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Nothing beats a good game and a good time with the opposing team than playing by the rules and upholding a sportsmanâ€™s spirit. Rugby may look like American football, but the difference can be found in the rules and regulations. Know the basics of playing rugby and you may see yourself playing for your local team if your community has one. Below are the essential things you need to know about playing this football-like sport.

Play mechanics: A rugby match is played between two teams of fifteen players each, with up to seven replacements in case of need. The match is played for 80 minutes, divided into halves of 40 minutes each round. Similar to American football, to score in rugby, the team must bring the ball to the goal area as frequent as possible. Scoring a try is a huge advantage for a rugby team as it is worth five points.

Ball carrying: You can use either one hand or both hands to carry the ball to the goal area. You can go in any direction, avoiding the opposing team, as long as you can get to the opponentâ€™s goal area. In light of this, however, the opposing team can try to prevent you from getting to their goal area through several ways, such as tackling. They can only do this if you are holding the ball and cannot do the same with other free players.

Ball passing: Sometimes, teammates closer to the goal area provide a better chance of scoring. This is where passing the ball becomes essential in Glendale Colorado rugby and also where teamwork becomes crucial in winning a game. International rugby rules state you can only make a pass backwards or across the field. A forward pass, or passing the ball to a player close to the opposing teamâ€™s goal line, is considered illegal.

Foul play: Perhaps this is one of the most important things you need to remember when playing any sport. Intentionally hurting your opponent to steal his chance for a goal is not only illegal in sports standards but uncool as well. As mentioned previously, the opposing team can tackle the player if he is only holding the ball. Tackling the others in Glendale Colorado rugby will result in a penalty.

Apart from everything else, play a good game of rugby Glendale Colorado residents love and have fun at the same time. It is always fun and games when it comes to sports, but it does not mean not to try win the game. Friendly competition is encouraged so your game can be considered one worth remembering.

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