

History of Rugby 7's

Rugby sevens, 7's, VII's or seven-a-side is a variant of rugby union in which teams are comprised of seven players per team rather than the normal fifteen players per team. As the story goes, the game was conceived in 1883 by two butchers from Melrose, Scotland as a way of fundraising for their local rugby club. It remained a game played almost exclusively in Scotland until after World War I when the game spread across the United Kingdom. One of the most famous rugby sevens tournaments, the Hong Kong Sevens, began in the 1970's and helped launch the games global appeal.

Rugby sevens has grown in popularity around the globe and is mainly considered a the preferred version of rugby played during summer here in the USA. It has become the most competitive form of rugby played in Africa, Asia, Europe and the Americas, and especially in the South Pacific Island Nations. The game has given rise to rugby nations not typically considered rugby powers in the fifteen-a-side version of the game.

Currently the rugby 7's game enjoys its own Rugby World Cup and also the international competition Rugby Sevens World Series, hosted yearly by the International Rugby Board (IRB). Since 1998 Rugby sevens has made appearances at three Commonwealth Games.