

Rugby – Game Instruction

Title: Rugby

Category: Outdoor

Subcategory: Males

Players: 10–30 players (2 teams)

Time Required: 30–60 minutes

Description

A high-intensity contact sport where teams compete to carry or kick the ball into the opponent's goal area to score tries.

Materials Needed

- Rugby ball
 - Marked field (cones or lines)
 - Goalposts (optional)
 - Jerseys or tags to distinguish teams
 - Mouthguards and optional protective gear
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How to Play

- Split players into two teams.
 - The game begins with a kickoff. Players pass the ball backward and run forward to gain ground.
 - The aim is to touch the ball down in the opponent's in-goal area to score a try.
 - Players can be tackled to the ground, but must release the ball after being tackled.
 - The defending team then gains possession or forms a ruck to contest the ball.
 - After a set time or number of tries, the team with the most points wins.
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Tips & Variations

- For beginners, play touch rugby (tagging instead of tackling).
- Always warm up before playing to avoid injuries.

- **Assign referees to maintain fair and safe play.**
- **Emphasize teamwork and safe tackling techniques.**