



RAINFORD
HIGH



Year 7

PE Knowledge Organiser

Rugby League

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS



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The aim of the game is simple: score more points than the other team.

Each team is given six tackles or chances to score.

If, after six tackles, they have not scored, the ball is handed over to the other team who then get the chance to score with their six tackles.

A game of rugby league consists of two halves of 40 minutes, with injury time added on at the end of each half. Two teams of thirteen players battle out 'drop goals and tries' on a field.

KICK OFF Rugby league is played on a pitch which is no more than 100m in length and 68m in width.

The three most important lines are the goal lines, deadlines and the half-way line. There are also several 10m markings from the touchline on the pitch to show where scrums and re-starts should be taken

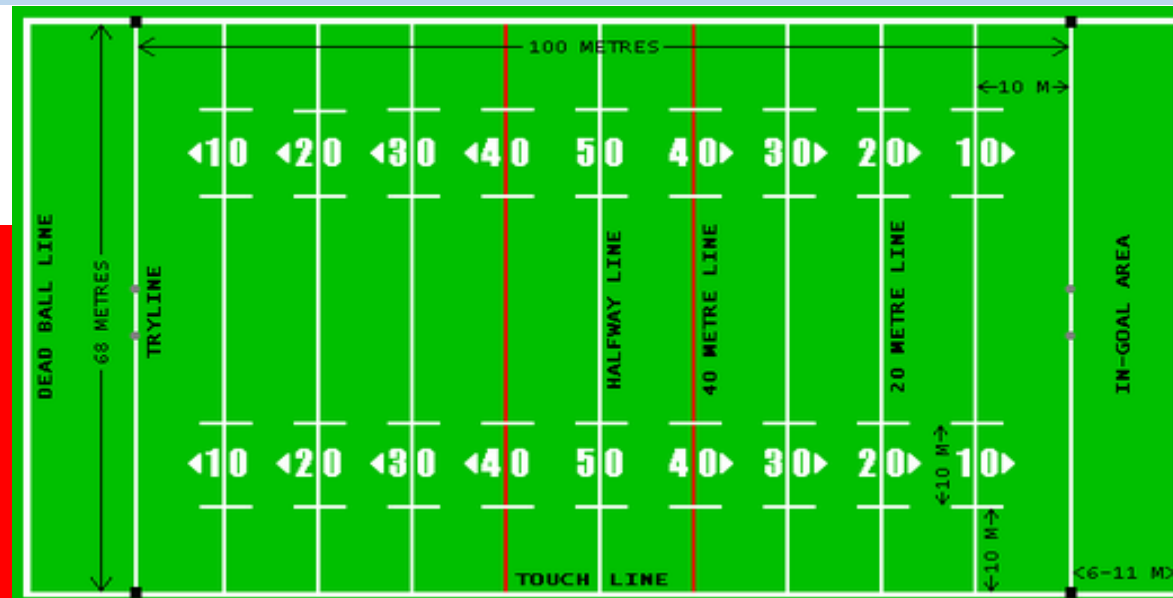
Rugby league players all have a united role when they are defending. But, there are specific responsibilities for some of the team.

This is especially clear when they are attacking with the ball.

Forwards: Focus on carrying the ball and moving forward counter-attacking towards the opponent's goal zone.

Backs: Adept at attacking on the flanks and fringes.

Hooker and Half-backs: Skilled at distributing the ball and connecting play.



There are three principle methods of scoring. When you ground the ball in their try-line you score four points.

Kicking at goal afterwards increases the score up to six points if your player converts the kick. Penalty goals score an extra two points and your side gets one for a drop goal

The substitutes can get substituted - interchanged - up to 12 times throughout the game. Rugby league rules and regulations matches get monitored by strict officials. They govern the game from positions on and off the pitch.

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