

# RUGBY



LONDON LIFE INSURANCE COMPANY

## Foreword

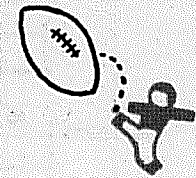
*THOUSANDS of Canadians consistently find great pleasure in listening to Rugby broadcasts and following the fortunes of favorite teams from game to game throughout the season. Indeed it is safe to say that the stay-at-home listeners vastly outnumber the crowds who swarm to the stadiums; and thanks to the proficiency of the technical and announcing staffs they miss very little of the action, excitement, and color of the game. As the title of this booklet indicates, it is mainly intended for these listening "spectators." However, it is hoped that many others who follow the fascinating autumn sport more actively will also find these pages informative and interesting.*

*A handy guide covering the principal features of Canadian Rugby football*

# RUGBY

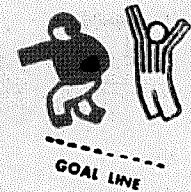
## For Radio Listeners

**C**ANADIAN RUGBY football is played by two 12 man teams, on a field 110 yards long from goal line to goal line and 65 yards wide.

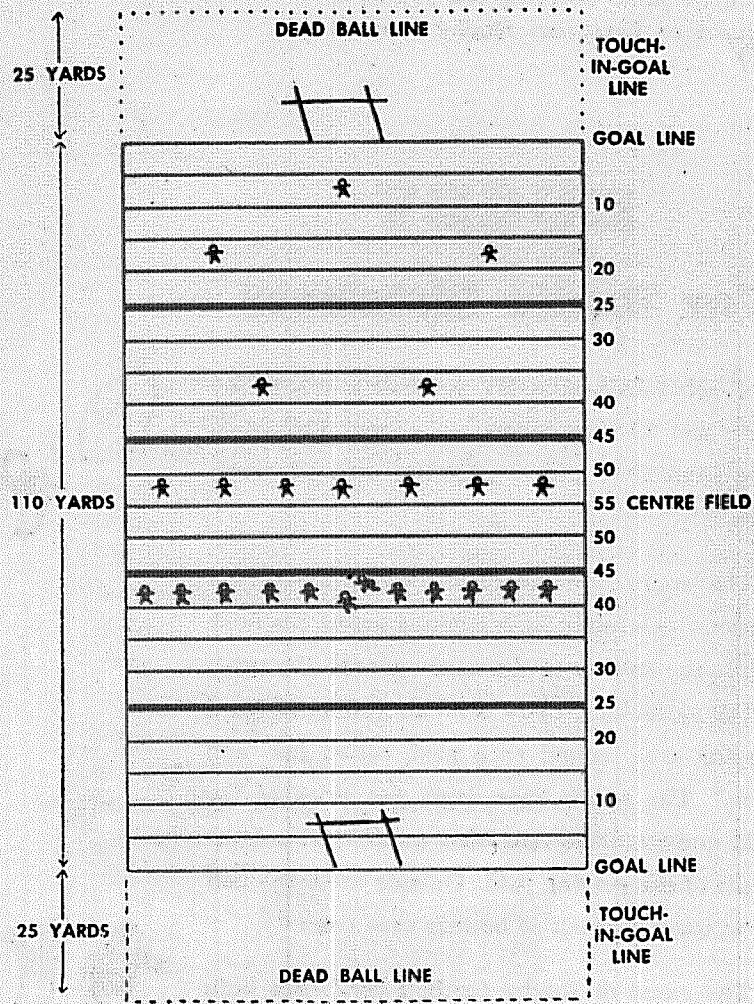


The length of the field is marked into five-yard sections by straight lines running across the field. While the section of the field between the goals is 110 yards long, there is an additional 25 yard playing area behind each goal, called the "end zone." The touch lines down the sides of the field and the dead ball lines at the end are the limits of the playing field. Outside these the ball is "in touch," or out of bounds (see page 4).

The game of Rugby football comprises both offensive and defensive elements. Offensively, the object is to score points by throwing, carrying, or kicking the ball across the opponents'





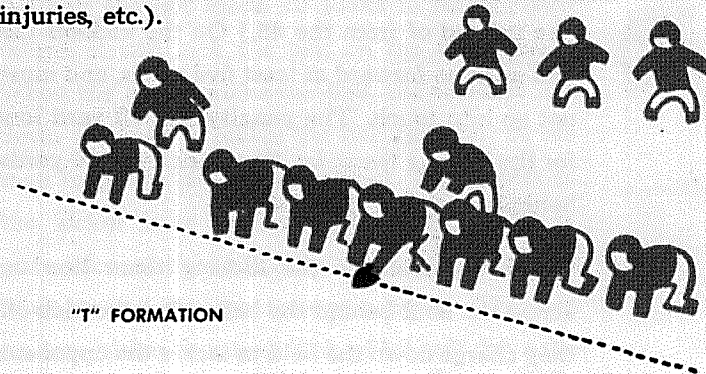


THE RUGBY FIELD

goal line. Defensively, the object is to prevent the opponents from scoring.

On each team there are seven linemen and five backfielders or backs (see diagram below). The linemen as shown are, from left to right, right outside, right middle, right inside, centre, left inside, left middle, left outside. The backfielders are the flying wing, quarterback, right half, full back, and left half. Their positions in various offensive and defensive formations are shown in the accompanying diagrams. Each of these men is a specialist with a definite assignment, and it is essential that every play be carefully developed and rehearsed beforehand.

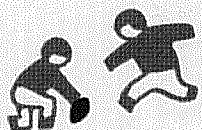
A game is divided into four playing periods or quarters, each of 15 minutes, exclusive of "time outs" (i.e., time allowed for delays caused by substitutions, referee's intervention, injuries, etc.).





There is a rest period, known as half time, at the end of the second quarter, and the third quarter commences with a kick-off at the 45 yard line. The teams change ends—that is, reverse their relative positions on the field—at the end of the first, and at the end of the third quarter. (The ball is then put into play by the team who had possession of it when quarter time was called and play is resumed at the same relative position.)

### The Kick-off



The game opens with a kick-off from the 45 yard line. The diagram on page 4 shows how the players are lined up. (This formation is also used after a touchdown, at the beginning of the third quarter, and occasionally after a field goal. In this last case, play is started from the 40 yard line instead of from the 45.) On the kick-off the ball must go forward at least five yards, and must not go into touch. The penalty is a 10 yard loss for the kicking team; i.e., they kick from 10 yards behind their first position.

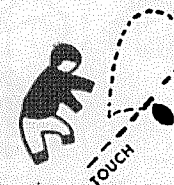
The members of the kicking team line up across the field behind the ball. After the kick-off they charge down the field to tackle the opponent

who has received the ball. At the same time the defending team tries to receive the ball, block oncoming tacklers, and carry the ball as far up the field as possible. Any player on either team may seize the ball once it has been “kicked off.”



### The Play

The team in possession of the ball is allowed three attempts or “downs” to advance the ball 10 yards and retain possession of it. If in any of these three downs the ball is carried beyond the required 10 yards, the next play automatically becomes a first down, and the team sets out to gain another 10 yards in three tries. If the team in possession of the ball fails to advance it 10 yards in three downs, the ball is given to the opponents at the position from which the last play was made. Usually, if the team with the ball has not made 10 yards in its first two downs, it will kick the ball on the third down. When the kicker kicks the ball, the tacklers run down the field to tackle the ball receiver, or the man to whom he passes the ball. The object of the kicker is to minimize the effect of losing possession of the ball by placing the opponents at as great a disadvantage as possible. This can be done either by a long kick which will drive the





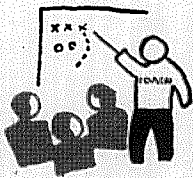


opponents back, or by a well placed kick which goes into "touch" as close to the opponents' goal line as possible without giving them an opportunity of running it back.

At the beginning of a down the ball is put into play after the teams have lined up, not closer than a yard apart, on the line of scrimmage (see Glossary). At a signal from the quarterback, the centre snaps the ball backward between his legs to one of the backs—usually the quarterback. As soon as the ball leaves the ground the opponents may cross the line of scrimmage to break up the play, while the attackers may cross to clear a way for the ball carrier. Offensive players on the line may block tacklers for a distance of 10 yards ahead of the line of scrimmage; players in the backfield may block only for one yard ahead of the line. If a ball is being carried, it is considered in motion until the man carrying it is tackled and brought to a stop, or run into "touch."

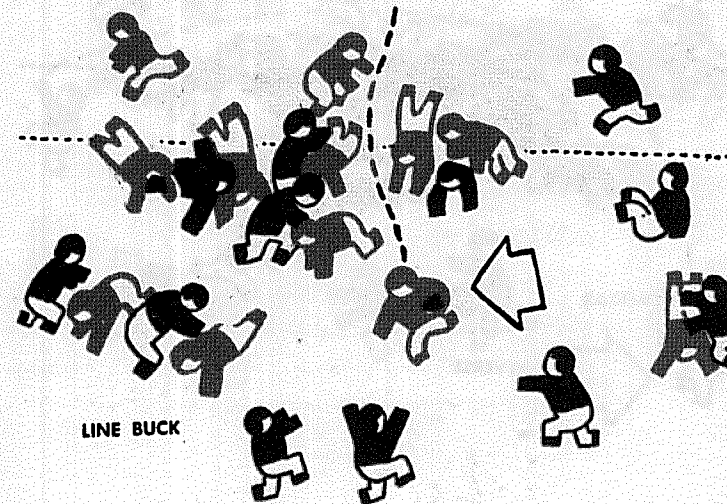
### The Strategy of Offensive Football

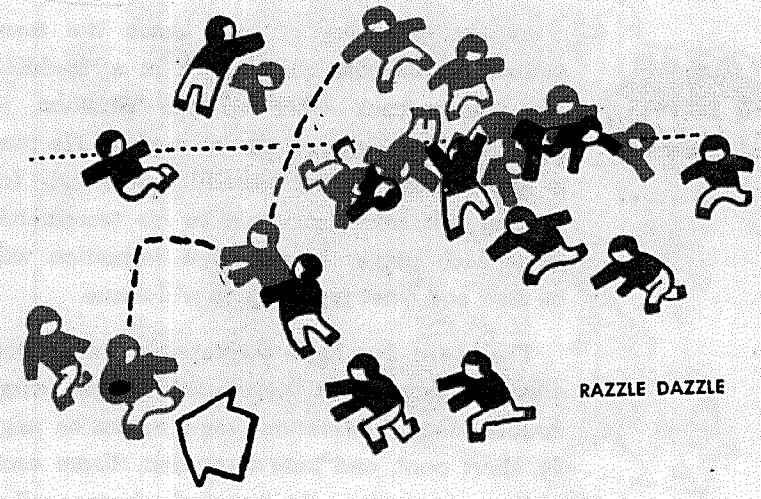
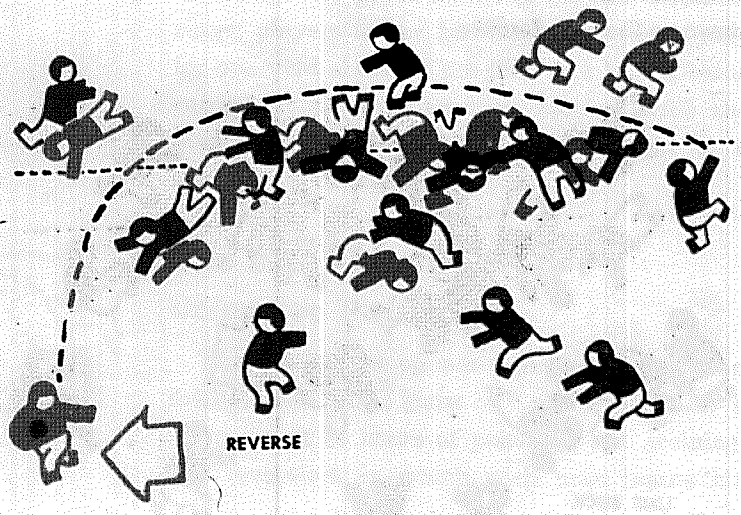
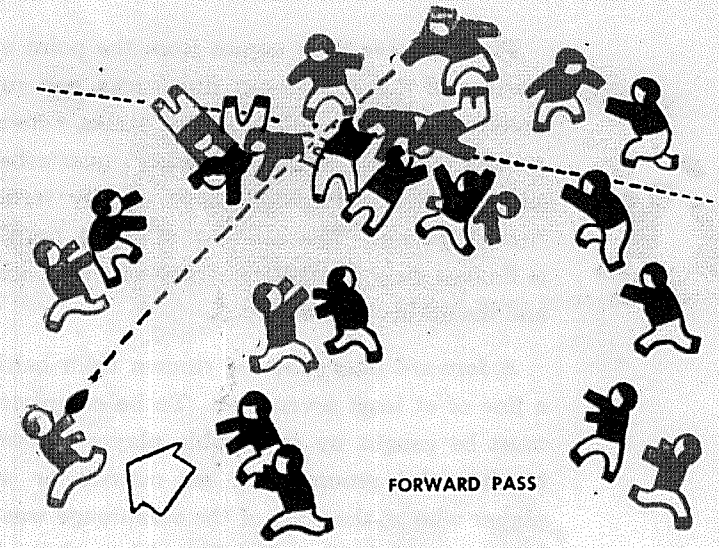
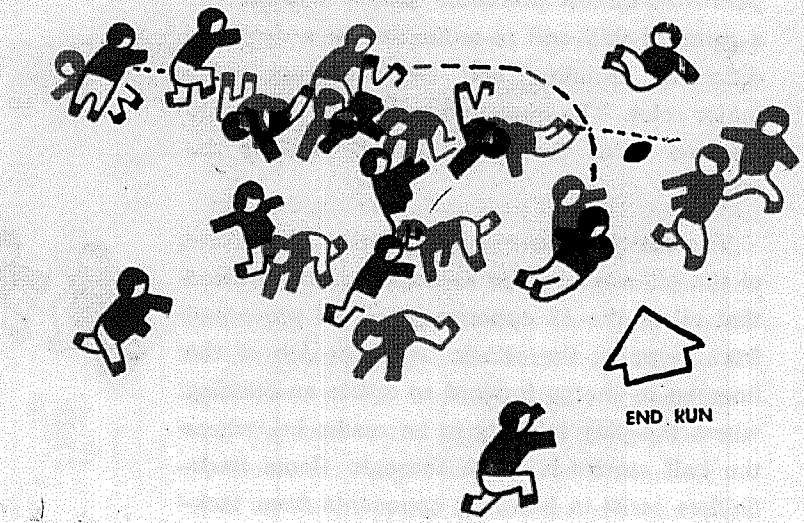
The steamroller offense that moves down the field for continued gains in a goal-scoring drive is the result of hours of planning, stiff training, and teamwork in which each man learns his



part with utmost precision. Rugby has become a game of skill and co-ordination in which conditioning, training, and field strategy play major roles. The quarterback, who is frequently referred to as the "field general," directs the offense.

Theoretically, in every play the 12 players of the offense must be so disposed and utilized that all of the 12 opponents will be prevented from stopping the attack. It is the job of the linemen to charge forward to create an opening where the play is going to be made; i.e., where the ball carrier is to go through. Some backfielders assist in blocking opponents from tackling the ball carrier, while others will run with the ball carrier as decoys to draw off tacklers. Men opening the way for the ball carrier are known as the interference.





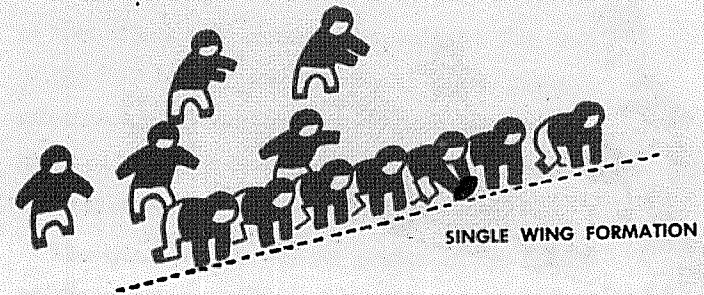
Plays receive their names from the point and manner of the attack; e.g., line bucks, end runs, reverses, end-around plays, flat passes, forward passes, spread plays, spinners, quarterback sneaks, and combination plays usually termed "razzle dazzle." The number of plays possible is limited only by the ingenuity of the coaches and the ability of the players.



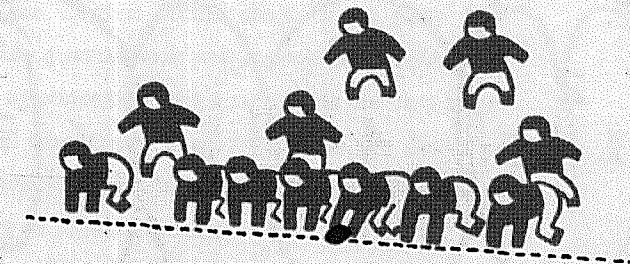
A forward pass must be thrown from behind a line of at least seven men. To be complete it must be caught by an eligible player before it touches the ground; i.e., an outside or any player who at the start of the scrimmage was at least a yard behind the line. (Any defensive player may catch or knock down a forward pass.)

At the beginning of each down the team gathers around the quarterback in a "huddle." The quarterback sizes up the situation in general and decides on the next play. He uses a system of signals, usually numerical, for passing this information on to his teammates. Thus each player knows what formation will be used and what type of play will ensue.

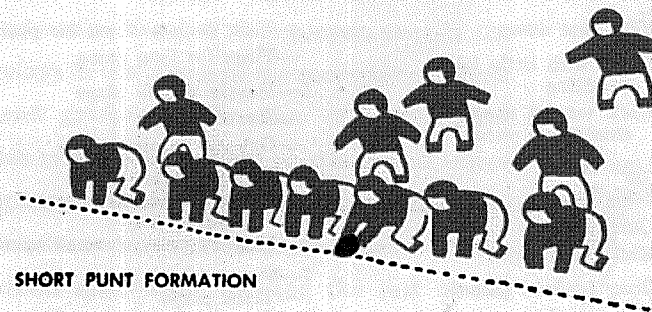
There are five basic formations from which offenses have been developed: single wing, double wing, T formation (see diagram on page 5), short punt, and kick formation. From each of these formations the quarterback can call a



SINGLE WING FORMATION

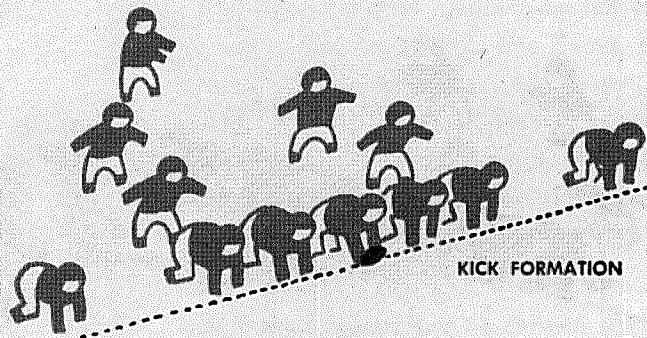


DOUBLE WING FORMATION

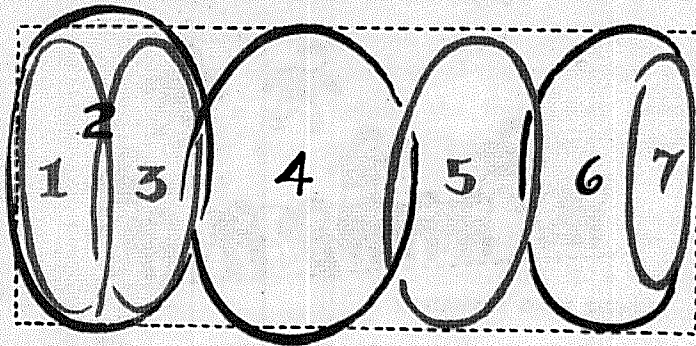


SHORT PUNT FORMATION





## Tactics Chart



Direction of Play →

- |  |  |
|--|--|
| 1—Kick first down                                | —Kick on last down for position        |
| 2—Plays with little ball handling                | —Plays for long gains                  |
| —Kick second down if more than three yards to go | 5—Razzle dazzle plays                  |
| 3—Line bucks                                     | —Reverse plays                         |
| —End runs  | —Ground gaining plays                  |
| —Quick kicks                                     | 6—Scoring plays                        |
| —Kick third down                                 | —All plays that have been working well |
| 4—Long forward passes                            | —Play opponents' weak spots            |
| —Spinner plays                                   | 7—Power plays                          |
|  | —Trick plays                           |
|  | —Short passes                          |

running, kicking, or passing attack. The success of this attack will depend not only on the skill of the ball carrier, but also upon every player's effectiveness in carrying out his particular assignment of blocking, making an opening for the ball carrier, or getting in position to receive a pass.

The quarterback will be guided in his choice of plays by a number of considerations. Most quarterbacks have a mental "Tactics Chart" of plays usually employed in certain areas of the field (see Tactics Chart diagram on page 14). The able quarterback will exploit the weaknesses of the opponents or the strength of his own team. He will also gauge such factors as the direction and strength of the wind when considering a passing or kicking attack.

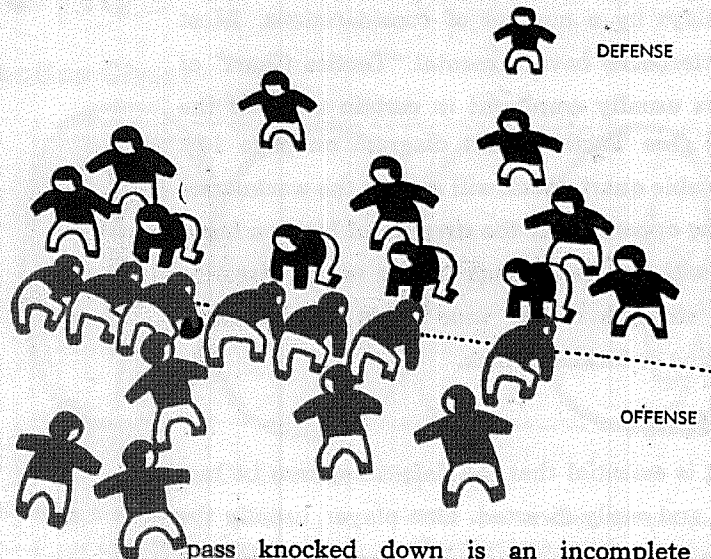
## Defense

It is essential that the defense system be mobile and easily directed. One player, usually the snap, plays in the centre of the secondary defense line, and guides the direction of the defense. He tries to predict the type of attack and where the opponents will try to break through. He then must concentrate adequate defense at the threatened spot, while keeping the rest of the field generally covered.





The defense try to prevent the attacking team from advancing by tackling the ball carrier. They try to break up a forward or lateral pass by knocking the ball to the ground, or catching it themselves (an intercepted pass). If the defending team catch the ball, they gain possession at the point where the ball was caught. A forward



pass knocked down is an incomplete pass and the throwing team regains possession where the ball was last put into play, losing one down. A lateral pass knocked down becomes a "loose ball" and any player on either team may seize it.

The basic defense is a 6-3-2-1 formation (see diagram), the best all-over defense. Six

linemen form the primary defense on the line of scrimmage, with the centre and two backs about three yards behind in a secondary position. Two more backs form a tertiary defense 10 yards behind the line, while the final backfielder, the safety man, takes up a precautionary position about 20 to 25 yards behind the line. When the ball is snapped, the linemen charge the opposing line in an attempt to break up the play. The secondary defense stand fast until the attack is unveiled and then try to tackle the ball carrier. They are supported by the tertiary and the safety man, who is the last line of defense.



Another well known defensive formation is the 5-4-2-1, commonly used against short passing and plunging plays. Often, when on its own goal line, a team will adopt an 8-4 defense for concentrated strength. This is frequently referred to as a "goal line stand." On a last down, or when the side in possession of the ball is expected to kick, the defense usually shifts into a 7-2-1-2 formation.

## Scoring

### Touchdown

A touchdown is the major score and is worth five points. A touchdown is earned when a player carries the ball across the opponents' goal line or receives a pass behind the goal line. A touchdown may also be scored by a player



falling on a loose ball behind the opponents' goal line. After the convert attempt, the team scored upon has the choice of kicking off at the centre point of its 45 yard line or of receiving the kick-off from the opponents' 45 yard line.

#### **Convert**

The team scoring a touchdown is entitled to try for a convert, which is worth one point. The scoring team puts the ball into play not closer to the opponents' goal than the five yard line, and attempts to score by kicking a placement or drop kick through the goal uprights. It is also possible to score a convert by carrying the ball or completing a forward pass across the opponents' goal line.

#### **Field Goal**

A field goal is scored when the attacking team drop kicks or placement kicks the ball over the cross bar of the opponents' goal post. This is worth three points. The team scored upon puts the ball into play by kicking off or scrimmaging at its own 40 yard line.



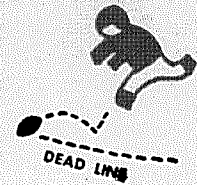
#### **Safety Touch**

During a scrimmage, if the ball carrier is tackled behind his own goal line, the opponents

score two points. The team scored upon puts the ball into play at its own 25 yard line.

#### **Rouge**

If the attacking team kicks the ball over the opponents' touch-in-goal line or dead line, or if the receiver of a kick is tackled and stopped behind his goal line, the attacking team scores one point. The team scored upon puts the ball into play at its own 25 yard line. If the ball is kicked over the dead line without being touched by the defending team it is put into play at the 40 yard line.





## Glossary of Football Terms

**Balanced Line**—An offensive formation with an equal number of linemen on each side of the centre.



BLOCK

**Block**—The action of a player who, by use of his body alone, prevents an opponent approaching the ball carrier.

**Broken Field Running**—The zig-zag running tactics of a ball carrier to elude opponents in the open field.

**Buck or Plunge**—A charge by a ball carrier into the opposing line. In a cross buck, two backs cross behind the quarterback to opposite sides of the line. The quarterback can give the ball to either plunger.

**Dead Ball**—A ball that has ceased to be in play.

**Drop Kick**—A kick made by dropping the ball to the ground and kicking it the instant it leaves the ground.

**End Run**—A play in which the ball is carried around the end of the line, rather than through the line.

**Fake Kick**—An attempt to confuse the opponents by conducting a passing or running play from a kick formation.

**Field Goal**—The kicking of the ball over the cross bar of the opponents' goal, either by a drop or placement kick.

**"First and ten"**—First down and 10 yards to go.

**Flat Pass**—A forward pass thrown toward the flank.

**Formation**—The defensive or offensive line-up of the team.

**Forward Pass**—On any play started from scrimmage the offense is permitted to throw the ball forward, provided the pass is made from a point behind a seven man line. The pass may be caught only by an outside, who may be on the line of scrimmage, or by a player who was at least one yard behind the line when the ball was put into play. These are known as "eligible receivers." If one of the eligible men catches the pass, the pass is termed "complete."



FORWARD PASS

**Free (Loose) Ball**—A ball which is in play but not in the possession and control of any player.

**Fumble**—A ball dropped to the ground.

**Huddle**—A grouping of the members of the attacking team, before lining up, for the purpose of getting the signal for the next play.

**Interception**—The act of catching a lateral or forward pass thrown by an opponent.

**Interference**—Tactics which send a player or players in advance of the ball carrier to prevent opponents from tackling the ball carrier.

**Lateral Pass**—A pass in any direction except toward the opponents' goal line.

**Man (Men)-in-Motion**—One or more backfielders in motion before the ball is snapped.

**Offside**—See "Penalties."

**On-Side**—A player is on-side when he is not in advance of a teammate who is in possession of the ball.

**Placement Kick**—A ball kicked from the ground.

**Power Play**—An advance by means of sheer weight, or concentration of strength, usually through the centre of the line.

**Quarterback Sneak**—A snap to the quarterback, who plunges directly into the line. This play is used to gain a few yards before the defense is organized.

**Punt**—A kick executed by dropping the ball from the hands and kicking it before it touches the ground.

**Quick Kick**—A kick executed from close behind the line in the least possible time.

**Razzle Dazzle**—A trick play where a forward pass is thrown and completed, and the play carried further down the field by means of running and lateral passes.

**Reversing the Field**—The attempt by the ball carrier to disorganize the defense by running forward and to one side, then cutting across to the opposite side of the field.

**Safety Man**—The player on defense who plays farthest back. He acts as a final defense, and receives the punts.



FREE (LOOSE) BALL



PLACEMENT KICK



SNAP

**Scoring Play**—A special yard-gaining play kept in reserve for use within the opponents' 25 yard line.

**Scrimmage**—The putting into play of the ball by the centre, who snaps it back, usually to the quarterback. The scrimmage does not end until the ball is dead. The line of scrimmage is an imaginary line separating the two teams at the point where the ball is to be put into play.

**Shift**—Any play in which the players, assuming certain positions at a signal, suddenly change their positions into another system or formation; e.g., shifting from a short punt to a single wing formation.

**Snap**—Another name for the centre. The centre "snaps" the ball by throwing it backward between his legs, usually to the quarterback.

A "direct snap" is a snap to a backfielder other than the quarterback.

**Spinner**—A play designed to conceal possession of the ball from the opponents. The ball carrier turns his back to the line, hiding the ball. He either passes it to another back or fakes a pass and carries the ball himself.

**Spread Play**—An offensive formation in which the line, or backs, or both, deploy widely across the field.

**Strong Side**—That side of the line, counting from where the ball is located, on which the greater number of the offensive or defensive men are stationed.

**Tailback**—A backfielder usually occupying the position furthest back in the offensive formation.

**Wingback**—An offensive backfield player, usually occupying a wide or flanked position in the formation, about one yard behind the line of scrimmage.

## A Summary of the More Common Penalties



1. **ROUGH PLAY**—Deliberately charging the ball carrier, striking or kicking an opponent, using abusive language. *Penalty: 15 yards by offending side; serious offense, disqualification and 25 yards.*

2. **OFFSIDE**—A player on either team is offside if he is ahead of the line of scrimmage when the ball is snapped. *Penalty: For team in possession of ball, loss of one down or 10 yards on the third down; for defending team, five yards.*

3. **HOLDING**—The illegal use of hands and arms. *Penalty: 10 yards, plus loss of down if incurred by team in possession of the ball.*

4. **BALL ILLEGALLY PUT INTO PLAY**—When an insufficient number of attacking players are within one yard of the line of scrimmage when the ball is put into play. *Penalty: Loss of down.*

5. **OFFSIDE PASS**—A lateral pass thrown forward. *Penalty: Loss of down.*

6. **AN ILLEGALLY-THROWN FORWARD PASS**— (See Page 12) *Penalty: Loss of down.*

7. **"NO YARDS" ON A KICKED BALL**—Any player who was not behind the ball when it was kicked must be at least five yards away from an opponent who is attempting to receive the kicked ball. *Penalty to offending team: 15 yards.*

8. **ILLEGAL INTERFERENCE**—An attempt by players of the attacking team to block opponents outside of the prescribed limits—"Clipping" or blocking an opponent from behind. *Penalty: Loss of down and 10 yards. (Clipping, 15 yards.)*

9. **FORWARD PASS TOUCHED OR CAUGHT BY AN INELIGIBLE RECEIVER**— (See Page 12) *Penalty: Loss of down.*



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