

Optional Task 6:



Positional Explanation

Task:

Create an explanation of each player's responsibilities when playing in their specific position as part of the Rugby League team.

Example: Rugby League – Front row forward:

Forwards are generally chosen for their size and strength. They are expected to run with the ball and attack, and to make many tackles. Forwards are often required to do a lot of hard work such as making space in defensive lines for the backs and gaining meters in field position. There are two prop forwards, numbered 8 and 10 who pack in to the front row of the scrum on either side of the dummy half. The props are often the two heaviest players on a team.

- Positions required:
 - *Wingers – two required*
 - *Centres – two required*
 - *Halfback*
 - *5/8 – one of each required*
 - *Dummy Half – one required*
 - *Full back – one required*
 - *Lock Forward – one required*
 - *Second Row Forward – forward – two required*
 - *Front Row Forward – two required*
 - *Reserves bench should include 3 extra forwards and one player who can play in many positions including the backs – four required in total*



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The positions and characteristics below are only a guide and the game of rugby league is filled with exceptions to these generalised statements. The information below is the widely accepted general physical characteristics and role in a professional Rugby League side.

Position	Positional Numbers	Physical characteristics	Role in Rugby League side	Important Statistics
Fullback	1	These players are usually among the tallest on the field. Most players are under 95kg as they do a lot of running		
Wingers	2,5	These players are usually among the tallest on the field. Weights vary in this position.		
Centres	3,4	These players are very strong and are solid in build. Players in this position are tall or average in height.		
Half back	7	These players are a solid in build. Players in this position are amongst the shortest on the field.		

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Position	Positional Numbers	Physical characteristics	Role in Rugby League side	Important Statistics
5/8	6	These players are athletic in build. Players in this position are varied in height but are usually taller than the half back.		
Dummy Half	9	These players are strong and solid in build. Players in this position are amongst the shortest on the field.		
Lock Forward	13	These players are mobile and solid. They are varied in height. Most athletic forward.		
Second Row Forward	11,12	These players are tall. Heavier than most players.		
Front Row Forward	8,10	Heights can vary but generally tall. Are the heaviest on field.		
Utility Reserve	17	Athletic build		
Forward Reserves	14,15,16	Heights can vary but generally tall. Are the amongst the heaviest on field.		