

# RUGBY

- A Barbarians Sport Played By Gentlemen



# Early Ball Games

- Various early ball games were played during the middle ages (5th to 16th century) and are sometimes referred to as **folk football, mob football or Shrovetide football**.
- Such games would usually be played between neighboring towns and villages, involving an unlimited number of players on opposing teams, who would fight and struggle to move an inflated pig's bladder by any means possible to markers at each end of a town.

# Early Ball Games

- The first recorded game of ball being played in London (in a large flat open space just outside the city) was during the annual festival of Shrove Tuesday in 1175. This was documented by a London born monk called William Fitzstephen (c.1174-1183) who wrote a 'history of London' in Latin
- In about 1200 "ball" is mentioned as one of the games played by King Arthur's knights in "Brut", written by Layamon, an English poet from Worcestershire. This is the earliest reference to the English language "ball". Layamon states: "some drive balls (balles) far over the fields"

# Early Ball Games

- Records from 1280 report on a game at Ulgham, near Ashington in Northumberland, in which **a player was killed as a result of running against an opposing player's dagger**. This account is noteworthy because it **the earliest reference to an English ball game that definitely involved kicking**; this suggests that kicking was involved in even earlier ball games in England.
- The earliest reference to a game called football occurred in 1314 when Nicholas de Farndone, Lord Mayor of London issued a decree on behalf of King Edward II banning football (written in French).

# Early Ball Games

- The first clear reference to the English word, 'football' was not recorded until 1409, when King Henry IV of England issued an edict forbidding the levying of money for "foteball.
- From this brief history, we can conclude that “football” games during this period....

Looked Something Like This



# Rugby's Origin

# Rugby History

- The game of football as played at Rugby School (Rugby, England) between 1750 and 1823 permitted handling of the ball, but no-one was allowed to run with it in their hands towards the oppositions goal.
- There was no fixed limit to the number of players per side and sometimes there were hundreds taking part in a kind of enormous rolling maul



# Rugby History



FOOT BALL AT RUGBY.

# Rugby History

- EARLY RULES AT RUGBY SCHOOL
  - The rules at forbade handling the ball on the field of play unless the ball was airborne in which case it could be caught.
  - The catcher stood still as did all other players.
  - The catcher could then retreat from where he had caught the ball and either kick it wherever he wished or place it on the ground and try to kick it over the crossbar and between the posts which counted as a goal.
  - Until he had passed the spot where he had originally caught the ball no one could move

# Rugby History

- “Modern” Rugby was born in 1823 when William Webb Ellis "with fine disregard for the rules of football as played in his time at Rugby school, first took the ball in his arms and ran with it, thus originating the distinctive feature of the Rugby game“ – (**Matthew Bloxam's Letter**)
- Mr. Ellis, then a 16 year old boy at Rugby School, caught the ball and instead of standing still he ran with the ball in his arms towards the opponent's goal line. We do not know the outcome of this maneuver.

# Rugby History

- 1838-9 Jem Mackie, with his powerful running, made it an acceptable part of the game although it was not legalized until 1841-2 initially by Bigside Levee (rules committee) and finally by the first written rules of August 28th, 1845.
- The “rules” were minimal

# Rugby History

- From 1800 to 1900
  - In 1800's it was still a rather informal and unorganized where violence and physical force were tolerated (note: today it's violence is formal and organized).
  - These early rules were few and variable and it was often hard to tell the difference between players and spectators.
  - Furthermore there was little attempt to make games 'fair' or sides 'equal'.

# Rugby History



# The Quickening

# Rugby History

- Rugby Football, up till that time a regular game only among school boys, took its place as a regular sport among men.
- The former students of Rugby school (and other Rugby playing schools such as Marlborough School) started to spread their version of football (Rugby rules) far and wide.
- Arthur Pell founded a club at Cambridge University in 1839 - Old Rugbeians



# Rugby History

- The Old Rugbeians challenged the Old Etonians to a game of football and controversy at the Rugbeians' use of hands led to representatives of the major public schools (Rugby, Eton college, Harrow, Marlborough, Westminster and Shrewsbury) meeting to draw up the 'Cambridge Rules' in 1848 (hacking, tripping and running were allowed).
- In 1863 a meeting was held in Cambridge where a ban was placed on "Hacking", "Tripping" and Blackheath's preference, "running with the ball in the hands towards the opposite goal after a fair catch".

# Rugby History

- A separate meeting was also held in the Freemasons' Tavern, Great Queen Street, London with eleven schools and clubs supporting the kicking and handling codes that were presented by organizers (inclusive of running)
- They drew up common rules by which they could play each other, however, after they had reached a compromise a number of the attendees recanted and ended up adopting the Cambridge rules (which precluded running with the ball).
- Henceforth there was a split between Association football (soccer) and Rugby Football (rugby)

# Rugby History

- On 26th January, 1871, The Rugby Football Union was founded in the Pall Mall Restaurant in Regent Street, London, to standardize the rules that also removed some of the more violent aspects of the Rugby School game.
- Along with the founding of the Rugby Football Union a committee was formed, and three ex-Rugby School pupils (Rutter, Holmes and L.J. Maton), all lawyers, were invited to help formulate a set of rules, being lawyers they formulated 'laws' not 'rules'.

# Rugby Evolves

# Rugby History

- **THE TRY AT GOAL**

- Until 1875 the only way to score was to kick the ball over the crossbar and between the goalposts (hence the preference for an oval ball).
- Place-kicks, goals from marks and dropped goals all counted for one point, a touchdown was worth nothing. Kicks were called “Try at Goal”
- Touchdown – Defender touches the ball in goal at own end
- Touchdown – Attacker touches the ball in other teams goal end
- From 1875 touchdowns (“try”) counted if the game was otherwise a draw.
- From 1884 a goal became worth three points, and an unconverted try worth one point (converted was worth 2).
- In 1892 and again in 1894 the value of the try was increased until it was worth three points - and 5 points converted.
- It was to stay at that value until 1971 when it was increased to 4 points.
- After yet another change the try is now worth 5 points and a conversion of a try 2 points.

# Rugby Today

- **Modern Scoring**

- **Try** - When an attacking player is first to ground the ball in the opponents' in-goal, a try is scored. - 5 points
- **Penalty Try** - If a player would probably have scored a try but for foul play by an opponent, a penalty try is awarded between the goal posts. - 5 points
- **Conversion Goal** - When a player scores a try it gives the player's team the right to attempt to score a goal by taking a kick at goal; this also applies to a penalty try. This kick is a conversion kick: a conversion kick can be a place kick or a drop kick. - 2 points
- **Penalty Goal** - A player scores a penalty goal by kicking a goal from a penalty kick. - 3 points

# Rugby Today

- **Modern Scoring**

- **Dropped Goal** - A player scores a dropped goal by kicking a goal from a drop kick in general play - 3 points

# Rugby Today

- "The History of the Laws of Rugby Football" pub 1949 contains 241 pages of changes to the laws that have occurred over the years. "The History of the Laws of Rugby Football 1949 - 1972 contains a further 83 pages.
- Although the basic principles remain the same today, extensive attempts have been made over decades to refine the laws, remove ambiguity and improve the enjoyment and safety of the game.



# Rugby Today

- The global trial of the IRB Experimental Law Variations (ELVs) started on August 1, 2008.
- The decision to implement a global trial represents an important milestone for the future of the Game.
- The trial involves 13 ELVs that have been undergoing practical on field experimentation in approved tournaments around the world over the last two years.

# Rugby History



# Rugby Today



# Rugby Today

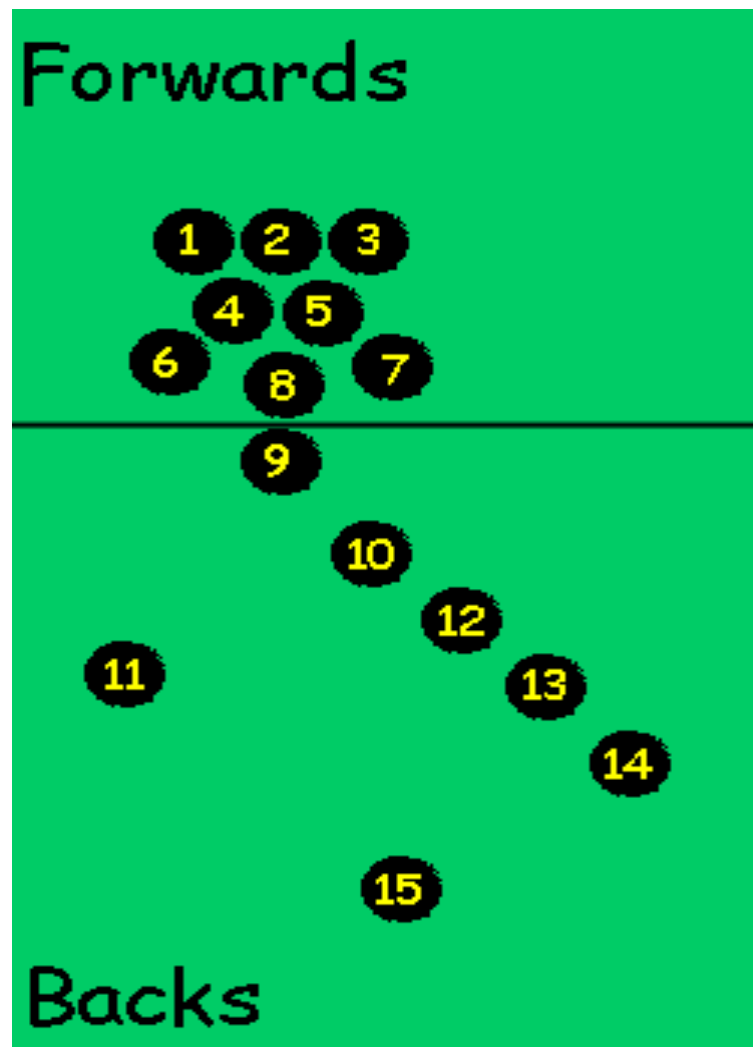


# Rugby Today

- Player Positions
  - Fifteen Players on a side

# Rugby Today

- **1. Loosehead prop**
- 2. Hooker**
- 3. Tighthead prop**
- 4. Second-row or Lock**
- 5. Second-row or Lock**
- 6. Blindside flanker (3<sup>rd</sup> Row)**
- 7. Openside flanker (3<sup>rd</sup> Row)**
- 8. No.8 (3<sup>rd</sup> Row)**
- 9. Scrum-half (half-back)**
- 10. fly-half (stand-off or out-half)**
- 11. Left wing**
- 12. Inside centre**
- 13. Outside centre**
- 14. Right wing**
- 15. Fullback**



# Rugby Today

- **The Pack (Forwards)**

- Eight handsome burly guys whom you'll gladly give your beer and food to, and you'd want to marry your daughter. They are intelligent, elegant, sensitive, and sweet. Truly the ideal men.

- **The Backs**

- Seven guys who will steal your beer while you're not looking, take advantage of women folk, and can not be left along with sharp household objects. Often dine on quiche, brie cheese and wine. Been known to understand ESPN Extreme games' rules. Regularly take blow dryers on road trips, and wear bikini underpants (AVOID AT ALL COSTS).

# But Seriously – The Modern Pack

- **PROP**

- Short but stout, these strapping men support the hooker, but no money ever changes hands and the act is never specifically named.

- **Hooker**

- Often identified by a balding spot atop the head, these vertically challenged but talented men stand between the two props, and secures the ball for his team during scrummages.



# Props and Hooker



# The Modern Pack

- **Second Row**

- Usually the most handsome and intelligent, these tall powerful men are the driving engines not only the scrum, but of the entire game. They can be found working their magic from deep in the scrum, behind the front row, or lofting high above the line outs pulling balls from the air.

- **The Back Row**

- These three men of strength are often considered the renaissance men of the rugby field. They not only control the ball, but the entire pitch. The back row defines the whole team's style of play.

# Second Row and Back Row



# The Modern Backs

- **Scrumhalf**

- The point guard of the rugby team the scrumhalf distributes the ball, runs hits, and kicks. Scrumhalf is only half as handsome and burly as the pack members

- **Fly-half**

- The first of those back guys, and the first of the offensive chain. Often confused with an insect, may be referred to as the man with "the foot."

- **Centers**

- Another pair of those back guys. Either power runner, or annoying scampering guy usually found in the opposite order, but whose main purpose is to get the ball to ...

# The Modern Backs

- **Wings**

- Ideally the fastest men on the team. Their job is to "score with the ball", but they often confuse it with "get tackled with the ball."  
Also an excellent snack when deep fried and smothered in hot sauce

- **Fullback**

- The last line of defense. A back even the pack can appreciate, often viewed as a back row in the larval stage.



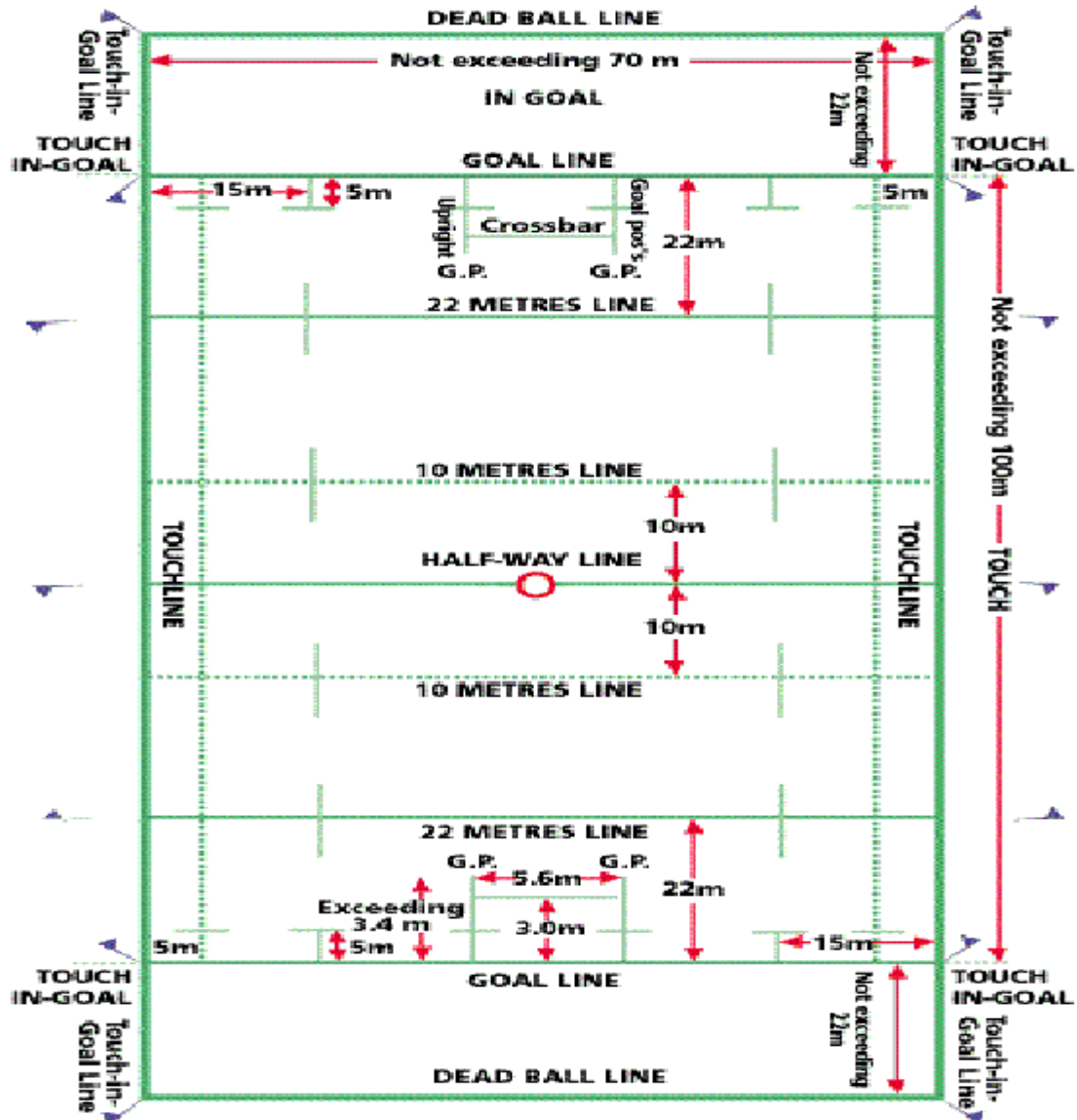
# Scrumhalf, Fly-half, Centers, Wings, and Fullback (missing as usual)



# Rugby Pitch

- The field-of-play is an area 110 yards in length and 75 yards in width, bounded by, but not including, the goal lines and touch lines.
- The In-goal is an area 25 yards in length and 75 yards in width, bounded by the goal line, touch-in-goal lines and the dead ball line. The goal line is included in the In-goal.
- The playing area is the field-of-play and In-goal.

# THE PITCH





# And Last – The Rugby Ball

- Has an oval shape
- The rugby ball did not come about because the ball needed to be handled during a game.
- The shape was dictated by the pig's bladder that were inserted into a hand stitched leather casing which was used as the ball.
- In those early days it was necessary to ask for "volunteers" (typically backs trying to prove their manhood) to inflate the ball for it was not a job that was sought after.
- The pigs bladder would be blown up while still in its very smelly "green state" solely by lung power down the stem of a clay pipe which was inserted into the opening of the bladder.

# A Neophytes Guide to Rugby

- **Your First Game - Let's keep it simple at the beginning.**
- Hit anything that is carrying the ball. Note: Generally you will be more popular if that happens to be a person on the other team. Also, the referee is not a good target.
- When you get the ball run! Note: Your teammates would prefer that to be in the direction of your Opponents goal area.

# Your First Game



# Your First Game



# A Neophytes Guide to Rugby

- **Second Game - Mastering the pass.**
- Pass the ball backwards to a teammate that is in a better position to advance the ball. Note: Screaming and throwing the ball up in the air to avoid being hit is considered "bad form".
- Follow slightly behind your teammate who is carrying the ball so that you can receive a pass. Note: If you drop the ball continuously, you will become what they call a "forward".



# Your Second Game



# A Neophytes Guide to Rugby

- **Third Game - Mastering the kick.**
  - Kick the ball forward over your opponent's head and catch it on the run. Note: If you are a forward then dropping the ball near your foot and kicking anyone in the vicinity is good enough.

# Your Third Game





# A Neophytes Guide to Rugby

- **Subtleties of the Game** – Now that you have mastered running, tackling, passing and kicking we'll cover some of the finer points:
  - **The Ruck:** This is a situation where 3 to 20 people pile on top of the tackled player. The play is whistled by the referee when all the air has been compressed out of the tackled player's lungs.
  - **The Maul:** Instead of being tackled to ground, the player is kept on his feet by the tacklers. The object is to bend as many of the ball carrier's fingers away from the ball as possible. The play is whistled by the referee after the first cracking sound.
  - **The Line Out:** When the ball goes out of the playing area a "throw in" is awarded. The object is to elbow the opposing player's face while attempting to catch the ball.
  - **Offside:** In a ruck or maul situation you are not allowed to "steal" the ball from the opposition by running behind the play. It is mandatory that you step on the tackled player first.
  - **Scrum:** The eight forwards bind together and push against the other 8 forwards. The object is to allow the forwards to beat and bruise each other and give the backs a chance to catch their breath

# RUCK



# Maul





# Line Out



# Off-Sides





# On-Sides



# SCRUM





And Keep Your Head Up





# A Few Stats and Facts

# Rugby Facts

- Yes, women do play!



# Rugby Facts

- Number of US Clubs – 1245
  - 30,345 Male Players (Pre-teen to Adult)
  - 10,111 Female Players (Pre-teen to Adult)
- Number of Aussie Clubs – 752
  - 135,142 Male Players (Pre-teen to Adult)
  - 4,518 Female Players (Pre-teen to Adult)
- Number of New Zealand Clubs - 605
  - 113,574 Male Players (Pre-teen to Adult)
  - 8,415 Female Players (Pre-teen to Adult)

# Rugby Facts

- Two major branches of rugby, league and union
  - Split occurred about 100 years ago, mostly over professionalism (paid or not paid)
- Governing Body for Rugby Union
  - International Rugby Board (IRB)
- US National Team – The Eagles
- The US is the defending Olympic Champions (1924)
- There is a “Rugby World Cup” every 4 years
  - US has never won

# Rugby Facts

- The Centre for Rugby Studies - Queensland University of Technology (QUT)
  - Committed to advancing Rugby Union - locally, nationally and internationally through a coordinated and collaborative program of research, educational activities and consultancy, and to be an internationally recognized centre for excellence in sports studies.
  - Developed to promote the sport of Rugby Union through education, consultancy and research activities. Findings from these endeavors are disseminated to sports scientists, coaches, and other associated professional and lay groups around the world.
- Rugby, North Dakota (Pop 2876) is the geometric center of the North American Continent

# Rugby Facts

- Rugby can improve your looks



# What Happens to Old Players?

- **They keep playing**
- **The Game...**
  - Is called Golden Oldies (over 35) rugby union and shouldn't be confused with any rugby league. Rugby League has 13 very fit young players per team while Golden Oldies rugby has 15 older and very unfit players per team.
  - Golden Oldies Rugby players are usually better beer drinkers and singers than rugby league players.
  - Cauliflower ears are prevalent in both games but Golden Oldies are often distinguished by their cauliflower REARS.

# Golden Oldies Rugby

- **The Team...**

- can comprise 15 players plus a bench of as many as you want. There is also a Captain (known, in some cases, as the Grand Poohbah) and Manager. Traditionally the Manager rarely plays but when they do, they always stand out by their particularly bad form.

- **The Ball...**

- is oval not round, so that players who fail to catch it have an excuse. It also helps simpler players who only have to decide between two ends when trying to kick it.

- **The Rules... (and the score)**

- are not relevant. On each field there will be 30 people trying to play and one person, the referee, trying to stop them. **Because the laws (rules) have changed so frequently in recent years**, few of the players are actually playing to the same set. The referees have similar problems and could also be deaf and blind.



# Golden Oldies Rugby

- The spirit of the Golden Oldies, is epitomized in the Motto of Fun, Friendship and Fraternity and is the central theme of Golden Oldies Rugby



# Playing Restrictions

- Less than 60 Years
  - Colour Short - Club Shorts
  - Contact Rules - No restriction unless Medical or Physical Condition declared
- Medical or Physical Condition
  - Colour Short - Red Shorts
  - Contact Rules - Player can be claimed but not tackled
- Age Limit 60 - 64 years
  - Colour Short - Red Shorts
  - Contact Rules - Player can be claimed but not tackled
- Age Limit 65 - 69 years
  - Colour Short - Gold Shorts
  - Contact Rules - Player not to be tackled
- Age Limit 70 - 84 years
  - Colour Short - Purple Shorts
  - Contact Rules - Player not to be tackled
- Age Limit 85 years and older
  - Colour Short - Special Shorts provided by the committee
  - Contact Rules - Player not to be tackled

# Golden Oldies At Play









# Where was the PI?

- Organized a chaotic systems
- Implemented process around the system (rules to play by, methods to change them)
- VOC (involved the teams)
- Improved the system over time
- Well documented
- Design of Experiments (ELV)
- Fun

In Closing A few Cautions



# “Water” Bottles Can Be Dangerous



# Don't Taunt the Other Team



# Wear A Mouth Guard

