

REFEREE TRAINING AND DEVELOPMENT RESOURCE

Ruck/Maul

OUTCOMES

At the end of the session, you will be able to:

- Define and describe the formation of a ruck and maul.
- Identify the key referee actions/requirements once a ruck or maul has formed.
- Describe best practice communication for managing the ruck or maul
- Demonstrate the best positions to adopt in order to effectively manage the ruck or maul.

INTRODUCTION

Rucks:

- Invariably form after tackles
- Form rapidly after tackles – high work rate area.
- Cannot form into mauls.

INTRODUCTION CONT'D

Mauls:

- Often form after collisions/tackles when the ball is cleanly retrieved off the ground or from a player held up on their feet.
- Can turn into rucks.
- Are used to not only secure safe possession of the ball, but also gain ground and draw fringing defenders into the maul.

ACTIVITY ONE - FORMATION

TASK:

In groups prepare for a demonstration to the whole group of:

- Formation of a ruck from a tackle situation;
- Formation maul from a tackle situation;
- Form a ruck from a maul.

KEY POINTS

- **RUCK FORMATION** – one player from each team on their feet, in contact over the ball!
- **MAUL FORMATION** - Ball carrier, and one player from each team, bound and on their feet
- **MAUL TO RUCK** - Either ball drops to the ground, or ball carrier (on own) drops to ground with the ball.

ACTIVITY 2 – REFEREE ACTIONS

In your groups again

TASK:

- Identify the key things to look at during the formation of a ruck and that subsequent ruck – list the sequence that you are watching for.
- Identify the key things to look at during the formation of a maul, and that subsequent maul – list the sequence that you are watching for.

KEY POINTS SEQUENCE

RUCK

1. One-on-One (ball on ground)
2. Hands Off
3. Joining Players (onside and on feet).
4. Offside Lines.
5. Rucking and managing ball clearance/out

MAUL

1. Formation.
2. Joining Players.
3. Offside Lines.
4. 5 second rule (movement of maul)
5. Managing the ball clearance/out
(Maul's over)

ACTIVITY THREE

Back in your groups

TASK:

- Using the sequence identified in the last activity, identify best practice communication phrases for each part of the sequence (Ruck and Maul).

KEY POINTS – RUCK

- One-on-One (ball on ground).
- Hands Off.
- Joining Players (on-side and on feet).
- Offside Lines.
- Rucking and managing the ball clearance/out.
- It's a ruck"
- "Hands off"
- "From the back"
"On your feet"
- "Last feet"
- "Ball only"

KEY POINTS – MAUL

- Formation.
- Joining Players.
- Offside Lines.
- 5 second rule (movement of maul)
- Managing the ball clearance/out (Maul's over)
- "It's a maul"
- "From the back"
- "Last feet"
- "5 seconds" "Keep it up"
- "Use it" (second time)

ACTIVITY FOUR - POSITIONING

Task

- Identify the key factors to consider for determining the best position to adopt at the ruck or maul, (e.g., 'field position')

KEY POINTS - POSITIONING

- **Field position** – Consider
- **Phase of play prior to ruck or maul forming** – Consider
- **Ball visibility** – Remember
- **Where play will go next** – Consider
- **Consideration of where players are coming from to join the ruck or maul** – Consider

1. Inside/Outside position
2. Scoring Zone / Close to Touch Line

1. Set pieces v General Play
2. Multiple phases

“Left/Right” shoulder rule

1. Are you on the “blindsides” (outside)?
2. Straight Runners – how close are you?

Be aware of “Traffic Lines” – player running lines, e.g., be flatter, slightly ahead etc.

Referee's position close to the goal line and in goal

