

Simplified Guide To Rugby Sevens - Unraveling the Exciting World of Speed and Strategy!

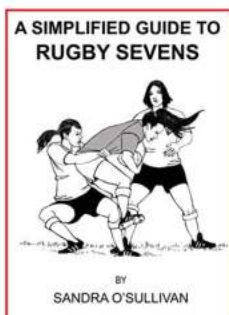
Rugby Sevens, the fast-paced and action-packed variant of rugby union, has been captivating sports enthusiasts and gaining immense popularity worldwide. Combining speed, skill, and strategy, this thrilling version of the game is not only engaging to watch but also exciting to play. In this simplified guide, we will take you through the fundamentals of Rugby Sevens, from its origin to its unique rules and strategies.

The Origins

Originally originating from Scotland in the late 19th century, Rugby Sevens was introduced as an alternative to the traditional 15-a-side format. The game gained prominence when it was featured in the renowned Hong Kong Sevens tournament. Since then, Rugby Sevens has evolved into a global phenomenon, becoming an Olympic sport in 2016.

The Basics

1. Teams: Rugby Sevens is played between two teams, each consisting of seven players.



A Simplified Guide to Rugby Sevens

by Porscha Kelley (Kindle Edition)

★★★★★ 5 out of 5

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Dimensions : 6 x 0.06 x 9 inches



2. Field: The game is played on a standard rugby field but with some variations, including shorter halves and reduced dimensions.

3. Duration: Matches are generally divided into two halves of seven minutes each, with a short halftime interval.

4. Scoring: The objective is to score more points than the opponent by either carrying the ball across the opponent's try line (worth 5 points) or kicking it between the posts and above the crossbar (worth 2 points).

Rules and Unique Aspects

Rugby Sevens has several unique rules and aspects that differentiate it from the traditional format:

1. The high-paced gameplay:

Rugby Sevens is known for its high-paced gameplay, with minimal stoppages and constant action. The reduced number of players on the field amplifies the speed, agility, and intensity of the game.

2. Quick restarts:

After a try, the team scoring has only 30 seconds to restart the game by kicking off to the opponent. This feature ensures a fast-moving and dynamic contest.

3. Rolling substitutions:

In Rugby Sevens, teams can make substitutions throughout the match, allowing players to stay fresh and maintain the game's intensity.

4. Yellow and red cards:

Similar to the traditional format, Rugby Sevens also entails penalizing players for foul play. A yellow card results in a temporary suspension, and a red card leads to a player's expulsion from the game.

Strategies

While Rugby Sevens involves the same basic principles as traditional rugby, such as passing, tackling, and scoring tries, there are specific strategies that teams often employ to maximize their chances of success:

1. Speed and agility:

Given the faster pace of Rugby Sevens, teams prioritize speedy and agile players who can swiftly evade defenders and break through opposition lines.

2. Quick passing:

Sevens is all about maintaining possession and applying pressure through quick and accurate passing. Effective ball distribution allows teams to exploit gaps in the defense and create scoring opportunities.

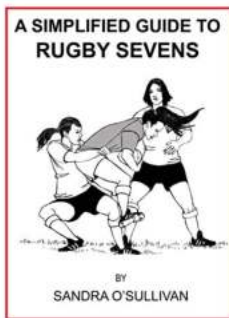
3. Defensive discipline:

Defensive organization and discipline are crucial in Rugby Sevens. As there are fewer defenders on the field, each player needs to make accurate tackles and cover their designated areas effectively.

4. Offloading and support play:

Offloading the ball before being tackled and providing immediate support to the ball carrier helps keep the attacking momentum flowing and enhances the chance of a successful play.

Rugby Sevens encapsulates the essence of speed, skill, and teamwork, captivating both players and spectators. With its unique rules and quick gameplay, Rugby Sevens offers an exhilarating experience that truly showcases the beauty of the sport. Whether you are a die-hard rugby fan or someone looking to explore a new sporting adventure, Rugby Sevens will undoubtedly leave you craving for more.



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A Simplified Guide to Rugby Sevens is a quick read that will provide essential information about the game of Rugby Sevens and how it is played. The book is written in rhyme using straightforward language with accompanying black and white illustrations. Explanations of the many technical aspects of the game such as set pieces, rucks and mauls are presented in a fun and easy to understand manner.

Rugby Sevens is a fast paced, thrilling variation of the traditional game of Rugby Fifteens played by 7 players on a full sized pitch. Each half of a match lasts for seven minutes during the pool stages of a tournament, increasing to ten minutes for the final match. The Laws that govern the game of Rugby Sevens are similar to the game of Rugby Fifteens with some notable differences.

The popularity of Rugby as a team and a spectator sport continues to grow at a phenomenal pace and after a 92 year absence, rugby is once again an Olympic sport following its inclusion in the Summer Olympics in Rio in 2016.

Rugby Sevens is played in over 100 countries with Women's Rugby being the fastest growing sport in the world. Fittingly, the cover illustration features women in a tribute to the participation of girls and women in the sport.

Download a copy to your device now to have as your essential guide when watching a game. Use the navigational Table of Contents to quickly access information to provide a comprehensive understanding of the many technical aspects of the game. In no time your knowledge and enjoyment of the game will be greatly enhanced!



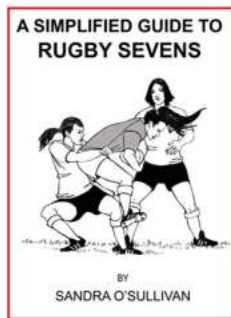
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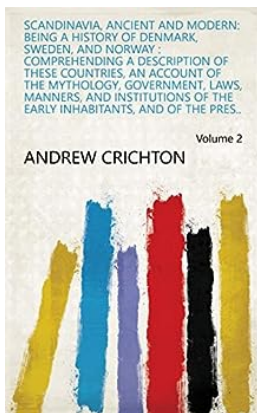
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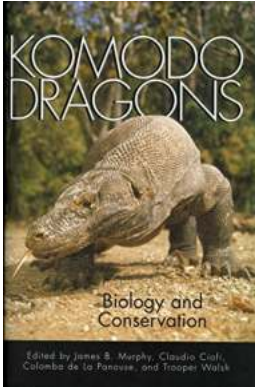
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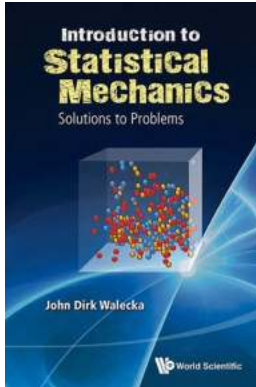
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