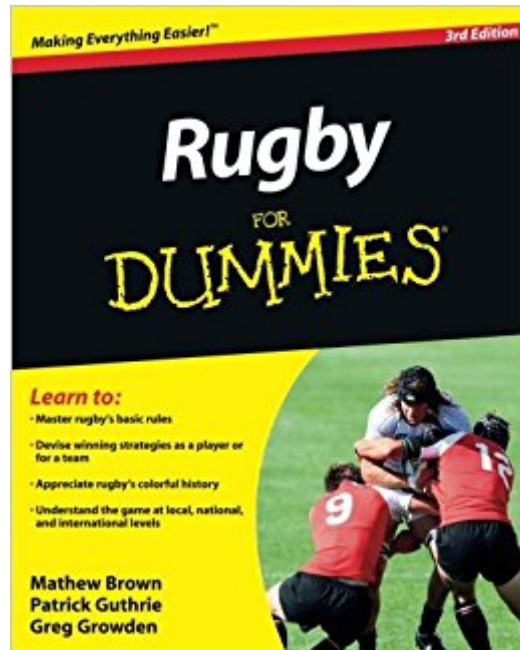




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# Rugby For Dummies



## Synopsis

The official guide to rugby in North America, revised and updated Rugby For Dummies is the guide to rugby in North America, endorsed by USA Rugby and Rugby Canada, the official regulating bodies for the sport. It gives you a look at how rugby is played, offers strategies for winning, and covers every level of the sport, from high school to college (including women's rugby) to the international leagues. Plus, this new edition addresses changes to the rules of rugby, includes new rugby player bios, and looks at rugby's upcoming return to the Olympic games. Inside you'll find easy-to-understand explanations of rugby rules and positions, plus in-depth lessons on skills, fitness training, and winning techniques. Add in entertaining stories from rugby in North America and around the world, and you've got the definitive book on rugby! Covers every level of the sport Includes the latest rules and information on rugby Discusses rugby's return to the Olympic games Whether you're new to rugby or a scrum veteran, this friendly guide is for you.

## Book Information

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## Customer Reviews

Explore all of rugby's action and excitement with this fun and friendly guide Whether you're new to rugby or a scrum veteran, this book is for you. Inside you'll find easy-to-understand explanations of the game's rules and positions, plus in-depth lessons on skills, fitness training, and winning techniques. Add in entertaining rugby stories from North America and around the world, and you've got the definitive book on rugby! Understand the essentials • get to know the pitch, all the positions on a side, and the game's scoring system Examine the game in action • figure out the difference between a tackle, ruck, or maul, appreciate the art of scrummaging, and learn to love the line-out Get equipped • grab everything you need to play, from the ball and tee to

your jersey and shorts Develop winning skills • explore the basics of how to run, pass, kick, and tackle, and check out tested training tips Cheer on the sport around the world • thrill to the Rugby World Cup, and get into the game at every level, from high-school heroes to professional superstars Find out what it takes to become a coach or referee • take your love of the game to the next level, and investigate how to get certified as a coach or ref Stay on top of the latest rugby news • get the scoop on how you can watch matches on TV and online, and read up about the best rugby websites and books Open the book and find: What the lines on the pitch mean How to recognize the referee's signals The rules of engagement in a scrum Ways you can improve your passes and kicks Tactics that will help your team to victory Great Rugby World Cup moments Exciting rugby anecdotes from around the globe How you can get involved with rugby, as a player or fan Learn to: Master rugby's basic rules Devise winning strategies as a player or for a team Appreciate rugby's colorful history Understand the game at local, national, and international levels

Mathew Brown is the producer and host of Rugby World on Fox Soccer Plus. Patrick Guthrie is the Director of Broadcast and Sports Development for the City of Glendale, CO. Greg Growden is a rugby correspondent and author of Gold, Mud 'n' Guts.

I have to say: This is a great book and I wish these authors had a different publisher and better pictures; which is why I agree with another reviewer and I purchased a second book with better graphics and pictures. I too like ordering this book in addition to Tony Williams' "Rugby Skills, Tactics and Rules" to accompany the Dummies edition. As for this book, it's for North Americans, which benefits me. The Williams book has New Zealand specific jargons and this can be a bit confusing with the multiple differences in terminology. If you want to learn about the game the Dummies book is a necessity: if you need a visual guide, Williams is great and it shows all the competing nations at the game to familiarize yourself to who the great teams are. I haven't purchased a book on the 7s version of rugby, but I recommend finding one: this will be the Olympic version of the sport and it's a very entertaining time truncated version of the game, only 7 players per team and 7-10 minute halves with two minute halftimes. Makes for a very exciting game. I grew up in the '70s and remember the new game of soccer to the U.S., Rugby is the new soccer for my children's era. Get involved! From what I can tell, it appears safer than American football, no blocking (less micro-concussions) and only contact between ball carrier and tackler(s). High tackles are illegal, so head to head contact is minimized. Younger kids play flag and tag versions, as they

get into middle school and high school, full contact is introduced. Scrapes and cuts are common in this sport and the rare big injuries, but from my observation over the last four years, I've only witnessed one head to head contact, which was the mistake of the Canadian player, which I saw in the World Cup last year. Learn more about the game. I want to pull my kid out of football altogether, because I think this is a better game.

Like many of the "Dummie" books, it is not always that easy to grasp the subject. Maybe I really am a dummy. The sport can be difficult to understand with "laws" (not rules) that are sometimes arbitrary. But I must say that I feel a better understanding of the game as a spectator. I'll keep it as reference as questions come up. The book gives nice background information as to the founding of the game and the sporting ethos of the players.

OK...hate to admit this as my son has played rugby for over 6 years and just became co-captain of his college team - Go GMU Gang Green!, but I didn't have a clue as to what was happening on the field! So, I got this book so I could actually follow what was happening in the game. This book really helps and is extremely well written, so even I, a relative sports novice could follow it and find it entertaining. My son has been caught reading certain parts of it such as the rugby resource sections just to learn more. This book is great for novices like me, but also those who might need a refresher, or more experienced players looking for resources. Makes me want to sit down with the authors and have an "adult beverage" or 2.

Happened on BBC America and was watching a rugby game. My grandson (in SEAL training) introduced Rugby to his High School and, later, they went on to win the state championship. I needed to understand the game and Nate wasn't handy to ask; ordered this on my Kindle so I can refer to it during the game. Can't say as I understand it completely as yet but this book is very readable and written at a sixth grade level, One would have to be uber dumb not to understand what they were reading. LOL Great addition to my sports knowledge.

Absolutely love this book. I knew nothing about rugby which my son decided he wanted to play out of the blue. This has helped me understand what he is talking about and when they start their matches here soon I will be able to follow what is going on. His coach is new to coaching rugby and is looking into this book as well because it has lots of tips on nutrition, weight training and even coaching. And what is helpful for players to keep in their bags. And the price is great.

I started following college rugby about 10 years ago and later graduated to following international matches also. I've always enjoyed watching the sport but the lack of much TV coverage in the US has made it difficult to pick up some of the finer points of the game and its rules. Rugby for Dummies has helped to fill that gap for me, with plenty of illustrations and descriptions of the individual positions, how they fit into the overall strategy, the principal rules that govern the flow of the game and, perhaps most important, the referees hand signals that explain what is being called and why. For anyone who wants a good reference guide to the sport, this is the book to have at hand. It not only helps build familiarity for the newcomer, but also serves as a continuing reference for the committed fan who wants to keep on learning.

This review refers to the 2nd edition (2007). If you have seen a few games and are lost, this is the book you want to get. It explains everything from the smallest detail to the history of the world cup. If you don't know the difference between a ruck and a maul or you have no idea what a pitch or a try is then buy this book. Everything is explained in a simple and easy to understand manner. But then isn't that how all "for dummies" books are written? Well this one is written by people who play and know the game and have an idea how hard it can be for an American on the outside looking in to grasp the game. I highly recommend this book for both those new to the game and those that have been just using Rugby as an excuse to pop down to the pub for a few pints.

GREAT BOOK on a great sport. Lots of information for people new to the game or life long players. Go Maggots!

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