How It Works

**Welcome to the You Name It Sportz Rugby Team League!**  
Our league offers a flexible, fun, and competitive environment where teams can schedule and play matches at their convenience within a designated weekly window.

**Key Features:**

* **Team Formation:** Gather a team of 20+ players. Teams can be formed from friends, colleagues, or local players.
* **Match Scheduling:** Each match must be played within the designated weekly period (e.g., Monday to Sunday). Teams coordinate directly to find suitable times.
* **Flexible Format:** No fixed match time. Play at your preferred time during the week to accommodate everyone's schedule.
* **Match Structure:** Each match consists of 2-40 minute halves
* **1. Scoring:**
* **[Try:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Try&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIzQEQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Try&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIzQEQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **Worth 5 points, scored by grounding the ball in the opponent's in-goal area.**
* **[Conversion:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Conversion&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI4gQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Conversion&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI4gQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **After a try, a kick through the goal posts (if successful) is worth 2 points.**
* **[Penalty Kick:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Penalty+Kick&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI8gQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Penalty+Kick&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI8gQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **Awarded for certain fouls, worth 3 points if kicked through the goal posts.**
* **[Drop Goal:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Drop+Goal&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIgAUQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Drop+Goal&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIgAUQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **A kick through the goal posts during open play (worth 3 points).**
* **2. Passing and Kicking:**
* **Passing: Only backward or sideways passes are allowed.**
* **Kicking: Players can kick the ball forward to advance it, but teammates must be behind the kicker to avoid being offside.**
* **3. Tackling:**
* **Legal Tackle: A tackle is when a player is brought to the ground by an opponent. It must be below the shoulders.**
* **Illegal Tackle: High tackles, above the shoulders, are penalized.**
* **4. Other Key Elements:**
* **[Rucks:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Rucks&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIhQIQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Rucks&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIhQIQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **A ruck is formed when a player is tackled and the ball is on the ground. Players must bind together and try to push the opposing team off the ball.**
* **[Mauls:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Mauls&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI-wQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Mauls&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI-wQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **A maul occurs when the ball carrier is held up by one or more opponents, and teammates bind on to the ball carrier.**
* **[Scrums:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Scrums&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIkAIQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Scrums&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUIkAIQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **Scrums are used to restart play after certain infringements. Eight players from each team bind together and compete for the ball.**
* **[Offside:](https://www.google.com/search?sca_esv=764388d8aea36402&q=Offside&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI_gQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **[.](https://www.google.com/search?sca_esv=764388d8aea36402&q=Offside&sa=X&ved=2ahUKEwjFhtK4zviOAxXHnWoFHerpDUYQxccNegUI_gQQAw&mstk=AUtExfAa2Jxb1V0Ozmydc3t74sBZUS5QFqsjQTEu7okTMHX6bt6-josBXooc4Nx_D0DNYpeBfkONXOcQ8KZZEnQZndCZoclHZ34qbiLFS0jmtSw_cJSA2tuJEp-YXUuuJhL6bSk&csui=3" \t "_blank)**
* **Players must be behind the ball when it's passed or kicked by their teammate or they will be penalized.**
* **Standings & Progression:** Results are submitted through email at customerservice@younameitsportz.com, and standings are updated in real-time. Top teams advance to playoffs or finals based on league structure.

**How to Participate:**

1. **Register Your Team:** Sign up via our website and pay after sign up.
2. **Schedule Matches:** Contact your opponent to agree on a match time within the weekly window.
3. **Play & Submit Results:** Complete the match and submit scores through email
4. **Follow the League:** Keep track of standings, upcoming matches, and announcements.