# RUGBY WORLD CUP SEVENS 2009 

## STATISTICAL REVIEW AND MATCH SUMMARY

Compiled by IRB Games Analysis


IRB Rugby World Cup Sevens 2009 in Dubai was the biggest international Sevens Tournament ever, with 40 teams from 31 nations competing for the ultimate prize in Rugby Sevens.

Joining the traditional 24-team men's event for the first time was a 16-team women's event and after three days and 98 matches of compelling action Wales won the men's event, the Melrose Cup, while Australia were crowned inaugural Women's Rugby World Cup Sevens champions.

What follows is a playing analysis of the overall event. This comprises 2 reports - one on the men's competition and one on the women's competition. In addition there is a short section containing a comparison of Rugby World Cup Sevens 2009 with Rugby World Cup Sevens 2005 as well as a comparison between the men's and women's tournament.

The two reports are in the form of a Statistical Analysis and Match Summary comprising an analysis of all elements of play together with the approach to, and performance of, all participating teams in various aspects of the game.

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## RUGBY WORLD CUP SEVENS 2009 MEN'S COMPETITION

## COMMENTARY - MEN'S COMPETITION

The 2009 Rugby World Cup Sevens tournament will live long in the memory. It was an exceptional tournament, generating record crowds, exceptional matches and was certainly full of surprises.

Before the start of the competition, the most successful teams for a long period of time had been Fiji, New Zealand, England and South Africa. Based on form, these teams were again expected to reach the semi-finals. However, one of the great attractions of Sevens is that in a short game of 14 minutes, surprises can, and do occur.

At RWC Sevens 2009, the first major surprise happened in the opening quarter-final when Wales upset defending IRB Sevens World Series champions New Zealand. This shock was followed up in quick succession by Samoa defeating England, Argentina beating Fiji and Kenya defeating World Champions Fiji in the remaining quarter-finals. Incredibly, none of the pre-tournament favourites had reached the semi-finals, while the semi finalists represented four continents, underlining the truly global stature of the sport.

A detailed analysis of the tournament highlights certain signs from the Pool matches that could have contributed towards some of the quarter-final surprises.

In international cup competitions, defence is regarded of paramount importance. RWC Sevens 2009 was no exception and the two finalists (Wales and Argentina) were not highscoring teams. In fact, their average points scored put them fourteenth and fifteenth of the 24 teams. However, when it came to defence and conceding points, they were first and third respectively and this ability to restrict opponents from scoring became apparent at the Pool stages where Argentina, Samoa and Wales conceded just 12, 12 and 19 points in the three games they played. England, however, conceded 36, Fiji 27 and South Africa 26. The seeds of the quarterfinal surprises could perhaps have been seen therefore at the Pool stage.

As a further illustration of the priority given to defence and pressurising opponent, Argentina, the beaten finalists produced a very distinctive playing profile. Their opponents, for example, required two and a half times more possession to score a try than England's opponents. While Argentina's opponents needed 174 seconds of possession to score a try, England's needed just 61 seconds. Argentina were also the lowest passing team in the competition, they did not concede a single try from an error, they attacked their own restarts regaining more than any other team and hit their opponents rucks with more players than any other team apart from Fiji and England.


This constant pressure on opponents was also a characteristic of the Wales performance. Together with Argentina, they kicked for territory more than any of the other 22 teams. Wales were also particularly effective at the set piece. They won more opponents' scrums and more opponents' lineouts than any other team. This targeted approach - and its successful implementation - brought Wales and Argentina the greatest possible reward - a place in the final.

What the competition served to show, therefore, was one of the core attractions of rugby which is that there is no unique winning formula. Matches and competitions can be won through a variety of strategies and tactics - and it is this factor which allows teams of what may appear to be of different abilities to produce maximum dividends through thoughtful preparation and effective execution. As an illustration of this, Rugby World Cup Sevens 2009 was a perfect example.


Men's Rugby World Cup Sevens 2009 Champions - Wales

## POOL RESULTS－MEN＇S COMPETITION



| POOL A |  |  |  |
| :---: | :---: | :---: | :---: |
| $\mathbf{1}$ | TONGA | $\mathbf{1 9 - 0}$ | ARABIAN GULF |
| $\mathbf{2}$ | NEW ZEALAND | $\mathbf{4 2 - 0}$ | ITALY |
| $\mathbf{3}$ | NEW ZEALAND | $\mathbf{4 1 - 5}$ | ARABIAN GULF |
| $\mathbf{4}$ | TONGA | $\mathbf{3 1 - 1 0}$ | ITALY |
| $\mathbf{5}$ | ARABIAN GULF | $\mathbf{1 7 - 1 9}$ | ITALY |
| $\mathbf{6}$ | NEW ZEALAND | $\mathbf{2 4 - 7}$ | TONGA |


| 管 | FJI | POOL B |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | PLD | W | D | L | PS | PC | PD | PTS |
|  |  | 3 | 3 | 0 | 0 | 90 | 27 | 63 | 9 |
| $\pi$ | FRA | 3 | 2 | 0 | 1 | 64 | 55 | 9 | 7 |
|  | USA | 3 | 1 | 0 | 2 | 62 | 57 | 5 | 5 |
| ®uty | GEO | 3 | 0 | 0 | 3 | 15 | 92 | －77 | 3 |


| POOL B |  |  |  |
| :---: | :---: | :---: | :---: |
| $\mathbf{1}$ | FRANCE | $\mathbf{2 6 - 1 7}$ | USA |
| $\mathbf{2}$ | FIJI | $26-10$ | GEORGIA |
| 3 | FIJI | $\mathbf{2 6 - 1 2}$ | USA |
| $\mathbf{4}$ | FRANCE | $33-0$ | GEORGIA |
| 5 | USA | $\mathbf{3 3 - 5}$ | GEORGIA |
| 6 | FIJI | $38-5$ | FRANCE |


|  |  | POOL C |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | PLD | W | D | L | PS | PC | PD | PTS |
| \％－3 | RSA | 3 | 3 | 0 | 0 | 60 | 26 | 34 | 9 |
|  | CAN | 3 | 2 | 0 | 1 | 62 | 41 | 21 | 7 |
| （0） | SCO | 3 | 1 | 0 | 2 | 59 | 62 | －3 | 5 |
| 家药 | JAP | 3 | 0 | 0 | 3 | 27 | 79 | －52 | 3 |


| POOL C |  |  |  |
| :---: | :---: | :---: | :---: |
| $\mathbf{1}$ | SCOTLAND | $\mathbf{1 4 - 3 3}$ | CANADA |
| $\mathbf{2}$ | SOUTH AFRICA | $\mathbf{2 6 - 5}$ | JAPAN |
| $\mathbf{3}$ | SOUTH AFRICA | $\mathbf{1 5 - 7}$ | CANADA |
| $\mathbf{4}$ | SCOTLAND | $\mathbf{3 1 - 1 0}$ | JAPAN |
| $\mathbf{5}$ | CANADA | $\mathbf{2 2 - 1 2}$ | JAPAN |
| $\mathbf{6}$ | SOUTH AFRICA | $\mathbf{1 9 - 1 4}$ | SCOTLAND |


|  | SAM | PLD | W | D | L | PS | PC | PD | PTS |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 3 | 3 | 0 | 0 | 74 | 12 | 62 | 9 |
| $5^{\circ}$ | AUS | 3 | 1 | 0 | 2 | 45 | 55 | －10 | 5 |
| （－8） | POR | 3 | 1 | 0 | 2 | 36 | 49 | －13 | 5 |
| $2$ | IRE | 3 | 1 | 0 | 2 | 34 | 73 | －39 | 5 |


| POOL D |  |  |  |
| :---: | :---: | :---: | :---: |
| $\mathbf{1}$ | AUSTRALIA | $\mathbf{2 4 - 1 2}$ | PORTUGAL |
| $\mathbf{2}$ | SAMOA | $\mathbf{3 5 - 5}$ | IRELAND |
| $\mathbf{3}$ | SAMOA | $\mathbf{2 0 - 7}$ | PORTUGAL |
| $\mathbf{4}$ | AUSTRALIA | $\mathbf{2 1 - 2 4}$ | IRELAND |
| 5 | PORTUGAL | $\mathbf{1 7 - 5}$ | IRELAND |
| $\mathbf{6}$ | SAMOA | $\mathbf{1 9 - 0}$ | AUSTRALIA |


|  |  | POOL E |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | PLD | W | D | L | PS | PC | PD | PTS |
|  | ENG | 3 | 3 | 0 | 0 | 94 | 36 | 58 | 9 |
|  | KEN | 3 | 2 | 0 | 1 | 79 | 40 | 39 | 7 |
| (a) | TUN | 3 | 1 | 0 | 2 | 48 | 69 | -21 | 5 |
|  | HKG | 3 | 0 | 0 | 3 | 26 | 102 | -76 | 3 |


| POOL E |  |  |  |
| :---: | :---: | :---: | :---: |
| $\mathbf{1}$ | KENYA | $\mathbf{2 9 - 7}$ | TUNISIA |
| $\mathbf{2}$ | ENGLAND | $\mathbf{4 2 - 5}$ | HONG KONG |
| $\mathbf{3}$ | ENGLAND | $\mathbf{2 6 - 2 4}$ | TUNISIA |
| $\mathbf{4}$ | KENYA | $\mathbf{4 3 - 7}$ | HONG KONG |
| $\mathbf{5}$ | TUNISIA | $\mathbf{1 7 - 1 4}$ | HONG KONG |
| $\mathbf{6}$ | ENGLAND | $\mathbf{2 6 - 7}$ | KENYA |


|  | POOL F |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | PLD | W | D | L | PS | PC | PD | PTS |
| ARG | 3 | 3 | 0 | 0 | 73 | 12 | 61 | 9 |
| WAL | 3 | 2 | 0 | 1 | 58 | 19 | 39 | 7 |
| ZIM | 3 | 1 | 0 | 2 | 38 | 95 | -57 | 5 |
| URU | 3 | 0 | 0 | 3 | 31 | 74 | -43 | 3 |


| POOL $F$ |  |  |  |
| :---: | :---: | :---: | :---: |
| $\mathbf{1}$ | WALES | $\mathbf{3 1 - 5}$ | ZIMBABWE |
| $\mathbf{2}$ | ARGENTINA | $19-7$ | URUGUAY |
| $\mathbf{3}$ | ARGENTINA | $\mathbf{4 0 - 5}$ | ZIMBABWE |
| $\mathbf{4}$ | WALES | $\mathbf{2 7 - 0}$ | URUGUAY |
| 5 | ZIMBABWE | $\mathbf{2 8 - 2 4}$ | URUGUAY |
| $\mathbf{6}$ | ARGENTINA | $\mathbf{1 4 - 0}$ | WALES |

## KNOCKOUT RESULTS - MEN'S COMPETITION

| Bowl 1/4 | ZIMBABWE | 28-10 | GEORGIA |
| :---: | :---: | :---: | :---: |
| Bowl 1/4 | JAPAN | 12-19 | URUGUAY |
| Bowl 1/4 | IRELAND | 24-5 | ARABIAN GULF |
| Bowl 1/4 | HONG KONG | 14-7 | ITALY |
| Plate 1/4 | TONGA | 24-7 | TUNISIA |
| Plate $1 / 4$ | USA | 14-24 | AUSTRALIA |
| Plate $1 / 4$ | FRANCE | 19-21 | SCOTLAND |
| Plate $1 / 4$ | PORTUGAL | 12-5 | CANADA |
| Cup 1/4 | NEW ZEALAND | 14-15 | WALES |
| Cup 1/4 | ENGLAND | 26-31 | SAMOA |
| Cup 1/4 | SOUTH AFRICA | 12-14 | ARGENTINA |
| Cup 1/4 | KENYA | 26-7 | FIJI |
| Bowl 1/2 | ZIMBABWE | 24-7 | URUGUAY |
| Bowl 1/2 | IRELAND | 22-15 | HONG KONG |
| Plate $1 / 2$ | TONGA | 19-22 | AUSTRALIA |
| Plate 1/2 | SCOTLAND | 29-7 | PORTUGAL |
| Cup 1/2 | WALES | 19-12 | SAMOA |
| Cup ½ | ARGENTINA | 12-0 | KENYA |
| Bowl Final | ZIMBABWE | 17-14 | IRELAND |
| Plate Final | AUSTRALIA | 17-21 | SCOTLAND |
| Cup Final | WALES | 19-12 | ARGENTINA |


| SUMMARY - MEN'S COMPETITION |  |
| :---: | :---: |
|  | RWC 7s MEN 2009 <br> 57 matches |
| SCORING |  |
| POINTS (average per game) | 35 |
| TRIES (average per game) | 6 |
| CONVERSION SUCCESS (\%) | 59\% |
| PENALTY GOALS (total) | 0 |
| DROP GOALS (total) | 0 |
| TRY SCORING |  |
| MATCHES WON by team scoring most tries | 88\% |
| SOURCE OF TRIES - Pens/FKs (\%) | 32\% |
| SOURCE OF TRIES - Turnover/Opp Error (\%) | 23\% |
| ORIGIN OF TRIES - Own Half (\%) | 52\% |
| BUILD UP TO TRIES - No Rucks/Mauls | 62\% |
| BUILD UP TO TRIES - 3 Or Fewer Passes | 60\% |
| BALL IN PLAY |  |
| BALL IN PLAY (\%) | 51\% |
| ACTIVITY |  |
| PASSES (average per game) | 68 |
| RUCKS/MAULS (average per game) | 15 |
| RUCK/MAUL RETENTION (\%) | 77\% |
| KICKS (average per game) | 5 |
| SET PIECE |  |
| RESTARTS kicked short (\%) <br> SHORT RESTARTS possession retained (\%) | 79\% |
|  | 34\% |
| RESTART ERRORS (Total) | $\begin{array}{r} \hline 1 \text { in } 19 \\ \text { restarts } \end{array}$ |
| SCRUMS (average per game) | 4 |
| SCRUMS possession retained (\%) | 83\% |
| LINEOUTS (average per game) | 3 |
| LINEOUTS possession retained (\%) | 74\% |
| PENALTIES/FREE KICKS \& CARDS |  |
| PENALTIES/FKs (average per game) | 7 |
| CARDS (Total) | 1 in 2.7 matches |

## 1．SCORING \＆CONCEDING POINTS

The average number of points scored in a game was 35 making the average number of points scored／conceded by a team 17．5．Not surprisingly，there were major variations around this average．England and New Zealand for example，scored an average of 30 points per game while Georgia managed just 6 ．With regard to points conceded Argentina and New Zealand，for example，conceded an average of 7 points per game while Georgia conceded 30.

These figures do not show，however，how effective each team was in scoring points in relation to the possession that it obtained．Conversely，the figures also do not show，how effective each team was in restricting points in relation to the possession that their opponents obtained．A team may，for example，obtain little possession but still manage to score a significant number of tries while another team may concede very few tries in the face of considerable opposition possession．

The following table addresses this issue by showing the rate of scoring and conceding tries．Such scoring rates are calculated（a）by dividing the total possession obtained by a team by the number of tries scored（b）by dividing the total possession obtained by a team＇s opponents by the total number of tries conceded．The following 2 tables gives the relevant rates for each participating team．

It shows that England and New Zealand had the best try scoring rate（ie 49secs to score a try）and Argentina the best try conceding rate（ie $\mathbf{1 7 4 s e c s}$ for their opponents to score a try．）．


| 为憲 | ENG | MATCHES PLAYED | AV POINTS SCORED | TRY SCORING RATE | USARUGY： <br> 5： | USA | MATCHES PLAYED | AV POINTS SCORED | $\begin{aligned} & \text { TRY } \\ & \text { SCORING } \\ & \text { RATE } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 4 | 30 | 49 secs |  |  | 4 | 19 | 75 secs |
|  | NZL | 4 | 30 | 49 secs |  | ARG＊ | 6 | 19 | 79 secs |
|  | FJI | 4 | 24 | 52 secs |  | WAL＊ | 6 | 19 | 80 secs |
| 5 | SAM | 5 | 23 | 55 secs |  | CAN | 4 | 17 | 83 secs |
|  | RSA | 4 | 18 | 58 secs | Q | TUN | 4 | 14 | 89 secs |
|  | KEN | 5 | 21 | 60 secs | 级 | HKG | 5 | 11 | 100 secs |
| $\infty$ | ZIM | 6 | 18 | 62 secs | $u_{R, N}$ | URU | 5 | 11 | 108 secs |
| (5) | TON | 5 | 20 | 70 secs |  | JAP | 4 | 10 | 119 secs |
| $\pi$ | FRA | 4 | 21 | 71 secs | ®ex | GEO | 4 | 6 | 122 secs |
| 5 | AUS | 6 | 18 | 72 secs |  | ITA | 4 | 9 | 128 secs |
| (3) | SCO | 6 | 22 | 73 secs | （ | POR | 5 | 11 | 157 secs |
| $5$ | IRE | 6 | 16 | 74 secs | ARABIA GULF <br> $\int_{\text {RFu }}$ | ARA | 4 | 7 | 183 secs |


|  |  | MATCHES PLAYED | AV POINTS CONCEDED | $\begin{aligned} & \text { TRY } \\ & \text { CONCEDING } \\ & \text { RATE } \end{aligned}$ | $\underset{F F R}{T H}$ | FRA | MATCHES PLAYED | AV POINTS CONCEDED | $\begin{aligned} & \text { TRY } \\ & \text { CONCEDING } \\ & \text { RATE } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | ARG* | 6 | 7 | 174 secs |  |  | 4 | 19 | 67 secs |
|  | NZL | 4 | 7 | 148 secs | 6 | ZIM | 6 | 21 | 66 secs |
| $\begin{gathered} \text { Mint } \\ \substack{\text { winu }} \end{gathered}$ | WAL* | 6 | 10 | 144 secs |  | USA | 4 | 20 | 64 secs |
| $5$ | RSA | 4 | 10 | 143 secs | ( | POR | 5 | 17 | 63 secs |
| $8$ | SAM | 5 | 11 | 130 secs | 1 | ITA | 4 | 26 | 63 secs |
| (5) | TON | 5 | 17 | 114 secs | Q | TUN | 4 | 23 | 62 secs |
|  | KEN | 5 | 12 | 104 secs |  | ENG | 4 | 17 | 61 secs |
|  | CAN | 4 | 13 | 100 secs |  | HKG | 5 | 26 | 56 secs |
| $\pi$ | FJI | 4 | 13 | 81 secs |  | JAP | 4 | 25 | 55 secs |
|  | SCO | 6 | 18 | 81 secs | $u_{R N}$ | URU | 5 | 22 | 55 secs |
|  | AUS | 6 | 18 | 76 secs | ®en | GEO | 4 | 30 | 53 secs |
|  | IRE | 6 | 18 | 72 secs | ARABIAN cutc of $\boldsymbol{f}_{\text {RFu }}$ | ARA | 4 | 26 | 49 secs |

- There were 318 tries scored in the tournament making an average of 5.6 per game.
- $\mathbf{O}$ penalty goals or drop goals were kicked.
- The overall conversion success rate was 59\%.
- There were noticeable variations in the conversion success rates as seen in the attached table.



## 2. TRY SCORING

The total number of tries scored in Rugby World Cup Sevens 2009 was 318 (average per game : 5.6). In the pool stage there were 208 tries scored (average per game - 5.8) and on Day 2, finals day, there were 110 tries scored (average per game: 5.2)

### 2.1 IMPACT OF TRIES

With not a single penalty goal and drop goal kicked in the entire tournament, and a conversion success rate of $59 \%$, it was inevitable that tries would determine which team won in the vast majority of cases - and this proved to be the case.

Of the 57 matches, 50 (or $88 \%$ ) were won by the team scoring the most tries. There were 6 matches won because of conversions and there was 1 draw (England v Samoa - Extra Time played).

### 2.2 ORIGIN \& LOCATION OF TRIES

Tries originate from various parts of the pitch and are scored all across the goal line. The following diagram shows the location on the pitch of where the attacking team obtained possession from which they eventually scored and where they were scored along try line. Over 50\% of all tries originated in the try scoring team's own half and tries were scored equally on both sides of the posts (both were 31\%).


The following table shows the origin of tries scored (own) and tries conceded (opposition) by each team. The teams which scored a high number of tries from their own half were Zimbabwe ( $65 \%$ ), Scotland ( $60 \%$ ) and winners Wales ( $58 \%$ ). The teams which scored few tries from their own half were Arabian Gulf (20\% or 1 of 5), Canada (36\%), Samoa (37\%), France (38\%) and New Zealand (42\%).

| SCO |  | OWN HALF |  | HW－10m |  | 10m－22m |  | 22m－TRY |  | TOT |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | OWN | OPP | OWN | OPP | OWN | OPP | OWN | OPP | OWN | OPP |
|  |  | 12 | 8 | 3 | 2 | 3 | 6 | 2 | 1 | 20 | 17 |
|  | NZL | 8 | 3 | 2 | 0 | 1 | 2 | 8 | 0 | 19 | 5 |
|  | SAM | 7 | 6 | 4 | 1 | 2 | 1 | 6 | 1 | 19 | 9 |
|  | WAL＊ | 11 | 6 | 2 | 1 | 3 | 0 | 3 | 2 | 19 | 9 |
| $\mathrm{CH}^{\circ}$ | AUS | 9 | 9 | 2 | 2 | 4 | 5 | 3 | 1 | 18 | 17 |
| 鄙 | ENG | 9 | 5 | 2 | 1 | 5 | 1 | 2 | 4 | 18 | 11 |
| $\overline{A R}$ | ARG＊ | 8 | 5 | 3 | 0 | 2 | 1 | 4 | 1 | 17 | 7 |
|  | KEN | 8 | 4 | 1 | 1 | 2 | 1 | 6 | 3 | 17 | 9 |
| ${ }^{-1}$ | ZIM | 11 | 10 | 1 | 3 | 4 | 4 | 1 | 3 | 17 | 20 |
| ${ }^{4}$ | IRE | 7 | 9 | 2 | 1 | 6 | 5 | 1 | 3 | 16 | 18 |
|  | TON | 6 | 4 | 1 | 0 | 9 | 2 | 0 | 5 | 16 | 11 |
| $(5)$ | FJI | 8 | 3 | 2 | 2 | 4 | 1 | 1 | 3 | 15 | 9 |
| T | FRA | 5 | 6 | 2 | 2 | 2 | 2 | 4 | 2 | 13 | 12 |
| $=3$ | RSA | 6 | 0 | 1 | 1 | 1 | 3 | 4 | 2 | 12 | 6 |
|  | USA | 6 | 7 | 2 | 1 | 3 | 3 | 1 | 2 | 12 | 13 |
|  | CAN | 4 | 5 | 1 | 0 | 6 | 0 | 0 | 4 | 11 | 9 |
|  | HKG | 6 | 8 | 0 | 2 | 0 | 9 | 3 | 2 | 9 | 21 |
| a | TUN | 7 | 8 | 0 | 1 | 2 | 5 | 0 | 1 | 9 | 15 |
| 为为 | POR | 5 | 7 | 0 | 3 | 2 | 1 | 2 | 4 | 9 | 15 |
| $U_{u_{R},}$ | URU | 5 | 10 | 1 | 4 | 1 | 3 | 2 | 1 | 9 | 18 |
|  | JAP | 4 | 7 | 1 | 3 | 1 | 4 | 1 | 2 | 7 | 16 |
| 1 | ITA | 3 | 6 | 2 | 2 | 1 | 3 | 0 | 5 | 6 | 16 |
|  | ARA | 1 | 11 | 0 | 2 | 2 | 2 | 2 | 2 | 5 | 17 |
| (x) | GEO | 2 | 11 | 1 | 1 | 2 | 4 | 0 | 2 | 5 | 18 |

## 2．3 POSSESSION SOURCE OF TRIES

In scoring tries，teams obtained possession of the ball prior to the scoring of the try from a variety of sources．

It can be seen in the table that the most fruitful source of tries was penalties／free kicks（32\％）．

There were some interesting contrasts between the various teams． Australia，for example，scored 5 tries from lineout possession but none from the scrum while Wales scored 4 from the scrum and only 1 from the lineout．It was also interesting to note that in the 6 matches played by Argentina，their opponents never scored a single try from an Argentinean error．


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The following table shows the possession source of tries scored（own）and tries conceded（opp）by each team：

| $\left(0^{2}\right)$ | SCO | PEN \＆FK |  | T／OVER \＆ ERROR |  | SCRUM |  | LINEOUT |  | RESTART |  | KICK |  | TOT |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | OWN | OPP | OWN | OPP | OWN | OPP | OWN | OPP | OWN | OPP | OWN | OPP | OWN | OPP |
|  |  | 4 | 3 | 8 | 4 | 1 | 2 | 4 | 1 | 3 | 7 | 0 | 0 | 20 | 17 |
|  | NZL | 9 | 1 | 1 | 2 | 5 | 1 | 3 | 0 | 0 | 1 | 1 | 0 | 19 | 5 |
| 5 | SAM | 7 | 1 | 8 | 4 | 2 | 3 | 0 | 0 | 2 | 1 | 0 | 0 | 19 | 9 |
|  | WAL＊ | 5 | 4 | 4 | 3 | 4 | 1 | 1 | 1 | 3 | 0 | 2 | 0 | 19 | 9 |
| $5^{2}$ | AUS | 6 | 4 | 2 | 5 | 0 | 1 | 5 | 1 | 5 | 6 | 0 | 0 | 18 | 17 |
|  | ENG | 3 | 4 | 2 | 3 | 5 | 0 | 2 | 1 | 4 | 3 | 2 | 0 | 18 | 11 |
|  | ARG＊ | 5 | 3 | 5 | 0 | 3 | 3 | 0 | 0 | 4 | 1 | 0 | 0 | 17 | 7 |
|  | KEN | 5 | 4 | 5 | 1 | 2 | 3 | 1 | 1 | 4 | 0 | 0 | 0 | 17 | 9 |
| W | ZIM | 2 | 7 | 6 | 4 | 3 | 1 | 1 | 1 | 5 | 6 | 0 | 1 | 17 | 20 |
| d | IRE | 7 | 4 | 2 | 3 | 1 | 2 | 1 | 4 | 5 | 4 | 0 | 1 | 16 | 18 |
| $0$ | TON | 4 | 5 | 5 | 3 | 1 | 0 | 1 | 1 | 5 | 1 | 0 | 1 | 16 | 11 |
| 分 | FJI | 5 | 3 | 3 | 4 | 2 | 0 | 1 | 0 | 3 | 2 | 1 | 0 | 15 | 9 |
| $\sqrt{0}$ | FRA | 5 | 4 | 3 | 3 | 3 | 0 | 2 | 1 | 0 | 3 | 0 | 1 | 13 | 12 |
| 禺 | RSA | 5 | 5 | 3 | 0 | 2 | 1 | 0 | 0 | 2 | 0 | 0 | 0 | 12 | 6 |
|  | USA | 4 | 6 | 5 | 2 | 2 | 1 | 0 | 2 | 0 | 2 | 1 | 0 | 12 | 13 |
| 2ix | CAN | 1 | 3 | 4 | 2 | 2 | 2 | 0 | 0 | 4 | 2 | 0 | 0 | 11 | 9 |
|  | HKG | 3 | 4 | 1 | 3 | 3 | 2 | 1 | 4 | 1 | 6 | 0 | 2 | 9 | 21 |
| © | TUN | 4 | 5 | 2 | 0 | 0 | 6 | 0 | 0 | 3 | 4 | 0 | 0 | 9 | 15 |
| $\text { 㬐 } \rightarrow \text { ) }$ | POR | 4 | 7 | 0 | 4 | 2 | 2 | 1 | 0 | 1 | 2 | 1 | 0 | 9 | 15 |
| $\square_{\text {an }}$ | URU | 5 | 3 | 1 | 4 | 0 | 4 | 0 | 1 | 2 | 4 | 1 | 2 | 9 | 18 |
|  | JAP | 1 | 4 | 0 | 8 | 1 | 1 | 1 | 2 | 4 | 1 | 0 | 0 | 7 | 16 |
| $\underline{\Delta}$ | ITA | 1 | 7 | 1 | 5 | 0 | 3 | 2 | 0 | 1 | 1 | 1 | 0 | 6 | 16 |
|  | ARA | 3 | 8 | 2 | 1 | 0 | 2 | 0 | 4 | 0 | 1 | 0 | 1 | 5 | 17 |
| だ | GEO | 4 | 3 | 1 | 6 | 0 | 3 | 0 | 2 | 0 | 3 | 0 | 1 | 5 | 18 |

## 2．4 BUILD UP TO TRIES

Possession of the ball that leads to tries is obtained from a number of sources－and they are listed above．
More often than not，other actions－second phase，kicks and passes－then take place before the try is scored．
The table shows how many rucks／mauls preceded each try scored in the tournament．The table shows that $62 \%$ of tries were preceded by not one ruck or maul．

|  | \％ | Cumulative |
| :---: | :---: | :---: |
| None | 62\％ |  |
| 1 rucks／mauls | 23\％ | 85\％ |
| 2 rucks／mauls | 11\％ | 96\％ |
| 3 ＋rucks／mauls | 4\％ | 100\％ |

The table also shows the total number of passes that preceded each try scored in the tournament. The table shows that $60 \%$ of tries were preceded by 3 or fewer passes.

When the pool stage of competition is compared to knockout stage, there was little difference:
In the Pools: 63\% of tries had no r/ms \& 62\% < 3 passes
At the Knockout stage: 59\% of tries had no r/ms \& 58\% < 3 passes


## 3. BALL IN PLAY \& POSSESSION

\section*{AVERAGE BALL-IN-PLAY \% PER MATCH HIGHEST BALL-IN-PLAY \% MATCH LOWEST BALL-IN-PLAY \% MATCH HIGHEST POSSESSION TIME IN A MATCH LOWEST POSSESSION TIME IN A MATCH <br> | RWC 7s MEN |
| :---: |
| 2009 |
| $7 \mathrm{~m} \mathrm{08s}$ or $51 \%$ |
| 9 m 01 s or $64 \%$ |
| 5 m 49 s or $42 \%$ |
| $5 \mathrm{~m} \mathrm{32s}$ |
| 1 m 45 s |}

There was a considerable variation between the ball in play figures achieved by the various teams. This is shown in the following table which gives the average possession times achieved by each team throughout the tournament in attack and defence:

As seen in the table, there were some noticeable differences. Portugal averaged the highest, being the only team to average over 4 minutes possession per game. This resulted in them having $50 \%$ more possession than their opponents. 10 out of the $\mathbf{2 4}$ teams spent more time defending than attacking.



|  | AVERAGE TIME IN ATTACK | \% | AVERAGE T IN DEFENC | \% |
| :---: | :---: | :---: | :---: | :---: |
| POR | 4m 43s | 60\% | 3 m 08 s | 40\% |
| ENG | 3 m 42 s | 57\% | 2 m 48 s | 43\% |
| NZL | 3 m 50 s | 55\% | 3 m 05 s | 45\% |
| FRA | 3 m 52 s | 54\% | 3 m 19 s | 46\% |
| WAL* | 4m 14s | 54\% | 3 m 36 s | 46\% |
| ARG* | 3m 43s | 52\% | 3m 22s | 48\% |
| SCO | 4m 04s | 52\% | 3m 48s | 48\% |
| KEN | 3 m 24 s | 52\% | $3 \mathrm{~m} \mathrm{08s}$ | 48\% |
| USA | 3 m 44 s | 52\% | 3 m 27 s | 48\% |
| ARA | 3 m 48 s | 52\% | 3 m 30 s | 48\% |
| FJI | 3m14s | 51\% | 3m 03s | 49\% |
| AUS | 3 m 34 s | 50\% | 3 m 36 s | 50\% |
| CAN | 3m 47s | 50\% | 3m 45s | 50\% |
| URU | 3 m 14 s | 50\% | 3 m 17 s | 50\% |
| JAP | 3 m 28 s | 49\% | 3 m 39 s | 51\% |
| IRE | 3 m 17 s | 48\% | 3 m 36 s | 52\% |
| TON | 3m 42s | 47\% | 4 m 11 s | 53\% |
| TUN | 3 m 21 s | 47\% | 3 m 51 s | 53\% |
| SAM | 3m 29s | 47\% | 3 m 53 s | 53\% |
| ZIM | 2 m 56 s | 45\% | 3m 39s | 55\% |
| RSA | 2m 52s | 45\% | 3 m 33 s | 55\% |
| ITA | 3 m 11 s | 43\% | 4 m 10 s | 57\% |
| GEO | 3m 02s | 43\% | 3m 59s | 57\% |
| HKG | 3 m 00 s | 43\% | 3 m 55 s | 57\% |

## 4. ACTIVITY

### 4.1 PASSING

|  | RWC 7s MEN <br> 2009 |
| :---: | :---: |
| AVERAGE PASSES PER MATCH | 68 |
| HIGHEST PASSING MATCH | 119 |
| LOWEST PASSING MATCH | 39 |
|  |  |

The table shows major differences between the teams. Such differences can however partly be explained by the amount of possession obtained by each team - more possession means more passes. If possession is taken into account, therefore the rate at which each country passed the ball is far closer - with the rate being expressed as number of passes per minute's possession. The attached table shows the average number of passes per game per team and also each team's passing rate.

This shows that while 7 teams made more passes than Zimbabwe, in relation to the amount of possession obtained, Zimbabwe were the highest passing team.

Passes came in passing sequences of which there were just over 1000.

> Of these passing sequences:
> $27 \%$ comprised 1 pass
> $24 \%$ comprised 2 passes
> $22 \%$ comprised 3 passes
> $13 \%$ comprised 4 passes
> $14 \%$ comprised $5+$ passes

Most teams fell into this profile - ie around $50 \%$ of their passing movements contained 2 or fewer passes. Where major differences arose, these were seen in the more lengthy passing movements. Of all passing movements, 1 in 13 contained $5+$ passes although certain teams were far more inclined to continue passing than others. This is also shown in the attached table which notes the proportion of $5+$ pass movements to total number of passing movements made by each country.

The table shows major differences between various teams. Italy made a $5+$ passing movement once in every
 5 passing sequences. Scotland, USA and Zimbabwe made 1every 6, whereas Tunisia made 1 in 49, Uruguay 1 in 59 and Kenya 1 in 63 . In the entire tournament, Kenya had only 1 passing movement that contained 5 or more passes.

### 4.2 KICKS

Kicks include all kicks made in general play inc. punts, chips, ground and grubber kicks.

| AVERAGE KICKS PER MATCH | 5 |
| :--- | :---: |
| HIGHEST KICKING MATCH | 11 |
| LOWEST KICKING MATCH | 0 |
|  |  |

The average kicks per team per match was 2.5 but teams varied around this average. As can be seen in the table Arabian Gulf kicked more often than any other team - on average they kicked 5 times every game. Australia, Fiji and Japan, on the other hand, kicked very little, with Fiji making only2 in the entire tournament..

Of the total kicks made by teams in open play, the attached table shows how many were regained. Overall, 1 in 2.6 kicks were regained or $38 \%$. Zimbabwe regained $50 \%$ of their 22 kicks.

A variety of kicks are used in sevens. Of all the kicks, $29 \%$ were punt kicks, $28 \%$ were chip kicks, 24\% were ground kicks (i.e. football kick) and 19\% were grubber kicks.


|  | ARA | AVERAGE KICKS | TOTAL KICKS | $\begin{gathered} \text { KICKS } \\ \text { REGAINED } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: |
|  |  | 5.0 | 20 | 5 |
|  | SAM | 3.8 | 19 | 7 |
| $6$ | ZIM | 3.7 | 22 | 11 |
| Now | CAN | 3.3 | 13 | 4 |
|  | KEN | 3.2 | 16 | 8 |
| $\begin{aligned} & \text { wing } \\ & \text { min } \end{aligned}$ | WAL* | 3.2 | 19 | 4 |
| BAR | ARG* | 3.0 | 18 | 4 |
| $10$ | ITA | 3.0 | 12 | 5 |
|  | FRA | 3.0 | 12 | 8 |
|  | ENG | 2.8 | 11 | 4 |
| $98$ | IRE | 2.8 | 17 | 4 |
| ®్త్ర | GEO | 2.5 | 10 | 5 |
| 领 | RSA | 2.3 | 9 | 3 |
| (0) | SCO | 2.2 | 13 | 7 |
| (xixs | POR | 1.8 | 9 | 4 |
|  | HKG | 1.6 | 8 | 3 |
|  | NZL | 1.5 | 6 | 2 |
| Q | TUN | 1.5 | 6 | 2 |
| ? | TON | 1.4 | 7 | 2 |
| usarugby | USA | 1.3 | 5 | 1 |
| $Q_{R, N}$ | URU | 1.0 | 5 | 4 |
| $5^{\circ}$ | AUS | 0.8 | 5 | 2 |
|  | JAP | 0.8 | 3 | 1 |
| (雨) | FJI | 0.5 | 2 | 1 |

### 4.3 RUCKS \& MAULS



The table on the following page shows major differences in the average number of rucks/mauls created by each team. Just as in the case of passes and kicks, some of this can be explained by the amount of possession obtained by each team. If this is taken into account, the rate at which each country rucked and mauled is far closer, as also shown in the table. This expresses rucks/mauls as 'rucks/mauls per minute possession '.

At rucks, the team taking in the ball retained possession by either winning the ball or being awarded a penalty on $77 \%$ of occasions. The percentage success rate of each team in attack and defence is also shown in the table below:


The above table shows that South Africa and Georgia had the high success percentage in attack, while Zimbabwe had the least. Arabian Gulf, Kenya, Uruguay, Samoa and South Africa won possession from opponents on over $30 \%$ of occasions. Fiji and Japan had the leat success at opponents' rucks.

There were over 800 rucks in the tournament - and a ruck occurs when at least one player from each side is on his feet at or over the ball. This means that when the tackler is on his feet and an opponent joins in, then there is a ruck. When the tackler is not on his feet, a ruck occurs when at least one player from each side joins in. What became immediately noticeable was that there were clear differences in the approach of the various countries in committing players to the rucks. While certain teams frequently committed few additional players, other countries consistently committed more.

The extent of the differences between each team＇s approach is illustrated by an exercise that looked at how many players were committed to the rucks（1）in attack and（2）in defence．

|  |  | （1）ATTACK |  |  |  | （2）DEFENCE |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 1 PLAYER | 2＋PLAYERS | （3）Sco |  | NO PLAYER | 1 PLAYER | 2＋PLAYERS |
|  | NZL | 92\％ | 8\％ |  |  | 48\％ | 48\％ | 4\％ |
|  | CAN | 88\％ | 12\％ |  | AUS | 43\％ | 41\％ | 16\％ |
|  | POR | 88\％ | 12\％ |  | FRA | 29\％ | 61\％ | 10\％ |
| $9$ | SAM | 88\％ | 12\％ |  | JAP | 29\％ | 52\％ | 19\％ |
| unt WRU | WAL＊ | 85\％ | 15\％ | MTM wiva | WAL＊ | 26\％ | 52\％ | 22\％ |
|  | TON | 80\％ | 20\％ |  | USA | 25\％ | 44\％ | 31\％ |
| Q | TUN | 79\％ | 21\％ |  | ZIM | 24\％ | 50\％ | 26\％ |
|  | KEN | 79\％ | 21\％ | （ | ITA | 23\％ | 58\％ | 19\％ |
| Tin | FJI | 77\％ | 23\％ | ${ }^{1}$ | IRE | 21\％ | 56\％ | 23\％ |
| $\underset{F F R}{\underset{F}{V}}$ | FRA | 71\％ | 29\％ |  | CAN | 21\％ | 67\％ | 12\％ |
|  | ARG＊ | 71\％ | 29\％ |  | SAM | 20\％ | 40\％ | 40\％ |
|  | USA | 70\％ | 30\％ |  | NZL | 19\％ | 57\％ | 24\％ |
| 1－1 | ZIM | 70\％ | 30\％ |  | TON | 19\％ | 48\％ | 33\％ |
|  | ARA | 67\％ | 33\％ |  | KEN | 15\％ | 59\％ | 26\％ |
| 1） | SCO | 67\％ | 33\％ | Q | TUN | 13\％ | 53\％ | 34\％ |
|  | HKG | 64\％ | 36\％ |  | URU | 13\％ | 70\％ | 17\％ |
| $3$ | RSA | 64\％ | 36\％ | ®ֻ | GEO | 10\％ | 62\％ | 28\％ |
| ®ent | GEO | 63\％ | 37\％ | \％ENG |  | 10\％ | 67\％ | 23\％ |
|  | AUS | 62\％ | 38\％ |  | HKG | 8\％ | 72\％ | 20\％ |
|  | JAP | 58\％ | 42\％ | $\begin{gathered} \text { ARABIAN } \\ \substack{\text { GULF } \\ \text { frafu }} \end{gathered}$ | ARA | 8\％ | 58\％ | 34\％ |
|  | ITA | 58\％ | 42\％ | 阳闌 | POR | 7\％ | 64\％ | 29\％ |
| $1$ | IRE | 51\％ | 49\％ |  | ARG＊ | 6\％ | 56\％ | 38\％ |
|  | URU | 48\％ | 52\％ | 侖 | FJI | 5\％ | 81\％ | 14\％ |
|  | ENG | 28\％ | 72\％ | $0$ | RSA | 3\％ | 56\％ | 41\％ |

It can be seen that，in attack，New Zealand＇s approach was to commit only 1 player－which they did on $92 \%$ of occasions．England＇s policy however was quite different -3 times out of 4 they sent in 2 or more players． committed only one player on $92 \%$ of occasions while England was $\mathbf{2 8 \%}$ ．In defence，Scotland and Australia committed no extra players on almost $50 \%$ of occasions．South Africa，on the other hand，attacked almost every opponents ruck with one or more players．

## 5. SET PIECE

### 5.1 RESTARTS

Restarts are the most common and most competitive set piece. They are classified into 2 types, contestable and not contestable.

Certain teams can intentionally kick long (ie

|  | RESTARTS | SCRUMS | LINEOUTS |
| :---: | :---: | :---: | :---: |
| AVERAGE PER MATCH | 6 | 4 | 3 |
| HIGHEST IN A MATCH | 10 | 9 | 6 |
| LOWEST IN A MATCH | 4 | 1 | 0 |
| SUCCESS \% | 34\% | 83\% | 74\% | making the ball not contestable) on more occasions than others. This is shown in the table below, it also shows how successful each team was at regaining own contestable restarts and receiving opposition contestable restarts - they varied considerably.


$\mathbf{7 9 \%}$ of restarts were contestable and $\mathbf{2 1 \%}$ of restarts were not contestable
Of all contestable restarts, the kicking team won $34 \%$ or 1 in 3.
Finalists, Argentina were the most successful in regaining own short restarts and England, Japan and New Zealand the most successful in receiving opposition short restarts. New Zealand and South Africa were the least successful at regaining own short restarts and USA and Hong Kong the least successful at receiving opposition short restarts.

There were 20 restart errors - 1 in every 19 restarts

### 5.2 SCRUM \& LINEOUT

Overall Scrum success was $83 \%$ and overall Lineout success was $74 \%$. The following table shows the success rate for each team on own put/throw in and opposition put/throw in:

Only New Zealand, England, USA, France and Georgia won possession on everyone of their own scrum put ins although Georgia had only 3 put ins in their 4 games. Italy, France and Tunisia won everyone of their lineouts but threw into far fewer lineouts than many of the other teams. Wales was the most successful team on theopposition put in and also on the opposition lineout, winning 4 of the former and 6 of the latter.

There were 17 ELV quick throws- 11 out of the 24 teams threw at least 1 quick throw. Scotland and Uruguay threw 3 quick throws each.


Dubai 2009

## 8. PENALTIES \& FREE KICKS

The average number of penalties and free kicks per game in Rugby World Cp Sevens was 7. (2005-6)

Of the penalties and free kicks awarded $56 \%$ were awarded at the breakdown.

What needs to be noted that absolute statistics and averages
 do not necessarily reflect the true degree of discipline or illdiscipline of a particular team. The number of penalties can, for example, vary from match to match. Some referees penalise more than others. A better and probably more accurate indicator, therefore, is the proportion of penalties conceded by a team in all their matches compared with their opponents.

Each team's proportion \% for and against can be seen in the following table together with the totals and averages per game. It shows for example that Canada was penalised more than twice as often as their opponents.

Dubaci 2009

## 9. CARDS

There were 19 yellow cards and 0 red cards issued in the 57 matches in Rugby World Cup Sevens 2009. In their 4 matches, France and South Africa each received $\mathbf{3}$ yellow cards.

11 of the 24 teams did not concede a single yellow card.

The offences for which they were awarded were as follows:

|  | YELLOW |
| ---: | :---: |
| CARDS |  |$|$| Tripping | 3 |
| ---: | :--- |
| Dangerous Tackle | 3 |
| Dangerous Charging | 3 |
| Tackle in the air | 3 |
| Time wasting | 2 |
| Punching/Striking | 1 |
| Preventing Throw | 1 |
| Playing ball on ground | 1 |
| Late charge on kicker | 1 |
| Deliberate knock on | 1 |
|  |  |


|  | FRA | MATCHES | YELLOW CARDS | $\begin{aligned} & \text { RED } \\ & \text { CARDS } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: |
|  |  | 4 | 3 | - |
|  | RSA | 4 | 3 | - |
|  | POR | 5 | 2 | - |
| 18) | TON | 5 | 2 | - |
|  | USA | 4 | 1 | - |
| a | TUN | 4 | 1 | - |
| 舜 | ENG | 4 | 1 | - |
|  | SAM | 5 | 1 | - |
| $\operatorname{uRN}$ | URU | 5 | 1 | - |
| (R) | ARG* | 6 | 1 | - |
| 1 | SCO | 6 | 1 | - |
| ${ }^{4}$ | IRE | 6 | 1 | - |
| wivu | WAL* | 6 | 1 | - |
| ®uty | GEO | 4 | - | - |
| $\begin{gathered} \text { ARABIAN } \\ \text { Culf } \\ T_{R F W} \end{gathered}$ | ARA | 4 | - | - |
| (1) | ITA | 4 | - | - |
| 1 | NZL | 4 | - | - |
|  | JAP | 4 | - | - |
|  | FJI | 4 | - | - |
|  | CAN | 4 | - | - |
|  | HKG | 5 | - | - |
|  | KEN | 5 | - | - |
|  | AUS | 6 | - | - |
| $\mathrm{m}$ | ZIM | 6 | - | - |

RUGBY WORLD CUP SEVENS 2009

## WOMEN'S COMPETITION

## COMMENTARY - WOMEN'S COMPETITION

Rugby World Cup Sevens 2009 was a watershed for the Women's Game. Given the opportunity for the first time to compete alongside the men's competition in front of a global television audience of over 300 million, the women's competition was historic.

After the Pool stage of the competition, there were three undefeated teams - England, New Zealand and Spain. However, a closer look at the final pool standings suggested that there would be just two teams likely to be crowned champions.

At that stage, England had scored 93 points and New Zealand 120, while neither team had conceded a point. Yet, like the men's competition, the reality was less straightforward. The exciting, sudden death element of Sevens' knock out stage created yet more upsets.

Eventual champions Australia won their title by beating both favourites, despatching England at the quarter final stage and New Zealand in the final. That then posed the question - was there anything identifiable in the Australian approach that made contributed towards their success? The answer was a resounding 'yes'.

Australia put great pressure on their opponents.

- They obtained more possession than almost every other team
- They were the second highest rucking team, rucking at a rate that was $50 \%$ higher than New Zealand
- They were the most successful team at their own rucks, with a $90 \%$ retention rate
- They were the most successful team at opponents rucks winning one in every three rucks
- They attacked their own restarts making them the most successful team at regaining restart possession
- They were the most successful team in recovering their in-field kicks
- They won all their lineouts
- And despite conceding more yellow cards than any other team (3 cards), were awarded twice as many penalties and free kicks than their opponents

Just as in the case of the men's competition, the nature of this targeted approach, and its successful implementation, brought the ultimate reward. It showed once again, that there is no unique winning formula - which makes the conclusion of this particular Commentary identical to that of the men's:

Matches and competitions can be won through a variety of strategies and tactics and it is this factor which allows teams of what may appear to be of different abilities to produce maximum dividends through thoughtful preparation and effective execution. As an illustration of this, Rugby World Cup Sevens 2009 was a perfect example in both
 the men's and women's tournaments.

## POOL RESULTS - WOMEN'S COMPETITION



|  |  |  |  |
| :---: | :---: | :---: | :---: |
| $\mathbf{1}$ | AUSTRALIA | $\mathbf{5 0 - 1 2}$ | CHINA |
| $\mathbf{2}$ | NETHERLANDS | $\mathbf{1 7 - 1 4}$ | FRANCE |
| $\mathbf{3}$ | AUSTRALIA | $\mathbf{1 0 - 1 4}$ | FRANCE |
| $\mathbf{4}$ | NETHERLANDS | $\mathbf{1 2 - 3 1}$ | CHINA |
| $\mathbf{5}$ | AUSTRALIA | $\mathbf{3 6 - 0}$ | NETHERLANDS |
| $\mathbf{6}$ | FRANCE | $\mathbf{1 9 - 5}$ | CHINA |



|  |  |  | POOL B |
| :---: | :---: | :---: | :---: |
| $\mathbf{1}$ | ENGLAND | $\mathbf{1 7 - 0}$ | USA |
| $\mathbf{2}$ | JAPAN | $\mathbf{1 0 - 3 1}$ | RUSSIA |
| $\mathbf{3}$ | ENGLAND | $\mathbf{2 9 - 0}$ | RUSSIA |
| $\mathbf{4}$ | JAPAN | $\mathbf{0 - 3 8}$ | USA |
| $\mathbf{5}$ | RUSSIA | $\mathbf{0 - 1 2}$ | USA |
| $\mathbf{6}$ | ENGLAND | $\mathbf{4 7 - 0}$ | JAPAN |


| 解 | SPA | POOL C |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | PLD | W | D | L | PS | PC | PD | PTS |
|  |  | 3 | 3 | 0 | 0 | 50 | 12 | 38 | 9 |
|  | CAN | 3 | 2 | 0 | 1 | 90 | 19 | 71 | 7 |
|  | BRA | 3 | 1 | 0 | 2 | 12 | 67 | -55 | 5 |
| K | THA | 3 | 0 | 0 | 3 | 29 | 83 | -54 | 3 |


| POOL $\mathbf{c}$ |  |  |  |
| :---: | :---: | :---: | :---: |
| $\mathbf{1}$ | CANADA | $52-7$ | THAILAND |
| $\mathbf{2}$ | BRAZIL | $0-19$ | SPAIN |
| $\mathbf{3}$ | BRAZIL | $\mathbf{1 2 - 1 0}$ | THAILAND |
| $\mathbf{4}$ | CANADA | $\mathbf{0 - 1 2}$ | SPAIN |
| $\mathbf{5}$ | SPAIN | $\mathbf{1 9 - 1 2}$ | THAILAND |
| $\mathbf{6}$ | CANADA | $\mathbf{3 8 - 0}$ | BRAZIL |


|  | POOL D |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | PLD | W | D | L | PS | PC | PD | PTS |
| NZL | 3 | 3 | 0 | 0 | 120 | 0 | 120 | 9 |
| RSA | 3 | 2 | 0 | 1 | 43 | 30 | 13 | 7 |
| ITA | 3 | 1 | 0 | 2 | 17 | 69 | -52 | 5 |
| UGA | 3 | 0 | 0 | 3 | 7 | 88 | -81 | 3 |


|  |  |  |  |
| :---: | :---: | :---: | :---: |
| $\mathbf{1}$ | NEW ZEALAND | $\mathbf{5 0 - 0}$ | UGANDA |
| $\mathbf{2}$ | SOUTH AFRICA | $\mathbf{1 7 - 5}$ | ITALY |
| $\mathbf{3}$ | NEW ZEALAND | $\mathbf{4 5 - 0}$ | ITALY |
| $\mathbf{4}$ | SOUTH AFRICA | $\mathbf{2 6 - 0}$ | UGANDA |
| $\mathbf{5}$ | ITALY | $\mathbf{1 2 - 7}$ | UGANDA |
| $\mathbf{6}$ | NEW ZEALAND | $\mathbf{2 5 - 0}$ | SOUTH AFRICA |

## KNOCKOUT RESULTS - WOMEN'S COMPETITION

| BOWL $1 / 4$ |  |  |  |
| :---: | :---: | :---: | :---: |
| COWL $1 / 4$ | CHINA | $\mathbf{2 1 - 5}$ | JAPAN |
| BOWL $1 / 4$ | BRAZIL | $\mathbf{1 7 - 0}$ | THAILAND |
| BOWL $1 / 4$ | RUSSIA | $\mathbf{1 2 - 7}$ | UGANDA |
| CUP $1 / 4$ | FRANCE | $\mathbf{0 - 1 9}$ | NETHERLANDS |
| CUP $1 / 4$ | NEW ZEALAND | $\mathbf{3 3 - 1 2}$ | USA |
| CUP $1 / 4$ | SPAIN | $\mathbf{7 - 1 5}$ | SOUTHADA |
| CUP $1 / 4$ | ENGLAND | $\mathbf{1 0 - 1 7}$ | AUSTRALIA |
| BOWL $1 / 2$ | CHINA | $\mathbf{2 8 - 0}$ | ITALY |
| BOWL $1 / 2$ | BRAZIL | $\mathbf{1 7 - 1 2}$ | RUSSIA |
| PLATE $1 / 2$ | FRANCE | $\mathbf{1 2 - 1 9}$ | CANADA |
| PLATE $1 / 2$ | SPAIN | $\mathbf{7 - 1 2}$ | ENGLAND |
| CUP $1 / 2$ | USA | $\mathbf{1 2 - 1 4}$ | NEW ZEALAND |
| CUP $1 / 2$ | SOUTH AFRICA | $\mathbf{1 0 - 1 9}$ | AUSTRALIA |
| BOWL FINAL | CHINA | $\mathbf{1 0 - 7}$ | BRAZIL |
| PLATE FINAL | CANADA | $\mathbf{0 - 1 2}$ | ENGLAND |
| CUP FINAL | NEW ZEALAND | $\mathbf{1 0 - 1 5}$ | AUSTRALIA |



Women's Rugby World Cup Sevens Champions - Australia

## SUMMARY - WOMEN'S COMPETITION

|  | $\begin{aligned} & \text { RWC 7s WOMEN } \\ & 2009 \end{aligned}$ |
| :---: | :---: |
| SCORING |  |
| POINTS (average per game) | 29 |
| TRIES (average per game) | 4.7 |
| CONVERSION SUCCESS (\%) | 56\% |
| PENALTY GOALS (total) | 1 |
| DROP GOALS (total) | 0 |
| TRY SCORING |  |
| MATCHES WON by team scoring most tries | 88\% |
| SOURCE OF TRIES - Pens/FKs (\%) | 30\% |
| SOURCE OF TRIES - Turnover/Opp Error (\%) | 26\% |
| ORIGIN OF TRIES - Own Half (\%) | 40\% |
| BUILD UP TO TRIES - No Rucks/Mauls | 67\% |
| BUILD UP TO TRIES - 3 Or Fewer Passes | 55\% |
| BALL IN PLAY |  |
| BALL IN PLAY (\%) | 54\% |
| ACTIVITY |  |
| PASSES (average per game) | 74 |
| RUCKS/MAULS (average per game) | 17 |
| RUCK/MAUL RETENTION (\%) | 76\% |
| KICKS (average per game) | 4 |
| SET PIECE |  |
| SHORT RESTARTS possession retained (\%) | 40\% |
|  | 25\% |
| RESTART ERRORS (Total) | 1 in 18 restarts |
| SCRUMS (average per game) | 5 |
| SCRUMS possession retained (\%) | 82\% |
| LINEOUTS (average per game) | 2 |
| LINEOUTS possession retained (\%) | 77\% |
| QUICK THROWS (Total) | 9 |
| PENALTIES/FREE KICKS \& CARDS |  |
| PENALTIES/FKs (average per game) | 6 |
| CARDS (Total) | 11 |

## 1．SCORING \＆CONCEDING POINTS

The average number of points scored in a game was 29 making the average number of points scored／conceded by a team 14．5．Not surprisingly，there were major variations around this average．New Zealand for example， scored an average of 30 points per game while Japan and Uganda managed just 4．With regard to points conceded England conceded an average of 4 points per game while Japan conceded 35.

These figures do not show，however，how effective each team was in scoring points in relation to the possession that it obtained．Conversely，the figures also do not show，how effective each team was in restricting points in relation to the possession that their opponents obtained．A team may， for example，obtain little possession but still manage to score a significant number of tries while another team may concede very few tries in the face of considerable opposition possession．

The following table addresses this issue by showing the rate of scoring and conceding tries．Such scoring rates are calculated（a）by dividing the total possession obtained by a team by the number of tries scored （b）by dividing the total possession obtained by a team＇s opponents by the total number of tries conceded．The following two tables gives the relevant rates for each participating team．

It shows that New Zealand had the best try scoring rate（ie 48secs to score a try）and England the best try conceding rate（ie 314secs for their opponents to score a try．）．


|  | NZL＊ | MATCHES PLAYED | Av POINTS SCORED | $\begin{aligned} & \text { TRY } \\ & \text { SCORING } \\ & \text { RATE } \end{aligned}$ | 通 ENG |  | Av POINTS CONCEDED | $\begin{gathered} \text { TRY } \\ \text { CONCEDING } \\ \text { RATE } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 6 | 30 | 48 secs |  |  | 4 | 314 secs |
| 窇 | AUS＊ | 6 | 24 | 62 secs |  | USA | 6 | 226 secs |
|  | ENG | 6 | 21 | 68 secs |  | NZL＊ | 7 | 192 secs |
|  | CAN | 6 | 21 | 74 secs |  | SPA | 8 | 130 secs |
|  | CHI | 6 | 18 | 77 secs |  | AUS＊ | 9 | 120 secs |
|  | USA | 5 | 16 | 84 secs |  | FRA | 14 | 101 secs |
|  | FRA | 5 | 12 | 97 secs | $\frac{\text { insia }}{\substack{\text { nisis }}}$ | RUS | 15 | 102 secs |
|  | RSA | 5 | 14 | 109 secs |  | RSA | 11 | 101 secs |
| cor | RUS | 5 | 11 | 131 secs | $\sqrt{8} \mid \sqrt{8}$ | BRA | 16 | 98 secs |
|  | SPA | 5 | 13 | 132 secs |  | CAN | 13 | 96 secs |
|  | THA | 4 | 7 | 144 secs | ${ }^{\text {max }}$ | CHI | 16 | 91 secs |
|  | ITA | 5 | 7 | 158 secs |  | ITA | 19 | 85 secs |
| NRB | BRA | 6 | 8 | 169 secs | NRB | UGA | 25 | 66 secs |
|  | NET | 4 | 9 | 171 secs |  | NET | 23 | 59 secs |
| 解啇 | JAP | 4 | 4 | 296 secs |  | THA | 25 | 57 secs |
|  | UGA | 4 | 4 | 381 secs |  | JAP | 35 | 44 secs |

- There were 193 tries scored in the tournament making an average of 4.7 per game.
- 1 penalty goal was kicked. There were no drop goals.
- The overall conversion success rate was 56\%.
- There were noticeable variations in the conversion success rates as seen in the attached table.

|  | UGA | CONVERSION SUCCESS \% | NZL* |  | CONVERSION SUCCESS \% |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | (100\%) 2 of 2 |  |  | (55\%) 16 of 29 |
|  | FRA | (78\%) 7 of 9 |  | ENG | (52\%) 11 of 21 |
|  | CAN | (74\%) 14 of 19 | (1) | BRA | (50\%) 4 of 8 |
|  | CHI | (69\%) 11 of 16 |  | AUS* | (40\%) 10 of 25 |
|  | SPA | (70\%) 7 of 10 |  | RSA | (33\%) 4 of 12 |
| , | RUS | (67\%) 6 of 9 |  | THA | (40\%) 2 of 5 |
|  | USA | (62\%) 8 of 13 |  | ITA | (33\%) 2 of 6 |
| NRE | NET | (60\%) 3 of 5 |  | JAP | (0\%) 0 of 3 |

## 2. TRY SCORING

The total number of tries scored in Women's Rugby World Cup Sevens 2009 was 193 (average per game - 4.7). In the pool stage there were 125 tries scored (average per game - 5.2) and on Day 2, finals day, there were 68 tries scored (average per game -4.0)

### 2.1 IMPACT OF TRIES

With only a single penalty goal and drop goal kicked in the entire tournament, and a conversion success rate of $56 \%$, it was inevitable that tries would determine which team won in the vast majority of cases - and this proved to be the case.

Of the 41 matches, 5 ( $\mathbf{~} \mathbf{r} 88 \%$ ) were won by the team scoring the most tries. There were $\mathbf{3}$ matches won because of conversions, 1 match won because of a penalty goal and there was 1 draw (Russia v Brasil - Extra Time played).

### 2.2 ORIGIN \& LOCATION OF TRIES

Tries originate from various parts of the pitch and are scored all across the goal line. The following diagram shows the location on the pitch of where the attacking team obtained possession from which they eventually scored and where they were scored along try line. $\mathbf{4 0 \%}$ of all tries originated in the try scoring team's own half and $\mathbf{4 2 \%}$ of tries were scored under the posts - with more tries scored on the left than the right.


The following table shows the origin of tries scored（own）and tries conceded（opp）by each team．The teams which scored a high number of tries from their own half were England（62\％），Netherlands（60\％）and South Africa（58\％）．The teams which scored few tries from their own half were winners Australia（23\％），Thailand （20\％）and Brasil（13\％）．Japan and Italy were the only teams not to score a try from their own half．

|  |  | OWN HALF |  | HW－10m |  | 10m－22m |  | 22m－TRY |  | TOT |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | OWN | OPP | OWN | OPP | OWN | OPP | OWN | OPP | OWN | OPP |
|  | NZL＊ | 13 | 1 | 2 | 1 | 6 | 2 | 8 | 3 | 29 | 7 |
| $5^{5}$ | AUS＊ | 6 | 5 | 0 | 1 | 11 | 2 | 8 | 2 | 25 | 10 |
| 简 | ENG | 13 | 0 | 1 | 0 | 4 | 2 | 3 | 2 | 21 | 4 |
| 3 | CAN | 6 | 5 | 1 | 1 | 8 | 5 | 4 | 1 | 19 | 12 |
| 泡路 | CHI | 7 | 6 | 3 | 0 | 4 | 2 | 3 | 7 | 17 | 15 |
|  | USA | 4 | 4 | 3 | 0 | 3 | 1 | 3 | 0 | 13 | 5 |
| 咅良 | RSA | 7 | 2 | 0 | 1 | 1 | 5 | 4 | 2 | 12 | 10 |
|  | SPA | 4 | 3 | 0 | 0 | 6 | 2 | 0 | 2 | 10 | 7 |
| Ryif | RUS | 5 | 8 | 1 | 0 | 2 | 3 | 1 | 2 | 9 | 13 |
| $\pi$ | FRA | 5 | 4 | 2 | 2 | 1 | 3 | 1 | 2 | 9 | 11 |
| －1 | BRA | 1 | 5 | 0 | 1 | 4 | 7 | 3 | 3 | 8 | 16 |
| $\underline{\Xi}$ | ITA | 0 | 5 | 1 | 1 | 2 | 2 | 3 | 6 | 6 | 14 |
| NRE | NET | 3 | 4 | 1 | 2 | 0 | 6 | 1 | 3 | 5 | 15 |
| 人 | THA | 1 | 7 | 0 | 1 | 4 | 6 | 0 | 2 | 5 | 16 |
|  | JAP | 0 | 9 | 0 | 4 | 1 | 5 | 2 | 3 | 3 | 21 |
| $0$ | UGA | 2 | 9 | 0 | 0 | 0 | 3 | 0 | 4 | 2 | 16 |

## 2．3 POSSESSION SOURCE OF TRIES

In scoring tries，teams obtained possession of the ball prior to
the scoring of the try from a variety of sources．


It can be seen in the table that the most fruitful source of tries was penalties／free kicks（30\％）．


There were some interesting contrasts between the various teams. USA, for example, was the only team to score no tries from penalties and free kicks but was the most effective team at scoring tries from turnovers and opposition errors. Conversely, Japan conceded over half their tries from turnovers and errors.

The following table shows the possession source of tries scored (own) and tries conceded (opp) by each team:


### 2.4 BUILD UP TO TRIES

Possession of the ball that leads to tries is obtained from a number of sources - and they are listed above.
More often than not, other actions - second phase, kicks and passes - then take place before the try is scored.
The table shows how many rucks/mauls preceded each try scored in the tournament. The table shows that $67 \%$ of tries were preceded by not one ruck or maul.

|  | $\%$ |  |
| ---: | :---: | :---: |
| None | Cumulative |  |
|  | $67 \%$ | $67 \%$ |
| 1 rucks/mauls | $21 \%$ | $88 \%$ |
| 2 rucks/mauls | $6 \%$ | $94 \%$ |
| + rucks/mauls | $6 \%$ | $100 \%$ |
|  |  |  |

The table also shows the total number of passes that preceded each try scored in the tournament. The table shows that $\mathbf{5 5 \%}$ of tries were preceded by 3 or fewer passes.

|  | \% | Cumulative |
| :---: | :---: | :---: |
| No passes | 10\% | 10\% |
| 1-3 passes | 45\% | 55\% |
| 4-6 passes | 29\% | 84\% |
| 7-9 passes | 10\% | 94\% |
| 10+ passes | 6\% | 100\% |

## 3. BALL IN PLAY \& POSSESSION

|  | $\begin{gathered} \text { RWC 7s WOMEN } \\ 2009 \end{gathered}$ |
| :---: | :---: |
| AVERAGE BALL-IN-PLAY \% PER MATCH | 7 m 30 s or $54 \%$ |
| HIGHEST BALL-IN-PLAY\% MATCH | 9 m 59 s or $71 \%$ |
| LOWEST BALL-IN-PLAY \% MATCH | 5 m 18 s or $38 \%$ |
| HIGHEST POSSESSION TIME IN A MATCH | 5 m 31 s |
| LOWEST POSSESSION TIME IN A MATCH | 1 m 27 secs |

There was a considerable variation between the ball in play figures achieved by the various teams. This is shown in the following table which gives the average possession times achieved by each team throughout the tournament in attack and defence:


| 路 | SPA | AVERAGE TIME IN ATTACK | \% | AVERAGE TIME <br> IN DEFENCE |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 4m 24secs | 59\% | 3 m 01 secs | 41\% |
|  | AUS* | 4 m 23secs | 57\% | 3 m 21 secs | 43\% |
|  | RSA | 4 m 21 secs | 56\% | 3m 22secs | 44\% |
|  | CAN | 3 m 55 secs | 55\% | 3 m 12 secs | 45\% |
| 蹴 | ENG | 3m 57secs | 53\% | 3 m 29secs | 47\% |
|  | NZL* | 3m 51secs | 51\% | 3m 43secs | 49\% |
|  | USA | 3m 38secs | 49\% | 3m 46secs | 51\% |
| NRB | NET | 3 m 34 secs | 49\% | 3m 39secs | 51\% |
|  | JAP | 3m 42secs | 49\% | 3 m 50 secs | 51\% |
|  | CHI | 3 m 37 secs | 49\% | 3m 46secs | 51\% |
|  | BRA | 3 m 55 secs | 47\% | 4m 23secs | 53\% |
| $\underset{\text { Russia }}{6}$ | RUS | 3 m 59 secs | 46\% | 4m 38secs | 54\% |
|  | THA | 3 m 00 secs | 44\% | 3m 46secs | 56\% |
|  | FRA | 2 m 55 secs | 44\% | 3m 41secs | 56\% |
|  | ITA | 3 m 10 secs | 43\% | 4 m 14 secs | 57\% |
|  | UGA | 3 m 10 secs | 42\% | 4 m 25 secs | 58\% |

As seen in the table, there were some noticeable differences. Australia, for example, had $50 \%$ more possession of the ball than France while Spain had almost $50 \%$ more possession than their opponents. 10 out of the 16 teams spent more time defending than attacking.

## 4. ACTIVITY

### 4.1 PASSING

|  | RWC 7s WOMEN |
| :---: | :---: |
|  | 2009 |
| AVERAGE PASSES PER MATCH | 74 |
| HIGHEST PASSING MATCH | 105 |
| LOWEST PASSING MATCH | 35 |
|  |  |

The table shows major differences between the teams. Such differences can however partly be explained by the amount of possession obtained by each team - more possession means more passes. If possession is taken into account, therefore the rate at which each country passed the ball is far closer - with the rate being expressed as number of passes per minute's possession. The attached table shows the average number of passes per game per team and also each team's passing rate.

This shows, for example, that while Australia made 50\% more passes than France, they both passed at the identical rate. The difference in the number of passes was down to possession time.

Passes came in passing sequences of which there were just over 1000.

> Of these passing sequences:
> $28 \%$ comprised 1 pass
> $25 \%$ comprised 2 passes
> $21 \%$ comprised 3 passes
> $12 \%$ comprised 4 passes
> $14 \%$ comprised $5+$ passes

Most teams fell into this profile - ie around $50 \%$ of their passing movements contained 2 or fewer passes. Where major differences arose, these were seen in the more lengthy passing movements. Of all passing movements, 1 in 7 contained 5+ passes although certain teams were far more inclined to continue passing than others. This is also shown in the attached table which notes the proportion of $5+$ pass movements to total number of passing movements made by each country.

The table shows major differences between various teams. Japan made a $5+$ passing movement once in every 3 passing

|  | JAP | $\begin{gathered} \text { PASSING } \\ \text { RATE } \end{gathered}$ | AVERAGE PASSES | $\begin{gathered} 5+ \\ \text { PASSING } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: |
|  |  | 12.8 | 48 | 1 in 3 |
|  | CHI | 11.5 | 42 | 1 in 4 |
|  | SPA | 11.5 | 51 | 1 in 4 |
|  | USA | 10.8 | 39 | 1 in 3 |
|  | THA | 10.4 | 31 | 1 in 7 |
| $0$ | RSA | 10.2 | 45 | 1 in 9 |
|  | CAN | 9.9 | 39 | 1 in 11 |
|  | AUS* | 9.7 | 42 | 1 in 22 |
| $\pi$ | FRA | 9.7 | 28 | 1 in 4 |
|  | UGA | 9.4 | 30 | 0 in 53 |
|  | BRA | 9.2 | 35 | 1 in 10 |
|  | NZL* | 9.1 | 35 | 1 in 7 |
| 紫 | ENG | 8.8 | 35 | 1 in 27 |
|  | RUS | 8.6 | 34 | 1 in 11 |
| NRB | NET | 8.1 | 29 | 0 in 58 |
| y | ITA | 7.8 | 25 | 1 in 7 | sequences. China, Spain and France made 1every 4, whereas England made 1 in 27 and Australia 1 in 22. In the entire tournament, both Netherlands and Uganda did not have 1 passing movement that contained 5 or more passes.

STATISTICAL REVIEW AND MATCH ANALYSIS - WOMEN'S COMPETITION

### 4.2 KICKS

Kicks include all kicks made in general play inc. punts, chips, ground and grubber kicks.

|  | RWC 7s WOMEN |
| :---: | :---: |
| 2009 |  |
| AVERAGE KICKS PER MATCH | 3.7 |
| HIGHEST KICKING MATCH | 10 |
| LOWEST KICKING MATCH | 0 |
|  |  |

The average kicks per team per match was 1.8 but teams varied around this average. As can be seen in the table Italy kicked more often than any other team - on average they kicked 4 times every game. England and Japan, on the other hand, kicked very little, kicking, between them, just 5 times in the entire tournament.

Of the total kicks made by teams in open play, the attached table shows how many were regained. Overall, 1 in 4.4 kicks were regained or $\mathbf{2 3 \%}$. Australia regained 4 of their 6 kicks.

A variety of kicks are used in sevens. Of all the kicks, $\mathbf{2 8 \%}$ were punt kicks, $35 \%$ were chip kicks, $23 \%$ were ground kicks (i.e. football kick) and $15 \%$ were grubber kicks.


|  | AVERAGE KICKS | TOTAL KICKS | KICKS REGAINED |
| :---: | :---: | :---: | :---: |
| ITA | 4.2 | 21 | 2 |
| THA | 3.3 | 13 | 3 |
| BRA | 3.0 | 18 | 3 |
| FRA | 2.8 | 14 | 2 |
| USA | 2.8 | 14 | 4 |
| RUS | 2.4 | 12 | 1 |
| CAN | 2.2 | 13 | 1 |
| UGA | 1.5 | 6 | 3 |
| NET | 1.3 | 5 | 1 |
| NZL* | 1.3 | 8 | 3 |
| RSA | 1.2 | 6 | 2 |
| AUS* | 1.0 | 6 | 4 |
| SPA | 1.0 | 5 | 3 |
| CHI | 0.8 | 5 | 1 |
| ENG | 0.5 | 3 | - |
| JAP | 0.5 | 2 | 1 |

### 4.3 RUCKS \& MAULS

|  | RWC 7s WOMEN <br>  <br> AVERAGE RUCKS/MAULS PER MATCH |
| :---: | :---: |
| HIGHEST RUCKING MATCH | 17 |
| LOWEST RUCKING MATCH | 31 |
| RETENTION SUCCESS RATE | 5 |
|  | $76 \%$ |

The table below shows major differences in the average number of rucks/mauls created by each team. Just as in the case of passes and kicks, some of this can be explained by the amount of possession obtained by each team. If this is taken into account, the rate at which each country rucked and mauled is far closer, as also shown in the table. This expresses rucks/mauls as 'rucks/mauls per minute possession '.

At the breakdown, the team taking in the ball retained possession by either winning the ball or being awarded a penalty on $76 \%$ of occasions. The percentage success rate of each team in attack and defence is also shown in the table below:

|  | AUS* | RUCKING RATE | AVERAGE RUCKS | RUCK ATTACK SUCCESS \% | RUCK DEFENCE SUCCESS $\%$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 3.2 | 14 | 90\% | $34 \%$ |
|  | ENG | 2.5 | 10 | 82\% | 25\% |
|  | CAN | 2.5 | 10 | 88\% | 34\% |
|  | CHI | 1.3 | 5 | 79\% | 18\% |
|  | USA | 1.4 | 5 | 72\% | 25\% |
| $\underset{F F R}{T V}$ | FRA | 1.3 | 4 | 74\% | 20\% |
| $\underset{\substack{\text { Bussia }}}{\text { and }}$ | RUS | 1.9 | 8 | 82\% | 12\% |
|  | SPA | 1.8 | 8 | 72\% | 28\% |
| ¢ | THA | 1.6 | 5 | 58\% | 23\% |
| $2$ | ITA | 1.8 | 6 | 61\% | 22\% |
| Ti1 | BRA | 3.0 | 11 | 72\% | 34\% |
| NRE | NET | 4.1 | 15 | 79\% | 10\% |
|  | JAP | 3.0 | 11 | 61\% | 21\% |
|  | UGA | 2.8 | 9 | 60\% | 32\% |
|  | RSA | 2.6 | 11 | 75\% | 21\% |
|  | NZL* | 2.1 | 8 | 79\% | 22\% |

The above table illustrates the extent to which teams took contact at the rucks. There were major differneces between some of the teams. While France created just 4 rucks per game, Netherlands created 15 and Australia 14.The above table shows that Australia and Canada had the highest success percentage in attack, while Thailand had the least. Australia, Canada, Uganda and Brazil won possession from opponents on over 30\% of occasions. Netherlands and Russia had the least success at opponents' rucks.

There were nearly 700 rucks in the tournament - and a ruck occurs when at least one player from each side is on his feet at or over the ball. This means that when the tackler is on his feet and an opponent joins in, then there is a ruck. When the tackler is not on his feet, a ruck occurs when at least one player from each side joins in. What became immediately noticeable was that there were clear differences in the approach of the various countries in committing players to the rucks. While certain teams frequently committed few additional players, other countries consistently committed more.

The extent of the differences between each team's approach is illustrated by an exercise that looked at how many players were committed to the rucks (1) in attack and (2) in defence.


It can be seen that, in attack, New Zealand and Thailand's approach was to commit only 1 player - which they did on $90 \%$ of occasions. Uganda's policy however was quite different - they sent in 2 or more players on $34 \%$ of occasions. In defence, Thailand, France and Australia frequently committed no extra players, while Brazil and Spain, on the other hand, attacked almost every opponents ruck with one or more players.

## 5. SET PIECE

### 5.1 RESTARTS

Restarts are the most common and most competitive set piece. They are classified into 2 types, contestable and not contestable.

Certain teams can intentionally kick long (ie making the ball not contestable) on more

|  | RESTARTS |  | SCRUMS |  | LINEOUTS |
| :---: | :---: | :---: | :---: | :---: | :---: |
| AVERAGE PER MATCH | 6 | 5 | 2 |  |  |
| HIGHEST IN A MATCH | 10 | 10 | 5 |  |  |
| LOWEST IN A MATCH | 3 | 1 | 0 |  |  |
| SUCCESS \% | $25 \%$ | $82 \%$ | $77 \%$ |  |  | occasions than others. This is shown in the table below. It also shows how successful each team was at regaining own contestable restarts and receiving opposition contestable restarts - they varied considerably.


|  |  | OWN RESTARTS |  |  |  | JAP | OPP RESTARTS |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | CONTESTABLE | NOT | SUCCESS |  |  | CONTESTABLE | $\begin{gathered} \text { NOT } \\ \text { CONTESTABLE } \end{gathered}$ | SUCCESS |
|  | THA | 1 | 6 | 1 in 1 |  |  | 11 | 9 | 1 in 1 |
|  | NZL* | 5 | 24 | 1 in 1.7 |  | RSA | 1 | 13 | 1 in 1 |
| $5$ | AUS* | 12 | 15 | 1 in 2 | $81$ | RUS | 9 | 7 | 1 in 1.1 |
| br | SPA | 6 | 7 | 1 in 2 |  | ENG | 7 | 3 | 1 in 1.2 |
| ,ix | CAN | 15 | 7 | 1 in 3 | , | CHI | 6 | 11 | 1 in 1.2 |
| NRB | NET | 4 | 4 | 1 in 4 |  | SPA | 6 | 3 | 1 in 1.2 |
|  | ITA | 4 | 6 | 1 in 4 | $(5)$ | UGA | 5 | 12 | 1 in 1.3 |
| 绕 | ENG | 12 | 12 | 1 in 6 |  | NZL* | 4 | 9 | 1 in 1.3 |
| $9$ | USA | 7 | 8 | 1 in 7 |  | THA | 8 | 8 | 1 in 1.3 |
| $18$ | BRA | 10 | 3 | 1 in 10 | NRB | NET | 6 | 10 | 1 in 1.5 |
| $\left(\mathrm{S}_{2}\right)$ | UGA | 1 | 3 | 0 in 1 |  | AUS* | 3 | 11 | 1 in 1.5 |
| 彷 | RSA | 1 | 13 | 0 in 1 | $\left.\right\|_{18} ^{18}$ | BRA | 11 | 5 | 1 in 1.6 |
| 3 | JAP | 3 | 4 | 0 in 3 |  | CAN | 5 | 11 | 1 in 1.7 |
| (46) | CHI | 5 | 14 | 0 in 5 |  | ITA | 2 | 15 | 1 in 2 |
| Russia | RUS | 8 | 5 | 0 in 8 |  | FRA | 9 | 6 | 1 in 2.3 |
| $\underset{F F R}{\mathbb{V}}$ | FRA | 0 | 11 | 0 in 0 | USARUGB | USA | 1 | 9 | 0 in 1 |

$\mathbf{4 0 \%}$ of restarts were contestable and $\mathbf{6 0 \%}$ of restarts were not contestable

Of all contestable restarts, the kicking team won $\mathbf{2 5 \%}$ or 1 in 4.
The finalists, New Zealand and Australia, plus Spain were the most successful in regaining own short restarts with around a $50 \%$ success rate. Australia and Canada kicked short more than most other team. Japan won all 11 of the contestable restarts they received, while France won 1 in every 2.3 contestable restarts.

There were 13 restart errors - 1 in every 18 restarts

### 5.2 SCRUM \& LINEOUT

Overall Scrum success was $\mathbf{8 2 \%}$ and overall Lineout success was $77 \%$. The following table shows the success rate for each team on own put/throw in and opposition put/throw in:

Only USA won possession on everyone of their own scrum put ins - they did however have only 5 scrums compared with Italy and Brazil who had 36 between them. England and Japan won all their lineouts but while England threw into 11 lineouts, Japan only threw in once, also even though England won all their own lineouts, they did not steal one opposition lineout.

England were however the most successful team on the opposition put in and Australia were the most successful on the opposition lineout.

There were 9 quick throws - only 6 out of the 16 teams threw at least 1 quick throw. Canada, South Africa and Thailand threw 2 quick throws each.


## 8. PENALTIES \& FREE KICKS

The average number of penalties/free kicks per game was 6.
Of the penalties/free kicks awarded, 62\% were awarded at the breakdown.

What needs to be noted that absolute statistics and averages do not necessarily reflect the true degree of discipline or ill-

|  | RWC 7s WOMEN |
| :---: | :---: |
| AVERAGE PENALTIES/ | 2009 |
| FREE KICKS PER MATCH | 6 |
| HIGHEST PENALISED MATCH | 14 |
| LOWEST PENALISED MATCH | 1 | discipline of a particular team. The number of penalties can, for example, vary from match to match. Some referees penalise more than others. A better and probably more accurate indicator, therefore, is the proportion of penalties conceded by a team in all their matches compared with their opponents.

Each team's proportion \% for and against can be seen in the following table together with the totals and averages per game. It shows for example that while Canada and Japan received twice as many penalties as their opponents, Spain were penalised twice as often as their opponents.


## 9. CARDS

There were 11 yellow cards and $\mathbf{0}$ red cards issued in the 41 matches in Womens Rugby World Cup Sevens 2009.

Over half the cards went against 2 teams - Australia and China, the Cup and Bowl winners respectively.
10 of the 16 teams did not concede a single yellow card.
The offences for which they were awarded were as follows:

|  | YELLOW |
| ---: | :---: |
| CARDS |  |$|$| Tripping | 2 |
| ---: | :---: |
| Dangerous Tackle | 5 |
| Cangerous Charging | 1 |
| Kicking | 1 |
| Punching/Striking | 1 |
| Hands in ruck | 1 |
|  |  |


|  | AUS* | MATCHES | YELLOW CARDS | $\begin{aligned} & \text { RED } \\ & \text { CARDS } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: |
|  |  | 6 | 3 | - |
|  | CHI | 6 | 3 | - |
|  | ENG | 6 | 2 | - |
|  | THA | 4 | 1 | - |
| NRE | NET | 4 | 1 | - |
|  | JAP | 4 | 1 | - |
|  | BRA | 6 | - | - |
| , | CAN | 6 | - | - |
|  | NZL* | 6 | - | - |
|  | USA | 5 | - | - |
| U | ITA | 5 | - | - |
| $\underset{F F F}{T V}$ | FRA | 5 | - | - |
| $6 i$ | RUS | 5 | - | - |
| $(2)$ | UGA | 4 | - | - |
| y | RSA | 5 | - | - |
| , | SPA | 5 | - | - |

## A COMPARISON BETWEEN THE MEN'S RWC SEVENS 2005 \& 2009

|  | $\begin{gathered} \text { RWC 7s MEN } \\ 2005 \end{gathered}$ | $\begin{gathered} \text { RWC 7s MEN } \\ 2009 \end{gathered}$ |
| :---: | :---: | :---: |
| SCORING |  |  |
| POINTS (average per game) | 38 | 35 |
| TRIES (average per game) | 6 | 6 |
| CONVERSION SUCCESS (\%) | 59\% | 59\% |
| PENALTY GOALS (total) | 0 | 0 |
| DROP GOALS (total) | 0 | 0 |
| TRY SCORING |  |  |
| MATCHES WON by team scoring most tries | 89\% | 88\% |
| SOURCE OF TRIES - Pens/FKs (\%) | 29\% | 32\% |
| SOURCE OF TRIES - Turnover/Opp Error (\%) | 26\% | 23\% |
| ORIGIN OF TRIES - Own Half (\%) | 43\% | 52\% |
| BUILD UP TO TRIES - No Rucks/Mauls | 76\% | 62\% |
| BUILD UP TO TRIES - 3 Or Fewer Passes | 60\% | 60\% |
| BALL IN PLAY |  |  |
| BALL IN PLAY (\%) | 48\% | 51\% |
| ACTIVITY |  |  |
| PASSES (average per game) | 70 | 68 |
| RUCKS/MAULS (average per game) | 14 | 15 |
| RUCK/MAUL RETENTION (\%) | 75\% | 77\% |
| KICKS (average per game) | 4 | 5 |
| SET PIECE |  |  |
| RESTARTS kicked short (\%) | 80\% | 79\% |
| SHORT RESTARTS possession retained (\%) | 20\% | 34\% |
| RESTART ERRORS (Total) | 1 in 17 restarts | 1 in 19 restarts |
| SCRUMS (average per game) | 4 | 4 |
| SCRUMS possession retained (\%) | 85\% | 83\% |
| LINEOUTS (average per game) | 2 | 3 |
| LINEOUTS possession retained (\%) | 76\% | 74\% |
| PENALTIES/FREE KICKS \& CARDS |  |  |
| PENALTIES/FKs (average per game) | 6 | 7 |
| CARDS (Total) | 1 in 1.6 matches | 1 in 2.7 matches |

## A COMPARISON BETWEEN THE MEN'S AND WOMEN'S RWC SEVENS 2009

|  | $\begin{gathered} \text { RWC 7s MEN } \\ 2009 \end{gathered}$ | $\begin{gathered} \text { RWC 7s WOMEN } \\ 2009 \end{gathered}$ |
| :---: | :---: | :---: |
| SCORING |  |  |
| POINTS (average per game) | 35 | 29 |
| TRIES (average per game) | 6 | 5 |
| CONVERSION SUCCESS (\%) | 59\% | 56\% |
| PENALTY GOALS (total) | 0 | 1 |
| DROP GOALS (total) | 0 | 0 |
| TRY SCORING |  |  |
| MATCHES WON by team scoring most tries | 88\% | 88\% |
| SOURCE OF TRIES - Pens/FKs (\%) | 32\% | 30\% |
| SOURCE OF TRIES - Turnover/Opp Error (\%) | 23\% | 26\% |
| ORIGIN OF TRIES - Own Half (\%) | 52\% | 40\% |
| BUILD UP TO TRIES - No Rucks/Mauls | 62\% | 67\% |
| BUILD UP TO TRIES - 3 Or Fewer Passes | 60\% | 55\% |
| BALL IN PLAY |  |  |
| BALL IN PLAY (\%) | 51\% | 54\% |
| ACTIVITY |  |  |
| PASSES (average per game) | 68 | 74 |
| RUCKS/MAULS (average per game) | 15 | 17 |
| RUCK/MAUL RETENTION (\%) | 77\% | 76\% |
| KICKS (average per game) | 5 | 4 |
| SET PIECE |  |  |
| RESTARTS kicked short (\%)SHORT RESTARTS possession retained (\%) | 79\% | 40\% |
|  | 34\% | 25\% |
| RESTART ERRORS (Total) | 1 in 19 restarts | 1 in 18 restarts |
| SCRUMS (average per game) | 4 | 5 |
| SCRUMS possession retained (\%) | 83\% | 82\% |
| LINEOUTS (average per game) | 3 | 2 |
| LINEOUTS possession retained (\%) | 74\% | 77\% |
| PENALTIES/FREE KICKS \& CARDS |  |  |
| PENALTIES/FKs (average per game) | 7 | 6 |
| CARDS (Total) | 1 in 2.7 matches | 1 in 3.7 matches |

