

Beginners' guide to Rugby Union

Objective: Two teams of 15 players attempt to score tries or win penalties, moving ball from player to player by hand – always passing it backwards

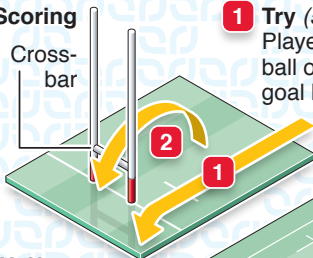


Playing time

Two halves of 40 minutes

Scoring

Cross-bar



1 Try (5pts):
Player runs ball over goal line

World Cup ball:
Length: 28-30cm

**2 Drop-goal (3pts),
Penalty (3pts),
Conversion (2pts):**
Ball kicked over crossbar

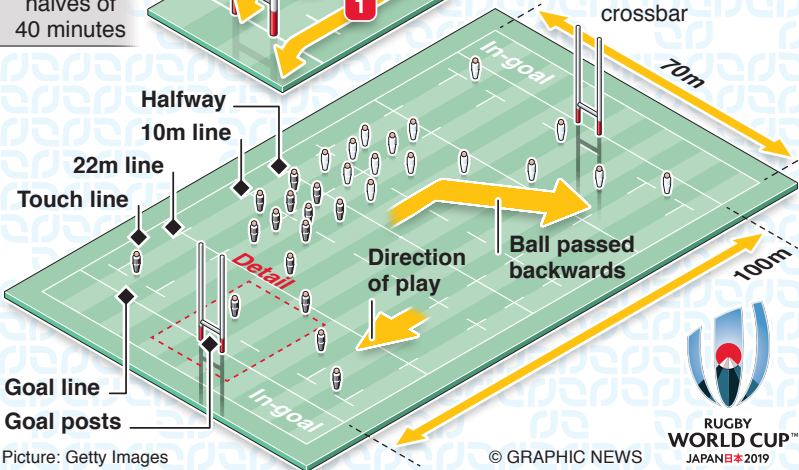
Halfway
10m line

22m line

Touch line

Goal line

Goal posts



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