

WALKING RUGBY



| FUN | FITNESS | NON-CONTACT | LOW LEVEL ACTIVITY | YOUR OWN PACE |

What is Walking Rugby?

Walking Rugby: one of England Rugby's non-contact formats of the game! There is no tackling involved... Instead, a touch on the armpit or below are used. Played on a half pitch, participants must be walking at all times.

Who can play?

Everyone is welcome! (aged 18yrs+) This session is available for all skill levels and all abilities. These are social sessions with a low-commitment level, meaning you can join us whenever you like!

Sessions
FREE of
Charge

Details you need to know!

DATES:

TIME:

LOCATION:

CONTACT
DETAILS:

To learn more about Walking Rugby, you can scan this QR code to visit England Rugby's website:




East Lindsey
DISTRICT COUNCIL

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