



Rugby Canada's
Approach to
SAFE RUGBY

**“MAY – DAY”
SCRUM PROTOCOL**

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There are times in a game or even a training session when scrums collapse. On rare occasions after a scrum collapse individuals may find themselves in a position with significant pressure on their neck. In most, but definitely not all, of these occasions it is either the hooker or tight head prop forward who have to absorb this pressure.

Player safety would suggest that a uniform call followed by a uniform procedure would allow all participants to take prompt action and relieve the pressure on the player concerned. All players should be informed of the significance of the "May-Day" call and the specifically sequenced disassembly process that should be followed.

- The player under pressure makes a loud call "May – Day"
- Other players should repeat the call to ensure that it is heard by members of both teams forming the scrum and the referee.
- The referee should blow the whistle immediately
- All players must stop pushing IMMEDIATELY in order to relieve pressure on the front row.
- All players in the scrum should drop to their knees IMMEDIATELY to further relieve the pressure on the front row.
- At the same time the top half of the body is lowered to the ground.
- Each member of both front rows of both then land on their face.
- All players are to remain in this position until the referee supervises the disassembly of the scrum members.
- The referee's first action is to ask two questions

Who first called "May Day"?
Are you OK or are you in need of assistance?

- If there is no reply the referee asks the players to call their number in sequence, 1,2,3,4 and then 5 in order to determine that all players are uninjured. Players 6, 7 and 8 are not at risk.
- The scrum is then disassembled in a specifically sequenced disassembly process.
 1. The #8 moves back and away from the collapsed scrum formation.
 2. The flankers (#6 & #7) release their binds and move outwards and away.
 3. The locks (#4 & #5) release their binds and move outwards and away.
 4. The props (#1 & #3) release their binds and move outwards and away.
 5. The hooker (#2) remains as the only remaining player in the collapsed formation.

NOTE: If any front row player is bound to the player who suffered the injury, the injured player warrants medical attention and therefore cannot be moved the bind with that person (and their positioning with their faces "in the dirt") should be maintained until the medical assistance arrives.

ESSENTIAL CONSIDERATIONS:

1. At no times should any player look sideways. Rotation and flexion can increase the chance of injury. All players should ensure their eyes, their chin and their chest remain facing straight ahead throughout the entire "May Day" situation.
2. Never move an injured player. Leave them exactly where they are until medical assistance arrives.

3. The props should immediately release their bind on their opposition. (NB *This only applies to their bind on the opposition.*)
4. All other binds are maintained and the players remain in position until the scrum is disassembled based upon the sequenced instructions from the referee.
5. If no player is seriously injured, the referee must ask the player who first called "May Day" if they are fit to continue before the scrum is reset.