Distinct Plays that Make Rugby a Certified Heart Pumping Game

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Every sport follows distinct rules and regulations. They keep a sport upright and every game exciting. A good example of this is rugby, which is well-known for its own unique rules. Inside the field, players have to observe these rules to score and avoid penalties. The winning team is determined by the scores collected without exceeding the allowable number of violations. Here are some basic rugby plays:

Scrum

Originally scrimmage, â€œscrumâ€• is a method of restarting a rugby game when the ball has gone out of play. This is done by the players of each team (8 members per team) forming a scrum, or a line of people in a crouching position. The heads of the players in the scrum interlock to form a single mass of 16 players. A player not included in the scrum tosses the ball into the tunnel formed by the scrum, and the players in the scrum compete for the ball by trying to hook it with their feet.

Maul

When the player carrying the ball is held by an opponent, and one of his teammates is bound to him, a maul is formed. The maul can be seen pushing forward toward the opposing teamâ€™s goal-line. All players forming the maul must keep standing on their feet despite resistance of one player from the opposing team. This technique is crucial in every game, and thus rugby clubs in Denver train their players hard to master it.

Ruck

A ruck is a smaller version of scrum and may involve more than one player closely surrounding the ball to compete for its possession. The only difference is it does not occur intentionally nor intended to restart the game like scrum. Other Denver rugby players may join in the ruck to support their team in gaining the ball. The additional players perform an act called â€œcoming through the gate.â€•

Tries

The most common and probably the easiest way to score in rugby is to make several tries. A try refers to an attempt to carry the ball beyond the opposing teamâ€™s in-goal line. Of course, this isnâ€™t easy for the team attempting to make the tries because of the opposing teamâ€™s defense. Players from Denver rugby clubs can kick or carry the ball to make tries work.

No Forward Throw

It sounds weird but a rugby player from a Denver rugby club team must never throw the ball forward toward the opposing teamâ€™s in-goal line. He is only allowed to throw the ball backward to his teamâ€™s own goal line or across the field. The only allowed forward moves are the aforementioned plays in rugby.

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