Okay, I'm going to put the phone face down so we can forget that we're talking to a phone and we can just have the conversation. Yeah, which doesn't bother me anyway. Okay. The way I roll is, when you say something, because I'm thinking, I have to remember to talk that way so the mic picks it up. Otherwise I'll be talking out to the stars. Okay, so I'll just rehash the purpose. Yep. I think the thing that was sort of the initiation of all of this, the thing that instigated everything was, you had essentially left New Mexico at the time, and you still had a training group of players there, and so you gave us essentially stuff to do to keep us sharp, and most of it were games. Yep. And we had a lot of freedom to adjust the games, and essentially what we did was we arranged for guys who were doing rugby tribe, but also other rugby players to come together and just do these little sessions, and they would usually look something like roughly one hour, usually somewhere between eight and ten people. Yep. It typically ended up being in like three different games. Yep. Each of roughly 15 minutes each. Sometimes we did shorter games, and just more of them, and sort of the realization came when we did these things, like more and more people showed up. Same people kept coming back, and then they would bring other people because it was so much fun. These were not necessarily people being exposed to rugby for the first time. These were players that had some background, and just wanted their fix. So I think what we had was a little bit of Angus on a piece of paper, but enough experience between maybe myself and Leon, and others to say, okay, well, we know if we tweak the game this way or that way, things wouldn't fall apart, and it may be still be a lot of fun, and it may even help the game in this way or that way. Yep. So what we know is that there are a lot of people that don't have the necessary background and experience to be able to do that. They can maybe follow a recipe. Right. But they haven't done it enough times to know how to start tweaking and changing things. Yep. I like kind of Lego terms are familiar to me for this. Yep. So this is almost like taking a little Lego book and using the instructions to build a little dinosaur. Yep. And maybe if it's your first or second time, and you're just starting out, you're not able to build this on your own, so the model is super helpful. Yeah. But if you're a 15-year-old, and you've been playing with Legos since you were five, you probably have the ability to take the little booklet and say, okay, we're building a T-Rex, but I don't actually have all the pieces because some of them have been lost. So I'm going to adjust a little bit and build it this other way. Yeah. That's kind of the way I see it. So what I think I'm hoping we can do with this is, you know, take some of the knowledge and experience that you have and put it into a phone so that, you know, people playing rugby somewhere that really enjoy it, that, you know, sort of want to play different games and, you know, attract more people and grow their group and have fun with it, are able to do it without, you know, the risk of too much experimentation on their own. Yeah. So they get to benefit from your experience. Yeah. Maybe a more direct way to put that is, you know, a group of girls are getting together to play some rugby. Maybe they all play together for the same club. There's roughly eight or nine of them. They show up on a Saturday morning because they have some free time and they want to burn an hour, hour and a half and have it be fun. But also, you know, like refine some skills in the process or sharpen the skills in the process or maybe sharpen their fitness. They can pull up the app, similar to how we did with the recipe tonight. Go like, hey, this is what I'm cooking. I want a sauce for it. These are the ingredients I have. You're like, what can I make? This is the amount of meat I have. They pull up their phone and go, look, we've got, you know, we've got four, like we've got eight or nine girls here. We've got four forwards and four or five backs. And we're particularly interested in working on our fitness and handling what game, what games would work well to incentivize those particular skills to be used well. Yeah. And the app can just come back and say, like, here are three different recipes, you know, or whatever. Yeah. And so the and then they can use one of those and start playing around. And maybe something is not, you know, working as well as they thought it would. Like, essentially, when I pulled up that recipe tonight, it told me to include the avocado for the sauce. Yeah. And I told him, essentially, I don't think an avocado is going to be good in this sauce. So we left it out. Yeah. But then later we dropped it back in again. You know, one of the girls, whoever's opened up the app, maybe the app's name is Angus. She, you know, she queried Angus and said, look, we're playing this game. There's so many of us. And there's like one thing keeps happening. Like, what rule can we add to, you know, to make things more even? Or we've like one team has more players than the other team. What rules can we add to make it more even? Whatever it is. Yeah. And, you know, the app, like through your knowledge, can then give them a recommendation of what to do to steer their direction. Yeah. So that's I think that's the that's the context. Yeah. I think the question in my mind is the how. Right. So we went through one iteration of this where you essentially we essentially tested the approach. So you would draw up games. I would take those little games. This is more recently after we started the Rugby Tribe and we wanted to experiment with this. Yeah. Not during like Black Dragons because we knew it worked well back then. Yeah. So, you know, you send me some recommendations for games. I would draw them on a piece of paper. We would go and play them, the games. I would write down feedback for you and I'd send it back to you. Yeah. And we went through maybe like three or four iterations of those. So I think if we and that worked quite well, but I think if it's not me on the other end, if it's another person that may not be as fluent. So if if we say like if we just make it simple and we say like there are various combinations of players that might show up and there are various things that they might ask for. Right. Like they might might ask for a fitness session, in which case you may make the field very big, like wide and very long. Or, you know, you may introduce certain rules that require more more running or whatever it is. I think the first question is, if we just fix a few things and we say let's start with a player ratio of four versus four. Yeah. And we can increase or decrease off that. I think decreasing is probably a little difficult. So maybe we'll increase off to that and various ratios, maybe 4v5, 5v5. Yeah. Like 5v6, like, you know, just sort of odds and evens. But what are the what are the potentially and you don't have to just give an answer that's just correct. We can debate it a bit. But what are the different things that you reckon like players may show up and ask for aside from, hey, you know, I want this game to like push me on fitness a little bit. I think most people, when they turn up to anything, they've already made the decision that they're going to be there for whether it's just this one time or multiple times. So the trick is to always. They're here. So how do I keep them here? OK, so it's the engagement piece comes to what's going to keep them here. And what you cannot do is define a blanket approach for all people. So because all people are. If you look at it in an ice cream shop, OK, we're all going for ice cream. But when we get there, we all want different ice cream. But the shop is the same. The ice cream is still ice cream. Do you mind if I put the phone over your chest? Yeah. So when we go to a game session, the thing to remember, number one is players want to play. People are coming to play a game. So they have to be able to enter into the game. A very simple level. And within a very short space of time. Know that they can interact with the game. So we're not even winning or losing. It's just how can I be part of it? How can I immerse myself? Let's say it's two teams of four. So if two teams of four are in a space. And I kind of like to allow roughly width-wise at least five meters of width per person. So if you've got four times five, that's 20 meters. Allow 20 meter width. That allows sufficient lateral movement. And then your vertical movement. So the length of the field is however long you want it to be. What would you usually do? I would do somewhere between 20 and 40 meters. So historically I've proven that most people can get a very good workout. In a 20 to 40 meter length. With five meters per person of width. So if you give them more than five meters of width. There's a lot more freedom of movement. And maybe freedom of experimentation. But it also takes away a lot of pressure. So your endurance runners or your very fast people kind of start to shine. If you reduce to less than five meters of width per person. You create a lot more pressure on skill sets. If you're passing a ball, catch pass. So they have to be very, very fast. And very, very good in their skills execution. So the smaller it gets, the more skills acuity and agility you have to have. The bigger it gets, the more endurance or speed you have to have physically. So the width dynamic, there is kind of a sweet spot in the width dynamic. That allows all people to be engaged on a fairly similar plane. The length dynamic, you know, it becomes a reactionary thing. So if you break through, if you're an attacking player in a game. And you break through to score at 15 meters or less. There's fundamentally no reason why you won't score. Because we're talking about a turn ratio of a second or so. So unless you're the slowest person around, you're going to score. At 20 meters, there's a chance depending on the type of game you're playing. That a defender will catch you. At more than 20 meters to 40 meters. You're now having to think about how you score versus just reactively scoring. So if I break through a position and I've still got 40 meters to get to the try line to score. Then you might catch me, depending on who I am. So I've got to now think about how do I tactically use my speed and size. To get to the final outcome, which is scoring. Or do I need to bring in another person, a support player, to help close out the score. Because once you've turned, the average defender will take one or two seconds to turn. In a fairly well balanced and a fairly fit environment. Yeah. Stop and turn pretty much. Yeah. So at the time you've stopped and turned, I can probably cover 10 meters. By the time you've turned and accelerated, I could have covered 15 meters. But after that point, if that's not where the score is. After that point, then there's potential for the score to be stopped. So to sum up, when you're designing your playing platform. Allow roughly 5 meters of lateral width per person on each side. And then define your length of your field space, depending if you want endurance or agility. And then you also have to decide, is this game about tactical or reactionary. So if you look at a game of squash, if I miss the ball, I lose a point. There's no recovery from missing the ball. Everything is all in the hit. So if I'm playing a rugby game in a shortened environment at 20 meters of length. If I break out through the defense, I'm probably going to score. That's it. So you don't really have anything tactical beyond your single line of defense. If you're at more than 20 meters of length. So 20 meters of length for two teams, everyone's got about 10 meters, they're half of the field. So if you're more than 20 meters of length, now you get into tactical defensive tactics. Within an overall defense strategy that you have to start overlaying. So if we think about the actual, like the finer details, the mechanics of putting the game together. So you show up, there are eight people out there. You showed up pretty much with a ball and some cones. That's pretty much all you need. That's all you need. And the beauty of doing... If you understand the principles of gameplay, you need very little equipment. So cost-wise, there are very few barriers to entry. You need a ball, make sure it's inflated. You need a handful of cones to mark out your playing space. The beauty of cones is you can always change the space if you need to change the direction of the game. And then that's it. That's all you need just to get going. And if you think about playing as a kid, whether it's soccer or rugby, it doesn't have to be cones, right? No kids go, oh, I don't have any cones so we can't play a game, right? Like we take someone's shoes. Put a shoe down, put a jumper down, a t-shirt down. And this is one thing that's been lost in the modern world is we lose that creativity. So, you know, if you're young people, when you go out there, you've got a ball to play, use your environment to define your space. It could be stones, it could be clothes, it could be extra, you know, it could be shoes, coats, take your coat off. This is the cheapest form of sports you'll ever find. Right. Well, maybe second only to soccer, in my opinion, which is why soccer is the most popular sport in the world, right? Like I can drop an empty Coke can and start playing soccer. Totally. And rugby was born of soccer. Yeah. So you can still play without a Coke can, you just have to pick it up instead of kick it with your feet. Sure. Yeah. Okay. So, you know, maybe a good prompt similar to the cooking analogy is, all right, you know, I want to play some rugby. I want it to be a touch rugby game. You know, we've got roughly eight people. Yeah. We have eight people. And we're on this open space, it's grass. So maybe it's a good thing for the app to prompt the person asking it, like, what does the environment look like? So it prompts the environment. What is your surface? Are we on concrete? Are we on turf? Are we on grass? Are we on sand? Right. Or you could even go much more simple. Is it soft or hard surface? So why don't we simplify things again and fix another variable? So we fixed the number of players. Yeah. Why don't we fix the surface and just say grass for now? And then maybe a surface we can do in the future is sand, because I'm actually genuinely curious how things would change or how you would change something like field dimensions for sand. But let's not get into that now. So we fixed it on grass. Yeah. And maybe there's a tree for one corner. Yeah. And, you know, like other sort of natural markers have been identified. So the field space is identified. It's roughly within those dimensions that you've given. Yeah. And now the players could ask you for, hey, we want sort of a conditioning endurance session. Yeah. But I guess they could also ask you for a kicking session, like we want to refine some kicking skills or passing skills. Yeah. What are all the sort of things that you think, and this could be a brainstorming session that we have now, like what are the things that they might ask for? So passing is intrinsic. If you look at whether it's football or rugby, you've got to be able to pass, right? And you've got to be able to pass left and right. So very simply in rugby, number one thing is catch pass. So when we play this game, all pass is a really good way to train players. So keep your rules simple and have your rationale understood. And so one of the biggest problems I see in rugby, because of what people see on television, they want to accelerate their skills to what they see on television. They don't connect the dots that those are professionals who train all day, every day. So you've got to come back to where we're at today, what are we doing? So passing, always use two hands. Always use two hands passing. Very simple rule, two hands passing, carry the ball with two hands in front of your torso. Then your body is in a position to interact with the space around it, but also make a left hand and a right hand pass, depending on the needs of the team in the moment. So what rules could you introduce then? So let's say that is a rule to the game. All passing is two-handed. Right. Someone says, so normally you just play touch rugby. There are typically no rules that say you have to pass with two hands. But the players that have come together to play have explicitly told you that they want to focus on passing. And so now you're telling them, or you can introduce this rule that says you have to pass with two hands, because that's a good thing to do fundamentally because you're not a professional player. What would a typical penalty or incentive be for passing with two hands or not passing with two hands in one of these games? So Team A is playing against Team B, and goal from Team A passes not with two hands, but with one hand. So very simple. It's an immediate turnover. Give the ball to the opposition. So the team gets the ball. So if you move away, not only is that good for the sport or playing the sport, it's a good discipline, because if we want to be good in anything, we have to have some disciplines. So it's just a very good, simple discipline. It's something most everyone can do. So if you don't do it, the penalty is you lose the ball. You lose possession because it's important. So you have to make it kind of a fairly harsh penalty. So basically if you don't do this, then you're giving up the rights to possession. So if they're not passing with two hands, the ball goes straight over to the opposition, and they get to attack. They get ownership, and they're attacking rights straight away. Got it. Okay. That's helpful. So we're assuming that these players have some basic understanding of rugby. We're not teaching people for the first time. We assume that this model that is channeling you has some basic understanding of rugby because it's been trained in the laws of rugby that are publicly available. Yeah. So let's just assume that we're starting from a base format of run forwards, pass backwards. Run forwards, pass backwards. So that's the cycle that you're in. Right. Okay. So essentially what we just talked about is one of the skills, like a game that trains or helps to incentivize use of one of the skills of rugby. Yeah. Passing in a certain way. Yeah. So there are obviously a lot of other elements to this, which we'll just talk through. So I show up, you know, again, eight people on grass. I tell you about my environment, and I specify maybe the particular skill. Or maybe I don't. Maybe I just say we want to run around and have some fun. Yeah. What other rules do we need to think about? Maybe, you know, number of touches before turnover or how touches are made. You know, two hands versus one hand. Kicks allowed, no kicks allowed, those sort of things. Generally, how do you approach that? I approach that based on the purpose and the group. So what are we trying to achieve? Where are we trying to go with this? So fundamentally, if you have an attack and defend game, so just set out our field space and our passing requirements. So once you've got an attacking requirement, you have to have a defending requirement. Now, very simple in the laws of rugby, you know, you have to make contact in a safe space, which is the lower part of the torso or the lower body. That's it, the bottom two-thirds of the body. So very simply, the defence, if you want to make it easier for the defence, then it's a single hand touching the ball, touching anywhere in that bottom two-thirds of the body. Make it a hand slap, make it a proper contact, not a fingertip contact, because then it's more clear and it's less open to interpretation or confusion. But just one hand touches the ball or the lower two-thirds of the body. And at that point, you decide is... ..do we get ownership of the ball? So are we making this a... Where are we putting the stress? Is the stress on how to attack or on how to defend? If the stress is on how to defend, then are we making it easier for the defence or harder for the defence? Because that defines the challenge. So if I have a one-hand tag on you, the ball carrier, and I get the ball immediately, then that's easier for the defence and puts a lot of stress on the attacking side to create an offensive strategy that works in this environment. Now, if I'm saying, in the past, because we want to generate good attacking frameworks, two hands are essential to passing because then you can move left side of the field and right side of the field, which is a consideration because statistically, let's say, more than 80%, maybe even 90% of coaches are right-handed. So their implicit bias is to play one side of the ball, play right-handed instead of left-handed, which means you don't evolve players, which means because we're not evolving players because we're not working both sides of the body. You look like at a game of tennis or a game of golf, you're going to have to look at the same thing. How do you work both sides of the body? So attacking-wise, if we're saying two hands allows us to work both left and right side of the body, left and right side of the field in our attacking shape, then we kind of have to level out the defence. So if whatever you do in offence, try to equalise it in defence. So instead of saying one hand, make the tag or the touch two hands, which means two hands have to get closed around the ball or in that bottom two-thirds of the body, two-hand grab or a two-hand palm slap. What that does, it trains the body and it trains the body physically, but more than that, it trains the brain to think under pressure and manage the space

to optimise the opportunity for a two-handed defence, whereas a single-handed defence could be purely reactionary. So I know I'm probably going, I don't know how, I'm going very deep into the philosophy or the rationalisation of gaming, that offence and defence always have to have some kind of balance. So if you start from a balanced place, then you can adjust out from there. So if you think in a game of principles, like rugby, rugby has principles of play, so with a game of principles, attack should be driving, which means defence should only ever be reactive, offence is always reactive. If defence is not reactive, then you create inertia and your game comes to a halt. Right. I think if we get super deep into the professional game of rugby, the principles of defence probably has some element of pro-activeness to it, especially if it's a dominant defence. But if we're just talking about regular people having fun, there's no need to get into that. Well, actually, there is regular people having fun. I'll just come back to the thing I just said, always start from an equal base. So if you're having your attack do one thing, then your defence needs to kind of be in an equal... whichever direction you change it from there will skew it to whatever you need, which is okay, but always try to start from a level playing field. So if you're asking something of your attack, make a similar demand of your defence, which is why in this case, very simply, if we're saying all passes have to be two-handed to work left and right side of the field to make it the same, then make the defence the same, all defences have to be two-handed. So one of the things I remember from games you had us play, there was always a... I'm assuming it doesn't always have to be this way, but there was always... the games always started out with very few rules. Maybe two or three rules, keeping in mind the basics of rugby, so you can only pass backwards or sideways, you can only write just the basics. But then you would have maybe like... the game would start out with just one or two rules with one or two objectives. Maybe it is the ball has to make it into that part of the field for your team to get a point or to get a reward, and it may be very loosely defined initially, so the ball just has to get there, which may mean you can kick it there, throw it there, whatever, and then rules could be layered in. How would you, if you said like, there's no one to layer in the rules as people are playing, is there some sort of range or threshold for the number of rules to start each game out with? So try and start time to action, so really you want no more than three rules. And when you say time to action, you don't want people spending 10 minutes discussing rules and debating the outcomes. Right, you want them to get going and just experience the outcomes and then maybe... Yeah, because the outcomes should define your next requirement. So if you're playing, start playing, this is it, it's this simple. So if you keep it loose, you can tighten it, but if it starts tight, you can't ever loosen it, because that's how human functionality is. So if you keep it loose, you say right to score, you just have to put the ball down under control in this area, that's worth one point, this is a basic requirement. If you use, coming back to the rule of we're attacking with both hands, which means we can work both sides of the field, therefore if you score in a specific location, we're going to award you two points or three points, because it increases the value of the location. Now the location isn't the destination, what the destination is, is how does the team work to manipulate the space to get that three-point score versus a one-point score. Okay, so you're saying the point scoring system, the number of points that you are rewarded with also has an impact, so it's another element to think about. Yeah. Okay, so if I just run through a session, we've spent a lot of time talking about passing, so I show up, we've got eight people, and I go, hey Angus, which is not you physically, but the app, hey Angus, we want to play a game, we want to focus on our passing, and we've got roughly an hour, hour and a half, so start us out simple, we haven't done any warm-up, just get us going. And the rules may be, like you haven't warmed up, so you don't want to go into full sprints, so maybe it's like three meters of space roughly per person, and you can only pass two hands and two hand touch. After three touches, the ball gets turned over to the other team. All right, go play for eight minutes or whatever. Yep, so what I would do is stay with your standards, so five meters of lateral space, and have the ball, split your team equally within that space, and just play. So this is about movement, if we want to warm up, we've got to get moving, so we're going to move the ball, every tag, every official tag is a turnover, which means we're getting everyone engaged and active, so you might make a lot of mistakes, but we're going to do this at walking speed for now. Okay, we're going to do this for five minutes. At the end of five minutes, let's just stretch a bit, see where we're at, and if everyone's comfortable, then we're going to play the same game, but now we play it for another, let's say, seven or eight minutes, maybe even nine minutes at running speed or jogging. So when you're at running speed, you're going to walk, jog, run, and maybe sprint. So we're going to running speed, that's okay, same rules apply. So you've now had five minutes plus nine minutes, that's 14 minutes. At the end of 14 minutes, you can just stop, see where you're at, have a drink of water, it's a good time to rehydrate now, take a sip of water, and the rules are just the same. We've got one point, scores, equal teams, and then at this point, you can decide, do we want to continue? So you can look at the score if you want, and continue on. Shall we just stay with this basic game? Yep, that's fine. Okay, let's set some game rules. Let's play best of three or best of five. So the best of three points, the team that gets to two first is the winner, or best of five, so the team that gets to three points first is the winner. Let me ask a question. So there's maybe a good time for the app to check with a group of players if they would like to shuffle teams in between games, or if they want to keep the same two teams. My preference has always been to keep shuffling teams because you then leave without feeling like one team lost or won. It's just impossible to track. So the pros being it saves time if you just pick two teams and you don't change those teams. It saves a lot of time, but the pros to shuffling teams is there's much more opportunity for it to be completely level. It doesn't really save much. All it does is just narrow your focus. So if everything's the same all the time, you don't know what you're not exploring or what you're not finding out. You mean in terms of mixing teams? Yeah. So 15-minute cycles are good because people get good workouts in 15 minutes, heart rate, cardio, plus some skills acquisition, and also it works with attention spans, attention cycles. So at 15 minutes have a water break and you can stay in the same game and change the teams up. I have a strong preference for changing the teams in between these games. I don't know why, but as a player to me that is just something I enjoy very much. Actually, and that's a very good observation, it's really important to change your team regularly because as soon as you get too comfortable, you kind of stop learning. So what you don't want is to be in that space. So error creates excitement, risk creates excitement. So if you change up the teams, you've now got new people to engage with, you've got new dynamics to learn it, but it's not super stressful because everything's within the same playing framework. But you change the team. Don't make swinging changes because big changes in, let's say you've got four a side, change one. If you've got seven a side, maybe change two. Because that's enough people to change the dynamic without completely disrupting what you've achieved up to this point. Oh, let me ask an important question. So you say change one or change two. There is the person on the side, the coach, standing there pointing, you go to that side, you go to that side. That's one kind of change. The other change is if there's no coach, it's just the players saying like, oh, you give us this person, we give you this person. I always feel like that creates a bit of a feel amongst the players like, oh, they took the worst player from this team. That's me. And they've now given it. I just like to reshuffle, quote unquote, the captains, like the people selecting the sides. So you might start out with like two of your best, like sort of maybe agility speed athletes. And you go, you two pick two teams, you take turns selecting players. But maybe your next round of player selection is not like that. They may be your best like forwards, right? Like maybe a bit slower, not necessarily fantastic at touch rugby, but like they're your more physical players. I think it's always important to try and pick a like for like. So, and again, it depends on the outcome, but in just general terms, try and pick a like for like, because people are different. So it doesn't matter if they're same or similar shape, same or similar size or same or similar attributes. The point is no one's a clone of someone else. And what we don't train for is mental or emotional functionality. So you don't really know what's, we superficially look at a person and say, oh, that person's big or that person, so they're slow, or that person's skinny, so they're fast. So when you do the change up, it's kind of, if you do a like for like change, so kind of an ability match or a size match, you're not going to, what you're going to do is generally retain the shape of the game. So it's still relatively competitive, but you're giving people the opportunity to discover new personalities and how they function in that gaming environment. If you skew it and you go change a body shape A for a body shape B, so you change someone who's big and switch them out for someone who's fast, that's kind of okay. But you've got to then ask yourself, why am I doing this? Because what if you're doing it for the reason of stacking one team to make one that team a winner, you will within a fraction of the time you've already invested. So I would say if you're at a 15 minute marker and you do that within seven minutes, within half the time, everyone will have lost interest and no one wants to play there. So if we say that, let's say like typically there's no coach and the players are selecting teammates. And we assume that a group of eight players are roughly going to have a similar set of profiles than maybe like a group of Black Dragons Yeah. You're going to have a Josh Aranda and a Paul Bordenkircher. Yeah. And you're going to have like Chris Hofstra's and Mark Berg's and McHale's and so on. Yeah. If you're doing a particular game where the field is wide and you've got lots of space to run and you've got Paul and Josh in the same team somehow. Yeah. You're probably looking at a game where it doesn't really matter what the mix is. That team's going to dominate. Yeah. Right. Because one of those two guys get the ball, they're going to tear the other team up. Yeah. Now you can reduce the risk of that happening, which is not fun. That's not a fun game for anyone except for Paul and Josh. Yeah. But you can reduce the risk of that happening by making Paul the one captain and Josh the other captain, therefore separating them. Yeah. So the thing with captains is come to this comeback. So set your teams. The basic rule is set your teams and keep them as close in profile as possible. So team A and team B look very similar in the terms of who's fast, who's got endurance, who's powerful and who's physical. So keep it like that because remember, people are not clones. So when you've got a kind of a mirror and everything looks similar, people will manifest better. They'll have more fun. It'll be reasonably competitive. It's not skewed in a way that disadvantages one side or the other. So always pick the best you can with the player group you have. Try and match it as much as you can. Your captain selection is a little bit more sophisticated because when you pick your captains, you have to pick. Comes back to, always comes back to what's the purpose of the game. So if you have two people who are super fast and super energetic and super speedy, then those two captains will always try and define the team to do what they want. Human conditioning is 101. The person in charge wants it done through their perspective. And so if you put in people who are slow and like things to be methodical, that's the kind of outcome you're going to get. And so we don't want to complicate this conversation too much around defining leadership, but just remember that how you define your captains will impact how each team plays. So rule A, two teams try and keep them very similar in their shape or their profile. Rule B, try to pick the same type of captain for each side. Yes. Now, again, if you want to skew the dynamic, you don't necessarily have to change the teams. You just have to change the captains. So you can have two captains of the same or similar profile, or you can change the profile of the captain because that will have a direct outcome on the profile of the team. So maybe... Not the profile, the playing style of the team. So maybe if, you know, the group's out there, they've selected two teams, we'll take a break in a second. It is recording, isn't it? I believe so. It's very warm on my stomach. Yeah, it's recording. Is this good? Man, there's a lot in this. So if I say, okay, look, we've got, you know, we've got this group of players out here. We follow your guidelines. We set up the field as you suggested, and we've successfully selected two sides that are pretty much equal, you know, for the first round of games that we've played. So it's still like pretty equal. We can opt to just keep the teams exactly the same and go into the next iteration. Or, you know, we can say like, let's pick two new teams quickly, as long as that same requirement is met. You know, like if we use like scoring as a measurement, like a threshold, like when does it feel like it's too out of whack? So if we just say like, forget about like how many points a try counts. Yeah. We just say like every time a team like achieves the objective of the game, which in most games is probably going to be scoring a try, and that counts one point. Is being more than two points ahead, like, oh, this is, these teams are too unbalanced? So let's work back from if you're in a 15-minute game, and you have a score a minute, yep, that's 15 points scored. Just keeping it simple, right? So a score a minute, that's way too much. There's something kind of skewed. In reality, if you're at one score, roughly every two minutes, you're probably in a good space with tension and elasticity of the game. Because it means people are having to work to score, but they're not having to wait too long to get that outcome. Yeah. It's interesting, because I watch like the kids play soccer. And in soccer, one of the most difficult things to do is to kick that fucking ball into that net. Yep. It's just exceptionally difficult. Yep. And for little kids with like a bunch of other kids swarming around the ball and swimming around the goal, you know, I may go to Vera's soccer game on a Sunday and see, you know, in the hour that the little kids are running around there on a small field where you'd expect a lot of goals to be scored, one team maybe scores three and the other team scores four. Yep. So you're saying like the number of scores may be indicative of a problem of the rule set, in addition to the ratio of scores between the two teams. So clearly if one team scores all the points and the other team scores none of the points, that's an issue. Yeah. Yeah, because you've got a team balance issue or a space issue. Right. That would be very clear if one team just blows the other team out. Yeah. You're saying it is also concerning to you if in a 15 minute game, one of the two teams scores on every minute? Yep. Okay. Yeah, because it's not realistic. It doesn't, it's indicative of, so if you look at competitive behaviour, we have to be, the score has to have meaning. It's not the points. It has to have meaning. You have to have significantly delivered a chain of events to get to the outcome. Right. So if you haven't done that, if it comes too easy, it's just like, it just deflates the whole situation. So in basketball, for example, it's expected to be scoring every maybe 10 to 20 seconds, because that's the nature of the game. But in rugby, that's not typical. Yeah. It's concerning to see that. Yeah. And I can't speak to basketball, but I do know people who have said basketball is not real, because it's just turn, shoot, score, turn, shoot, score. So there's no, outside of those who love basketball, there's not so much attraction, because it's all about racking up volumes of scores versus appreciation of athleticism, which is a broader debate, you know, but coming back to, you know, in a, just setting off basically, in a game of rugby or a game of football, scoring, the very act of scoring is the outcome of a sequence of events. And this sequence of events can be disrupted by the defence. So if you're scoring too much in the time frame, there's something not right in how you've set your game up. And what it means is you're devaluing the score, because you've got to earn the right to score. And a lot of the fun in gaming is earning the right to do something. It's creating that sequence of events. So the high-frequency scores in a short time frame is indicative of this is too easy. Yeah. So if you use your basketball analogy, because there's very little difference between players across the landscape, and everything's too well-oiled, so it's too easy to score. Now that could be the mindset of the athlete or something in the mechanics of the game. So, but for a game to have value, you've got to have attainable wins. But you've got to also balance the industry to get the outcome, to get the point, to get the value. Yeah. Okay. And grab this, let's take a break. And sleep. I feel like it's... I'm enjoying it.