

Sports Freak or Couch Potato - Which Are You?

Your score

1 A = 1; B=3; C = 5

2 A = 0; B=3; C = 5

3 A = 3; B 5; C = 0

4 A = 0; B=5; C = 0

5 A = 5; B=3; C = 0

6 A = 0; B=5; C = 0

7 A = 0; B=0; C = 5

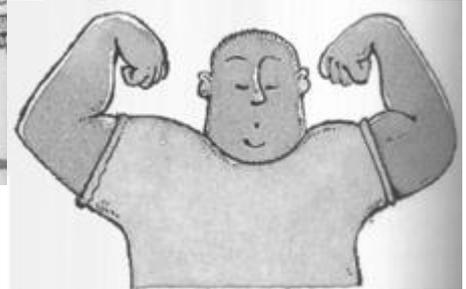
8 1 point for each correct answer:

A = Basketball;

B = Football;

C = Rugby;

D = American football



10 points or less

You're a couch potato. You spend too much time at home in front of the TV. Go out and do some sport. It's healthy, and you'll feel better, too.

11 to 29 points

You have a healthy attitude towards sport and exercise.

30 points or more

You're a real sports freak. But too much sport isn't always good for you. You should relax sometimes, too - it's healthier!

Some of the rules of Rugby

The rugby ball is oval, not round. There are 15 players in a team. A game lasts 80 minutes. Players can kick, carry or throw the ball (but they mustn't throw the ball forward).



Players can tackle the player with the ball and bring him down. That player must then give up the ball.

Another player can then take it.

The man in white has tackled the one in black, so that player must give up the ball.

A player can put the ball on the ground behind the other team's goal-line. This is a 'try' (5 points).

There are three types of goal:

1) After a team gets a try, a player from that team can kick the ball over the other team's goalposts for a 'conversion' (2 points).

2) A player can also drop-kick the ball over the crossbar of the other team's goalposts when he is running with it. This is a drop goal (3 points).

3) A penalty goal after a foul also gets 3 points.

