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Memorandum

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| To: | ARLRA Referees' coaches |
| From: | Michael Stone |
| Date: | 23 March 2006 |
| Subject: | MS004/06 |

ANSWERS TO QUIZ #3

- Q1 Goal line drop out
- Q2 Scrum loose head and feed to A
- Q3 Goal line drop out
- Q4 Goal line drop out
- Q5 Scrum where the ball was kicked, loose head and feed to B
- Q6 Free kick 10m in opposite where the ball first crossed the line
- Q7 Try (prior decision, but make sure you're right!)
- Q8 Knock on, scrum
- Q9 Knock on, scrum
- Q10 20m optional kick
- Q11 Scrum loose head and feed to defending team
- Q12 Penalty to A in line with where B made the tackle 5m back from the last row of forwards
- Q13 Repack scrum. Note RLIF direction to repack if scrum wheels through 90 degrees
- Q14 Free kick to A 10m in opposite where ball first entered touch
- Q15 Penalty to A where ball caught, lands or 10m in from touch/goal line opposite where the ball first crossed the line

STRETCHING OUTLINE

This was provided by Kristin Reynolds, physio to the Premier Squad.

"All stretches to be performed before and after **every** training session and game, including individual sessions. Stretches outlined here are the minimal muscle groups that must be targeted, these are glutes, hamstrings, back, groin, calf (soleus [back leg bent] and gastrocs [back leg straight]), hip flexors and ITB. Hold all stretches 20-30 seconds, and repeat at least 3-5 times.

Glutes

20 seconds
each leg



15 seconds
each side



Hamstrings



20 seconds
each leg



Gastrocs Flexors

30 seconds
each leg



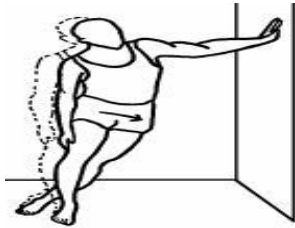
Soleus



Hip



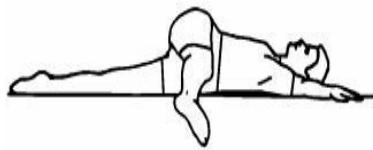
ITB



Groin



Back



FLAWED PRINCIPLES?

Neville Norris for whom I have the greatest respect, sent this new version of War and Peace.

“Back in the dark ages when the Examination Board ruled the earth, there were three specific principles that they espoused. These principles enabled the earth dwellers to figure out some of the laws of the land and know what they were doing under different rulers.

The three principles:

- 1. If a player came in contact with the ball on the ground, the player was where the ball was. This held true in all cases unless the player, or the ball, was in-touch or dead-in-goal at the time of the contact, in which case the ball was out.*
- 2. If a player jumped from touch and landed in the playing field, he was "IN" as soon as he came into contact with the ground.*
- 1 & 2 combined to put a player in the f-o-p if he dived in and contacted the ball on the ground.*
- 3. A ball in the air was nowhere.*

*Therefore, if a player:
jumped from touch and contacted the ball, the ball was out,
jumped from play, caught the ball and landed in touch, etc, HE took the
ball out, jumped from the in-goal and caught the ball, it was caught in
the in -goal, jumped from the field-of-play, caught the ball, and landed
in-goal, it was caught in the field-of-play.*

*These three principles stood the test of time and operated fairly and
consistently in all situations. However, there appears to be a change in
Principle 1. ie An attacking player, who is in Touch-in-Goal, dives into
the In-goal Area and forces the ball, which is on the ground.
Believe it or not, following the above principles, this used to be
classified as a TRY. Really was. The player was where the ball was.
If this is no longer a TRY then it must carry over into other areas of the
game. The same would apply to a player diving in from touch.
It appears to me that this change revolves around Section 9 Law1 Para
2.*

Jumping player knocks ball back.

*The ball is in touch if a player jumps from touch and while off the
ground touches the ball. My imagination conjures up a picture of a
player jumping into the field-of-play and contacting a ball which is in
the air - Principle 3. I don't get a picture of a jumping player six feet off
the ground knocking back a ball which is on the ground. I think our
founding fathers had the former in mind. The wording of the sub-
heading indicates this. I am not adding words or taking words away -
just trying to interpret what is written in context and with what makes
some sense. It would actually make a lot more sense if a few extra
words were added so that it is abundantly clear what is meant.*

*Could I have confirmation of which principles are to be spread among
the fold.*

Answers to the following will help.

*1 Attacking player A dives in from Touch-in-Gaol and forces the ball
which is stationary in the In-Goal.*

a. Try b. 20 m optional.

*2 Player B kicks the ball. Player A dives in from touch and touches
the ball which is still in the air.*

a. Scrum LHF to A b. Scrum LHF to B

*3 Player A dives in and gathers the ball which is lying stationary on
the ground.*

a. Play On B. Scrum LHF to B

*4 Attacking player A dives from touch-in-goal and, as one hand
contacts the ground the other simultaneously forces the ball which is
stationary on the ground.*

a. Try b. 20m optional.”

*In search of the Holy Grail, I contacted the only person who was older
than me and therefore could know if these principles a) existed, or b)
hold water. His reply is:-*

“The answers to the four questions are as follows:-

- Q1. B*
- Q2. A*
- Q3. B*
- Q4. A*

My response to Principles 1,2 and 3 put simply is to refer to Section 9, paragraphs 1 and 2.

Where a player starts from in touch or touch-in-goal and touches the ball before he has landed in the field of play or the playing field such a player is deemed to have caused the ball to enter touch or touch-in-goal.”

THE FREE KICK SAGA

From Neville again.

“This law now applies to all phases of play, kick-offs, restarts, penalties, free kicks, scrums and general play. 2006 Law Book. Section 9 Law 7. p 21.

I have never taught anyone to ignore the player who is hit by the ball. Doing so causes some strange rulings. To me it is very simple. The type and position of the ruling, regarding touch, is the same as ever- it's just that a different team gets the ball. For In-goal rulings it changes from 20m optional to GLDO, or vice-versa, depending on who was hit. At least now, with the rule change, we don't have to have a different rule for the 'not' General Play. On the accidental strike, I always thought that a 40-20 kick had to find touch cleanly. If a player is accidentally struck (some 40 metres away!!!) that should automatically cancel the 40-20 if it subsequently goes into touch. If he plays at it it makes no difference.”

There is no obligation in the Laws that the kick had to find touch “cleanly” in order to be a 40/20.

And Col White will not lie down.

“Further to our emails the other week regarding the ‘free kick’, from your answer I now presume that if the free kick is kicked over the opponents dead ball line, the game is restarted with a 20m DROP OUT.

Correct ??

What if the ‘free kick’ is kicked into touch’ – Scrum – loose and feed to non kicking team ?? If yes, on what reasoning as it is not from general play ??”

I said

“The answers of course are “no” and “yes”. See Law 3 Section 8 page 19. Also definition of “offending team” at Notes to Law 5, Section 12 page 30. Try not to add words to the Law which do not exist such as “from general play” in relation to a kick into touch when determining the offending team.”

Then came:-

“I understand your logic and of course appreciate your knowledge of the rules.

However, it now appears that we have a contradiction.

In the original question regarding the free kick being caught on the full in goal by a defender, we arrived at ‘play on’ (or goal line drop out if he/she then makes the ball dead).

So, we are saying that the free kick is not general play, but in fact something else (refer to definition – General Play – refers to all aspects of play AFTER a match has been started or restarted by a place kick, drop out, penalty kick, free kick or scrum).

However, when the ball is kicked ‘dead’ from a free kick, we are responding with a 20m optional kick – as per Section 8, 2 (a)

Now without reference (here at work) to your MS010/05, I believe that we need to ‘tidy up’ the wording of Section 8 mentioned, or the definition needs expanding.

Over to you Mick.”

To which I replied:-

“I disagree. I think that the wording is adequate. However I await your first draft of the amendment with hushed expectation.”

Here’s the first draft:-

“The interpretation aspect of refereeing is often left up to the individual, especially when ‘on field’.

However, the intention of the rules and it’s wording are vitally important to ensure that specific matters and ‘rules’ are worded in such a way that the meaning is clear in theory.

The aspect I am specifically referring to here is in relation to the ‘free kick’, and the 20 metre Optional Re-Start.

INVESTIGATION

The Glossary of the rule book states:

GENERAL PLAY *refers to all aspects of play after a match has been started or re-started by a Place Kick, Drop – Out, Penalty Kick, Free Kick or Scrum.*

So, sometime after the above type of kick or scrum has eventuated, it becomes General Play.

Section 8 of the rule book relates to The Kick off and Drop out.

Section 8.2 states:

“ The game is restarted with an optional kick from the centre of the 20m line if:

(c) a defending player, in his own in goal, takes a kick in general play from an opponent on the full

CONCLUSION

Therefore, taking the wording literally, it could be argued that... ‘if a defending player standing in his own in goal takes a kick from an opponent on the full from a Place Kick, Drop- Out, Penalty Kick or Free Kick, the result would be a 20m restart – as it becomes ‘General Play’ ‘sometime after these kicks are taken’.

The word “after’ according to the Collins Dictionary states:

‘following in time or place’

Now surely this is not the intention of the rule, nor is it the way to be interpreted.”

RECOMMENDATION

Therefore I propose that the following be adopted as a simple remedy for this situation:

Section 8.2 to read:

“The game is restarted with an optional kick from the centre of the 20m line if:

(c) a defending player, in his own in goal, takes a kick in general play from an opponent on the full, except from a Kick Off, Drop Out, 20 Metre Optional Kick, Penalty Kick or Free Kick”

I still think any amendment is unnecessary. And sometimes debates must grind to a halt. But debate about the Law is very healthy.

NSWRL DEVELOPMENT SQUAD TESTING STANDARDS

For those of you who desire to progress through the Junior rep ranks, you will need to comply with the following standards set by Athletic Performance Manager, Klinton Hoare.

Junior Dvlpment Squad Officials Parameters – Speed

| Endurance | Time |
|-------------------|----------------|
| Excellent | <1:17 – 1:20 |
| Highly acceptable | 1:20.05 – 1:24 |
| Need to Improve | 1:24.05 – 1:34 |
| Not Acceptable | >1:34.05 |

Junior Dvlpment Squad Officials Parameters – Beep Test

| | Scale | VO2Max |
|-------------------|---------------|---------------|
| Excellent | 11.12 - >12.4 | 53.7 - >54.8 |
| Highly acceptable | 11.4 – 11.10 | 51.4 – 53.1 |
| Need to Improve | 10.8 – 11.2 | 49.3 – 50.8 |
| Not Acceptable | <10.6 | <48.7 |

In the meantime, if you won't change, don't stop others doing it.

MICHAEL STONE
NRL REFEREES' CO-ORDINATOR
ARLRA PARTICIPATION COMMITTEE CONSULTANT
ARL LAWS COMMITTEE MEMBER
NSWRL PREMIER LEAGUE HEAD COACH
ARL SCHOLARSHIP AWARD WINNERS MENTOR
ARLRA MEMORANDUM EDITOR
NRL CD PUBLICITY OFFICER

NRL Laws Quiz #4 2006

- Q1. Red kicks off. The ball goes 15 metres forward but is blown back and bounces across the Blue touch line at the 40 metre mark.
- Q2. A player kicks the ball from his own in-goal. The ball hits the goal posts and goes over the dead-ball line on the full.
- Q3. Red catches an unsuccessful drop goal attempt on the full in his own in-goal. The Red player then stands on the dead-ball line.
- Q4. If, through the state of the ground, a drop kick is unable to be taken from the centre of the goal line, what is the correct procedure?
- Q5. Red kicks the ball from a penalty. A Blue player standing on the touch line attempts to catch the ball on the full but knocks on.
- Q6. Red kicks in general play into the Blue in-goal area where it stops just short of the Blue dead ball line. A Blue player standing on the dead ball line picks up the ball.
- Q7. Red kicks in general play and follows up the kick. As a Blue player is about to catch the ball, the Red player punches the ball forward and catches it before it hits the ground.
- Q8. After the fifth play-the-ball Red kicks. The ball rebounds off a Blue player on the full and goes forward into touch on the full.
- Q9. Red drop kicks a differential penalty which enters touch in goal.
- Q10. After the last play the ball Red kicks the ball downfield. The ball accidentally strikes another Red player who is in an offside position. Blue attempts to regather but knocks on.
- Q11. Red attempts a drop goal. The kick is successful and he is fouled by a Blue player.
- Q12. Red player slides over the Blue goal line forcing the ball. As he rises to his feet a Blue player punches him.

Q13. Red player is tackled 1 metre from the Blue goal line. The dummy half sees that there is no marker and dives between the legs of his team mate, forcing the ball and claims a try.

Q14. Red player is tackled with the ball. Blue player makes some incidental contact with the head but then wraps his arm under the chin of the tackled player and holds him up. He releases immediately on the referee's call.

Q15. Red plays the ball 5 metres from Blue line. A Red team mate kicks high and runs past the man who just played the ball. The Blue fullback, 5 metres from the player who played the ball, attempts to catch the ball but drops it. The player who played the ball falls on it claiming a try.