



Rugby 101

New to rugby? No problem. Here are six important things you need to know before kick-off.

Know the numbers

15 players per team 

80-minute match (2 x 40-minute halves)

8 forwards | 7 backs

How scoring works

Try (grounding the ball over the opposition's try line)
= 5 points

Conversion (kicking through the opposition's posts after a try) = 2 points

Penalty kick (kicking through the opposition's posts after a penalty is given) = 3 points

Drop goal (kicking through the opposition's posts in open play) = 3 points

Possession is king

The aim is simple:

- Keep the ball
- Move up the field
- Score a try

If a team wins the ball back, it's called a turnover.

Rugby's golden rule

✓ Run forwards

✓ Kick forwards

✗ Pass forwards

If the ball is dropped forwards, it's called a knock-on.

What gets fans excited?

Tries, Line breaks, Big tackles, Turnovers, Long-range kicks

Your matchday takeaway

You don't need to know every rule to enjoy rugby; you'll pick it up along the way. Follow the ball, cheer the big moments and soak up the atmosphere.



Scan the QR code to watch England Rugby's beginner guide.

