

# The Rugby Six Nations

The Rugby Six Nations is the world's oldest rugby competition. Every year, men's and women's national teams battle it out to become the champions.

## History

The championship began in 1882 when it only included the four countries of the United Kingdom (England, Ireland, Scotland and Wales). Later, in 1910, France joined and it became called 'The Five Nations'.

Much later, in the year 2000, Italy joined and in 2007 it changed to include the women's Six Nations championship making it the Six Nations Championship that we know today.

## How Does it Work?

In spring each year, from February to March or April, there are five weekends of matches when each nation plays every other nation once. Each year, they take it in turns to play at their national home ground.

This year (2017), a trial points score is in place, where teams are awarded bonus match points for attacking play. Even if teams lose, they can gain a bonus match point for scoring four or more tries.



## Rugby Fact File:

- A try is the name for the five points scored when the ball is placed over the try line.
- The England women's team won every year from 2006 to 2012!
- There are 15 players on a rugby union team.
- The matches last 80 minutes and have two halves.
- The Millennium Stadium in Wales has a full roof.
- 82 000 people can fit into England's Twickenham Stadium.

# The Rugby Six Nations

The Rugby Six Nations is the world's oldest rugby union competition. It is an annual men's and women's competition held in the UK and neighbouring countries.

**History** - The championship began in 1882 when it was named 'Home Nations' which was the four countries of the United Kingdom (England, Ireland, Scotland and Wales). Later, in 1910, France joined as the UK's closest neighbour it became 'The Five Nations'.



Much later in the year 2000, Italy joined and in 2007 the organisation officially changed to include the already established women's six nations championship making it The Six Nations Championship that we know today.

**How Does it Work?** - In spring each year, from February to March or April, there are five weekends of matches when each nation plays every other nation once. Each year, they take it in turns to play at their national home ground.

This year (2017), a trial points system is in place where teams win more points for scoring tries. The basic scores are: win = 4 points, draw = 2 points, lose = 0 points. However, there is 1 bonus point for a win, lose or draw where you have scored more than 4 tries during the game. Also, if a team loses by 7 points during the match or fewer, then they can also gain a bonus point. If a losing team also scores 4 tries or more then it is 2 points.

## Rugby Union Glossary:

<b>Try</b>	The ball is placed over the try line and 5 points are scored.
<b>Conversion</b>	After a try, an extra 2 points may be earned by kicking the ball between the posts from opposite where the try was scored.
<b>Scrum Down</b>	After a foul, players push against each other in a formation to try and get the ball on their side to carry on playing.
<b>Line Out</b>	When the ball goes off the pitch at the side, it is thrown back in and players line up to try and catch it. Some jump high.
<b>Knock-On</b>	The ball must always be passed backwards in rugby, so a knock on is when it accidentally goes forwards.

Did You Know? England women were unbeatable at one point and won the Six Nations every year from 2006 to 2012!

# The Rugby Six Nations

The Rugby Six Nations is the world's longest running rugby union championship. It is an annual men's and women's competition held in the UK and neighbouring countries.

**History** - The championship began in 1882 under the title 'Home Nations' and included the four countries of the United Kingdom. Later, in 1910, France was included as the UK's closest neighbour and the name changed to 'The Five Nations'.

More recently in 2000, Italy joined and in 2007 the organisation expanded to include the Six Nations championship of the women's teams who had in fact been having their own championship since 1996. Thus it became The Six Nations Championship with which we are familiar today.

**How Does it Work?** - This Year (2017), a trial points system is in place where teams win more points for scoring tries to encourage more ball carrying, attacking play. Now a team gains 4 points for a win, but 5 points if they win with 4 tries or more. There are 2 points for a draw, but 3 points for a draw with 4 tries or more. You even gain 2 points for a lose if you score 4 tries or more and lose by fewer than 7 points during the match and either of these to score 1 point for a lose.



## Glossary of Rugby Union Terminology:

<b>Try</b>	When the ball is placed over the try line scoring 5 points.
<b>Conversion</b>	After a try, an extra 2 points may be earned by kicking the ball between the posts from opposite where the try was scored.
<b>Scrum Down</b>	After a foul, players crouch and push against each other in a formation to try and gain possession of the ball.
<b>Line Out</b>	When the ball goes out of play via the side lines (touch), it is thrown back in. Each team line up to try and catch it, with some players lifted high by teammates.
<b>Knock-On</b>	When the ball accidentally goes forwards (not by a kick) as the key rule in rugby is that the ball must always be passed backwards.