

# Commonly Known As Simply Sevens And Originally Known As Seven Side Rugby

Sevens rugby, commonly known as just Sevens, is a thrilling and fast-paced variant of the traditional 15-a-side rugby union game. Originally known as seven-a-side rugby, this exciting sport has captured the hearts of rugby enthusiasts and spectators worldwide. Whether you're a seasoned rugby fan or new to the world of sports, this comprehensive guide will immerse you in the captivating world of Sevens rugby.

## History and Origins

The origins of Sevens rugby can be traced back to the late 19th century in Scotland. In 1883, Melrose RFC organized the first known seven-a-side tournament to raise funds for their local club. The format proved to be a success, and similar tournaments began to spring up throughout the country. By the early 20th century, Sevens rugby had become a popular spectacle, attracting large crowds to matches.



## Rugby Sevens: Commonly Known As Simply Sevens and Originally Known As Seven-a-Side Rugby: Some Fun Facts About Olympic Rugby Sevens That You Don't Know

★★★★★ 5 out of 5

Language : English  
File size : 27600 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 54 pages  
Lending : Enabled



## Gameplay and Rules

Sevens rugby is played on a smaller field than the traditional 15-a-side game, with each team fielding seven players instead of 15. The matches are played in two seven-minute halves, with a one-minute break in between. The game is fast-paced and requires exceptional fitness, agility, and skill.

The rules of Sevens rugby are similar to those of the 15-a-side game, with some minor modifications. The most notable difference is the reduced number of players on the field, which leads to a more open and attacking style of play. Teams score points by scoring tries, which are worth five points. Conversions, which are worth two points, are not attempted in Sevens rugby.

## Skills and Techniques

Sevens rugby players require a wide range of skills and techniques to succeed on the field. These include:

- **Speed and Agility:** Players must be able to accelerate quickly and change direction rapidly.
- **Handling Skills:** Players need to be able to catch, pass, and kick the ball accurately under pressure.
- **Tackling Ability:** Tackling is a crucial skill in Sevens rugby, as it is the primary way to stop opponents from advancing the ball.

- **Attacking Skills:** Players must be able to exploit gaps in the defense and create scoring opportunities.
- **Teamwork and Communication:** Sevens rugby is a team sport, and players need to be able to communicate and work together effectively.

## **Tournaments and Competitions**

Sevens rugby is played in tournaments and competitions around the world. The most prestigious tournament is the World Rugby Sevens Series, which consists of a series of tournaments held in different cities throughout the year. The series culminates in a grand final, where the top-ranked teams compete for the title of World Rugby Sevens Champions.

Other major Sevens rugby tournaments include the Olympic Games, the Commonwealth Games, and the Pan American Games. Sevens rugby was first introduced to the Olympic Games in 2016 and has quickly become one of the most popular sports at the Games.

## **Benefits of Sevens Rugby**

Playing Sevens rugby offers a number of benefits, including:

- **Improved Fitness:** Sevens rugby is a highly demanding sport that requires a high level of fitness.
- **Increased Agility:** The fast-paced nature of Sevens rugby helps to improve agility and coordination.
- **Enhanced Teamwork Skills:** Sevens rugby is a team sport that requires players to work together effectively.

- **Stress Relief:** Playing Sevens rugby can be a great way to relieve stress and have fun.
- **Socialization:** Sevens rugby can help people to socialize and make new friends.

Sevens rugby is a thrilling and exciting sport that has captured the hearts of rugby enthusiasts and spectators worldwide. With its fast-paced gameplay, high level of skill, and numerous benefits, it is no wonder that Sevens rugby has become one of the most popular sports in the world. Whether you are a seasoned rugby fan or new to the world of sports, we encourage you to explore the world of Sevens rugby and discover the excitement of this captivating game.



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