



LAW & SAFETY

UPDATE EXAM 2004

SAFETY DIRECTIVES POSTER

PART A

(20 True or False questions)

DIRECTIONS

- You are best advised to use pencil on the answer sheet provided. If you make a mistake, erase it completely.
- Fill in your name in the appropriate place on the answer sheet.
- There are 20 true or false questions, which originate from the Australian Rugby Union Safety Directives Poster. This is an open book exam you may reference the poster.
- Circle only the correct answer.
- Only mark the answer sheet. Please do not mark the question sheet.



Safety Requirements

1. A player who has suffered a cerebral concussion and loss of consciousness cannot play or train for 3 weeks and needs to be cleared by a doctor after a proper neurological examination to commence playing and training.
2. Players should wear a mouthguard during training and matches?
3. Coaches should ensure that an adequate supply of fluid, preferably water, is consumed by players before, during and after training sessions and matches.
4. The correct body position in scrummages, rucks or mauls is with the head and shoulders above the hips at all times.
5. Statistics indicate that the majority of serious injuries do not occur during or as a consequence of a tackle.
6. The scrum engagement sequence for all levels of Under 19 rugby is crouch and hold, engage.
7. If a player's tooth is knocked out it should be replaced immediately in its socket and aluminium foil should be moulded over the replaced tooth and its adjacent teeth.
8. If a fracture or dislocation is suspected the player should be moved from the field immediately for first aid rendered by the coach.
9. If the player is unconscious you should always suspect an associated spinal fracture.
10. In the case of a fatal spinal injury or suspected spinal injury, it is the club's responsibility to send a club official with the ambulance, to notify parents/spouse and complete the correct Serious Injury Management Protocol in conjunction with the Australian Rugby Union.
11. Signs and symptoms of concussion include confusion and disorientation, loss of consciousness, loss of memory, double vision, giddiness or unsteadiness and vomiting.
12. Any player showing symptoms of concussion should be monitored for 5 minutes during the game.

13. Complications of concussion may occur in the 24 hours after a seemingly slight injury.
14. A player who has an open or bleeding wound can remain on the field of play and seek medical attention.
15. A player who has an open or bleeding wound may be replaced on a temporary basis, but if they are unable to resume play, the replacement becomes permanent.
16. Each union or club should have a medically trained person in attendance at each match.
17. At least one stretcher, preferably a Jordan Frame, or Scoop, plus a set of cervical collars of varying sizes should be available.
18. Each union or club should have access to a fully functional operating theatre.
19. A sign should be erected containing the names and phone numbers of the club officials and of the state union.
20. Each union or club medical officer should ensure that appropriate items of first aid are available.

LAW EXAMINATION

PART B

(30 Multiple Choice questions)

DIRECTIONS

- In all questions, assume there is no advantage (unless specified).
- All questions should be answered using the Laws applicable for 2004, including all law changes that became effective during the 2003 season. Clarification can be found by referring to the 2004 Game Management Guidelines document for Community Rugby.
- This is a take home examination. Law books and notes may be used.
- You are best advised to use pencil on the answer sheet provided. If you make a mistake, erase it completely.
- Fill in your name in the appropriate place on the answer sheet.
- There are 30 multiple choice questions.
- Circle only the correct answer.
- Only mark the answer sheet. Please do not mark the question sheet.

Before the Match

Law 1 – The Ground

21. Which of the following stipulates the required dimensions of the playing enclosure.

- a) The field of play does not exceed 100 metres in length and 70 metres in width. Each in-goal does not exceed 22 metres in length and 70 metres in width.
- b) The length and breadth of the playing area are as near as possible to the dimensions indicated. All the areas are rectangular.
- c) The distance from the goal-line to the dead-ball lines is not less than 10 metres where practicable.
- d) All of the above.

22. The field of play requires broken lines:

- a) 10 metres around the outside of the playing field, indicating a safety zone.
- b) 20 metres in from the touch line, running parallel to the touch line for the length of the field.
- c) A 5 metre line which runs from one 5 metre dash line to the other, parallel to the touch lines.
- d) All of the above.

Law 3 – Number of Players - The Team

23. The time limit for a player returning to play after they have been in the ‘blood bin’ is:

- a) 20 minutes
- b) 15 minutes
- c) 10 minutes
- d) Unlimited

24. If a front row player is sent off or is temporarily suspended which of the following processes apply:

- a) If the team cannot provide enough suitably trained front-row players, the match continues with uncontested scrums.
- b) The Referee, upon awarding the next scrum, will ask the team captain whether or not the team has another player on the field suitably trained to play in the front row. If not the captain chooses an on the field player to be replaced by a suitably trained front row player from the team replacements. The captain may do this immediately; prior to the next scrum or after another player has been tried in the front row.
- c) When a temporary suspension ends and a front row player returns to the field of play, the replacement front row player leaves the field of play and the nominated player who left the field of play for the period of the suspension may resume playing in the match.
- d) All of the above

25. An uncontested scrum is the same as a normal scrum except:

- a) The No. 8 cannot pick up the ball from the back of the scrum and attack.
- b) The teams do not compete for the ball, the team throwing in the ball must win it and neither team is allowed to push.
- c) The team putting the ball in the scrum can push, to make winning of the ball easier.
- d) All of the above.

Law 5 – Duration of the Match

26. Time keeping of the game can be carried out by:

- a) The Referee
- b) An official time keeper if the duty has been allocated to them by the Referee.
- c) The touch judges if the duty has been allocated to them by the Referee.
- d) All of the above.

27. If time expires, in which situation would play not continue:

- a) The ball is not dead.
- b) The Referee awards a scrum or lineout.
- c) A mark, a free kick or penalty is awarded.
- d) The ball has been kicked dead.

During the Match – Method of Playing the Match

Law 8 – Advantage

28. Advantage cannot be played when:

- a) The ball or a player carrying it touches the Referee.
- b) A scrum collapses before the ball is out or a player in a scrum is lifted in the air.
- c) The ball does not travel 10 metres on the full at kick off.
- d) Foul Play occurs.
- e) All of the above.
- f) Only A and B.

Law 9 – Methods of Scoring

29. The goal kicker must take the conversion within:

- a) 1 minute from the time the kicker has indicated an intention to kick. The intention to kick is signalled by the arrival of the kicking tee or sand, or the player makes a mark on the ground.
- b) 2 minutes from the time the kicker has indicated an intention to kick.
- c) The time specified by the Referee, depending on the weather conditions.
- d) 2 minutes of the try being scored.

Law 10 – Foul Play

30. If an attacking team member without the ball moves or stands in front of a team mate carrying the ball, preventing opponents from tackling the opposing ball player:

- a) A free kick is awarded to the defensive team.
- b) A penalty kick is awarded to the defensive team.
- c) Play on.

31. If a player deliberately knocks or throws the ball into touch, touch-in-goal or over the dead ball line, the Referee should:

- a) Play on.
- b) Award a free kick to the non-offending team.
- c) Award a penalty kick to the non-offending team.

32. If a player is penalised for several infringements of any law, the Referee should:

- a) Caution the player.
- b) Suspend the player for 10 minutes.
- c) Send the player off.
- d) Caution the player, suspend for 10 minutes and send him off if an infringement reoccurs.

33. If a player tackles, taps or pulls the feet of an opponent jumping for a ball in a lineout the Referee will:

- a) Caution the offenders on the run and allow play to go on.
- b) Award a free kick to the non-offending team.
- c) Award a penalty kick to the non-offending team.

34. If player charges into a ruck or maul without binding onto a player in the ruck or maul the Referee will:

- a) Caution the offenders on the run and allow play to go on.
- b) Award a free kick to the non-offending team.
- c) Award a penalty kick to the non-offending team.

Law 11 – Off-Side and On-Side in General Play

35. In general play, an off-side player (except a player who is off-side under the 10 metre Law) can be put on-side by an opponent who:

- a) Receives the ball from a kick and runs 5 metres with it.
- b) Touches the ball but does not catch it.
- c) Passes the ball to a team-mate.
- d) Only A and B
- e) All of the above (A, B, C)

During the Match - In the Field of Play

Law 13 – Kick off and restart kicks

36. At the kick-off if the ball goes directly into touch, the Referee should:

- a) Award a scrum at the centre of the half-way line
- b) Award a penalty at the centre of the halfway line.
- c) Award a lineout where the ball crossed the line.
- d) Offer the receiving team the option to take another kick, a scrum at the centre of the half-way line, or a lineout on the half-way line.

Law 15 – Ball Carrier Brought to Ground

37. The options of the tackler are:

- a) The tackler must immediately release the tackled player.
- b) The tackler must immediately get up or move away from the tackled player and from the ball.
- c) The tackler must get to his feet before playing the ball.
- d) All of the above.

38. The tackled player must:

- a) Exercise options immediately.
- b) Get to his feet and continue running.
- c) Keep possession so that the defending side does not gain possession.
- d) All of the above.

39. Players who are trying to gain possession of the ball at the tackle must do so:

- a) From the side of the tackle.
- b) From behind the ball and the tackle situation.
- c) From the ground.

Law 16 – Ruck

40. If the ball is not coming out of a ruck, the Referee should:

- a) Allow play to continue until the ball comes out.
- b) Award a scrum with the defending team to put in the ball.
- c) Award a scrum with the team moving forward to put in the ball.
- d) Award a scrum with the attacking team to put in the ball.

Law 17 – Maul

41. If the Referee awards a scrum because the ball does not emerge from a maul that has stopped moving forward, which team should put the ball into the scrum?

- a) The team that was in possession of the ball when the maul stopped moving.
- b) The team that was in possession of the ball when the maul commenced.
- c) The team that was not in possession of the ball when the maul commenced.

42. If a player joins a ruck or maul in front of his hindmost team-mate, the Referee should:

- a) Allow play to continue.
- b) Award a free kick.
- c) Award a penalty kick.

Law 18 – Mark

43. From a kick-off, a player in his own 22 metre area, catches the ball on the full and calls "Mark". The Referee should:

- a) Award a mark.
- b) Award a scrum to the team that kicked the ball.
- c) Allow play to continue.

Law 19 – Touch in Lineout

44. If a player who is in touch, knocks the ball, which has not crossed the vertical plane of the touch-line, so that it remains in the field-of-play, the Referee should:

- a) Play on.
- b) Order a lineout with the kicking team throwing in the ball.
- c) Order a lineout with the non-kicking team throwing in the ball.

45. A player in the lineout can move infield beyond the 15 metre line for a long throw-in:

- a) Before the ball is thrown in.
- b) As soon as the ball leaves the hands of the thrower.
- c) After the ball has passed the 15 metre line.
- d) After the ball has passed the 5 metre line.

46. Players supporting during the lineout must not:

- a) Pre-grip any team-mate below the waist.
- b) Support a jumping team-mate below the shorts from behind.
- c) Support a jumping team-mate below the thighs from the front.
- d) All of the above

Law 20 – Scrums

47. When the prop forwards bind they must:

- a) Grip the back of the jersey of their opponent.
- b) Grip the collar of the jersey of their opponent.
- c) Grip the sleeve of the jersey of their opponent.
- d) Any of the above.

48. If a scrum wheels more than 90 °, the Referee should:

- a) Allow play to continue so that the ball comes out of the scrum.
- b) Award a penalty kick against the team that wheeled the scrum.
- c) Award another scrum with the same team to put in the ball.
- d) Award another scrum with the other team to put in the ball.

Law 21 – Penalties and Free Kicks

49. At a free kick, a player who takes a quick tap, runs towards the opposition goal line where an opposing player, who has not retired 10 metres, tackles him. The Referee should.

- a) Award another free kick at the same mark.
- b) Award a penalty kick 10 metres in front of where the free kick was originally awarded.
- c) Award a free kick 10 metres in front of where the first free kick was awarded.
- d) Allow play to continue.

Law 22 – In Goal

50. A try is scored if:

- a) An attacking player is tackled short of the goal line, and the player's momentum carries them over the goal line in one continuous movement.
- b) The player reaches out and places the ball over the goal line after their movement has ceased.
- c) A and B.

U/19 LAW VARIATIONS

PART C

(10 True or False questions)

DIRECTIONS

- In all questions, assume there is no advantage (unless specified).
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- This is a take home examination. Law books and notes may be used.
- You are best advised to use pencil on the answer sheet provided. If you make a mistake, erase it completely.
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- There are 10 true or false questions.
- Circle only the correct answer.
- Only mark the answer sheet. Please do not mark the question sheet.

U/19 Law Variations

51. A player sent off or temporarily suspended may be replaced.

52. A player who has been substituted may replace an injured player.

53. If a team nominates 22 players, there must be at least 6 players who can play in the front row.

54. The maximum time of play in each half is 40 minutes.

55. Line out jumpers can be supported from the thighs.

56. The scrum can only be pushed 1.5 metres.

57. A team can intentionally wheel a scrum.

58. The ball can be intentionally kept at the back of the scrum.

59. If a scrum wheels 45 °, the Referee must stop play and another scrum is formed at the place where the first scrum was stopped. The same team feeds the ball into the scrum.

60. Both teams must have an equal number of players in the scrum.

LAW & SAFETY EXAM

UPDATE 2004

First Name:
Venue:

Surname:
Date:

Circle the answer which best answers the question

Safety Directives Poster	
Section A –	
1. True	False
2. True	False
3. True	False
4. True	False
5. True	False
6. True	False
7. True	False
8. True	False
9. True	False
10. True	False
11. True	False
12. True	False
13. True	False
14. True	False
15. True	False
16. True	False
17. True	False
18. True	False
19. True	False
20. True	False

Law Exam				
Section B –				
21.	A	B	C	D
22.	A	B	C	D
23.	A	B	C	D
24.	A	B	C	D
25.	A	B	C	D
26.	A	B	C	D
27.	A	B	C	D
28.	A	B	C	D
29.	A	B	C	D
30.	A	B	C	*
31.	A	B	C	*
32.	A	B	C	D
33.	A	B	C	*
34.	A	B	C	*
35.	A	B	C	D
36.	A	B	C	D
37.	A	B	C	D
38.	A	B	C	D
39.	A	B	C	*
40.	A	B	C	D
41.	A	B	C	*
42.	A	B	C	*
43.	A	B	C	*
44.	A	B	C	*
45.	A	B	C	D
46.	A	B	C	D
47.	A	B	C	D
48.	A	B	C	D
49.	A	B	C	D
50.	A	B	C	*

Law Exam	
Section C –	
U/19 Law Variations	
51. True	False
52. True	False
53. True	False
54. True	False
55. True	False
56. True	False
57. True	False
58. True	False
59. True	False
60. True	False

