

19 Ruck offences

There are 19 offences at the ruck for which you'll be penalised with a penalty or free kick if you transgress. Do you know them all?

Offence	Consequence
Joining a ruck	
1 All players forming, joining or taking part in a ruck must have their heads and shoulders no lower than their hips.	Free kick
2 A player joining a ruck must bind on to the ruck with at least one arm around the body of a team mate using the whole arm.	Penalty kick
3 Placing a hand on another player in the ruck does not constitute binding.	Penalty kick
4 All players forming, joining or taking part in a ruck must be on their feet.	Penalty kick
Rucking	
5 Players in a ruck must endeavour to stay on their feet.	Penalty kick
6 A player must not intentionally fall or kneel in a ruck. This is dangerous play.	Penalty kick
7 A player must not intentionally collapse a ruck. This is dangerous play.	Penalty kick
8 A player must not jump on top of a ruck.	Penalty kick
9 Players must have their heads and shoulders no lower than their hips [see 1 also].	Free kick
10 A player rucking for the ball must do so near the ball. They must step over players on the ground and not intentionally step on them. They must not ruck players on the ground. This is dangerous play.	Penalty kick
Other ruck offences	
11 Players must not return the ball into a ruck.	Free kick
12 Players must not handle the ball in a ruck.	Penalty kick
13 Players must not pick up the ball in a ruck with their legs.	Penalty kick
14 Players on the ground in or near the ruck must try to move away from the ball. These players must not interfere with the ball in the ruck or as it comes out of the ruck.	Penalty kick
15 A player must not fall on or over a ball as it is coming out of a ruck.	Penalty kick
16 A player must not take any action to make the opposing team think that the ball is out of a ruck while it is still in a ruck.	Free kick
Offside at the ruck	
17 Players must either join a ruck, or retire behind the offside line immediately. A player loitering at the side of a ruck is offside.	Penalty kick
18 All players joining or rejoining a ruck must do so from behind the foot of the hindmost team mate in the ruck. They may join alongside this hindmost player. A player joining a ruck from the opponent's side or in front of the hindmost team mate is offside.	Penalty kick from the offending team's offside line
19 If a player is in front of the offside line and does not join a ruck, they must retire behind the offside line at once. If a player who is behind the offside line oversteps it and then does not join the ruck, they are offside.	Penalty kick from the offending team's offside line