

# RUGBY UNION BASICS IN A DAY FOR DUMMIES

Amy Doerr

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Retrieved from " <https://www.kenaston.com/>: Links for all the rules are given. It was football referee Ken Aston who first came up with the idea of coloured cards. Those who play the rugby-type game should meet to form a code of practice as various clubs play to rules which differ from. Sometimes the player holding the ball, or the ball alone, ends up on the ground without a tackle taking place. Both sides compete for the ball and players may lift their teammates. Records of women's rugby football date from the late 19th century, with the first documented source being Emily Valentine's writings, stating that she set up a rugby team in Portora Royal School in Enniskillen, Ireland in