

THE SCRUM COLLAPSE

[all as per Mark Bullock, and edited by Eddie O'Sullivan]

THE SAFE AND PROPER PROCEDURE REGARDING A SCRUM COLLAPSE:

1. IMMEDIATELY RELEASE ALL BINDS
2. GO TO KNEES
3. TO PROTECT THE HOOKER, BOTH PROPS ROLL OUT ASAP; LOOSE HEAD IS BEST ABLE, THEN TIGHT HEAD
4. LOCKS MUST STOP PUSHING (IF EVERYONE DROPS TO KNEES, THE LOCKS WILL BE UNABLE TO PUSH)
5. GO LIMP, DON'T FIGHT THE COLLAPSE
6. CHIN UP GOING IN, CHIN UP GOING DOWN
(DON'T LAND ON TOP OF HEAD OR SIDE OF HEAD; DON'T LET NECK VERTEBRAE TAKE IMPACT)
7. FALL/GO IN DIRECTION YOU ARE FACING (LEFT FOR TEAM WITH PUT-IN))

A TIGHT SCRUM SHOULD NOT COLLAPSE;

GET THE "TIGHT" FEEL BY PACKING DOWN WITH AN EXPERIENCED SCRUM;

PRACTICE COLLAPSING WITH AN EXPERIENCED SCRUM;

START BY DOING ONE-ON-ONE COLLAPSES; THEN TWO-ON-TWO COLLAPSES;
AND THEN THREE-ON-THREE COLLAPSES.

ALL COACHES MUST TEACH THIS TECHNIQUE BEFORE THE FIRST MATCH