

WALKING RUGBY

FOR THE OVER 50's

FRIDAY MORNINGS 10am-12pm



We are proud to be making rugby accessible again for the over 50's! Walking Rugby involves shorter game duration, frequent substitutions & tries being scored by walking the ball over the try line (so no pesky bending down!) with superb health and social benefits!



RULES:

No running

No passing higher than shoulder height

No holding of the ball for more than three seconds without passing

No scrums or tackling



To register your interest please email:

walkingrugby@esherrugby.co.uk

or call **01932 220295**