Introduction

In the eye of the untrained, a rugby game is just bunch of huge individuals senselessly fighting one another, struggling to move an oval ball inch by inch down a field full of mad towards the goal line of the opponent team. Players don’t put on pads nor get timeout in case of injuries except a two-minute deadline to get on. But rugby is a totally different thing, a gentleman sport, to those who understand it. While rugby appears rough, its players maintain good respect toward both teammates and opponents.

What it is like to play rugby

To a player, rugby a relatively cool game- safer than football- which is perhaps the reason they don’t wear pads or helmets. But it is a normal thing to suffer minor injuries like a bloody nose, cuts and bruises. Players believe that the reason for low the relative low risk of harm in rugby compared to other games is the lack of protective gear. Actually, the presence of protective gear like pads and helmets used in other games subconsciously create a false feeling of safety in the minds of players. It gives them the temptation to play disregarding safety precautions. This is paradoxical but it is the reason in rugby we avoid tackling by the head, shoulders and neck.

Unlike football, a rugby player has no businesses blocking or hitting anybody without a ball. That means that you can never be hit unexpectedly. Since there is no blindsiding, you only get ready to be hit as soon as you get the ball. Although we play with absolute confidence as if injuries never existed, no one is sure who would be
affected the most by a wrong move in tackle attempt or when trying to break loose from one.

One of the most interesting activities in a rugby match is the restart of the match. Scrum is just fun. It feels good to come together and bind with the opponent team, at the shoulders as you jostle for position while shoving at the same time. This, for me, is normally like a time to take a break from the rapid rugby activities which involve very fast movement, especially during seven’s, which have more space for movement.

When restarting with a lineout, I love to be hoisted up in the air, being held by my legs. In the first days, this was not an easy experience because it is difficult to steadily pursue and hold the ball in the mid air just with support at the legs. In this kind of restart, the ball is passed to you by a team member from without the bounds. However, it truly becomes difficult to save your team if the opponents also raise many players. In fact, it is normally a sign to get ready for chaos, because it would be very likely to follow.

Nothing feels more fulfilling in rugby than making a try for your team. It is just like scoring a goal in football. A try gives your team an opportunity to score a few more points in the conversion of a try. This is more like a free penalty in soccer and it feels like an overwhelming assignment because everybody stops to watch how you perform in it. It is so easy to get tensed from the thought that all your teammates and fans are looking up to you to pass the ball between the uprights. This is also the feeling one gets when taking a penalty kick after an opponent commits a penalty. Nobody ever wants to waste the chance in a penalty kick to increase the score of their teams but sometimes even the best conversion kickers get disappointed by obstructions like distance and deflection of the ball by the wind. Even so, losing a free kick never feels a mistake as sorry as giving your opponent the opportunity by committing a significant infraction like tackling from the neck.
Lastly, rugby has plenty of fans whose commitment to cheering teams makes the game feel like the greatest thing one can do. Apart from the excitement it gives the player, rugby is extremely popular because of the companionship it builds. Rugby’s camaraderie is unmatched and is never possible to forget anyone who has been on your team.

Lastly, rugby is a game that never turns anybody way. In a normal team, you will find a few very good athletes and others who are not very fast, but all of them matter in a game of rugby. There is never a feeling of intimidation in rugby because it never has exclusive talents.

**Conclusion**

Dominance in a rugby game is in ball possession. It is not about yardage as in soccer and American football. As such, we don’t drive through the opponents to tackle the way footballers tactfully do with their hands and elbows. Instead, we wrap the leg of a player with the arm and let them be brought to the ground by their own momentum. Knowing the existence of such a rule should take away all the fearful perception about the game. However, rules don’t absolutely rule out the possibility of mistakes but they make players feel protected.