

RUGBY

Learn about different Olympic and Paralympic sports with our series.

Do you know anything about the seven-a-side version of rugby?

Questions and answers

Rugby sevens? Seven players on each team then?

Yes that's right.

So why seven exactly?

Well, it makes for an exciting and fast game. With 15 players on the pitch it's more difficult to score tries. But with 7 players and the pitch the same size, there's a lot of space and a lot more points are scored.

But isn't it more boring if there are tries all the time?

But then there's the time, you see. Unlike normal rugby which is 80 minutes long, rugby sevens is just 14 minutes.

Lesson No. 24



I see. So it's for people who don't have patience!

Well, that's one way of looking at it, but rugby sevens is an incredibly popular game. In fact it's popular in nearly every continent in the world.

I suppose that's why it's being included in the Olympic Games in 2016 then?

Yes, that might be one reason. It's sure going to add some extra excitement to the Games!

So which teams should I watch?

Aha! I see you're interested now. Well the current men's world champions are New Zealand – they've won twice, the same as Fiji. There have been two women's championships, which were won by Australia and then



New Zealand.

Ah I see. So the teams that

are good at rugby union are also good at sevens. No change there then!

Rules for Modern Rugby

- Rugby sevens is played on a large pitch no bigger than 100 metres long and 70 metres wide. This is the same as rugby union which the game is based on.
- Whereas rugby union has 15 players on each team there are only seven players per team in rugby sevens.
- At the end of the pitch are two H-shaped goal posts. Points can be scored for kicking the ball above the middle bar between the posts.
- A try is scored when a team gets the ball to the end of the pitch. The ball must be touched against the grass by an attacking player.
- After scoring a try the team that scored it attempt a conversion. A conversion is a free kick at the goal posts. Conversions receive two points.
- A kick scored from open play receives 3 points.

Activity

Correct the following sentences so they are true according to the text.

- 1. Rugby sevens is a slow and tactical game.
- 2. Rugby sevens is popular in just a few areas of the world.
- 3. New Zealand have won more World Championships than Fiji.
- 4. Australia won the last Women's World Championship, and New Zealand the one before that.
- 5. Kenya have never reached the semi-finals of the World Championships.
- 6. Canada reached the semi-finals of the last Women's World Championship.

Answers

- 1. Rugby sevens is a fast and entertaining game.
- 2. Rugby sevens is popular across the world.
- 3. New Zealand and Fiji have won the same number of World Championships.
- 4. New Zealand won the last Women's World Championship, and Australia the one before that.
- 5. Kenya have reached the semi-finals of the World Championships twice.
- 6. Canada reached the final of the last Women's World Championship.

Well, there are some teams who have done much better in rugby sevens than they have in rugby union. Kenya

have made the men's semi finals twice and Canada got to the final of the women's championship last time.



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