

The International Rules of Rugby League - An Introduction

The laws of rugby league are managed by the Rugby League International Federation (RLIF) and have been since its inception in 1948.

The International Federation in conjunction with the nations' governing bodies (mainly the Australian Rugby League, Fédération Française de Rugby à XIII, New Zealand Rugby League and the Rugby Football League) meet on a semi-regular basis of up to four times per year to make changes or decide new rules; although all test playing nations have a say in the altering of the rules and laws of rugby league.

Object

The object of the game shall be to ground the ball in the opponent's in-goal to score tries and to kick the ball over the opponent's cross-bar to score goals (see Section 7).

Start of Play

The captains of the two teams shall toss for choice of ends in the presence of the referee. The team losing the toss shall kick off to start the game.

Mode of Play

Once play has started, any player who is on-side or not out of play can run with the ball, kick it in any direction and throw or knock it in any direction other than towards his/her opponent's dead ball line (see Section 4 for knock-on and forward pass).

Tackling

A player who during play is holding the ball may be tackled by an opposing player or players in order to prevent him/her from running with the ball or from kicking or passing it to one of his/her own team (see Section 2 for tackle).

Obstruction

A player who is not holding the ball shall not be tackled or obstructed (see Section 10).

Shoulder

If two players are running side by side near to and towards the ball it is permissible for one to shoulder the other in an attempt to first gather the ball.

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Section 1 – Starts of Play

1.1 The Kick Off

1.1.1 Play is started from the centre of the halfway line with a place kick. The team which loses the toss kicks off to start the game and their opposition kicks off to start the second half.

1.1.2 If a person other than a player is invited to kick off, after the ball has been kicked, the play is restarted from the centre of the halfway with another kick in the normal manner.

1.2 Restarts of Play

Halfway Line

1.2.1 After points have been scored, the non-scoring team will restart play with a place kick from the centre of the halfway.

20 Metre Line

The game is restarted with a kick at the centre of the 20 metre line in the following circumstances:

1.2.2 The ball crosses the dead ball line or touch-in-goal off an attaching player except when it is from a penalty kick or kick off from the halfway line.

1.2.3 The ball crosses the dead ball line or touch-in-goal line after accidentally striking a defending player.

1.2.4 When an attaching player accidentally infringes in-goal (e.g. knock-on).

1.2.5 When a player is in his/her own in-goal and catches a kick in general play from the opposition on the full.

The game is restarted with a drop kick at the centre of the 20 metre line in the following circumstances:

1.2.6 When the ball crosses the dead ball or touch-in-goal line from a penalty kick.

Goal Line

1.2.7 The game is restarted with a drop kick at the centre of the goal line in the following circumstances:

1.2.8 The ball crosses the dead ball line or touch-in-goal line, other than on the full, from a kick off from the centre of the halfway line.

1.2.9 The ball goes over the dead ball line or touch-in-goal line off a defending player, after he/she deliberately plays at the ball.

1.2.10 A player commits an accidental breach in his/her own in-goal area.

1.2.11 A player forces the ball in his/her own in-goal area.

1.2.12 A player kicks the ball into touch on the full from his/her own in-goal area other than from a restart of play.

1.2.13 The ball or a defending player carrying the ball touches the Referee, a touch judge, or a spectator in the in-goal area and irregularly affects play.

1.3 Requirements at Starts and Restarts

1.3.1 Kick offs from the halfway line and drop outs from the goal line and 20 metre line are required to travel at least 10 metres forward and must land in the playing field to be in play. Hitting the post or cross bar in flight does not neutralise the offence.

1.3.2 Opposing players are to retire at least 10 metres from where the kick is being taken and shall not advance until the kick has travelled the required distance.

1.3.3 At a 20 metre restart, the ball does not have to be released, but must come into contact with the foot and the ball may be kicked in any manner or direction.

1.3.4 A 20 metre restart cannot be used to make ground. If the ball is kicked into touch or over the opponent's dead ball line or touch-in-goal line, play is restarted by a scrum with the loose and feed to the non-kicking side at the point of the kick.

1.3.5 If the ball bounces into touch from a kick off, restart of play after points have been scored, 20 metre drop kick or goal line drop-out, the kicking side has the loose head and feed to the scrum. If the ball bounces dead in-goal, then a goal line drop-out restarts play.

1.4 Penalties at Starts and Restarts of Play

1.4.1 A penalty kick from any offence at the kick off will be taken from the centre of the halfway line.

1.4.2 Any penalty kick from the restarting of play from the 20 metre line will be taken from the centre of the 20 metre line.

1.4.3 A penalty kick from the drop-out from the goal line shall be taken 10 metres out from the centre of the goal line.

A player who kicks off ,takes a 20 metre drop-out, or goal line drop-out will be penalised if he/she:

1.4.4 Moves in front of the appropriate line before kicking the ball.

1.4.5 Kicks the ball on the full over the touch line, touch-in-goal, or over the dead ball line.

1.4.6 Fails to kick the ball 10 metres forward in the field of play.

1.4.7 Kicks the ball in a way which is contrary to that required, i.e. not a place kick at the kick off or not a drop-kick from a drop-out.

Any player shall be penalised if he/she:

1.4.8 Moves in front of the appropriate line before the ball has been kicked.

1.4.9 Is within 10 metres of the line and wilfully interferes with play when the opposition is kicking off or dropping out. Accidental interference shall result in a scrum set in accordance with the provisions of Section 5.

1.4.10 Intentionally touches the ball before it has travelled 10 metres forward from a kick off or drop-out.

Section 2 – The Tackle

2.1 The Tackle

2.1.1 A player in possession may be tackled by any number of opposing players.

2.1.2 It is illegal to tackle or obstruct a player who is not in possession.

2.1.3 A player in possession is tackled: When he/she is held by one or more opposing players and the ball or the hand or arm holding the ball, comes into contact with the ground. When he/she is held by one or more opposing players in such a manner that he/she can make no further progress and cannot part with the ball. When being held by an opponent and the tackled player makes it evident he/she has succumbed to the tackle and wishes to be released in order to play the ball. When he/she is lying on the ground and an opponent places a hand on him/her.

2.1.4 (a) A tackle is not affected if the hold on the player in possession is broken before he/she is grounded.
(b) The referee should be sure in his/her own mind that the tackle was indeed broken and the tackler had not released the player having thought the tackle was completed.

2.1.5 A tackler must not use any special holds or throws which are likely to cause injury.

2.1.6 Bringing a player to ground by pulling him/her over the outstretched leg is permissible provided both arms make contact with the opponent before the leg.

2.1.7 A tackler must not use his/her knees in making a tackle.

2.1.8 Where opponents, whilst making a tackle, attempt to push, pull or carry the player in possession, the tackled player's colleagues may lend their weight in order to avoid losing ground. Immediately this happens, the referee should call "held".

2.1.9 Once a player in possession has been tackled, it is illegal for any player to move or try to move him/her from the point where the tackle is affected.

2.1.10 If an attacking player in possession is brought down near the goal line and the ball or hand or arm holding it is not grounded, it is permissible to place the ball over the line for a try. In this case, the tackle has not been completed.

2.1.11 When a player is tackled within easy reach of the goal line, he/she should be penalised if he/she makes a second movement to place the ball over the line for a try.

2.1.12 A player in possession shall not deliberately or unnecessarily allow himself/herself to voluntarily fall to the ground when not held by the opponent.

2.1.13 If a player drops on a loose ball, he/she shall not remain on the ground waiting to be tackled if he/she has time to regain his/her feet and continue play.

2.1.14 If a tackled player slides along the ground because of his/her momentum, the tackle is effected where his/her slide ends.

2.1.15 If any doubt arises as to a tackle, the referee should give a verbal instruction to "play on" or call "held" as the case may be.

2.1.16 If there is no acting half-back, it is permissible for a player to dive behind the tackled player to drop on the ball after he/she has played it. He/she should then immediately try to regain his/her feet and play on.

2.1.17 A tackled player shall not intentionally lose the ball.

2.1.18 If after being tackled a player accidentally loses possession, a scrum shall be formed, except after the fifth play the ball.

2.1.19 A player in possession brought to his/her knees or brought to the ground on his/her back may still pass the ball provided he/she has not made it evident he/she has succumbed to the tackle.

2.2 Sixth Tackle

2.2.1 A team in possession of the ball shall be allowed five successive play the balls.

2.2.2 If tackled for a sixth time, the referee will rule a hand over except if tackled in his/her own in-goal in which case the play shall be restarted with a goal line drop-out.

2.2.3 If an infringement occurs by the team in possession after the fifth play the ball, which in normal circumstances would result in a scrum, the referee will rule a hand over at the point of the infringement (other than rule 2.2.6).

2.2.4 The play the ball following the hand over will not be counted in the tackle count.

2.2.5 If the ball is kicked out on the full after the fifth tackle, the hand over takes place at the point from where the ball was kicked.

2.2.6 If, following a kick, the ball bounces into touch after the fifth tackle, a scrum will be formed. The scrum shall be formed 20 metres in from where the ball crosses the touch line and no closer than 10 metres to the goal line.

2.2.7 The referee will indicate the fifth tackle by raising one arm vertically with fingers and thumb outstretched.

2.2.8 He/she will indicate the sixth tackle by blowing his/her whistle and signalling the player to release the ball for his/her opponents to play the ball.

2.2.9 If, after the fifth play the ball, the player in possession is tackled into touch or the ball is passed other than forward into touch, the hand over will be given 10 metres in the field of play opposite the entry into touch.

2.3 Zero Tackle

2.3.1 Following an infringement, e.g. knock-on or forward pass, and an opponent gathers the ball, he may run, pass or kick the ball and if he/she or a member of his/her team is tackled, the play the ball following that tackle shall not count as part of the tackle count.

2.4 Stealing the Ball

2.4.1 Once a tackle has been completed, no player shall take or attempt to take the ball from the tackled player.

2.4.2 If a player or players make no effort to complete a tackle of the player in possession but simply hold him/her so that a colleague can steal the ball, they should be penalised.

2.4.3 In tackles involving only one tackler, it is permissible to steal the ball prior to the tackle being effected. In tackles involving 2 or more tacklers, the ball cannot be intentionally stolen.

2.5 Mid Air Tackles

2.5.1 A player who leaps into the air to retrieve a kick must not be tackled until he has returned to the ground. It is considered misconduct for players to dive at the kegs of a kicker after the ball has been kicked.

Section 3 – The Play of the Ball

3.1 Playing the Ball

3.1.1 The tackled player shall be immediately released and shall not be touched until the ball has been played.

3.1.2 If any doubt arises as to which player should play the ball (disputed possession), the referee should nominate the team in possession.

3.1.3 If a player is holding the ball with a hand or arm to some part of his/her person, then he/she is "in possession".

3.1.4 The tackled player shall, without delay, regain his/her feet where he/she was tackled.

3.1.5 No part of the tackled player's person other than his/her feet should be in contact with the ground when he/she releases the ball.

3.1.6 One opponent may take up a position immediately opposite the tackled player known as "the marker".

3.1.7 The tackled player shall lift the ball clear off the ground, face his/her opponent's goal line and drop or place the ball in front of his/her foremost foot.

3.1.8 The ball must be played backwards with the foot and it is clear of the play of the ball when it passes behind the heel of the tackled player.

3.1.9 The marker is not allowed to strike for the ball.

3.1.10 A player from each team, to be known as the acting half-back, may stand immediately and directly behind his/her own player taking part in the play the ball.

3.1.11 The acting half-back must remain in this position until the ball has been heeled backwards and comes clear of the two players in the ball movement.

3.1.12 Players of the side not in possession other than the marker and the acting half-back are out of play if they fail to retire 10 metres from the point at which the ball is played or to their own goal line. They should only be penalised if they intentionally interfere with the play, actively or passively.

3.1.13 Players of the side in possession other than the player playing the ball and the acting half-back are out of play if they fail to retire behind the point at which the ball is played or to their own goal line.

3.1.14 If the interference with play is accidental, a scrum should be formed in accordance with the provisions of Section 5.

3.1.15 Having retired the distance required, a player may not advance until the ball has cleared the play the ball.

3.1.16 A player who is out of play may take part in the game when the advantage gained by not retiring has been lost.

3.1.17 The play the ball must be performed as quickly as possible.

3.1.18 Any player who intentionally delays the bringing of the ball into play shall be penalised.

3.1.19 If part of the tackled player is on or over the goal line, but the ball is in the field of play, the tackled player shall play the ball where the ball lies.

3.1.20 If a player is tackled in an upright position bestriding the goal line, he/she is deemed to be tackled in the in-goal area.

Section 4 – The Knock-On and Forward Pass

4.1 Knock-on

4.1.1 Play shall stop after a knock-on and a scrum formed, except after the fifth play the ball.

4.1.2 The referee should allow play to proceed long enough after a knock-on to allow the opposing team the advantage of gaining possession.

4.1.3 An opponent may charge down a kick by blocking the path of the ball with the hands, arm or body. This is not a knock-on, but nullifies the tackle count.

4.1.4 A player shall be penalised if he/she deliberately knocks-on.

4.1.5 If after an accidental knock-on, the player knocking-on regathers or kicks the ball before it hits the ground, goal post, or an opponent, play shall be allowed to proceed.

4.1.6 If a player knocks-on in the field of play and the ball goes into the in-goal area before being touched down by that player or a colleague, play is restarted with a scrum.

4.2 Forward Pass

4.2.1 A player shall be penalised if he/she deliberately passes the ball forward.

4.2.2 if the ball is passed correctly and then bounces forward or is blown forward by the wind, there is no infringement and play should continue.

4.2.3 The direction of a pass is relative to the player making it and not to the actual path relative to the ground.

4.2.4 A player running towards his/her opponent's goal line may pass the ball to a colleague who is behind him/her, but because of his/her own momentum the ball travels forward relative to the ground. This is not a forward pass as the player has not passed the ball forward in relation to himself/herself. A good example is a high lobbed pass made by a running player.

4.2.5 If the referee forms the opinion a forward pass was not deliberate he/she will restart play with a scrum.

4.2.6 It is illegal to head the ball in a forward direction.

Section 5 – The Scrum

5.1 Formation of Scrum

5.1.1 A scrum is formed to restart play when play is not being restarted with a kick off, 20 metre restart, goal line drop kick, 20 metre drop kick, penalty kick, or play the ball.

5.1.2 A maximum of six forwards will be used to form a scrum in a 3-2-1 formation.

5.1.3 A minimum of three forwards can form a scrum if a team is depleted.

5.1.4 It is an infringement resulting in a penalty if there are more than seven backs when a scrum is formed.

5.1.5 The front row is made up of three forwards who interlock arms and bend forward from the hip. The forward in the centre (hooker) must bind with his/her arms over the shoulders of the prop and front row forward.

5.1.6 Two second row forwards bend from the hip, interlock arms and place their heads in the gaps between the front row forwards.

5.1.7 The lock forward bends from the hip and places his/her head in the gap between the second row forwards.

5.1.8 All forwards with their bodies bent brace themselves and interlock against the opposing team's forward pack. This forms a tunnel between the front row forwards.

5.1.9 Scrums shall be formed where an infringement occurs, but no closer than 20 metres to the touch line or 10 metres to the goal line.

5.1.10 Scrums shall be formed parallel to the touch line.

5.1.11 The forwards take the weight and hold the scrum on the mark until the ball has been put in.

5.1.12 The non-offending team will have the loose head and put in except when a mutual infringement occurs, in this case the attacking team have the loose head and put in. If the infringement occurs on the halfway line the last team in possession shall have the loose head and put in.

5.1.13 The ball must be held horizontally and put into the scrum on the referee's side by rolling it along the ground between the outside feet of the two prop forwards. The outside feet must also be the forward most foot of the two props.

5.1.14 The ball should be put into the tunnel without delay when the scrum has been formed correctly.

5.1.15 The non-feeding half-back shall retire behind the last row of forwards. The rest of the non-feeding team shall retire at least 5 metres behind their last row of forwards. The backs of the team feeding the scrum shall retire at least 5 metres behind their last row of forwards.

5.1.16 The feeding half-back is to retire behind his/her own last row of forwards after feeding the scrum.

5.1.17 When the ball is in the scrum, it can only be played at with the foot.

5.1.18 The hooker can strike for the ball with either foot once the ball is in the tunnel.

5.1.19 The prop must keep both feet on the ground and may only strike for the ball after the hooker.

5.1.20 No player shall wilfully collapse a scrum.

5.1.21 The ball is out of the scrum when it emerges from between and behind the inner feet of the second rowers.

5.1.22 Any forward can detach himself/herself from the scrum to gather or kick the ball when the ball has emerged from the scrum correctly, even if the scrum has wheeled, provided that the player who detaches from the scrum is not in front of a team mate who last touched the ball.

5.1.23 Forwards must not butt violently when coming together to form a scrum.

5.1.24 If a ball is kicked by a player in general play from within his own 40 metre area and finds touch in his opponent's 20 metre area, other than on the full, the kicking side will have the loose head and feed at the scrum.

5.2 Held Up In-Goal

5.2.1 If an attacking player is held up in his/her opponent's in-goal and is unable to ground the ball, play is restarted with a scrum 10 metres from the goal line opposite where the player was held. The loose head and put in shall be awarded to the team in possession unable to ground the ball.

5.2.2 If the player is held up in his/her opponent's in-goal after the fifth tackle, play will restart with a handover 10 metres out from the goal line in line with the tackle.

Section 6 – The Penalty

6.1 The Penalties are Awarded

6.1.1 A penalty shall be awarded against a player who deliberately breaks the rules, provided that the awarding of the penalty will not disadvantage the opposing team.

6.1.2 The advantage to the opposing team must be apparent if the referee is to allow play to proceed.

6.1.3 Any player can ask the referee the reason why a penalty has been awarded, provided he/she does so respectfully.

6.2 Where Penalties are Awarded

6.2.1 Unless stated, the mark is where the offence occurred.

The mark is moved in the following circumstances:

6.2.2 If misconduct occurs in-touch, the penalty is awarded 10 metres in-field opposite where the offence occurred.

6.2.3 Where a kicker is interfered with after a kick, the mark is where the ball lands or is caught in the field of play. If the ball crosses the touch line on the full, or crosses the goal line on the full, the penalty is awarded 10 metres in-field from where the ball crossed the line (refer to rule 6.13).

6.2.4 Any offence in the in-goal which results in a penalty being awarded, the penalty is awarded 10 metres in the field of play opposite where the offence occurred.

6.3 Breaches by the Kicker's Team

6.3.1 In cases of a breach by the kicker's team, a scrum is formed where the penalty kick was awarded (see also rule 7.18.1).

6.4 Breaches by Opposing Team

6.4.1 In cases of a breach by the opposing team, another penalty shall be awarded opposite where the breach occurred by advancing the mark 10 metres.

6.5 How Penalty Kicks are Taken

6.5.1 A player may take penalty kick by punting, drop-kicking or place-kicking the ball from the mark or behind the mark, provided it is parallel with the touch line.

6.5.2 The ball may be kicked in any direction (except when kicking for goal), after which it is in play (see also rule 7.18.1).

6.5.3 A penalty from a scrum is a differential penalty from which a goal cannot be directly scored. If the penalty is for foul play or offensive and obscene language a normal penalty is awarded.

6.5.4 The differential penalty applies to all players in the team including those outside the scrum.

6.6 Position of Players

6.6.1 All players from the kicker's team must remain behind the ball when it is kicked from a penalty kick.

6.6.2 The opposing players shall position themselves at least 10 metres from the point where the penalty was awarded.

6.6.3 Opposing players who have not retired 10 metres at a penalty kick should only be penalised if they interfere with play, either actively or passively.

6.6.4 Opposing players shall not interfere with or distract the attention of the kicker at a penalty kick.

6.6.5 Opposing players may only advance after the ball has been kicked.

6.6.6 When the ball is taken back, other than for a kick at goal, the defending players must remain 10 metres from the original mark.

6.6.7 When the ball is kicked downfield in general play, the players from the kicking team cannot pass the point of the play the ball until the ball has passed them. If they are in front of this point, then they are deemed to be offside.

6.7 Finding Touch

6.7.1 From a penalty kick, if the ball is kicked into touch without being touched by another player, the kicking team shall restart play with a free kick 10 metres in the field of play opposite where the ball crossed the line.

6.7.2 If the ball is touched by an opposing player and goes into touch, a scrum shall be packed

6.7.3 If the ball accidentally touches an opposing player and goes into touch, a free kick will be taken by the kicking team in the normal manner.

6.7.4 Play is restarted with a 20 metre drop kick if the ball is kicked dead or touch-in-goal in the opponent's in-goal from a penalty kick.

6.8 Free Kick

6.8.1 The ball may be kicked in any direction in any manner when bringing it into play after finding touch.

6.8.2 Opposing players shall retire 10 metres from the free kick.

6.8.3 In the event of a breach by the opposing team, a penalty kick shall be awarded opposite where the breach occurred and 10 metres from the kick or as near to the goal line as possible.

6.8.4 In the event of a breach by the kicker's team, a scrum shall be packed 20 metres from the touch line opposite where the free kick was to be taken.

6.9 No Delay

6.9.1 No player shall deliberately delay the taking of a penalty kick

6.10 Infringement by Kicker's Team

6.10.1 If a player fouls an opponent who is touching down for a try, a penalty kick at goal shall be awarded and taken from in front of the posts after the attempt to convert the try. For the purposes of rule 6.11.1, "**touching down for a try**" means in the act of scoring or while the player is regaining his/her feet.

6.10.2 After a successful penalty kick at goal, play is restarted with a kick off from the centre of the halfway line.

6.11 Field Goal Foul Play on Kicker

6.11.1 If a player attempting a field goal is fouled, a penalty kick shall be awarded in front of the goal posts.

6.12.1 If he/she is successful with the field goal, a kick at goal must be taken from the penalty kick. Play is then restarted from the centre of the halfway line.

6.13.1 If the field goal is unsuccessful, the penalty kick can be taken in any manner.

6.12 The Mark

6.12.1 As the mark cannot be marked on the ground, a player who punts or drop-kicks may deviate slightly from it, provided no advantage is gained from it.

6.12.2 Where a player is taking a kick at goal and moves the ball back from the point where the penalty was awarded, the point where the kick is taken becomes the new mark. Opposition players must be at least 10 metres from where the kick is being taken from.

Section 7 – Scoring Points

7.1 Points Value

7.1.1 A try is worth four points.

7.1.2 A conversion or penalty goal is two points.

7.1.3 A field goal is one point.

7.2 Winning the Game

7.2.1 The game shall be decided by the team scoring the higher number of points. If both teams have the same number of points, the game is drawn.

7.3 How a Try is Scored

7.3.1 A try is scored when a player grounds the ball in his/her opponent's in-goal. The ball must be grounded before the player or the ball touches the dead ball or touch-in-goal lines or beyond.

7.3.2 A player may pick up the ball in his/her opponent's in-goal, in order to ground it in a more advantageous position.

7.3.3 A try is scored when opposing players ground the ball simultaneously in the in-goal area.

7.3.4 A try is scored when a tackled player's momentum carries him/her into the opponent's in-goal where he/she grounds the ball.

7.3.5 A try is scored by grounding the ball on or over the goal line. A try is not scored by grounding the ball at the foot of the goal posts in the field of play.

7.3.6 When the ball is not grounded correctly, play is allowed to continue unless the ball has been knocked on or has gone dead.

7.3.7 A referee should not disallow a try because a player who correctly grounds the ball fails to retain it.

7.3.8 The referee should not disallow a try because he/she was not in a position to see the grounding of the ball.

7.3.9 When the ball is in the scrum, a try cannot be scored by grounding it.

7.3.10 When the ball is at the base of the scrum, it is permissible for a player to pick it up and bore through his/her own forwards to ground the ball for a try.

7.4 Penalty Try

7.4.1 The referee can award a penalty try if, in his/her opinion, a try would have been scored except for the unfair play of a defender.

7.4.2 A penalty try is awarded between the goal posts.

7.5 Touching Referee (etc.)

7.5.1 If play is affected following an attacking player coming into contact with the referee, touch judge or spectator in the opposition in-goal area, a try is awarded.

7.6 Where Try is Awarded

7.6.1 Where the ball is grounded as in rules 7.3.1, 7.3.2 and 7.3.3.

7.6.2 Where the ball first crosses the goal line if scored as per rule 7.3.4.

7.6.3 In between the goal posts if a penalty try is to be awarded.

7.6.4 Where contact took place if scored as per rule 7.5.1.

7.7 Referee is the Sole Judge

7.7.1 A try can only be awarded by the referee. The referee can take advice from the touch judge before making a decision.

7.7.2 To award a try, the referee points to the spot where the ball was grounded and blows his/her whistle.

7.7.3 Before awarding the try, the referee should look at the two touch judges to ensure that they are not reporting a prior incident.

7.7.4 When approved by the controlling authority of any competition, in-goal judges and the use of audio/visual electronic aids may be used to assist the referee in the decision-making process.

7.8 How a Goal is Scored

A goal is scored if the ball passes over the opponent's cross bar and between the uprights on the full after being kicked by a player (and not being touched in flight by any other player) in any of the following circumstances:

7.8.1 By a place kick after a try has been scored and counts as two points.

7.8.2 By a place kick or a drop-kick when a penalty kick has been awarded and counts as two points.

7.8.3 If, after completely passing over the cross bar, the ball is blown back, a goal is still allowed.

7.9 No Goal from Kick Off

7.9.1 A goal cannot be scored from a kick off or drop out, or from a drop-kick when bringing the ball into play, or by a free kick, or from a differential penalty.

7.10 How a Field Goal is Scored

7.10.1 By a drip-kick during general play from any position in the field of play by the ball passing over the cross bar and between the uprights. A field goal counts as one point.

7.10.2 If the ball is touched in flight by an opposition player and the ball still goes over the cross bar and between the posts, the field goal is scored.

7.11 Where Kicks at Goal are Taken

7.11.1 A kick at goal after a try may be taken from any point opposite where the try is scored and parallel to the touch line.

7.11.2 A kick at goal from a penalty may be taken from the mark, or from any point behind the mark and parallel to the touch line.

7.11.3 A referee should ensure that a kick at goal is taken from the correct position. If the kick is taken from the incorrect position, no goal shall be allowed and the kick shall not be retaken.

7.12 Players' Positions

7.12.1 When a kick at goal is being taken following a try, the opposing players shall stand within their own in-goal area, but not between the goal posts.

7.12.2 Players from the kicker's team must be behind the ball.

7.12.3 When a penalty kick at goal is being taken, the opposing players shall retire to their goal line, or not less than 10 metres from the mark.

7.13 Distracting the Kicker

7.13.1 It is illegal to attempt to distract the attention of the kicker. In such cases, the referee may allow the kick to be retaken.

7.14 Goal Posts

7.14.1 For the purpose of judging a kick at goal, the goal posts are assumed to extend indefinitely upwards.

7.15 Judging Kicks at Goal

7.15.1 If a touch judge believes a goal has been kicked, he/she shall raise his/her flat above his/her head.

7.15.2 If a touch judge believes the kick at goal is unsuccessful, he/she shall wave his/her flag in front of him/her.

7.15.3 If both touch judges are in agreement, their decision shall be final.

7.15.4 In the event of a disagreement, the referee shall decide.

7.16 Wasting Time

7.16.1 If a player wastes time when kicking at goal, the referee may caution him/her or, in an extreme case, dismiss him/her. The kick should not be cancelled, but extra time should be allowed.

7.17 Colleague Holds Ball

7.17.1 When a place kick is being taken, it is permissible for a colleague of the kicker to hold the ball in position by placing a hand on it.

7.18 Pretending to Kick at Goal

7.18.1 It shall be misconduct for a player to pretend to kick at goal from a penalty kick and then deliberately kick it elsewhere. Such misconduct shall result in a penalty being awarded against the kicker.

Section 8 – Offside

8.1 When Players are Offside

8.1.1 A player is offside if he/she touches the ball after it is touched, held or kicked by one of his/her own team behind him/her.

8.1.2 A player cannot be offside in his/her own in-goal.

8.1.3 An offside player shall not take part in the game or attempt in any way to influence the course of the game.

8.2 Players to Retire 10 Metres

8.2.1 An offside player shall not encroach within 10 metres of an opponent who is waiting for the ball.

8.2.2 An offside player shall retire 10 metres from an opponent who first secures possession of the ball.

8.3 Player Placed Onside

An offside player is placed onside in the following circumstances:

8.3.1 An opposing player runs 10 metres or more with the ball.

8.3.2 An opposing player touches the ball, but does not retain it.

8.3.3 A team mate in possession of the ball runs in front of the offside player.

8.3.4 A team mate kicks or knocks the ball forward and takes up a position in front of his/her in the field of play.

8.3.5 If he/she retires behind the point where the ball was last touched by one of his/her team mates.

8.4 Catcher Claims Opponent Offside

8.4.1 A player who catches the ball near an offside opponent must not go out of his/her way to make interference by the offside player inevitable.

8.4.2 If the catcher deliberately and unnecessarily runs into the offside player, then play should proceed.

8.5 Accidental Offside

8.5.1 If the referee considers that any interference caused by an offside player is accidental, play should be restarted with a scrum except after the fifth play the ball when a handover will take place.

8.6 Out of Play

8.6.1 Players who are out of play at a play the ball, scrum, kick off, 20 metre restart, drop out, penalty kick or free kick are not put inside in the manner described in sections 8.3.1 to 8.3.5.

Section 9 – Touch and Touch In-Goal

9.1 Touch

9.1.1 The ball is in touch if:

- (a) it, or a player in contact with it, touches the touch line; and/or
- (b) it, or a player in contact with it, touches the ground outside the touch line.

9.1.2 The ball is out where it first crossed the touch or touch-in-goal line.

9.1.3 The ball is not in touch if a tackled player steps into touch as he regains his/her feet to play the ball.

9.1.4 (a) If a player jumps from in touch and makes contact with the ball while off the ground, the ball is in touch.

(b) If a player jumps from the field of play and knocks the ball back into the field of play while off the ground, the ball is not deemed to be in touch and play should continue.

9.1.5 Play recommences with a scrum opposite where the ball went out subject to the requirements of rule 5.1.9.

9.1.6 If the ball is kicked or touched and propelled by a player in a forward direction into touch on the full, the scrum will be formed where the player made contact with the ball, subject to the requirements of rule 5.1.9.

9.1.7 If the ball accidentally strikes an opposition player from general play and goes into touch, the loose head and feed shall not be forfeited.

9.1.8 When the ball is kicked into touch from a penalty kick, the game is restarted by a free kick 10 metres infield opposite where it went out.

9.1.9 The ball is in touch-in-goal when it touches or crosses the touch-in-goal line, or touches the corner posts.

9.2 Touch-in-Goal

9.2.1 If a player has contact with the ball and touches the touch-in-goal line or touches the corner posts.

9.2.2 If a player has contact with the ball and touches the touch-in-goal line, the ball is considered to be touch-in-goal.

9.2.3 If a ball, which is stationary in the field of play or in the in-goal area, comes into contact with a player standing in touch, touch-in-goal or over the dead ball line, the ball is made dead by that player.

9.2.4 If the ball accidentally strikes an opposition player before crossing the touch-in-goal line or dead ball line, play is restarted according to whoever last deliberately played at the ball.

Section 10 – Obstruction

10.1 A player is guilty of misconduct if he/she deliberately obstructs another player who is not in possession (refer rule 11.1(j)).

10.2 A player who is not in possession, or is off-side, cannot be obstructed even after a knock on or forward pass.

10.3 If a player is deliberately obstructed after kicking the ball and the referee deems that the defender was not committed to the tackle before the kick, a penalty should be awarded as described in rule 6.2.3.

10.4 A player in possession cannot be guilty of obstruction. He can use the goal posts to avoid tackle, dodge behind a ruck of his/her own players, or bore a way through his/her own pack.

10.5 If the referee deems that obstruction has occurred accidentally and play has been irregularly affected, the game should be stopped and recommenced with a scrum.

Section 11 – Players’ Misconduct

11.1 A player is guilty of misconduct if he/she:

- (a) deliberately trips, kicks or strikes another player;
- (b) when effecting or attempting to effect a tackle, makes contact with the head or neck of an opponent intentionally, recklessly or carelessly;
- (c) drops knees first on to an opponent who is on the ground;
- (d) uses any dangerous throw when effecting a tackle;
- (e) deliberately breaks the laws of the game;
- (f) uses offensive or obscene language;
- (g) disputes a decision of the referee or touch judge;
- (h) re-enters the field of play without the permission of the referee or touch judge having previously temporarily retired from the game;
- (i) behaves in any way contrary to the true spirit of the game;
- (j) deliberately obstructs an opponent who is not in possession;
- (k) intentionally dives at the non-kicking leg of an opponent;
- (l) tackles a player who leaps into the air to retrieve a kick and whose feet have not returned to the ground;
- (m) makes an attempted act of reckless or intentional conduct, e.g. raised elbow, swinging arm.

Appendix A - Playing Field

1. The touch lines are in touch, the touch-in-goal lines are touch-in-goal, the goal lines are in the in-goal area, and the dead ball line is beyond the in-goal.
2. A corner post is placed at the intersection of each goal line and touch line. A corner post is touch-in-goal.
3. The goal posts are considered to extend indefinitely upwards. It is required that the bottom two metres of each upright be padded.
4. For adult games, the dimensions should be as near to the maximum as possible. Minimum dimensions should be laid down in the rules of the competition in which the match is played.
5. The broken lines in the plan shall consist of marks or dots on the ground not more than two metres apart. Transverse broken lines 10 metres from the goal lines, 20 metre lines and halfway lines are to be marked across the full width of the field.

Appendix B - The Ball

Shape and Construction

The game shall be played with an oval air inflated ball, the outer casing of which shall be leather or other material approved by the International Board and nothing shall be used in its construction which might prove dangerous to the players.

Size and Weight

The dimensions of the ball shall be:

	Desired Dimensions	Permissible Minimum	Permissible Maximum
Length	28cm	27cm	29cm
Longest Circumference	74cm	73cm	75cm
Widest	59cm	58cm	61cm
Weight (clean and dry)	410g	380g	440g

Ball Deflated

The referee shall blow his/her whistle immediately he/she notices that the size and shape of the ball no longer comply with the laws of the game.

Ball Bursts

If the ball bursts as a player is taking a place kick at the goal, he/she should be allowed another kick. If a player grounds the ball for a try and then it is noticed that the ball has burst, the try should be allowed. Otherwise, if the ball bursts, play is stopped, the ball is replaced and a scrum is formed to restart play at the point where the ball bursts. The team in possession or last in possession shall have the loose head and put in.

Appendix C - Players and Players' Equipment

1. The game shall be played by two teams each consisting of not more than 13 players.
2. (a) The international law is that a team may nominate a maximum of four replacements before the start of the game.

(b) Unlimited interchanges may be made from the 17 named players.

(c) In domestic competitions, other substitution/interchange laws can be implemented if approved by the governing body.

(d) If a substitution is made when a kick at goal is being taken, the substitute shall not be allowed to take the kick.

(e) A player who is returning from the blood bin may take the kick.
3. Where a player is bleeding, the referee shall direct him/her to leave the field for attention in which event he/she may be replaced.
4. For ease of identification, players' jumpers must bear the numbers "1" to "13" with additional numbers for the substitutes. The numbers relate to the positions of the players in their teams. The numbers and their position are outlined below:

- 1 Fullback
- 2 Right Wing
- 3 Right Centre
- 4 Left Centre
- 5 Left Wing
- 6 Stand Off
- 7 Halfback
- 8 Prop
- 9 Hooker
- 10 Prop
- 11 Second Row
- 12 Second Row
- 13 Lock / Loose Forward

Different numbering may be used with approval of the local governing body.

5. A player shall not wear anything that is dangerous to other players.
6. A player's normal gear shall consist of a jersey, shorts, a pair of socks and approved boots.
7. Protective clothing may be worn provided it contains nothing of a rigid nature.
8. The referee shall order a player to remove any part of his/her gear which might be considered dangerous. The player shall leave the field to remove the equipment if the start or restart of the game would be delayed.
9. Studs on boots shall be no less than 8mm diameter at the apex and, if made of metal, shall have rounded edges.
10. Referees should inspect players' gear before the start of the game or delegate this duty to the touch judge. This does not relieve the player of his/her responsibility of ensuring that his/her gear meets the requirements.
11. On Field Trainers — Only two trainers are permitted on the field at one time and must enter the field from behind their own team. If both teams obtain permission from the referee prior to the commencement of the game, then another trainer will be allowed for that match if playing conditions would require, e.g. heat.

Suggested Rules Governing Interchanges

(a) Interchanges may only occur during general play (i.e. whilst the ball is in motion), after any scoring has been completed, or if play has been temporarily suspended by the referee (e.g. injury or caution).

(b) Interchanges must not be made at scrums as this tends to slow the play dramatically.

(c) A replaced player must have left the field of play prior to the interchange player taking his place on the field (in an on-side position).

Appendix D - Duties of Referees and Touch Judges

1. In all games, a referee and two touch judges shall be appointed.
2. The referee is responsible for ensuring that the rules of the game are adhered to. The referee is the sole judge of fact except for touch and touch-in-goal.
3. The referee can temporarily stop or call a match off due to weather conditions, spectators invading the field or the bad behaviour of players. The decision is at the discretion of the referee.
4. The referee shall only allow those with authority to enter the field.
5. If a referee is injured during the course of a game, a substitute should be appointed. If the referee is not able to blow his/her whistle to stop play, then play is deemed to be stopped when the injury occurred.
6. The referee may consult with either or both of the touch judges before making decisions.
7. Before players enter the field, having temporarily left it, they must report to the touch judge or referee.
8. If misconduct has taken place by a player, the referee can either caution, place in the sin bin (temporarily suspend) for 10 minutes, or dismiss the player.
9. The referee may caution the whole team. Each player is considered to have received an individual caution.
10. A sin binned player is allowed to re-enter the game after the completion of 10 minutes and when the referee allows him/her to. This time shall be kept by either a timekeeper or the referee.
11. If a player is dismissed from the field, he/she can take no more part in the game and shall leave the playing area.
12. The referee is in control of the players whenever they are in the playing area and environs of access and changing areas.
13. The referee uses a whistle to start and stop play and may also whistle to restart play.
14. The whistle is also blown in the following circumstances:
 - (a) when points are scored;
 - (b) when the ball is out of play;
 - (c) when the rules of the game have been broken;
 - (d) when play is interrupted by a spectator, touch judge, etc.
15. If the whistle is blown by accident, play is restarted with a scrum. The team last in possession has the feed and loose head.

16. The referee is solely responsible for determining what is an advantage. Advantage can be applied to all parts of play excluding restarts of play.
17. If an opposing player is touched or touches the ball, any infringement is not negated. Opposing players must be given every opportunity to take the advantage. The use of the advantage does not mean that the offending player cannot be dealt with at a later time.
18. When the referee makes a decision on matters of fact, he/she shall not change that decision unless prior foul play is brought to his/her attention by a touch judge.
19. The decisions of the touch judge in relation to touch, touch-in-goal and kicks at goal are to be accepted by the referee.
20. Touch judges are to stay on their touch line unless they are reporting to the referee or are judging a kick at goal.
21. When a touch judge intends to report an incident to the referee, he/she must get to the referee as soon as possible, so that play does not continue unnecessarily. The touch judge may use his/her flag to mark the spot where the offence occurred. The penalty is awarded where the offence occurred.
22. When the ball goes into touch, the touch judge raises his/her flag at the point where the ball crossed the line. If the ball goes out on the full, the flag is waved above the head in the direction of the kicker's goal line.
23. The touch judge should not raise his/her flag immediately the ball in flight crosses the touch line in case the ball swerves or is blown back into the playing field before hitting the ground.
24. If the ball crosses the touch-in-goal line, the touch judge waves his/her flag up and down and points to where the play is to restart.
25. When a penalty kick is being taken other than for the goal, the touch judge shall mark 10 metres for the offending team.

Appendix E - Referee's Signals

Signal Nature of Offence

When the referee is required to give a decision, he/she shall, whenever possible, indicate the nature of his/her decision by making the appropriate signal.

Indicate How Play Restarts

When he/she wishes to stop the game temporarily, he/she shall, after blowing his/her whistle, indicate the nature of the decision, point to the offending player and then signal as to how the game is to be restarted.

Signals

Scrum: With bent arms, palms of hands facing each other at shoulder level, fingers together and slightly bent, bring tops of the fingers together with a slight downward movement, and then point to the team awarded the loose head and put in.

Penalty Kick: Face the non-offending team and extend the right arm forward with the hand slightly higher than the shoulder level and the palm of the hand at right angles to the ground.

Differential Penalty: Extend the arm for an ordinary penalty, then move the arm to the upright position. Perform this action twice with the whole movement being continuous and decisive.

Drop Out: Point to the place from which the drop kick is to be taken.

Try: Point to where the try is awarded. Instruct the touch judge to stand on this point temporarily as a guide to the player who is to take the goal kick.

Penalty Try: Point to midway between the posts and take up position temporarily on the point as a guide to the kicker.

Eight Point Try: This term is used to indicate that a penalty kick has been awarded for foul play against a try scorer. Instruct a touch judge to take up a position in front of the posts 10 metres from the goal line before retiring behind the goal posts to judge on the conversion attempt.

Goal: Raise hand above head.

Try Disallowed: Wave hands, palms facing downwards across and in front of the body below the waist.

Play On: Wave the hands chest high, palms facing away from the chest, across and in front of the body.

Ball Touched in Flight: Raise one hand above the head and top the tips of the fingers with the fingers of the other hand.

Count of Tackles is Cancelled: Raise clenched fist above head and wave from side to side.

Player "Held" and to Play the Ball: Indicate that players not concerned with the play the ball must retire by making a signal chest high, similar to the breast stroke in swimming.

Knock On: With hands in front of the body, below the waist, slightly apart, palms facing forward and fingers pointing towards the ground, make two or three forward movements of the hands.

Forward Pass: Make a forward movement with the straight arm indicating the line of flight of the ball.

Halfback Feeds Incorrectly: With hands and arms mime the action of the halfback incorrectly putting the ball into the scrum.

Halfback Fails to Retire: Make a movement with the hand indicating the direction the halfback should have taken.

Hooker Strikes Prematurely: Raise a foot from the ground in front of the body with the leg straight.

Hooker Packs a Loose Arm: Raise one arm sideways with elbow bent so that the hand hangs downwards.

Prop Strikes for the Ball: Raise a foot from the ground by extending the leg sideways from the body.

Handling in the Scrum: Make a backward scooping action with the hand.

Collapsing the Scrum: Make a lifting motion with the hand.

More than Seven Backs: Point to one of the players who is detached from the scrum and who normally is in the pack and then hold up seven fingers.

More than Six Players Pushing in the Scrum: Point to the player who is pushing and who is not normally in the scrum and then hold up six fingers.

Tackled Player Delays Regaining His/Her Feet: Flick the hand in an upward direction.

Tackled Player "Dummies" When Dropping the Ball: Mime the action of the offending player exaggerating the upward withdrawing movements of the hands.

Tackled Player Fails to Drop the Ball Correctly: If the ball has been dropped between the player's legs, point backwards with one arm between the legs. If the ball has been dropped to the side, point with one hand to the side.

Tackled Player does not Lift the Ball Clear of the Ground: Make a lifting movement with the hand.

Tackled Player does not Face Opponent's In-Goal: Standing at the angle offending player adopted and then turn to face the opponent's in-goal.

Tackled Player Passes when He/She Should Have Played the Ball: Mime the gesture of playing the ball.

Tackled Player Obstructs or Butts with His/Her Head after Playing the Ball: Mime his/her action.

Voluntary Tackle: Make a lifting movement with hand.

Player Marking the Tackled Player Kicks or Strikes at the Ball: Make a kicking movement with the foot.

Player Marking Retains His/Her Hold on Player Playing the Ball: Make a decisive backward movement with the hand. This signal applies to any interference by the player marketing when the ball is actually being played other than kicking prematurely or dangerously.

Tackler Delays Releasing Tackled Player: Make a downward movement with the hands in front of the body below the waist.

Offside at Play the Ball: With a backward movement of the hand indicate that the player should be further back.

Stealing the Ball from the Tackled Player: Mime the action in snatching the ball from the opponent.

Dragging Tackled Player after Tackle is Effective: Mime the action of dragging.

Team is Tackled Five Successive Times: Raise arm vertically above head with fingers and thumb outstretched.

Team is Tackled Six Successive Times: Blow the whistle, raise the arm vertically above the head, then point to the side which is to gain possession and mime the gesture of playing the ball. The surrendering of the ball is referred to as the "handover".

Kicker Fails to Bring Foot into Contact with the Ball: Tap the foot with one hand.

Offside: Indicate player should have been further back.

Player in Possession Touches Official: Point to the player in possession and tap the chest with one hand.

Obstruction: Mime the offending player's action.

Tripping: Extend one foot forward as if to trip.

Stiff Arm Tackle: Raise an arm in front of the body with fist clenched and as the arm is moved forward, tap the forearm with the other arm.

Disputing Decisions: Place one hand on the mouth.

Ball in Touch: Point to appropriate touch judge.

Extra Time: Raise both arms vertically above head.

Ending Extra Time for Stoppage: Wave one arm over head.

Player Dismissal: Point to player and point to sideline.

Temporary Suspension of a Player: Raise both arms with fingers outstretched for 10 minutes suspension.

Player Directed to Leave the Field to Receive Attention for Bleeding: Draw the hand across the chest from side to side.

Touch judge Signals

The touch judge cannot stop the play for any infringement, but he/she may signal the nature of an infringement if the referee is unsighted and seeks his/her guidance.

Touch: Flag raised above head at point of entry.

Ball Back: Flag waved above head accentuating backward movement.

Touch-In-Goal: Flag waved up and down and then point to goal posts or centre of 20 metre line, depending on how game is to be restarted.

Successful Kick at Goal: Raise flag above head.

Unsuccessful Kick at Goal: Wave flag across and in front of the body below the waist.

Players not Retiring 10 Metres when Kick is being Taken: Wave flag vertically in front of body.

Appendix F - Timekeeping

1. The game shall normally be 80 minutes long.
2. The length of the game may be altered with the consent of the teams and the governing body.
3. The half-time break shall be 5 minutes long. This period may be reduced or extended by the referee.
4. A timekeeper may be used to signal to the referee half-time and full-time. The timekeeper may also be used for the timing of temporary suspensions.
5. The team shall defend one end of the field for the first half and change ends for the second half.
6. If time expires when the ball is out of play, or a player is tackled, the referee shall blow the whistle to indicate that play is finished. If the ball is in play when time expires, the referee shall not terminate play until the ball is out of play or a player is tackled. Time is extended to allow a player to take a penalty kick or conversion attempt. Play is terminated when the ball is next out of play unless a further penalty is awarded.
7. If a team kicks the ball into touch from a penalty kick, time shall be extended to allow the free kick to be taken.
8. If a scrum has been set and fed before the bell, play shall be allowed to continue until the ball is out of play.
9. Additional time shall be added to each half for time lost due to injury or any other time lost. Extra time is the discretion of the referee.
10. When the referee stops the game due to injury, the game is restarted with the player who was last in possession playing the ball. Otherwise play is restarted with a scrum, the loose head and put in going to the team last in possession before the stoppage.
11. If a player in possession is injured in a tackle and is unable to play the ball and play has been stopped, a team mate shall play the ball at the point where the tackle took place.
12. If a player is injured in a tackle and the referee is of the opinion that play should not be stopped, another

player shall be directed to play the ball five metres in field from the injured player. If the ball cannot be released by the injured player, a scrum shall be formed five metres infield from the injury with the opponents of the team of the injured player having the loose head and put in.

Appendix G - Glossary

The terms set out below shall have the meanings assigned to them:

Advantage: means allowing play to proceed if it is to the advantage of the team which has not committed an offence or infringement.

Attacking Team: means the team which, at the time, has a territorial advantage. If a scrum is to be formed on the halfway line, the team which last touched the ball before it went out of play is the attacking team.

Back: means a player who is not taking part in the scrum.

Ball Back: means to form a scrum where the ball was kicked from after it has entered touch on the full.

Behind: means, when applied to a player, unless otherwise stated, that both feet are behind the position in question. Similarly, "in front of" means nearer to one's opponent's goal line.

Blindside: means the side of the scrum or of the play the ball nearer to touch.

Breach: means any accidental or deliberate non-compliance with the rules.

Charging Down: means blocking the path of the ball with hands, arm or body as it rises from an opponent's kick.

Converting a Try: means the act of kicking a goal following the scoring of a try.

Corner Post: means the post surmounted by a flag placed at the intersection of each touch line and goal line. The post shall be of non-rigid material and shall be not less than 1.25m high. The corner posts are touch-in-goal.

Dead Ball: means that the ball is out of play.

Defending Team: means the team opposing the attacking team.

Differential Penalty: differs from a penalty kick in one respect, in that a goal cannot be scored from it.

Drop Goal: means a goal scored by propelling the ball over the cross bar by drop kicking it (and is sometimes referred to as a "Field Goal").

Drop Kick: is a kick whereby the ball is dropped from the hands (or hand) and is kicked immediately it rebounds from the ground.

Drop Out: means a drop kick from between the goal posts or from the centre of the 20m line, when bringing the ball back into play.

Dummy: is the preference of passing or otherwise releasing the ball while still retaining possession of it.

Field of Play: is the area bounded by, but not including, the touch lines and goal lines.

Forward: means in a direction towards the opponent's dead ball line. As applied to a player, it means one who is at the time packing down in the scrum.

Forward Pass: means a throw towards the opponent's dead ball line.

Foul Play: means to the types of misconduct specified in rule 11.1.

Free Kick: means the kick awarded to the team which kicks into touch from a penalty kick. The kick is taken 10 metres in from touch, opposite the point of entry into touch. The ball may be kicked in any manner in any direction, but a goal cannot be scored from it, nor can ground be gained by kicking into touch on the full.

Full-Time: means the end of the game (also referred to as no-side).

General Play: means all aspects of play after a match has been started or restarted by a place kick, drop out, penalty kick, free kick or scrum.

Goal: see Section 7.

Grounding the Ball: means:

(a) placing the ball on the ground with hand or hands; or

(b) exerting downward pressure on the ball with hand or arm, the ball itself being on the ground; or

(c) dropping on the ball and covering it with the part of the body above the waist and below the neck, the ball itself being on the ground.

Half-Time: means the end of the first half of the game.

Handover: means the surrendering of the ball to the opposition after a team has been tackled the statutory number of successive times (see rule 2.2).

Heel: means when a player propels the ball behind him/her with the sole or heel of his/her foot.

Hook: means the act of the hooker when he strikes with a foot for the ball in the scrum.

In-Goal: means the area bounded by the goal line, touch-in-goal lines and dead ball line (see Appendix A).

In Possession: means to be holding or carrying the ball.

Kick: means imparting motion to the ball with any part of the leg (except the heel) from the knee to toe inclusive.

Kick Off: means the method of starting each half of the game (see Section 1).

Knock On: means to knock the ball towards the opponent's dead ball line with hand or arm.

Loose Arm: means an offence by the hooker if he/she does not pack into the scrum with both arms around the neck of the prop and front row forward.

Loose Ball: means when the ball, during play the ball, is not held by a player and not being scrummaged.

Loose Head: means the front row forward in the scrum who is nearest to the referee.

Mark: means the point at which the penalty kick or free kick is awarded or a scrum formed.

Mutual Infringement: means the reason for the stoppage in play is not the fault of either team.

Obstruction: means the illegal act of impeding an opponent who does not have the ball.

Off Side: means, when applied to a player, that he/she is temporarily out of play and may be penalised if he/she joins in the game (see Section 8).

On Side: means that a player is not off side.

Open Side: means the side of the scrum or the play the ball furthest from touch.

On the Full: means the ball is kicked over a given line, or is caught by a player, without first coming into contact with the ground or another player.

Out of Play: means a player out of play at a restart of play.

Pack: refers collectively to the forwards of any one team. To pack down means to form a scrum.

Pass: means a throw of the ball from one player to another.

Penalise: means to award a penalty kick against an offending player.

Penalty Kick: see Section 6.

Place Kick: means to kick the ball after it has been placed on the ground for that purpose.

Playing Area: means the area enclosed by the fence, or other such line of demarcation, which prevents encroachment of spectators.

Playing Field: means the area bounded by, but not including, the touch lines and dead ball lines.

Play the Ball: means the act of bringing the ball into play after a tackle (see Section 3).

Prop: means the front row forward nearest to the halfback putting the ball into the scrum.

Punt: means a kick whereby the ball is dropped from the hand or hands and is kicked before it touches the ground.

Put In: (also known as "feeding the scrum") means the rolling of the ball into the scrum.

Scrum: (or "scrummage" or "scrimmage" – see Section 5) means where a team loses the advantage of a "Loose Head" and "Put In", the scrum is said to be awarded against that team.

Strike: means, as applied to the foot, an attempt to secure possession of the ball, usually by heeling it, in a scrum.

Tackle: see Section 2.

Touch Down: means the grounding of the ball by a defending player in his/her own in-goal.

Touch-in-goal: see Section 9.

Touching the Ball: means, in all aspects of play, to deliberately play at the ball.

Try: see Section 7.

20 Metre Restart: means a kick taken at the centre of the 20 metre line to restart play, the ball may be kicked in any manner and in any direction.

Upright Tackle: means where the player in possession is effectively tackled without being brought to the ground (see Section 2).

Voluntary Tackle: means where the player in possession voluntarily stops play when not effectively tackled (see Section 2).

Zero Tackle: means the tackle is not counted in that set of six tackles.