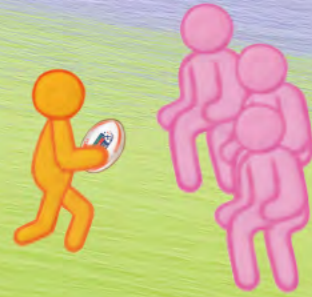


Rugby Terminology and Game Rules

● Defence

Flat-line defence is the basic pattern of defence used by the defending team. Players of the defending team can only tackle the ball carrier of the opposing team. Also, the tackle must be made below the shoulder line of the ball carrier, or an infringement is committed



● Drop-kick

It is a kick made by dropping the ball to the ground from a hand or both hands and kicking it as it rises from its first bounce.



● Kick off

A game starts when the attacking team kicks the ball towards the opposing team. The ball must go beyond the 10-metre line of the opposing team, otherwise the opposing team will have the right to ask for another kick-off or choose to have a scrum at the centre of the half-way line. In a scrum, other members of the kicker's team must line up in a row behind the kicker and must not cross the half-way line to contest possession of the ball until it has been kicked.



10 metres

● Knock On

A knock-on occurs when a player loses possession of the ball and it travels forward, or when a player hits the ball forward with his/her hand or arm, or when the ball hits a player's hand or arm and travels forward, and the ball touches the ground or another player before the original player can catch it.



● Maul & Ruck

This is a common group attacking tactic when two competing teams contest the ball or when the ball-carrying team is planning an attack in an organised way. If the ball carrier is on his/her feet and his/her team-mates are binding on for support and moving forward, it is called a "maul". When the ball carrier falls on the ground and his/her team-mates jump over him/her and push away the opponents, it is called a "ruck". Both the maul and the ruck are commonly used in a rugby match and require co-operation and skills.



● Penalty

If a player infringes the rules of the game during a match, a penalty will be awarded. The team in advantage may choose to kick the ball into a goal or pass the ball to attack. A player who has committed a serious infringement will be suspended from the game. Rugby is considered as a highly-disciplined sport.



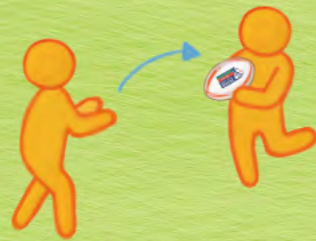
● Line out

When a player of either side carries the ball out of play, the team in advantage may gain possession of the ball from a line-out. Forwards from both sides then form two respective straight lines to contest possession of the ball when the player from the team in advantage throws the ball from the line of touch.



● Passing

The ball carrier may run freely. However, when passing the ball, the ball carrier must pass it backward (to the defensive side), and this is a unique feature of rugby.



● Scrum

It is the task of forwards from both sides to form a scrum. Whenever the ball is passed forward or dropped in the front, the referee will award a scrum and this is common in rugby matches.



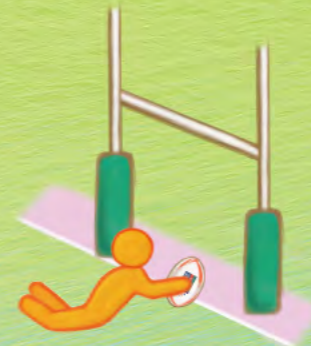
● Tackle

The technique is to bring the attacking player to the ground or stop the attacking player from moving forward by tackling him/her below the line of his/her shoulders.



● Try

When an attacking player is first to ground the ball in the opponents' in-goal area, he/she scores a try.



香港國際 七人欖球賽

Hong Kong Sevens

How to play?

● Rules

Rugby is a team sport that requires the co-operation of the whole team and involves the use of both hands and feet of a player. Traditionally, each team consists of 15 players in a rugby match. The rugby match held in Hong Kong every year is, however, a seven-a-side game. It is divided into two halves with the total playing time of 14 minutes in a match.

● The Ditch

The playing field for rugby is 100 metres in length and 70 metres in width, as big as a turf football pitch. Goal lines are positioned at both short sides of the field. The area between the goal line and the dead ball line is a scoring area (or "in-goal area"). When the team in possession of the ball reaches the in-goal area (where the goal line is included), the ball must be grounded to score a try.

At the centre of the goal line on each side, there is a set of H-shaped goal posts used only for a score or when there is a penalty kick.

● Position of Players

In general, there are two categories of players, i.e. forwards and backs. Forwards are usually tall and of a strong build who take part mainly in breaking through the arrayed opponents with force, while backs rely on speed, agility and formation as their weapons. Both forwards and backs are required to play their own roles during the match and must fully co-operate with each other.

Distribution of Players

playing time
80 minutes

15
players



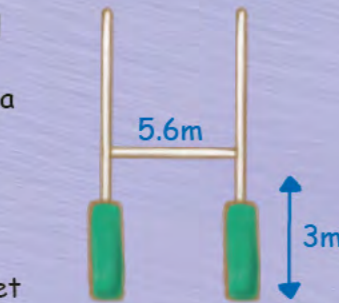
Traditional

7
players



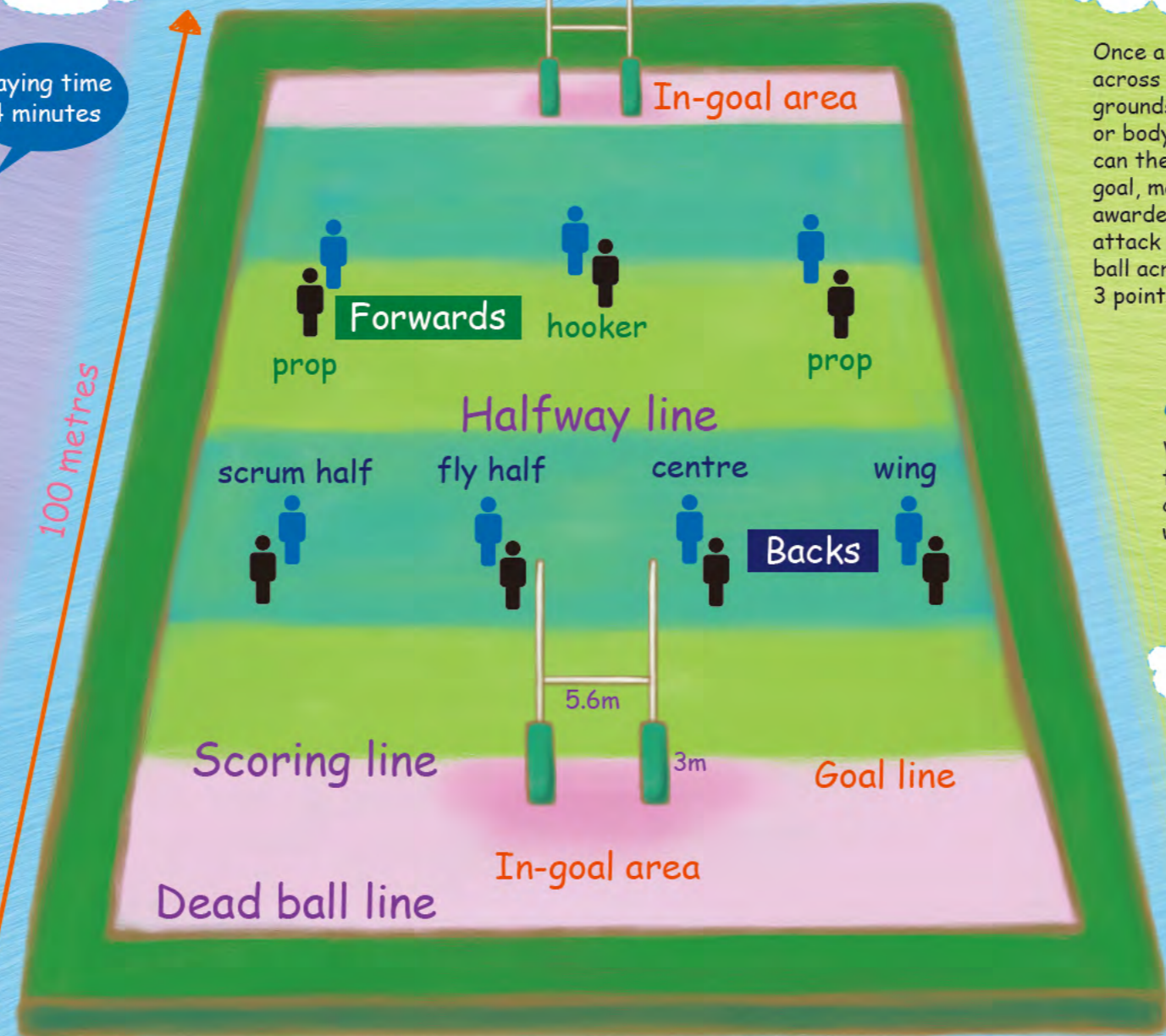
H.K.

playing time
14 minutes



100 metres

70 metres



Method of Scoring

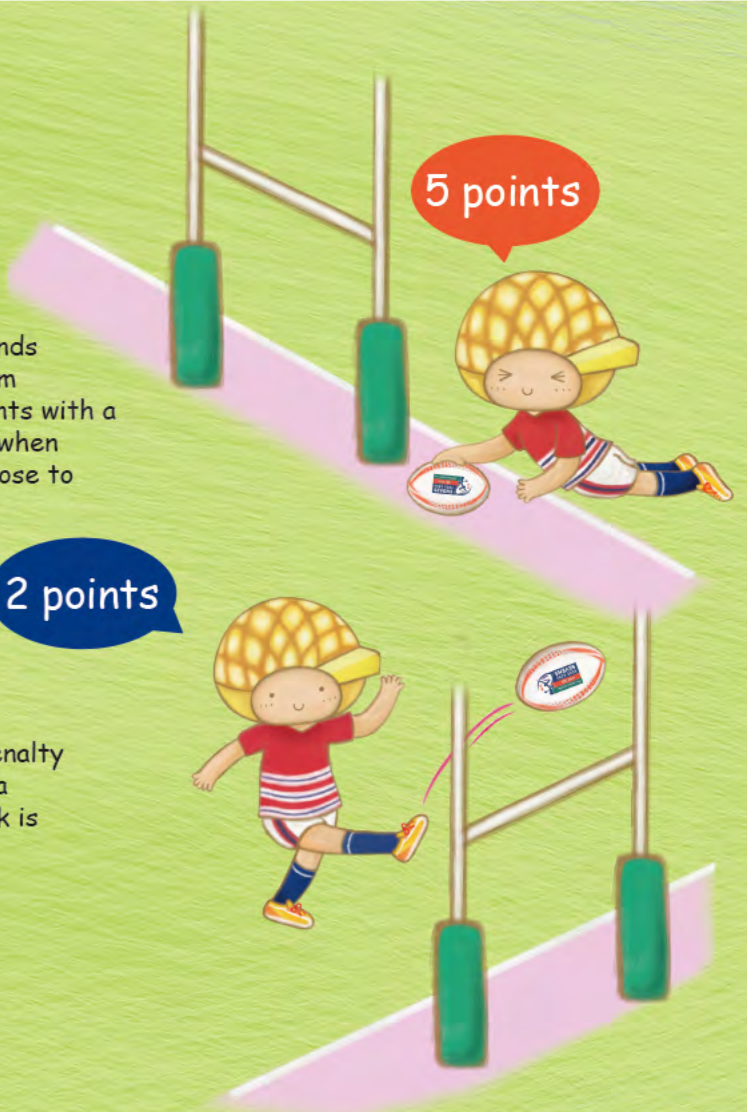
Once a player of an attacking team brings the ball across the goal line of the opponent team and grounds the ball in the in-goal area with his/her hands or body, 5 points can be scored. The attacking team can then give a conversion kick to score 2 more points with a goal, making a total score of 7 points. In addition, when awarded a penalty kick, the attacking team can choose to attack with the ball held in his/her hands, kick the ball across the offside line or take a kick at goal. 3 points can be scored for a goal.

● Conversion Kick

When a team has scored a try (including a penalty try), the team will be given a chance to give a conversion kick. A successful conversion kick is worth 2 points.

2 points

5 points



Local Chinese player



YIU Kam-shing

Major results of the Hong Kong Team in recent years:

- 2015 Runner-up of Asia Rugby Sevens Qualifier
- 2014 Silver Medal in Rugby Sevens at the Asian Games

Notable achievements:

- 2012-2013 The Most Valuable Player of the Hong Kong Team selected by the Hong Kong Sports Press Association
- 2008, 2010-2014 SAMSUNG Hong Kong Sports Stars Awards - Hong Kong Sports Stars Award for Team Only Sport