WALKING RUGBY

This is an opportunity to get out in the fresh air, to throw a rugby ball around in a slightly competitive but non-contact way.

The aim is to bring our rugby club community together, bringing old members back to the club and welcoming new people that may not know about what we do at Cambuslang Rugby Club. It is open to all, men, women, families, everyone will be welcome.

Walking Rugby has been adapted from traditional rugby to meet a wide variety of fitness levels, which is part of the reason it is so popular. To play comfortably, you need to be able to walk easily, throw and catch a ball.

The basic rules are

- The game is split into four 5 minute (or longer by agreement) quarters, 2 minute breaks for rehydration between each
- Up to 7 players a side, with rolling substitutes
- Players must not run or jog while the game is in action
- Players must hold the ball in two hands once it is caught
- The ball must be passed backwards, (not forward) above head height is not permitted. Passing single-handed, behind the back, and fake passing is allowed
- A try is scored by carrying the ball with both feet over the try line

If you are interested in this fun activity please email walkingrugbycrfc@outlook.com and we can arrange a meeting at the club to start enjoying ourselves in the fresh air.