Australian Rugby Union

Law and Safety Exam

2013

SECTION A

(20 multiple choice questions)

AUSTRALIAN RUGBY UNION SAFETY DIRECTIVES

DIRECTIONS

- **The ARU Medical and Safety Recommendations are available on the ARU website at www.tryrugby.com.au/safety.**
- **More information on Concussion and Serious Injury is available on the ARU website at www.tryrugby.com.au/concussion, www.tryrugby.com.au/seriousinjury**
- **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 multiple choice questions, which originate from the ARU Medical and Safety Recommendations. This is an open book exam.**
- **Circle only the correct answer on the provided answer sheet.**

Questions 1 -20

1. The recommended medical requirements for Unions, Clubs and Schools include:
   a) Smart Rugby qualified coaches and referees
   b) first aid personnel with basic first aid certification or higher
   c) first aid equipment – including first aid kit, ice, stretcher (preferable scoop), emergency contacts, telephone, emergency access, and visible safety poster
   d) all of the above

2. In the event of a suspected spinal injury or other potentially serious injury:
   a) call “000” for an Ambulance
   b) do not move player (unless directed by qualified medical personnel)
   c) do not apply cervical collar (unless specifically trained to do so)
   d) all of the above

3. It is the club/school’s responsibility to notify the Serious Injury Hotline 1800 036 156:
   a) in the event of a serious injury to a player's head or neck (i.e. suspected spinal injury) or fatality
   b) prior to providing immediate on-field medical care for the injured player
   c) to find out some more information on insurance claims
   d) all of the above

4. Which of the following are **not** recognised signs or symptoms of concussion?
   a) sweating, nausea or shortness of breath, difficulty breathing
   b) headache, dizziness, feeling in a fog
   c) loss of consciousness, vomiting, unsteady on legs, slowed reactions
   d) confusion, disorientation, poor attention, loss of memory, irritability

5. A player suspected of having concussion or diagnosed with concussion:
   a) may return to play as soon as the player feels his/her concussion has improved
   b) must be removed from the field of play and take no further part in the match or training, and must be medically assessed
   c) may be substituted and return to play when concussion symptoms have cleared
   d) must continue to play as the team needs them to win the game

6. A player showing signs or symptoms of concussion should:
   a) be monitored by first aid personnel until the next injury occurs
   b) rest for the remainder of match
   c) be medically assessed and monitored for 24 hours for potentially serious complications of the concussion
   d) be monitored until they feel better, and are ok to drive themselves home

7. A player suspected of having concussion or diagnosed with concussion:
   a) 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
   b) can get straight back in to full contact training and matches as soon as possible,
   c) can begin full contact training sessions immediately but not play in matches until player feels concussion has improved
   d) must go through a graduated return to play (GRTP) protocol, and must receive medical clearance before return to play

8. If the player is unconscious you should:
   a) commence CPR immediately
   b) complete a serious injury incident report
   c) always suspect an associated spinal injury
   d) move player and continue match as soon as possible

9. If a non-compound fracture or dislocation of a limb is suspected the player should:
   a) be moved from the field immediately for first aid
   b) be lifted onto a stretcher or helped from the field
   c) have the limb supported, ideally with a splint, prior to leaving the field
   d) be removed from field and provided food and drink

10. If a player's tooth is knocked out it should:
   a) be replaced immediately into its socket (if possible) and moulded with aluminium foil before seeking immediate dental advise
   b) be placed in the players pocket until after the game
   c) be washed with milk and placed in a small bag before seeking dental advice
   d) all of the above

11. The RICER injury management approach for soft tissue injuries refers to:
   a) R – Rest, I – Ice, C – Constrict Movement , E – Elevation, R - Referral
   b) R – Resistance, I – Ice, C – Compression, E – Elevation, R - Rest
   c) R – Rest, I – Ice, C – Compression, E – Elevation, R - Referral
   d) R – Resistance, I – Ice, C – Compression, E – Elevation, R - Referral

12. It is mandatory that all coaches and match officials participating in Rugby where there is a tackle component have:
   a) a whistle and law book with them at all times
   b) a current Smart Rugby qualification
   c) a level 3 coach or match official accreditation
   d) all of the above

13. The MAYDAY safety technique is called when:
   a) a player believes a team mate has been taken in a potentially dangerous tackle
   b) a player believes that he/she is in a potentially dangerous position in a scrum
   c) to indicate to other players in his/her team that a scrum has collapsed and will need to be reset by the referee
   d) all of the above

14. Upon hearing MAYDAY players in the scrum should:
   a) repeat MAYDAY loudly, stop pushing and drop to knees immediately
   b) keep chin and chest through and face plant on bridge of nose and forehead
   c) whilst on ground listen to the referee
   d) all of the above

15. A player should be selected to play in the front row, only when they have:
   a) appropriate physical build and stature
   b) recent experience or have been coached in specialist front row play
   c) been encouraged to carry out special exercises to strengthen their neck, back and upper body strength
   d) all of the above

16. The scrum engagement sequence for all levels of Rugby is:
    a) crouch – touch – set
    b) crouch – hold – engage
    c) crouch – touch – grip – engage
    d) crouch – touch – hold – engage

17. Statistics indicate that the majority of serious injuries occur:
    a) during the scrum engagement
    b) during the tackle to the ball carrier
    c) during the lineout to the lineout jumper
    d) during an illegal or dangerous tackle

18. The correct body position in scrummages, rucks or mauls is:
    a) driving down through the hips and over the ball
    b) head and shoulders are above hips at all times
    c) feet closer together providing a narrow base of support
    d) none of the above

19. It is recommended that players wear a specially made and fitted mouth guard:
    a) when playing matches only
    b) during contact training only
    c) during both matches and training session
    d) if they have had recent dental work

20. Coaches should ensure that an adequate supply of fluid, preferably water, is consumed by players:
    a) before, during and after training sessions and matches
    b) prior to all training sessions and matches
    c) during all training sessions and matches
    d) only during matches

SECTION B

(30 multiple choice questions)

LAWS OF THE GAME

DIRECTIONS

- **In all questions, assume there is no advantage (unless specified).**
- **There are 30 multiple choice questions. This is an open book exam.**
- **All questions should be answered using the 2013 Laws of Game, including the IRB's 2013 Law Amendment Trials.**
- **A link to where you can download a copy of the 2013 Law Book can be found here: http://www.rugby.com.au/laws**
- **Clarification can be found by referring to the 2013 Game Management Guidelines document for Community Rugby. These can also be found on the ARU website at: http://www.rugby.com.au/laws**
- **You are best advised to use pencil on the answer sheet provided. If you make a mistake, erase it completely.**
- **Circle only the correct answer on the provided answer sheet.**

Questions 21 – 50

Definitions

21. 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) There is no contest for the ball, the team throwing in the ball must win it, and neither team is allowed to push
    c) The defending scrum half cannot follow past the mid-line of the scrum
    d) All of the above

Law 3 – Number of Players - The Team

22. The time limit for a player to return to the Playing Area after he has been in the blood-bin (temporary replacement) is:
    a) 15 minutes actual time
    b) 15 minutes playing time
    c) 10 minutes actual time
    d) 10 minutes playing time

23. A front-rower is sent-off or temporarily suspended. There is no other player on the field who is suitably trained to replace him in the front row, but there is a suitably trained substitute on the bench. In these circumstances:
    a) The front-rower is not able to be replaced
    b) A suitably trained front-rower will replace him without another player leaving the field
    c) At the next scrum, another player of the team will leave the field to allow a suitably trained front-rower to take the field
    d) No replacement is allowed and non-contested scrums result

Law 5 – Duration of the Match

24. If time expires, in which situation would play not continue:
    a) The ball is not dead
    b) The Referee has already awarded a scrum or lineout
    c) A mark, a free kick or penalty is awarded
    d) The ball has been kicked dead

Law 6 – Match Officials

25. A player is lying on the ground injured. Which of the following statements is correct?
    a) No-one may enter the playing area to tend to the player until the referee blows the whistle to stop the game
    b) Medically-trained non-playing members of a team are considered to be authorised by the referee and may enter the playing area to tend to the player while play continues
    c) The team with the injured player can send a replacement onto the field while play continues and the injured player is being tended to, so they are not short a player
    d) The referee must blow the whistle to stop the game immediately if he sees a player is injured

Law 8 – Advantage

26. The referee sees a player knock-on, and plays advantage to the non-offending team. In which of the scenarios below might the Referee call "Advantage over!" and play on?
   a) The non-offending team has time and space to use the ball as they wish, roughly equivalent to what they would have received from a scrum
   b) The non-offending team kicks the ball into touch 60m downfield
   c) The non-offending team breaks their opponents' defensive line
   d) All of the above scenarios

Law 9 – Methods of Scoring (+ Global Law Trials)

27. The goal-kicker has how long to attempt a conversion kick following a try?
   a) Up to 1 minute from the time the kicker has indicated an intention to kick
   b) Up to 1 minute from the arrival of the kicking tee or sand
   c) Up to 90 seconds from the time a try is scored
   d) Up to 2 minutes depending on the weather conditions

Law 10 – Foul Play

28. An act of foul play prevents a try from being scored. In order to award a Penalty Try, the referee must think that the try was:
   a) Possible
   b) Probable
   c) Most likely
   d) Certain

29. If a player deliberately knocks or throws the ball into touch, the referee should:
   a) Award a line-out to the non-offending team
   b) Award a free-kick to the non-offending team
   c) Award a penalty kick to the non-offending team in line with where the ball was knocked or thrown into touch, 5m in from the touch-line
   d) Award a penalty kick to the non-offending team in line with where the ball was knocked or thrown into touch, 15m in from the touch-line

30. A referee should warn a team through the captain about repeated infringements prior to taking yellow card action. Repeated infringements can be:
   a) A number of different offences in a short period of time
   b) A pattern of similar offences without a time limit (eg. regular offences close to the defending team's goal line)
   c) Repeated infringements by an individual without a time limit
   d) All of the above

31. The correct definition of a "shoulder charge" is:
   a) A player must not attempt to make a tackle without using arms in the tackle
   b) A player must not tackle an opponent carrying the ball by using the point of the shoulder in the tackle
   c) A player must not charge or knock down an opponent carrying the ball without trying to grasp that player

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

32. A player kicks the ball downfield, and a teammate in front of the kicker runs forward, towards where it looks like the ball will land. He fails to respond to the referee's management to stop moving. What is the correct decision?

a) Play on, as the player is not off-side because he did not move within 10 metres of the place where the ball landed
b) Award the opposing team the option of a penalty kick where the player moved forward after the kick, or a scrum where the ball was kicked
c) Award a penalty kick to the opposing team where the ball lands
d) Award a penalty kick to the opposing team 10 metres in front of the place where the ball lands

33. 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 and runs 5 metres with it
b) Intentionally touches the ball but does not catch it
c) Passes the ball to a team-mate
d) All of the above

Law 12 – Knock on or Throw Forward (+ Global Law Trials)

34. A player knocks the ball on 3 metres from the touch-line, and then the ball goes into touch. What is the correct decision?

a) Award a scrum to the non-offending team at the place of the knock-on
b) Award a scrum to the non-offending team in line with the place of the knock-on, 5 metres in from the touch-line
c) Award a line-out to the non-offending team at the place where the ball went into touch
d) Offer the non-offending team the choice of b) or c)

Law 13 – Kick off and Restart kicks

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

a) 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
b) Award a scrum at the centre of the half-way line
c) Award a penalty at the centre of the halfway line
d) Award a lineout where the ball crossed the line

Law 14 – Ball on the Ground – No Tackle

36. The ball is rolling along the ground near the 22-metre line. A defending player goes to ground and secures possession of the ball. An attacking player approaches. Which of the following statements is correct?

a) The defending player must release the ball first before getting to his feet to play the ball
b) The attacking player can fall on top of the defending player to constitute a "tackle"
c) The attacking player can remain on his feet and attempt to pull the ball from the defending player's arms
d) The attacking player must let the defending player get to his feet before attempting to play the ball

Law 15 – Ball Carrier Brought to Ground

37. At a tackle, the responsibilities of the tackler are to:

a) Immediately release the tackled player
b) Immediately get up or move away from the tackled player and the ball
c) Get to his feet before attempting to play the ball
d) All of the above

38. A defending player makes a one-on-one tackle. He pulls the ball-carrier to ground, but remains on his feet as he does this. He looks to contest for the ball. Which of the following statements is correct?

a) This player has made the tackle, and is therefore considered to be "the tackler"
b) This player is on his feet, so he can contest for the ball immediately without letting go of the tackled player first
c) Having made the tackle, this player does not need to worry about "the gate"
d) This player must support his own bodyweight as he continues to contest for the ball
e) All of the above

Law 16 – Ruck

39. Immediately after a tackle, the first arriving player on his feet gets his hands on the ball. An opposing player makes physical contact with that player over the ball on the ground, forming a ruck. The Referee should:

a) Allow the first player to continue to play the ball with his hands
b) Call for the first player to take his hands off the ball as a ruck has formed
c) Award a Penalty kick against the opposing player for tackling a player without the ball
d) Award a Penalty kick for handling the ball in a ruck

40. Through no fault of the tackler, the ball becomes unplayable in a ruck. The Referee should:

a) Allow play to continue until the ball comes out
b) Award a scrum to the team moving forward immediately before the ball became unplayable
c) Award a Free Kick to the team not in possession at the start of the ruck
d) If neither team is moving forward, award a scrum to the defending team

41. Which of the following statements in relation to when a ruck has ended is wrong?
   a) The ruck has ended when the ball comes completely clear of the ruck
   b) The ruck has ended when the hands of the half-back are on the ball
   c) The ruck has ended when the ball is over the goal-line
   d) The ruck has ended when the ball is on the goal-line

Law 17 – Maul

42. A maul has stopped moving forward, does not re-start moving forward, and the ball does not emerge within a reasonable time. Which team should be awarded the scrum?
   a) The team that was not in possession when the maul stopped moving
   b) The team that was not in possession when the maul commenced
   c) The team that was in possession when the maul stopped moving
   d) The team that was in possession when the maul commenced

Law 18 – Mark

43. From a kick-off, a player inside his own 22m area catches the ball on the full and calls "Mark!". The referee should:
   a) Award a scrum to the team that kicked the ball
   b) Award a scrum to the team that caught the ball
   c) Allow play to continue
   d) Award a Mark

Law 19 – Touch and Lineout

44. From a ruck inside the 22m line, a player is passed the ball. He runs forward and with the heel of one foot just touching the 22m line (no part of his foot is behind the line), he kicks the ball directly into touch. The resulting line-out should be:
   a) On the 22m line
   b) In line with where the ball was kicked
   c) In line with where the ball crossed the touch-line
   d) In line with where the ball landed

45. A scrum is formed 5 metres outside the 22m area with the defending team to feed. The ball is won by the defending team, and the scrum-half passes the ball back into the 22 metre area. A defending player with the ball is then tackled by the opposition. The defending team wins the ball at the tackle, and then a defending player kicks the ball directly into touch up field. Where is the ensuing lineout, and which team should throw in the ball?
   a) Opposite where the ball is kicked, with the kicking team to throw in
   b) Opposite where the ball is kicked, with the opposing team to throw in
   c) Where the ball crosses the touch-line, with the kicking team to throw in
   d) Where the ball crosses the touch-line, with the opposing team to throw in

Law 20 – Scrums

46. When the prop forwards bind they must:
   a) Grip the back or side 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

47. Which of the following statements in relation to a scrum is wrong?
   a) Front rowers must engage with their shoulders no lower than hips and hit straight
   b) The engagement sequence must be a controlled process with a non-verbal pause between 'touch' and 'set' to allow front-rowers to sight their target
   c) A team can legally wheel the scrum by pulling back and turning the scrum around
   d) The No.8 must be bound to the shoulder and not "slingshot" the scrum engagement

48. If a scrum wheels more than 90 degrees, 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 team that did not feed the ball originally to put in the ball
   d) Award another scrum with the team not in possession at the time of the stoppage to put in the ball

Law 21 – Penalties and Free Kicks

49. At a free kick on the half-way line, a player takes a quick tap and runs towards the opposition goal-line where an opposing player, who has not retired 10 metres, tackles him. The Referee should:
   a) Award a new free kick at the place where the opposing player was inside the 10 metres
   b) Award a penalty kick for offside where the opposing player was inside the 10 metres
   c) Award a new free kick 10 metres in front of the mark where the first free kick was awarded
   d) Allow play to continue

Law 22 – In Goal

50. From a 5m scrum, the ball is passed back by the defending half-back to a team-mate in the in-goal area who attempts to kick the ball. An attacking player who was on-side runs into the in-goal, charges the kick down and the ball goes dead without touching another player. The Referee should:
   a) Award a 22m drop-out to the defending team
   b) Award a 5m scrum to the attacking team
   c) Award a 5m scrum to the defending team

SECTION C

(10 True/False questions)

IRB U19 LAW VARIATIONS
ARU U19 LAW VARIATIONS

DIRECTIONS

- **All questions relate to the IRB Under 19 Law Variations and/or the ARU Under 19 Law Variations. You will need to read both in conjunction to answer the questions.**
- **In all questions, assume there is no advantage (unless specified).**
- **There are 10 True/False questions. This is an open book exam.**
- **The IRB U19 Law Variations can be found in the 2013 Laws of Game. A link to where you can download a copy of the 2013 Law Book can be found here: http://www.rugby.com.au/laws**
- **The ARU U19 Law Variations can also be found on the ARU website at: http://www.rugby.com.au/laws**
- **You are best advised to use pencil on the answer sheet provided. If you make a mistake, erase it completely.**
- **Circle only the correct answer on the provided answer sheet.**

Questions 51 – 60

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

52. Individual players standing by as a replacement for another team may play more than 90 minutes on one day, so long as a proper duty of care is exercised by his or her coaches in relation to the position they play, the environmental conditions, the age group played, and common sense is exercised in regard to total playing time.

53. A player who has been temporarily suspended (yellow card) may be immediately replaced.

54. Line out jumpers can be supported on the thighs from the front.

55. The scrum can only be pushed 1.5 metres.

56. A team can intentionally wheel a scrum.

57. Locks may not crutch bind between the legs of the props in the scrum.

58. If a scrum wheels 45 degrees, 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.

59. At a scrum, the scrum-half of the team that has not won the ball may stand in the space between the flanker and the Number 8 of the opposing team so long as he remains onside, with both feet behind the ball.

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

Law and Safety Exam
Answer Sheet - 2013

First Name: **Surname:**
Date:

Circle the answer which best answers the question

Section A
ARU Safety Directions

1. A B C D
2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
8. A B C D
9. A B C D
10. A B C D
11. A B C D
12. A B C D
13. A B C D
14. A B C D
15. A B C D
16. A B C D
17. A B C D
18. A B C D
19. A B C D
20. A B C D

/ 20

Section B
Laws of the Game

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 D
31. A B C
32. A B C D
33. A B C D
34. A B C D
35. A B C D
36. A B C D
37. A B C D
38. A B C D E
39. A B C D
40. A B C D
41. A B C D
42. A B C D
43. A B C D
44. A B C D
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

/ 30

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

/ 10

Total:
/ 60