



RAINFORD  
HIGH



# **Year 7**

## **PE Knowledge Organiser**

### **Rugby Union**

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS

## Rugby positions

A rugby team has 15 positions. Each one wears a specific number and has individual responsibilities. This group is collectively referred to as the *pack* or the *forwards*. This group's main goal is to win possession of the ball. These players are usually the heavyweights of the team, using their bulk and strength to try to overpower their opponents.

A rugby team has another group as well — the *backs* or *back line*

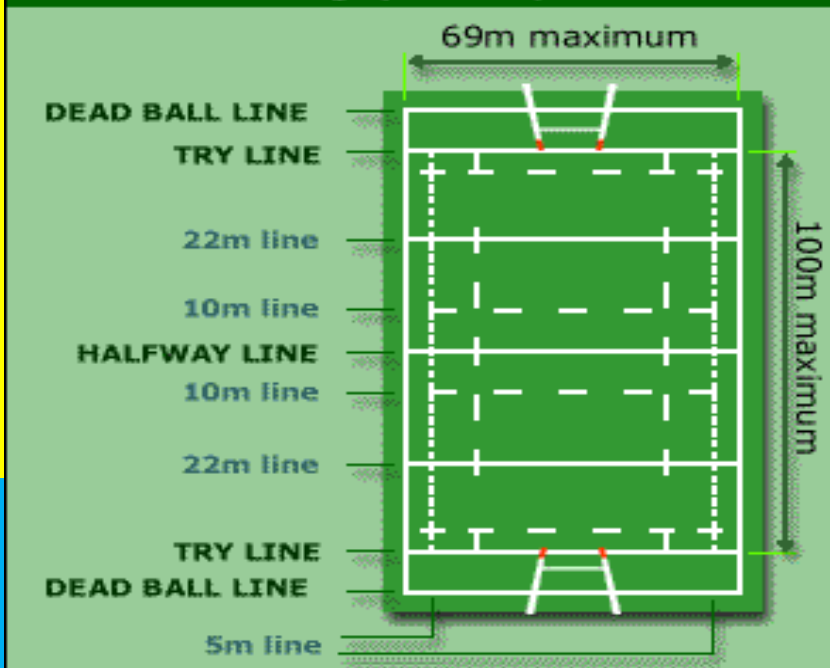
**3. Lineout:** Looks somewhat like a jump-ball in basketball, with both teams lining up opposite each other, but one team then throws the ball down the middle of the tunnel. Line-outs restart play after the ball, or a player carrying it, has gone out of bounds

**Scrum:** A contest for the ball involving eight players who bind together and push against the other team's assembled eight for possession of the ball. Scrums restart play after certain minor infractions.



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The standard Rugby Union pitch



**5. Ruck:** One or more players from each team, who are on their feet and in contact, close around the ball on the ground. Once a ruck has been formed, players can't use their hands to get the ball, only their feet.

**2. Maul:** Occurs when a player carrying the ball is held by one or more opponents, and one or more of the ball-carrier's teammates bind on the ball-carrier. All the players involved are on their feet and moving toward a goal line. Open play has ended.

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