

CHARACTERISTICS OF RUGBY PLAYERS ON POSITION

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Abstract

The game of rugby is considered one of the most masculine sports, even if nowadays we have official women's competitions. Strength, waste of energy, speed and fight spirit are elements that stand out during a match, doubling the team spirit, combativeness, courage and boldness that is manifested in the behavior of each player on the field. Good health, a balanced general physical development and a special physical training are required from those who want to practice this amazing sport game with the oval shape ball

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1. Introduction

Integrity, Passion, Solidarity, Discipline and Respect are now generically known as the Core Values of World Rugby and are included in the World Rugby Charter, a document whose aim is to ensure that the Rugby Game retains its unique character both on , as well as off the field. These Core Values create the opportunity for participants to understand the character of the game and what individualizes it as a sport practiced by people of all shapes and sizes.

2. A short history of rugby

In 1823 a student, William Webb Ellis, from Rugby in England, during a football-like game, took the ball in his arms, ran with it among his opponents and placed it, to the amazement of his playmates, behind the opponent's goal. Ellis therefore created the elements characteristic of the game of rugby, playing the ball with his hand (and not with his foot, as in football), running with it in his arms (and not led, as in football, with his foot), placing it with his hand. behind the opposing team's bottom line (and not kicking the ball to send it to the opponent's goal).

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Thus was created a new sports game, which took the name of Rugby, a game that spread rapidly in the world of school youth in the UK, then in France and other countries, establishing, of course, over time, rules increasingly the clearer the game.

In 1871 the English Rugby Federation, "Rugby Football Union" was founded and this year also saw the first international match between the teams of England and Scotland, and the Scots won 1-0. At that time, only the kicks were scored, the essays were not scored. A player in a try situation only got the right to try his luck by shooting at the posts. However, weather statistics show that Scotland managed two tries, so it got the right to shoot twice at the posts, missing one of the executions. England managed an attempt to try, but missed the kick after.

A clear definition of the game of rugby and the differences between it and football is offered by Baron Pierre de Coubertin: "Rugby is a sport of hooligans practiced by gentlemen, while football is a sport of gentlemen practiced by hooligans."

Two centuries later, the Rugby Game evolved and became one of the most popular sports in the world, with millions of players and lovers, the Rugby World Cup being considered the third most popular sporting event, after the Olympics and the Football World Cup.

3. Rugby in Romania

Rugby in Romania is brought to the country by several young people who had studied in England and France and returned bringing with them in their luggage a "ball made of a strange leather composition, swollen on the inside with a pig's head". As a matter of fact, the first special balls for rugby were made by Richard Lindon in 1892. He used pig bladders, which took on an oval shape when inflated. Until 1892, round balls similar to football were used.

The beginnings of this game in our country are around 1909. Then, several teams and sports associations of tennis, athletics, fencing, cycling, football were established. The Iconomu brothers, the Husar brothers and Dumitru Tănăsescu, were among the promoters of rugby. However, one of the associations, called "Tenis Club Roman" (TCR), did not have a rugby team at first. On December 1, 1912, the "Federation of Romanian Sports Societies" (FSSR) was founded, which included the activity of all these teams. A report of this first sports society records the appearance of rugby in our country, officially registered in 1913, and in 1914 the football-rugby commission was set up, which became in 1931, the Romanian Rugby Federation.

On September 8, 1913, the first rugby game in Romania took place between "TCR" and "Sporting Club". Internationally, Romanian rugby started in 1919, with the occasion of the Inter-American Games on the military field from Pershing, in Paris. Our team was defeated by the United States with 21-0 and then by France with 48-5. At the 8th edition of the 1924 Olympic Games in Paris, Romania participates for the first time in the Olympic program, together with France and the USA. Romania loses both games, with 59-3 and 37-0, and the USA defeats France in the



final with 18-3. Despite the 2 defeats, Romania obtains the first and only Olympic medal in rugby.

4. The game of rugby

The basic rule in rugby is that as you advance, the ball must be passed back. The ball may be kicked forward, but the teammate of the shooter must be behind the ball at the time of the shot. This apparent contradiction creates the need for teamwork and discipline, as a single player cannot achieve remarkable results. Only by operating as a team the players are able to advance with the ball to the opponent's goal line and possibly win the game.

The goal is for a player, respecting the rules and in collaboration with his teammates, to reach the opponent's target field to ground the ball over the opponent's goal-line, thus scoring a try.

Rugby has its unique aspects, but, as with many other sports, it is essentially about creating and using space. The team whose players can position themselves, both themselves and the ball, in space and use that space intelligently, but not give their opponents possession of the ball and the space needed to use it, will be victorious.

5. Players and positions

A team consists of 15 players divided into two compartments:

Forwards - from number 1 to 8;

Backs - from number 9 to 15.

Forwards role in the game

They are responsible for gaining possession from the fixed moments (rucks, line-outs, penalty kicks and free kicks, kick-off and restart kicks); Once in possession, the forwards are responsible for providing support for the three-quarter line and for maintaining possession. However, in the situation of modern rugby, the forwards are required not only to secure possession but also to run, to pass to catch shooting efficiently. They are also required to ensure an integrated role in the game system.

On the pitch, they provide an explosive, solid platform to win their own balls and win back the opponent's balls.

In the line-outs, the forward provides support for the jumper, provides an explosive jump, throw the ball in the opponent's free zone and release the ball depending on the future attack.

For start and starting kicks, provides effective support for the catcher, catches the ball and ensures future actions, ensuring advancement, standing and ensuring possession of the balloon.



During the game, the forward ensure advancement, standing and possession of the ball, ensuring in the same time the support of the three-quarter line for the next moments of play.

In defence, he plates strongly and dominates his opponent directly. In collaboration with the other forwards and the midfielder at the opening ensures the defense around the fixing points, ensuring advancement, standing and ensuring possession of the balloon. By pressure, he creates disorganization in the opponent's line of attack and also reintegrates into the line of defense when needed.



The backs needs

The ability to win the fight in the one to one relation; this requires the ability to use both hands and feet, to break the rhythm; Ability to create space for others ; Fastness (not necessarily speed); Ability to pass on both sides; Defense orientation (sense of defense); Ability to shoot long, tall, razor sharp.

The full back needs to be able to catch a tall ball; Have a good position in the field; To be the asset of the attack and the pillar of defense; Together with the wings to form an irresistible line on the counterattack; Be a strong tackler; Have good, strong legs.

The wings need to be able to be good defenders and to be able to do everything a defender has to do; To see when the game goes to the edge and straighten it inward; With the other wing and the defender to be able to form the first line of the counterattack; Alternate different types of running and attacking; Keep the ball on the field of play and do not give it to opponents on the sidelines.



The centers need the ability to speed up or slow down the game, to break the rhythm; They always fight and beat their direct opponent; Play outside with the other center, as a pair; Communicate in attack and defense; Defend, in particular, in front of the direct opponent; Be the first player on the ball left by the player, to recover and pass; To be the first or second support of the player with the ball; To dominate his opponent directly; To play on both positions (C1 or C2) and not to be a simple performer, to assume the responsibility to make decisions; Communicate with the referee to indicate to teammates whether or not the line is offside.

The midfielders (scrum half and fly half) coordinate their own three-quarter line; Choose the most effective line alignment, both in attack and defense. Have both legs good - be able to shoot with both. Are responsible for the play of their line; Must be able, like a center, to break the opposing line; Must be able to pass a good, clean and fast pass to the player outside; Need to be the ninth forward in the attack near the opponent's goal line, a good support player, always positioning himself with a meter inside and a little behind the ball carrier; Need to coordinate his forwards, in spontaneous rucks and moles, pulling and pushing them; They have the same role in defense against spontaneous rucks and moles, especially near his own goal line.

6. Characteristics of rugby players on positions

The Props (number 1 and 3)

Their main role is to tie the piles and provide lifting force and support for the jumpers in the alignment. They are also crucial in rucks and moles.

They need superior upper body strength to provide pile stability, endurance, mobility and safe hands to maintain game continuity.

The hooker (number 2) is the player who wins possession of the ball in the pile and who usually puts the ball back in alignment. of the balloon.

The locks or the second row players (number 4 and 5) win the ball in lineups and after rebounds. They contribute to the pushing force in piles, rucks and moles, creating a platform for attack. The second line players are the giants of the team and combine appreciable size with ball catching skills and mobility.

Flankers (number 6 and 7) have as main objective to gain possession through ball recoveries, using their physical qualities in the tackle phases and the speed to intervene in rucks. They need a combination of speed, strength, endurance and technique.

Number 8 must ensure possession of the ball behind the ruck, carry the ball in the open game, be the link between forwards and three-quarters in the attack phases and defend aggressively. The technique of handling the ball is essential, as well as the awareness of the available space. Power and speed over short distances



are crucial - also territorial gain and positioning for a fast ball transmission to three-quarters.

The scrum half (number 9) is the connection between forwards and three-quarters to the ruck and to the alignments. A real decision-maker, number 9 will decide whether to distribute fast balls to the three-quarters or whether to keep possession close to the forwards. He must be strong, have explosive speed and all kinds of handling and shooting skills.

The fly half (number 10) Being the player who orchestrates the team's game, number 10 will receive the ball from number 9 and will choose to shoot, pass or penetrate, based on an interpretation of the game phase made in fractions of a second. He needs ability to shoot, ideal with both feet, impeccable individual technique, speed, vision, creativity, communication skills, tactical awareness and the ability to act under pressure.

Center backs (number 12 and 13) In defense they will try to tackle the opposing attackers, and in attack they will use their speed, strength and creativity to penetrate the opposing defense. They are supple, strong and extremely fast.

The wings (number 11 and 14) must offer an exceptional infusion of speed, with which to overtake an opponent and score a try. It is also very important to be solid in defense. They need speed, their number one priority being to press the accelerator and run to the finish line. Handling strength and technique are another advantage.

The full back (number 15) must be sure to catch the balls, have a precise shot to clear the game and have a substantial physical ability to succeed in tackles in critical situations. He needs good handling skills, speed in attack and strength in defense.

7. Conclusions

Traditionally, the forwards were responsible for gaining possession of the ball in the fixed moments of the game, providing support for the three-quarter line and for maintaining possession. In today's modern game, they must have an integrated role in the game system, they must be able to run, to kick and catch the ball, and to pass efficiently.

Each position requires a different set of physical and technical skills, and this diversity makes the game more accessible to everyone.



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