

Sign Language

Do a ref's waving arms leave you confused? Well, Premiership official **David Rose** is here to help by demonstrating the key signals...



Penalty

Penalties are awarded for various infringements. Teams have several options, including kicking for goal. The offending team must retreat ten metres.



Free-kick

Free-kicks are given for more minor offences. Teams have similar options to a penalty, but can't kick for goal. The offending team must retreat ten metres.



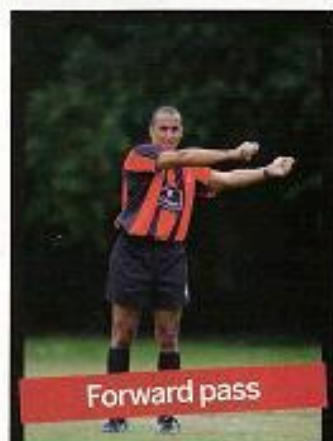
Advantage

Advantage is played when one side has infringed but the other team could benefit. If they don't gain an advantage, play goes back to the first infringement.



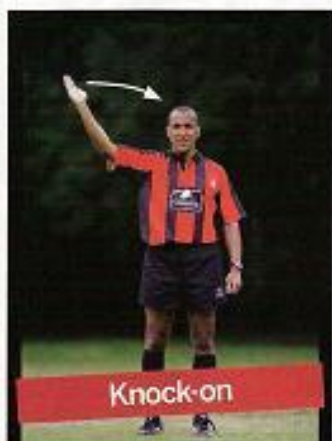
Scrum

Scrum is used to restart play for a range of offences, the most common of which are knock-ons and forward passes. The put-in goes to the non-offending team.



Forward pass

A forward pass occurs when a player throws the ball forward (towards the opponents' tryline), not flat or behind. A scrum is awarded to the opposition.



Knock-on

A knock-on is when a player hits the ball forward with their hand or arm and it hits the ground before being caught. A scrum is awarded to the opposition.



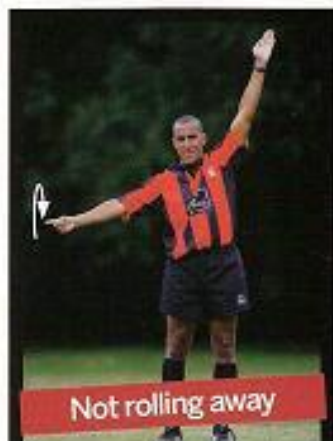
Not releasing

As soon as a player has been tackled, they must let go of the ball or be penalised for not releasing. A penalty is awarded to the opposition.



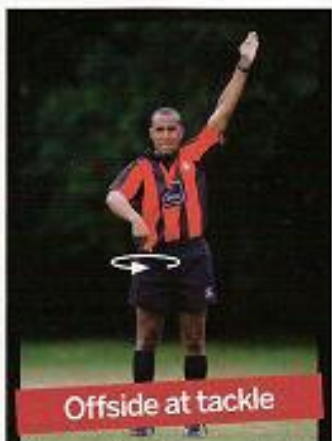
Tackler not releasing

As soon as a player has made a tackle, they must let go of the tackled player or be penalised for not releasing. A penalty is awarded to the opposition.



Not rolling away

As soon as a player has made a tackle, they must roll away from the tackled player – or attempt to – or be penalised. A penalty is awarded to the opposition.



Offside at tackle

After a tackle, players must enter play from behind the ball or be penalised for entering the tackle area from the wrong side. A penalty is given to the opposition.



Diving to ground

At the tackle area, arriving players must stay on their feet or be penalised for diving to ground or intentionally falling on a player. A penalty is given to the opposition.



Unplayable ball

If the ball is taken into a ruck or maul and becomes unplayable, a scrum is awarded to the team going forward (at a ruck) or not originally in possession (maul).



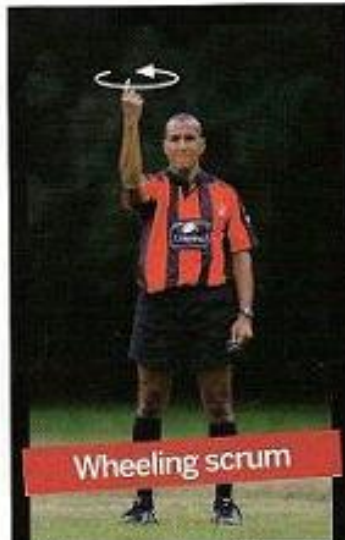
Offside at ruck/maul

Players must enter rucks/mauls from the back foot (the hindmost foot of the hindmost player) or be penalised for offside. A penalty is awarded to the opposition.



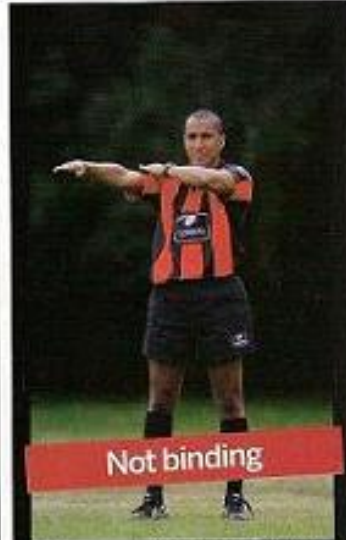
Collapsing a maul

A player must not intentionally collapse/pull down a maul or they will be penalised for dangerous play. A penalty is awarded to the opposition.



Wheeling scrum

If a scrum is wheeled/turned more than 90 degrees, the referee will order another scrum. The put-in will switch to the other team.



Not binding

At a scrum, players must bind onto their team-mates and, in the case of props, opponents or be penalised. A penalty is awarded to the opposition.



Handling in ruck

At a ruck, players must only use their feet to gain possession of the ball or they will be penalised for handling. A penalty is awarded to the opposition.



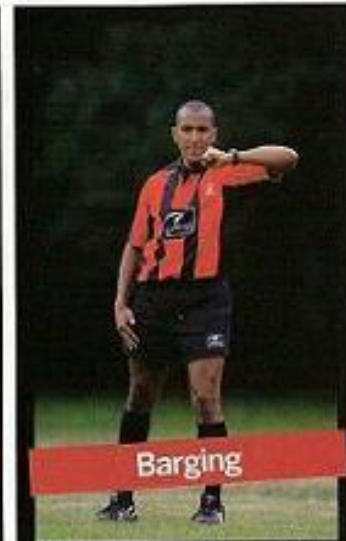
Throw-in not straight

At a lineout, teams must throw the ball in straight or be penalised. The opposing team can throw in at the lineout or have a scrum on the 15m line.



Closing the gap

At a lineout, a gap of 1m must be maintained between the two lines of players or teams will be penalised. A free-kick on the 15m line is awarded to the opposition.



Barging

At a lineout, players must not barge into opposition players, or they will be penalised. A penalty on the 15m line is awarded to the opposition.



Pushing

At a lineout, players must not push opposition players or they will be penalised. A penalty on the 15m line is awarded to the opposition.



Obstruction

Players must not run in front of a team-mate carrying the ball and obstruct an opponent or they are liable to be penalised. A penalty is given to the opposition.



Held up

The ball is held up if it is taken over the tryline but is not grounded. The attacking team is awarded a scrum five metres from the tryline.



Try

A try is awarded if the ball is successfully grounded over the tryline. This signal is also used to tell the timekeeper to stop and start the watch.