Rugby Terms Explained – Key Stage 1 and 2

1) Passing: Ball in two hands, starting on the opposite hip. Arms move across body with fingers pointing at the target after releasing the ball. Passes must be sideways or backwards or the opposing team receive possession of the ball.

2) Tagging: When tagging, you cannot obstruct the player and must only attempt to take the tag. Do not throw the tag on the floor- hand it back to the ball carrier after they pass.
3) Sidestep: Running at a defender, push off with your planted foot with a quick and powerful action in a sideways movement.

4) Spin: Spin 360 degrees away from a defender

5) Try: Ball is grounded on the floor, over the try line, with two hands.

6) Offside: Following a tag, players from both teams must retreat onto their side of the ball i.e. attackers behind the ball and defenders in front of the ball.