
U6 “Who Wants to be A Rugby Star?” Quiz

About the Quiz

This quiz was given to the Under Sixes at the end of the season, just to see how much they had learned about the game. The quiz is “loosely” based around the millionaire style game show with 15 questions. They start of easy and get progressively more difficult.

The quiz could also be given to U7s, perhaps with some adaptations to make the questions more challenging.

Using This Document

This document contains this header page, followed by 2 pages with the quiz itself. The final section of the document has the answers (just in case!).

At this age group, probably best to give the quiz out and allow parents to help as much as they need to.



Who Wants To Be A Rugby Star?

Player's Name

Below we have 15 rugby questions – it's just like "Who Wants To Be A Millionaire", except in our game it's "Who Wants To Be A Rugby Star?" For each question there are 4 possible answers, only one of which is right. As you work your way through the questions, they get more and more difficult! There are no lifelines – just ask a grown-up for help. If you think you've got them all correct, put your name on the sheet and hand it in to one of the coaches.

1. Which of these best describes the shape of a rugby ball?

- a. Shaped like a box
- b. Same shape as a football
- c. Shaped like an egg
- d. Flat like a Pizza

2. How many rugby balls do you need for a game?

- a. 5
- b. 33
- c. 7
- d. 1

3. What do you score when you play rugby?

- a. A try
- b. An Attempt
- c. A nose
- d. A Hic

4. What rugby club do you belong to?

- a. Twickenham RFC
- b. Effingham RFC
- c. Teddington RFC
- d. Dodgy Old Coaches RFC

5. What's the other name that Teddington RFC is known by?

- a. The Bushy Tails
- b. The Antlers
- c. The Eagles
- d. The Hooves



Well done if you've made it this far – you're obviously a safe pair of hands! Watch out though, it starts to get tricky now!

6. Which of these passes is not allowed in a game of rugby?

- a. A backwards pass
- b. A "pop" pass
- c. A forward pass
- d. A sideways pass

7. What should a player do when they don't agree with the referee's decision?

- a. Cry
- b. Stamp your feet and argue
- c. Accept the decision gracefully
- d. Pull the referees trousers down

8. What do you do if you're tackled?

- a. Cry
- b. Pass the ball quickly to one of your team mates
- c. Carry on running with the ball
- d. Pass the ball to the other team

9. What's the best way to hold the ball when you're running?

- a. In both hands
- b. Stick it up your shirt
- c. Balance it on your head
- d. Carry it under your arm.

10. How do you score a try?

- a. Throw the ball over the try line
- b. Place the ball, with pressure over try line.
- c. Kick the ball through the goal
- d. Sit on the ball



Wow, if you've got this far, you've already proved that you're no mug when it comes to rugby!

11. How should you pick up a ball?

- a. Stand behind the ball and pick it up
- b. Put one foot over the ball and scoop the ball up
- c. Fall to your knees and then pickup the ball
- d. Use your boot to flick the ball into the air?

12. How is a game started?

- a. A free pass from the centre of the playing field
- b. Referee throws the ball in the air
- c. A free pass from the attacking side try-line
- d. Player with the ball just runs

13. What should you do after you tackle a player?

- a. Stand around admiring the view
- b. Try and grab the ball off the tackled player
- c. Get back to your team's side of the ball as quickly as possible
- d. Do a "victory flip" and take the applause from the crowd

14. What size ball is used for Under-six rugby?

- a. Size 34
- b. Size 5
- c. (c) Size 3
- d. (d) Size 15

15. What is the proper number of players in an under-six rugby team?

- a. 13
- b. 15
- c. 7
- d. 1.

Well done! You're obviously a Rugby Star and will soon be playing for England (Scotland, Wales, Ireland, or whatever). Don't forget, put you name on this sheet and give it to your coach for a chance to win the big prize!



U6 “Who Wants to be A Rugby Star?” ANSWERS

1. Which of these best describes the shape of a rugby ball?

- a. Shaped like a box
- b. Same shape as a football
- c. Shaped like an egg
- d. Shaped like a Pizza

C

2. How many rugby balls do you need for a game?

- a. 5
- b. 33
- c. 7
- d. 1

D

3. What do you score when you play rugby?

- a. A try
- b. An Attempt
- c. A nose
- d. A Hic

A

4. What rugby club do you belong to?

- a. Twickenham RFC
- b. Effingham RFC
- c. Teddington RFC
- d. Dodgy Old Coaches RFC

C

5. What’s the other name that Teddington RFC is known by?

- a. The Bushy Tails
- b. The Antlers
- c. The Eagles
- d. The Hooves

B



6. Which of these passes is not allowed in a game of rugby?

- a. A backwards pass
- b. A “pop” pass
- c. A forward pass
- d. A sideways pass

C

7. What should a player do when they don't agree with the referee's decision?

- a. Cry
- b. Stamp your feet and argue
- c. Accept the decision gracefully
- d. Pull the referees trousers down

C

8. What do you do if you're tackled?

- a. Cry
- b. Pass the ball quickly to one of your team mates
- c. Carry on running with the ball
- d. Pass the ball to the other team

B

9. What's the best way to hold the ball when you're running?

- a. In both hands
- b. Stick it up your shirt
- c. Balance it on your head
- d. Carry it under your arm.

A

10. How do you score a try?

- a. Throw the ball over the try line
- b. Place the ball, with pressure, over try line.
- c. Kick the ball through the goal
- d. Sit on the ball

B



11. How should you pick up a ball?

- a. Stand behind the ball and pick it up
- b. Put one foot over the ball and scoop the ball up
- c. Fall to your knees and then pickup the ball
- d. Use your boot to flick the ball into the air?

B

12. How is a game started?

- a. A free pass from the centre of the playing field
- b. Referee throws the ball in the air
- c. A free pass from the attacking side try-line
- d. Player with the ball just runs

A

13. What should you do after you tackle a player?

- a. Stand around admiring the view
- b. Try and grab the ball off the tackled player
- c. Get back to your team's side of the ball as quickly as possible
- d. Do a "victory flip" and take the applause from the crowd

C

14. What size ball is used for Under-six rugby?

- a. Size 34
- b. Size 5
- c. (c) Size 3
- d. (d) Size 15

C

15. What is the proper number of players in an under-six rugby team?

- a. 13
- b. 15
- c. 7
- d. 1.

C

