

# HERE'S!! \* WAY TO WATCH MLR Final LIVE STREAMS ON TV CHANNEL 28 June 2025

How to watch the Major League Rugby Championship today: Free stream, channel, start time  
The New England Free Jacks are looking to become the first Major League Rugby team to three-peat  
Saturday against the Houston Sabercats. The championship match will start at 2 p.m. ET.



The Major League Rugby Championship will air on ESPN2, and streams live on DirecTV (free trial).

What: Major League Rugby Championship

When: Saturday, June 28, 2025

Who: New England Free Jacks vs. Houston Sabercats

Where: Centreville Bank Stadium, Pawtucket, Rhode Island

Time: 2 p.m. ET

TV: ESPN2, ESPN Deportes

Live stream: fuboTV (free trial), DirecTV (free trial), Sling

New England might be in its third straight championship game, but it didn't come easy. The Free Jacks were down 10-0 at halftime against the Chicago Hounds in the semifinal game. New England eventually gutted out a 21-20 game for a meeting with Houston in the final.

The Sabercats took down the Utah Warriors — who had the best record of any team in the regular season — in the semifinal.

In their previous meeting this season, New England beat Houston 36-17. The Free Jacks are -240 favorites to beat the Sabercats on FanDuel.

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Here's a recent rugby story via the Associated Press:

PERTH, Australia (AP) — Hooker Dan Sheehan will captain the British and Irish Lions on debut in their opening match in Australia against the Western Force on Saturday.

Eight others could also make their Lions debut in Perth, though Ireland scrumhalf Jamison Gibson-Park (glute) and fullback Hugo Keenan (calf) remain sidelined until they recover.

Sheehan's Leinster teammates Garry Ringrose, James Lowe, Joe McCarthy and Josh van der Flier will start in their first Lions match.

Four more could debut off the bench, including Ireland loosehead prop Andrew Porter, England tighthead Will Stuart and lock Ollie Chessum, and Scotland center Huw Jones.

Scotland center Sione Tuipulotu and Ireland forward Tadhg Beirne were the only starters retained from the 28-24 loss against Argentina last week in Dublin. But Tuipulotu has moved back to his regular position at inside center and Beirne has shifted from lock to blindside flanker.

Maro Itoje is the Lions tour captain but has been rested. Sheehan captained Ireland for the first time against Wales in the Six Nations this year.

Ireland representatives feature heavily in the 23-player squad, with eight starting and three on the bench.