

## Mayday Call

The "MAYDAY" call is a safety technique put into operation when a scrum is considered by a player to be collapsing, or has collapsed, or when a player believes that he/she is in a potentially dangerous position.

It was considered necessary to have a recognised call Australia wide which would allow people to have an understanding of what actions they should take when one of the above mentioned situations occurs in a scrum.

The following is a description of the process to be followed by players, when the "MAYDAY" call is heard. Referees should be acutely aware of the process, as they may well be the person who can talk the players through the correct disengagement sequence. The injured player should not be moved after the "MAYDAY" call. All other players should follow the sequence below.

1. The player under pressure makes a loud call, "MAYDAY". (Other members of the scrum should repeat this call to ensure that it is heard by members of both scrums and the referee)
  2. The referee should immediately blow the whistle.
  3. All players should immediately stop pushing to release pressure on the front row.
  4. All players in the scrum should immediately drop to their knees. This further relieves the pressure. At the same time the top half of their body is lowered to the ground.
  5. The front row then land on their face. This is termed a "face plant".
  6. All players are to remain in this position until the referee supervises the disassembly of the scrum.
  7. The call is then made by the referee, "Who first called Mayday and are you OK"?
  8. If there is no reply the referee asks the players to number off; 1, 2, 3, 4, 5 in order to determine that all players are uninjured. (Players at 6, 7 and 8 are not at risk)
  9. On the referees instruction the scrum is disassembled:
  10. The number 8 moves back and away.
  11. The flankers release their binds and move outwards and away.
  12. The locks release their binds and move outwards and away.
  13. The prop forwards then release their bind on the hooker and move outwards and away.
- Note.* If a front row player is bound to a player who has suffered an injury, the bind with that person will be maintained until medical assistance arrives.
14. The hooker, in the centre of the scrum, will be the only remaining player.

### Essential points to remember.

- \_ At no time should any of the players turn their head to the side. Rotation and flexion increases the chance of injuries.
- \_ All players must keep their chin and chest through and be facing straight ahead throughout the Mayday situation.
- \_ Do not move an injured player. Leave them exactly where they are until medical assistance arrives.
- \_ The props should release their bind on the opposition only, immediately the Mayday procedures commence.
- \_ All other binds are maintained and the players remain in position until the scrum is disassembled on instructions from the referee.
- \_ If no player is seriously injured, the referee will ask the player who first called "Mayday" if he is fit to continue, before the scrum is reset.