



What is a Loose-head?: The Mysteries of Rugby Explained

John Griffiths

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The laws of the game are made simple - for players, referees, coaches and spectators. This is a book packed full of useful information and advice on how the modern game is played and how it all began. Now all players, novice referees and school coaches seeking to understand more about the rules and regulations can find an answer to their various questions. Featuring all key areas in the game, including: The intricacies of point scoring, the definition of a loose head and tight head, foul play and dangerous play, rucks and mauls, throwing in at the line-outs and, most importantly, why the funny-shaped ball. Written in a user-friendly style, you can't afford to be without this definitive reference book. For the observer who needs to know more than the TV commentator can ever tell him, this book is first rate and full of insight into tactics and game plans. It's a revelation which helps explain the inexplicable, and reveals the basic simplicity of the game.



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