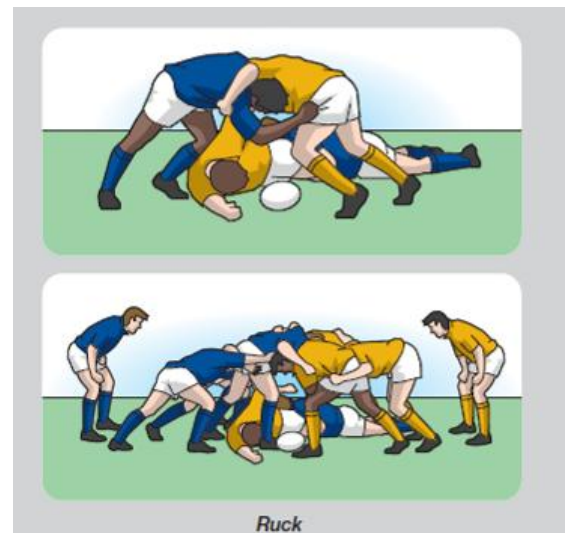
LAW/OFFENCE	RESULT
After a tackle, all other players must be on their feet when they play the ball.	Penalty
Players in opposition to the ball carrier who remain on their feet who bring the ball carrier to ground so that the player is tackled must release the ball and the ball carrier.	Penalty
At a tackle or near to a tackle, other players who play the ball must do so from behind the ball and from directly behind the tackled player or the tackler closest to those players' goal line.	Penalty
Any player who gains possession of the ball at the tackle must play the ball immediately by moving away or passing or kicking the ball.	Penalty
After a tackle, any player lying on the ground must not prevent an opponent from getting possession of the ball	Penalty



## Ruck

A ruck is a phase of play where one or more players from each team, who are on their feet, in physical contact, close around the ball on the ground.

Rucking. Players are rucking when they are in a ruck and using their feet to try to win or keep possession of the ball, without being guilty of foul play.



## Ruck - Joining the ruck

LAW/OFFENCE	RESULT
All players forming, joining or taking part in a ruck must have their heads and shoulders no lower than their hips	Free Kick
A player joining a ruck must bind onto the ruck with at least one arm around the body of a team-mate, using the whole arm.	Penalty
All players forming, joining or taking part in a ruck must be on their feet.	Penalty

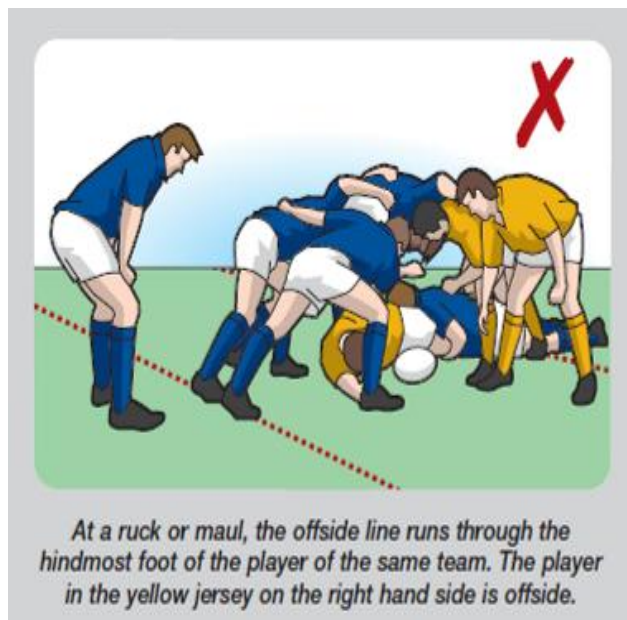
## Ruck – Rucking

LAW/OFFENCE	RESULT
Players in a ruck must try to stay on their feet, and must not intentionally kneel or fall or collapse the ruck	Penalty
A player must not jump on top of a ruck	Penalty
Players must not handle the ball in a ruck, or pick the ball up with their legs	Penalty
Players on the ground in or near the ruck must try to move away from the ball. These players must not interfere with the ball in the ruck or as it comes out of the ruck.	Penalty
A player rucking for the ball must not intentionally ruck players on the ground. A player rucking for the ball tries to step over players on the ground and must not intentionally step on them. A player rucking must do so near the ball.	Penalty

## Ruck – Offside at the Ruck

**The offside line.** There are two offside lines parallel to the goal lines, one for each team. Each offside line runs through the hindmost foot of the hindmost player in the ruck. If the hindmost foot of the hindmost player is on or behind the goal line, the offside line for the defending team is the goal line.

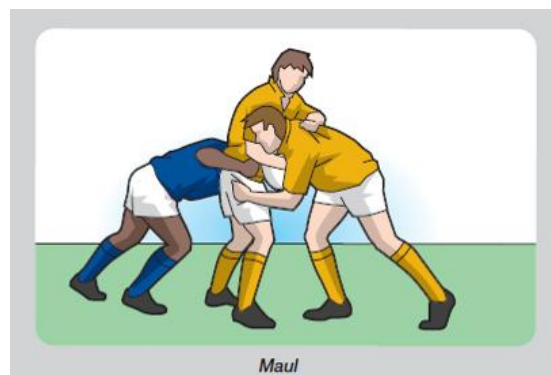
LAW/OFFENCE	RESULT
Players must either join a ruck, or retire behind the offside line immediately. If a player loiters at the side of a ruck, the player is offside.	Penalty
All players joining a ruck must do so from behind the foot of the hindmost team-mate in the ruck. A player may join alongside this hindmost player. If the player joins the ruck from the opponents' side, or in front of the hindmost team-mate, the player is offside.	Penalty
If a player is in front of the offside line and does not join the ruck, the player must retire behind the offside line at once. If a player who is behind the offside line oversteps it and does not join the ruck the player is offside.	Penalty



# Maul

A maul begins when a player carrying the ball is held by one or more opponents, and one or more of the ball carrier's team mates bind on the ball carrier.

A maul consists of at least three players, all on their feet; the ball carrier and one player from each team. All the players involved must be caught in or bound to the maul and must be on their feet and moving towards a goal line



## Maul – Joining the Maul

LAW/OFFENCE	RESULT
Players joining a maul must have their heads and shoulders no lower than their hips.	Free Kick
A player must be caught in or bound to the maul and not just alongside it	Penalty
Players in a maul must try to stay on their feet. The ball carrier in a maul may go to ground providing the ball is available immediately and play continues.	Penalty
A player must not jump on top of a maul.	Penalty
A player must not try to drag an opponent out of a maul	Penalty
A player must not intentionally collapse a maul	Penalty

## Maul – Offside at the Maul

**The offside line.** There are two offside lines parallel to the goal lines, one for each team. Each offside line runs through the hindmost foot of the hindmost player in the maul (same as a ruck) If the hindmost foot of the hindmost player is on or behind the goal line, the offside line for the defending team is the goal line.

LAW/OFFENCE	RESULT
A player must either join a maul, or retire behind the offside line immediately. If a player loiters at the side of a maul, the player is offside.	Penalty
Players joining a maul must do so from behind the foot of the hindmost team-mate in the maul.	Penalty
All players in front of the offside line and who do not join the maul, must retire behind the offside line at once. A player who does not do so is offside.	Penalty
Players who leave a maul must immediately retire behind the offside line, otherwise, they are offside.	Penalty