

WALKING RUGBY

WALKING RUGBY IS A FUN WAY TO KEEP FIT AND ENJOY PLAYING A NON CONTACT GAME!



NUMBERS

You decide



GAME DURATION

You decide



CONTACT & RUNNING

No Contact
No Running



PITCH SIZE

Safe space



REQUIRED

Team identification



ANY SIZE RUGBY BALL

Ball of your choice



RESTARTS

Pass



BLOCKING

Allowed

***The above guidelines are options ONLY, adapt to fit your environment.**

Please note that the WRU's Public Liability and Personal Accident insurance policy do not provide cover to players playing variations of the game of rugby union within the inclusive rugby framework. Participants in alternative forms of the game of rugby union are advised to put in place their own insurance arrangements if they wish to maintain a level of cover whilst playing.