

# 'MAYDAY'

*Can You Answer the Call?*



*Queanbeyan*  
**WHITES JUNIORS**

## *Six Steps to Scrum Safety*

The “MAYDAY” call is a safety technique put into operation when a player believes that he/she is in a potentially dangerous position in a scrum.

- 1. The player under pressure makes a loud call, “MAYDAY”;*
- 2. Other members of the scrum repeat this call to ensure that it is heard by members of both scrums and the referee;*
- 3. All players immediately stop pushing to release pressure on the front row. The props should release their bind on the opposition ONLY;*
- 4. All players in the scrum immediately drop to their knees. At the same time, the top half of their body is lowered to the ground;*
- 5. Front row then land on their faces;*
- 6. All players are to remain in this position and listen to the referee’s instructions;*
- 7. No Player is to move from the scrum until the Referee has given that player instructions to do so.*

*“Make sure you know the call. Something simple can make all the difference”*

*Patricio Noriega -Wallabies*



*A few minutes of training can make a lifetime of difference. Go to [rugbyaustralia.com.au](http://rugbyaustralia.com.au) and have a look at ARU Coach ConnectTV for safe training activities.*

