

Rugby

Mr. Linda's Physical Education Class

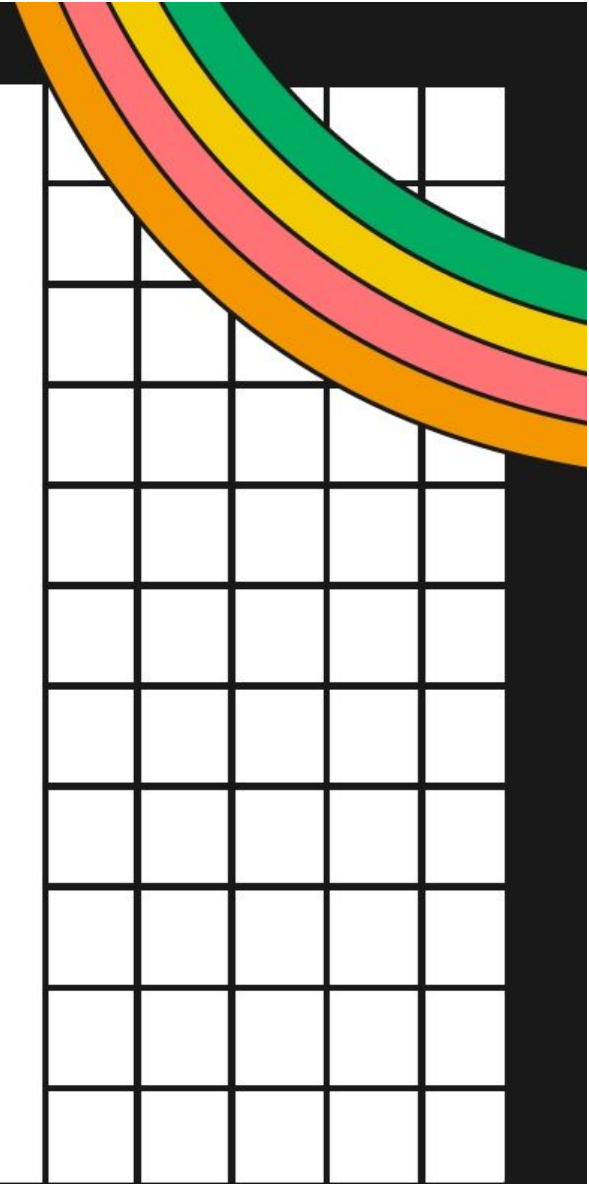


History

World Cup

The first Rugby World Cup was hosted in 1987 by Australia and New Zealand.

✦ Similar to the FIFA World Cup, the Rugby World Cup is played every four years and is one of the largest sporting tournaments in the world.





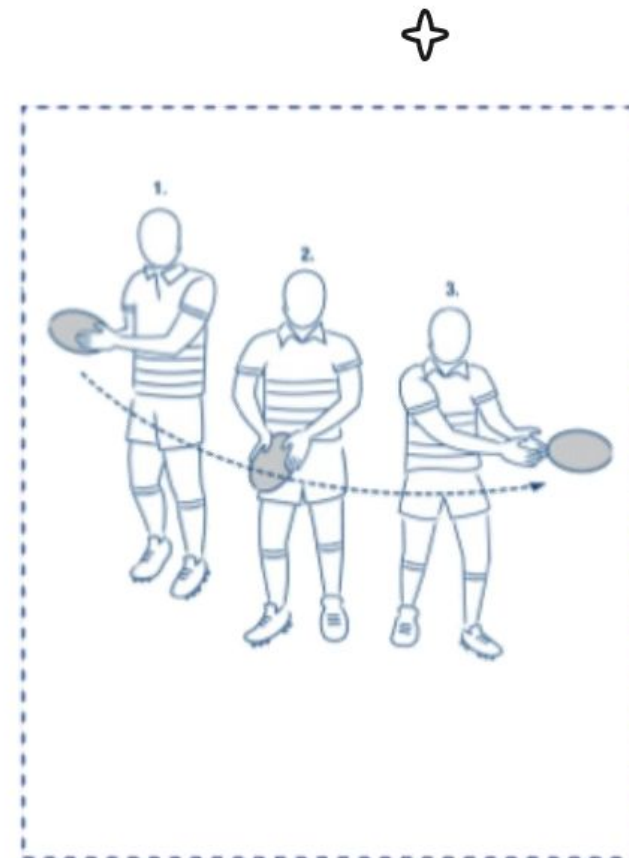
Skills for Rugby



Three small white four-pointed stars are scattered on the black background: one at the top center, one to the right of the word 'Skills', and one at the bottom left.

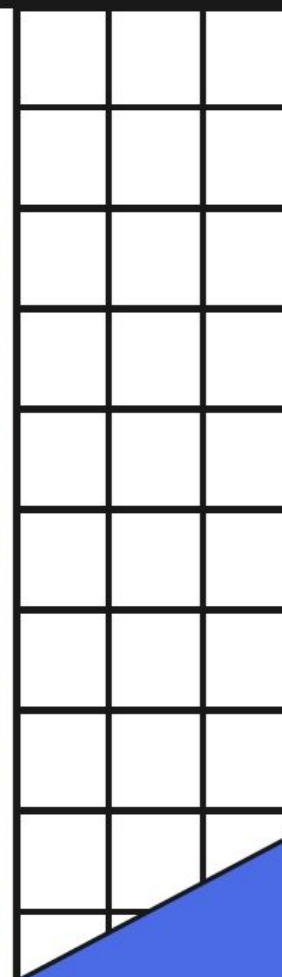
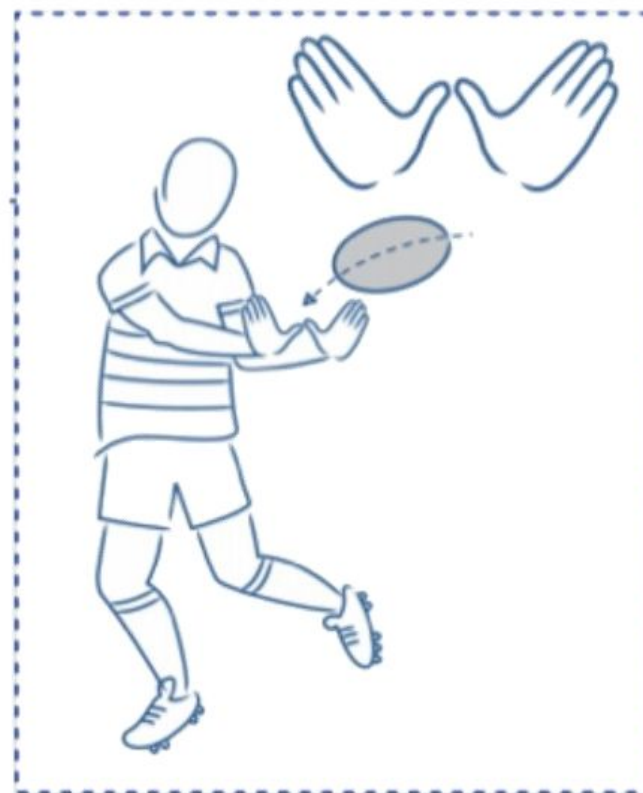
Basic Pass

- Look at the receiver
- Pass at chest height in front of the receiver
- Be sure the pass is made laterally or backwards
- Complete the pass and follow through by pointing hands at the receiver



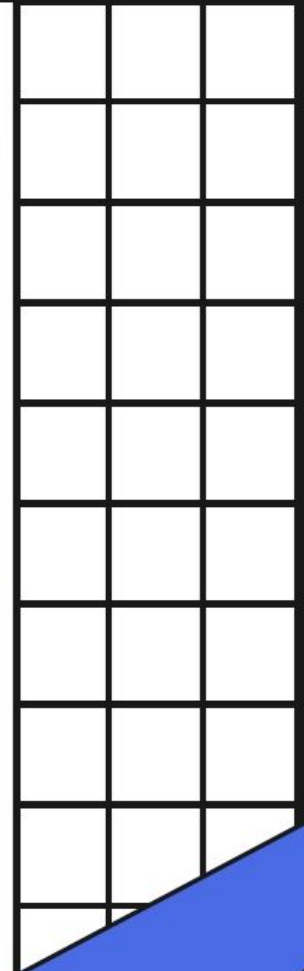
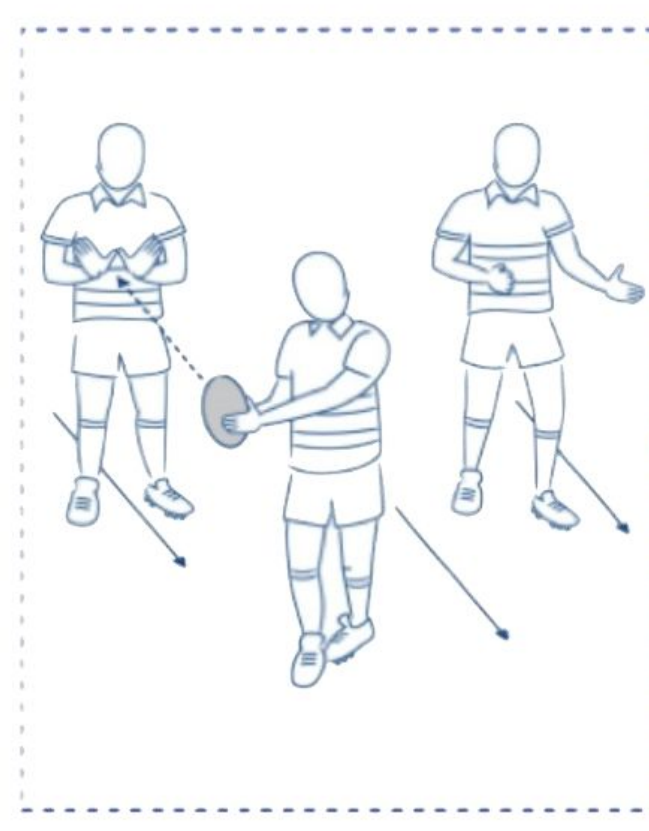
Receiving the Pass

- Form the letter "W" with both hands by placing thumbs together and spreading fingers wide.
- Keep your eye on the ball all the way from the thrower to your hands.
- Catch the ball with both hands while keeping the "W" shape.
- Tuck the ball close to your body near your stomach and run forward keeping the ball in both hands.



Running in Support

- Support the ball carrier in a triangle formation.
- Anticipate point of attack
- Stay behind the ball initially
- Communicate your position



How To Play Flag Rugby



The 7 Rules of Flag Rugby

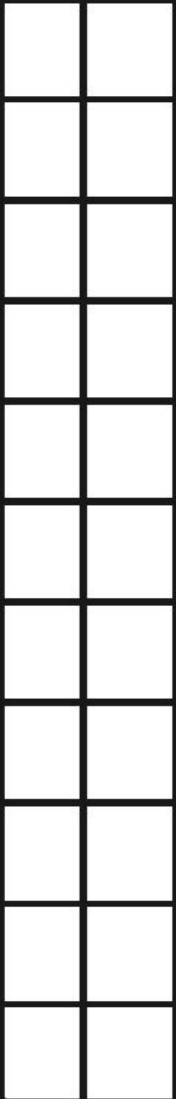


1. Set up The Game:	7 players play on each team on a playing field. Field will include 5 yard "try zones".
2. Starting Play:	To start the game, or after a violation or turnover, start with a free pass for the team in possession of the ball. Defenders must retreat 5 yards from the spot of the pass until the ball is passed.
3. Moving the Ball:	Run forward, pass laterally or backwards (in relation to the attacking team's goal).
4. Defending:	Defenders can stop the ball moving forward by pulling a flag. After a flag pull, the attacking player must pass the ball to a teammate within 3 steps or 3 seconds. The attacking team has an unlimited number of flag pulls (a flag pull is not a turnover ball)

The 7 Rules of Flag Rugby



5. Turnover Ball:	Drops by the offense, passes forward, carrying or passing the ball into touch (out of bounds), guarding flags or interceptions by the defending team are turnovers.
6. Defensive Violations:	Defenders may not strip the ball, intentionally contact attacking players or be closer than 5 yards during a free pass. The result of a violation is a free pass to the attacking team.
7. Scoring	Touch the ball down to the ground within your “try zone”.



Flag Rugby Example

