

Published based on [Rugby - Rugby League - Four Nations - Does England Have A Chance This Time?](#)

Rugby - Rugby League - Four Nations - Does England Have A Chance This Time?

Well the squad for the upcoming 4 nations rugby league tournament has been announced and it has to be said that England coach Tony Smith has made some pretty bold and brave decisions in selecting his squad for this tournament.

Gone are the days when hundreds of men gathered on city streets to battle in work clothes and boots in melees that often involved the type of brutality and injury that would draw a red card in today's Union matches. The forefathers of today's rugby stars were a hard lot of working-class dogs who fought in lawless mauls and hacked their way to victory in spite of their fellow man.

Today, rugby kits are sportswear sets sold as a unit, often with specific team logos, colors, and branding that identifies teams and countries. Big-name companies like Guinness, Adidas, and HSBC sponsor officially licensed gear and capitalize on sales of merchandise to the legions of rugby fans around the world.

Most crowd pleasing moments in the game of rugby are when a carrier or defender are pummelled to the grass in a tackle. The more 'road runner cartoon type' the tackle, the more reaction one gets from the crowd. We are like the ancient Romans during the gladiator battles. Most 'victims' of such tackles are those who stood tall in the tackle. We learned that if you position yourself above 45 degrees you may have issues with balance and you certainly cannot exert much force whilst you are not balanced. Your centre of gravity / mass is easily shifted from a point of balance and you could easily be tipped over no matter how strong, powerful or heavy you are. If you are below 45 degrees you are likely to fall forward or slip in wet grassy conditions. At 45 degrees any defender has a fair chance of using his utmost strength to floor an attacker. Any attacker is most effective when maintaining a 45 degree angle when charging forward. Any defenders caught above or below 45 degrees are vulnerable and open up a weak link in the 300 Spartan Warrior formation. They will also find it hard pressed to get down to position quick enough. As a carrier, keep your eyes always open for such opportunities. As a defender, always keep to formation.

I think that the emergence of new talent like Richie Myler and Sam Tomkins who have shown great promise over the last season and who are surely the future of the England team and are being given their chance at International level early in their careers, is great credit to the coach.

The board sanctioned a one-year trial period for 13 original ELVs since last August, the culmination of a four year study as to whether such amendments were necessary and benefitted the game overall. Six of the ten approved regulations concern how the lineout and the throw-in are allowed to proceed.

The game's most valuable pieces of rugby equipment are the brave souls who sacrifice their bodies for the love of country. Beyond the basic items necessary to play the game, the human element becomes the primary factor in which opponents determine victories through hard work and strategy

Signature*****

Online [Mortgage Refinance](#)

[Mortgage](#) articles and resources

[Real Estate Marketing](#) Guide for Real Estate Agents

You can also find this article published on [Rugby - Rugby League - Four Nations - Does England Have A Chance This Time?](#), and on the tag pages [gladiator battles](#), [League](#), [road runner cartoon](#), [rugby rugby](#), [Squad](#), [tournament](#)