

WORLD CUP NOTES

- This will be the fourth Women's Rugby World Cup Sevens, and the first to be played in the Southern Hemisphere.
 - New Zealand are the only team to have played in all three previous finals.

Rugby World Cup Sevens History						
Year	Location	Winner	Runner-Up	Bronze	Plate	Bowl
2009	Dubai	Australia	New Zealand	-	England	China
2013	Moscow	New Zealand	Canada	USA	-	-
2018	San Francisco	New Zealand	France	Australia	-	-

- New Zealand won the first and only Sevens Series event in Cape Town in 2020, winning the Cup title against Australia 17-7.
- Five teams already qualified courtesy of the 2018 RWC Sevens, with defending champions New Zealand, France, Australia, USA and hosts South Africa secured of their place. The remaining 11 teams all came through regional qualification:
 - **Africa:** Madagascar
 - **North America:** Canada
 - **South America:** Brazil, Colombia
 - **Asia:** Japan, China
 - **Europe:** Spain, England, Poland, Ireland
 - **Oceania:** Fiji
- **New Zealand** hold the record for most single tournament World Cup tries with 29 on two occasions, 2009 and 2013.
 - New Zealand's **Portia Woodman** (Moscow, 2013) holds the record for most single tournament World Cup Sevens tries with 12. Her 60 points in Moscow is also the record for most points at a World Cup Sevens.
 - She holds the record for all-time World cup tries with 18.
- No team has ever won the Rugby World Cup Sevens final when behind at half-time.

KEY TEAM STATS

- **Australia** dominated the 2022 Sevens Series, finishing in first place by 20 points for their third ever World Series win. They were the only team to medal at all six events including four golds. Their lowest finish of the year came in Málaga with a bronze.

Rugby World Cup Sevens History		
2009	2013	2018
1st	5th	3rd

- **RWC Sevens** – Played 16; Won 13, Lost 3, Drawn 0 (81% win rate)
- They are going for a triple crown of titles following their success on the Women's Series and at the 2022 Commonwealth Games. The last team to achieve this three-peat was New Zealand in 2018.
- **2022 Sevens Series** – Played 34; Won 31, Lost 3, Drawn 0 (92% win rate)
- They lost just three games on the Women's Series in 2022, all by a converted try or less against New Zealand, Russia and France.
- They had a dominant attack on the Women's Series in 2022, scoring the most tries of any team with 169, 34 more than France in second.
 - Eighty-eight of their tries were assisted by a team-mate at a rate of 52.1 per cent. highest percentage of any team, and 35 more assists than the next best team Ireland.
 - They averaged the most line breaks of any team with five per game.
 - They had the second-best visit 22/try ratio of any team at 86.7 per cent.
 - They played disciplined rugby this year, conceding on average just 2.8 penalties per game, the second-least of the core teams on the 2022 Women's Series.
- They won silver at the last Women's Series event at Cape Town Stadium.
- **Australia Squad** – 185 Total Series Events; 3 Survivors from 2018 RWC Sevens
- **Charlotte Caslick** is responsible for 30 assists on the World Series this year, 17 more than any other player.
 - Her favourite combination was with Faith Nathan who she has linked up with seven times on the Women's Series this year, contributing to 24 per cent of her season tries.
 - She has also scored a team-high 31 tries, bringing her total try involvements to 61 tries.
 - She made the third-most line-breaks (27) and second-most carries (159) of any player this season.
- **Maddison Ashby** is the team's second-highest try scorer this season with 29. She was one of three players, alongside Charlotte Caslick and Faith Nathan, to play all 34 Women's Series games for Australia this season.
- **Maddison Levi** was awarded 2022 Rookie of the Year on the Women's Series. She made her Australia debut last year at Tokyo 2020, and was the second-top try-scorer at the 2022 Commonwealth Games with 10, scoring in all five games played.
- **Sharni Williams** will make two Rugby World Cup appearances this season, also named in the Wallaroos squad for the women's 15s event next month in New Zealand.

- **Brazil** will retain their place as a core team on the Women's Series next season. Their best result came early in the season, in Dubai where they finished 6th at the first event.

Rugby World Cup Sevens History		
2009	2013	2018
10th	13th	13th

- **RWC Sevens** – Played 14; Won 6, Lost 8, Drawn 0 (43% win rate)
 - They qualified by finishing first at the 2021 Sudamérica Rugby Sevens tournament, beating Columbia in the final 36-5 to win their 20th South American title.
 - Brazil face Ireland in their Round of 16 matchup for the first time at RWC Sevens. They are currently enduring a 10-game losing streak on the Women's Series, with their last victory coming in 2017 in Kitakyushu.
 - They have been held to 14 or less points in all three meetings this season, with their three-point loss in Toulouse, their narrowest in this run of defeats on the Women's Series.
- **2022 Sevens Series** – Played 30; Won 10, Lost 20, Drawn 0 (33% win rate)
 - They have struggled to keep possession this year on the World Series, making the second-most errors per game (2.8) and second-least carries per game (19.5) of all core teams on the World Series.
 - Nearly half of their total wins this season came in the last two events of the season, winning four of their 11 games between Langford and Toulouse.
 - They improved their strike rate inside the opposition-22 across the last two events, averaging a try every 1.2 visits in Langford and Toulouse, compared to 1.4 across the first four event of the season.
- **Brazil Squad** – 128 Total Series Events; 5 Survivors from 2018 RWC Sevens
 - Speedsters **Bianca Silva** (39) and **Thalia Da Silva Costa** (37) are the team's all-time leading try scorers on the Women's Series.
 - Da Silva Costa set a new season try-scoring record for Brazil on the 2022 Series with 26 tries.
 - **Thalia Da Silva Costa** and **Leila Dos Santos Silva** are the only two players in this squad who have scored a try at Cape Town Stadium.
 - **Bianca Silva** was their top try-scorer at RWC Sevens 2018 with five, including doubles against Canada and South Africa.
 - She has scored five tries in her past five Women's Series games against Ireland including a double in Hamilton on the 2020 Series.
 - Captain **Luiza Campos** brings the most experience to the squad with 29 Women's Series events and two RWC Sevens events to her name.

- **Canada** finished seventh on the Women's Series, with their best result coming on home soil in Langford winning the fifth-place play-off. They qualified for RWC Sevens 2018 via the Rugby Americas North (RAN) tournament, defeating Mexico 33-0 in the final.

Rugby World Cup Sevens History		
2009	2013	2018
6th	2nd	7th

- **RWC Sevens** – Played 16; Won 9, Lost 7, Drawn 0 (56% win rate)
 - They won two of four games in San Francisco, finishing seventh overall.
 - They have never failed reached the Cup/Championship quarter-final at RWC Sevens.
 - They open their campaign against China, a team they have never played at this event, but have won all four previous Series games by an average margin of 33 points.
- **2022 Sevens Series** – Played 33; Won 12, Lost 21, Drawn 0 (36% win rate)
 - They fielded an inexperienced team for much of the 2022 Series, with less than 125 events worth of experience combined at each round at an average of seven tournaments per player per event.
 - They averaged just 12.7 tries per event on the 2022 Series, with their highest scoring tournament coming in Langford (17 tries).
 - Despite their poor results this year they have enjoyed plenty of possession, averaging the most carries per game (23.9) of any core team.
 - They haven't been able to turn those carries into line breaks, averaging the joint-second least per game (2.6), and the second-least tries per game (2.2) among core teams.
 - They have the second-highest conversion kicking rate of all teams on the series with 65.3 per cent.
 - They won bronze at the last Women's Series event played at Cape Town Stadium.
- **Canada Squad** – 97 Total Series Events; 3 Survivors from 2018 RWC Sevens
 - Captain **Breanne Nicholas** brings the most experience with 25 Women's Series events and one RWC Sevens event to her name.
 - She led much of Canada's attack this season, making a team-high 84 carries.
 - Six members of their squad only made their Women's Series debut this season with **Olivia de Couvreur, Nakisa Levake, Florence Symonds, Krissy Scurfield, Chloe Daniels** and **Fancy Bermudez Chavez**.
 - **Piper Logan** is yet to play on the Women's Series, receiving her first international call-up for the 2022 Commonwealth Games.
 - **Pamphinette Buisa** is the only member of their squad to have scored a RWC Sevens try, crossing against Brazil in their opening game four years ago.
 - She made a team-high 21 offloads on the Women's Series this season.
 - **Krissy Scurfield** was their leading try-scorer at the 2022 Commonwealth Games with six, including scoring five against Sri Lanka.
 - She was also their top try-scorer on the 2022 Women's Series with eight.
 - **Olivia Apps** made a team-high four try assists for Canada this season. She is their only player to have played all 33 Women's Series matches this season.

- **China** missed out on World Series qualification a month ago at the 2022 Challenger Series in Santiago after losing their semi-final to Poland 15-22 and finishing third overall.

Rugby World Cup Sevens History		
2009	2013	2018
9th	11th	12th

- **RWC Sevens** – Played 15; Won 6, Lost 9, Drawn 0 (40% win rate)
 - They qualified for RWC Sevens 2022 via the Asia Rugby Sevens Series where they finished second after losing the final 14-12 to Japan last year.
 - After winning four of their six games in Dubai in 2009, they have won just two of their past nine since Moscow. Their only two victories in the past two events have been against Brazil in 2013 and South Africa in 2018.
 - They have never won their opening match at RWC Sevens, losing to Australia in 2009 and 2013, and USA in 2018.
 - They will look to improve their defence this time around after conceding the second-most tries of any team in San Francisco with 19.
- **Sevens Series History** – Played 96; Won 22, Lost 74, Drawn 0 (23% win rate)
 - They last appeared on the Women's Series in 2020, as the invitational team in Hamilton. They were a core team on the 2019 Series finishing 11th.
 - They have played 20 Women's Series events overall since 2012.
 - This will be their first World Rugby Sevens event in South Africa.
- **China Squad** – 46 Total Series Events; 4 Survivors from 2018 RWC Sevens
 - **Chen Keyi** brings the most experience with 16 Women's Series and two RWC Sevens tournaments to her name. She was their leading try-scorer in 2018 with three in San Francisco.
 - She is the only member of their squad to have scored a try against Canada on the Women's Series.
 - She is their all-time leading try (26) and point (196) scorer on the Women's Series.
 - **Wang Xiao** was their leading try-scorer at the 2022 Challenger Series with four.
 - **Xu Xiaoyan** did not miss a shot at goal in Santiago, kicking all three conversion attempts.

- **Colombia** will make their Rugby World Cup Sevens debut, one of three teams to play at this event for the first time alongside Poland and Madagascar.

Rugby World Cup Sevens History		
2009	2013	2018
-	-	-

- They qualified by finishing second at the 2021 Sudamérica Rugby Sevens tournament, losing the final to Brazil 36-5.
- They also have Olympic Games experience after finishing 12th at Rio 2016.
- **Sevens Series History** – Played 5; Won 0, Lost 5, Drawn 0 (0% win rate)
 - They have played in just one Women's Series event before in Atlanta in 2016 as the invitational team.
 - They will look to bounce back from disappointing performance at the 2022 Challenger Series in Santiago, losing the quarter-final to Poland 36-0 and finishing eighth overall.
 - Their only victory came against Mexico in the pool rounds, held to 12 or less points in all five losses.
- **Colombia Squad** – 1 Total Series Event;
 - **Isobel Arzuaga** was their top try-scorer in Santiago with three.
 - **Laura Mejia** and **Maribel Mestra** made the only two try assists for Colombia in Santiago.
 - Captain **Camila Lopera** is the only player with Women's Series experience, scoring her only try against Fiji in their first ever match in Atlanta on the 2015-16 Series.
 - She is the only survivor from their Rio 2016 campaign.
 - They have named eight players from their 2022 Challenger Series squad for this event.

- **England** played just four of six Women's Series events this season, with their best result coming with bronze in Seville. Since finishing third at the Estadio Olímpico, they have won just four of their past 15 games across Langford, Toulouse and the 2022 Commonwealth Games combined.

Rugby World Cup Sevens History		
2009	2013	2018
5th	6th	9th

- **RWC Sevens** – Played 16; Won 11, Lost 5, Drawn 0 (69% win rate)
 - They won the Challenge final in San Francisco, defeating Japan 31-5, and are currently on a three-game losing streak after their Round of 16 loss to Ireland.
 - They open their campaign against Spain, a team they narrowly beat by five points in Dubai in 2009, but against who they are currently enduring a four-match losing streak on the Women's Series.
 - They have been held to 14 points or less in all four losses, not scoring three or more tries in this fixture since Kitakyushu in 2017.
 - They struggled to convert their possession into tries in their last meeting in Toulouse. Despite making more carries (21-18) passes (33-17) and offloads (3-2), they could not break the Spanish defence, with less line-breaks (5-3) and visits to the opposition-22 (5-2) in the match.
- **2022 Sevens Series** – Played 22; Won 7, Lost 15, Drawn 0 (32% win rate)
 - Only two of their seven victories this season came against a team ranked higher than them on the season standings, against France and USA in Seville.
 - They had the third-lowest assist rate of the core teams on the Women's Series, assisting on just 32.8 per cent of tries scored.
 - They had the third-fewest carries of the core teams on the Women's Series, averaging just 19.8 carries per game.
 - They have enjoyed good ball security when they do have it in hand, making the second-least errors per game (2) of any team on the Women's Series.
- **England Squad** – 131 Total Series Events; 2 Survivors from 2018 RWC Sevens
 - **Amy Wilson Hardy** and **Abbie Brown** are their only two survivors from San Francisco.
 - Seven players in their squad only made their Women's Series debut for England this season, with **Ellie Boatman**, **Grace Crompton**, **Alicia Maude**, **Isla Norman-Bell**, **Jade Shekells**, **Lauren Torley** and **Heather Cowell**.
 - All twelve of their squad all played at the 2022 Commonwealth Games, with **Ellie Boatman** scoring a team-high seven tries, the fourth-most of any player at this event.
 - She has scored 10 tries in her past seven games across the Series and Commonwealth Games combined, including four against Sri Lanka in Coventry.
 - She was their top try-scorer on the 2022 Series with 14 for England. She and **Alice Maude** were the only two players to play all 22 games for them this season.
 - **Megan Jones** made a team-high seven try assists this season on the Women's Series.
 - Head Coach **James Rodwell** represented England at the 2009, 2013 and 2018 RWC Sevens, including playing two finals against New Zealand.

- After winning bronze at Tokyo 2020, **Fiji** won their first Women's Series medals this season with silver at both events in Dubai, and bronze in Toulouse. They had played 36 Women's Series events before earning their first medal of any colour, while their bronze in Tokyo was at their second Olympics Games.
 - They won their first Commonwealth Games medal this year, winning silver in Coventry.

Rugby World Cup Sevens History		
2009	2013	2018
-	9th	11th

- **RWC Sevens** – Played 16; Won 11, Lost 5, Drawn 0 (69% win rate)
 - They have never won their opening match at RWC Sevens, with a 14-14 draw against Spain in 2013, and a 19-12 loss against them in 2018.
 - Both losses four years ago were narrow, by seven points against Spain and one point against Japan.
 - They open their 2022 campaign against Japan, a team they have not played since their two-point loss in Glendale on the 2020 Series.
- **2022 Sevens Series** – Played 22; Won 13, Lost 8, Drawn 1 (59% win rate)
 - Fiji finished third on the 2022 Series standings, their best end of season placing in Women's Series history.
 - They only played four of the six events this season, but still averaged the fourth-most tries per event of any team with 19. Only Australia (28.2), New Zealand (27.5) and France (22.5) scored more per tournament on the 2022 Series.
 - Like the men's team, they attack with a uniquely explosive and efficient style, averaging the least carries per game of any core team with 16.9 per game, but still with the second-best visit 22/try strike rate at 87.4 per cent.
 - They maintain possession the most offloads per game among core teams with 6.4.
 - They have been the most accurate team in front of goal this season, kicking 74 per cent or their conversion attempts.
 - They won two of their four games at Cape Town Stadium on the 2020 Series, losing their Cup quarter-final to Australia.
- **Fiji Squad** – 178 Total Series Events; 4 Survivors from 2018 RWC Sevens
 - **Ana Maria Naimasi** is Fiji's second all-time top try scorer with 51. She become the second player in the team's history to reach this milestone in Toulouse.
 - Captain **Rusila Nagasau** brings the most experience on the squad with 34 Women's Series events and two RWC Sevens events to her name.
 - She was their top point-scorer in Moscow in 2013 with 19 points.
 - She made a team-high six try assists this season, with her combination with **Sesenieli Donu** producing two.
 - **Raijieli Daveua** was Fiji's top try-scorer at RWC Sevens 2018 with five tries.
 - They have 10 silver Commonwealth Games medallists and 10 bronze medallists from Tokyo 2020 in their squad.

- **France** earned their best Women's Series finish this year with second-place. Their best Rugby World Cup Sevens result came at the last event in San Francisco where they lost the Cup final to New Zealand.

Rugby World Cup Sevens History		
2009	2013	2018
7th	11th	2nd

- **RWC Sevens** – Played 14; Won 7, Lost 6, Drawn 1 (50% win rate)
 - Two of their three victories in 2018 were narrow, by seven points or less against Australia and Canada. Prior to this event, they had only won four games in total across the first two RWC Sevens events.
 - They open their campaign against hosts South Africa, a team they have never played against at RWC Sevens, but have won all five games against on the Women's Series.
 - Their only previous RWC Sevens match against the host nation came against Russia in 2013, drawing 26-26 in their opening game.
- **2022 Sevens Series** – Played 34; Won 25, Lost 9, Drawn 0 (74% win rate)
 - They won two Series medals this season, with bronze in both rounds in Dubai.
 - They played with flare this year, trailing only Fiji for most offloads per game among core teams with 5.9. However this offload game came at a cost, making the most errors of any core team on the Series with 3.2 per game.
 - They had poor discipline on the Series this season, averaging the second-most penalties conceded per game of any core team with 3.7.
- **France Squad** – 167 Total Series Events; 3 Survivors from 2018 RWC Sevens
 - Three of their squad members return from San Francisco, while **Jade Ulutule** makes her first RWC Sevens appearance since Moscow in 2013.
 - **Ulutule** was the most accurate kicker on the 2022 Women's Series of any later who had made more than 30 attempts, converting with a 77.8 per cent of her shots at goal.
 - She became the first French woman in Series history to finish a season as the competition's leading point-scorer with 226.
 - She was their only player to play every game for them this season.
 - **Joanna Grisez** was France's top try-scorer this season with 24, including three doubles, and scoring their only hat-trick. She made a team-high 24 line-breaks.
 - **Séraphine Okemba** scored a team-high six tries at Cape Town Stadium on the 2020 Series. She led much of France's offloading game, making 26, the third-most of any player.
 - There are two players in their squad who are yet to make their Women's Series debut, in **Lilou Graciet** and **Lil Dezou**.
 - There are five silver medallists in this squad from Tokyo 2020 in **Camille Grassineau**, **Carla Neisen**, **Chloé Pelle**, **Séraphine Okemba**, and captain **Jade Ulutule**.

- **Ireland** have continued their upward trend of performance this year, ending the season in fourth for their best Women's Series finish.

Rugby World Cup Sevens History		
2009	2013	2018
-	7th	6th

- **RWC Sevens** – Played 9; Won 4, Lost 5, Drawn 0 (44% win rate)
 - Three of their four games in 2018 were decided by a margin of exactly five points, with two wins and a loss with this difference.
 - They have never lost their opening RWC Sevens match, with victory against South Africa in 2013 and England in 2018.
 - They open their campaign against Brazil, a team they are currently enjoying a 10-game winnings streak against on the Women's Series, including all three meetings this season.
- **2022 Sevens Series** – Played 34; Won 19, Lost 15, Drawn 0 (56% win rate)
 - They medalled at back-to-back events for the first time after winning silver in Seville and bronze in Langford. They played their first 36 events on the HSBC World Rugby Sevens Series without winning a Cup medal.
 - They are consistently above average in statistical categories on the series this year:
 - Second in turnovers won per game (0.8).
 - Third in carries per game (22.7).
 - Third in try assist rate (50 per cent).
 - Fourth-least errors per game (2.4).
 - Fourth in line-breaks per game (3.3).
 - Fourth in offloads per game (4.3).
 - Fifth-least penalties conceded per game (3.1).
 - Fifth-best tackle completion rate (74.4 per cent).
 - Their only area for improvement is their visit 22/try rate of 76.3 per cent, the third-lowest visit 22 success rate of core teams.
- **Ireland Squad** – 197 Total Series Events; 5 Survivors from 2018 RWC Sevens
 - For the second time in the past three seasons, **Aimee-Leigh Murphy Crowe** has been the season's top try-scorer. Her 36 tries surpassed her previous best effort of 35 in 2019.
 - She scored the most hat-tricks of any player with four, and led the team for line-breaks (37).
 - Twenty-one of her 36 tries scored were assisted by a team-mate, and her combination with **Lucy Mulhall** produced a team-high five tries.
 - **Lucy Mulhall** made the most carries (160), tackles (84) and try assists (13) for Ireland this season. She was one of three players this season, alongside **Aimee-Leigh Murphy Crowe** and **Stacey Flood** to play every game for them this season.

- **Japan** will re-join the Women's Series next season as a core team after winning the 2022 Challenger Series in Santiago earlier this year.
 - They qualified for the Cape Town via the Asia Rugby Sevens Series 2021 where they defeated China in the final 14-12.

Rugby World Cup Sevens History		
2009	2013	2018
13th	13th	10th

- **RWC Sevens** – Played 12; Won 2, Lost 12, Drawn 0 (17% win rate)
 - They were runner-up in the Challenge Final in San Francisco, losing 31-5 against England.
 - Both victories four years ago were narrow, by just one point against Fiji and five points against Brazil. These were their first two victories in RWCS evens history after losing all nine games across 2009 and 2013.
 - They have never won their opening match at RWC Sevens.
- **Sevens Series History** – Played 105; Won 23, Lost 82, Drawn 0 (22% win rate)
 - They have played 20 Women's Series events in their history, with their last appearance coming in Langford as the invitational team this season.
 - They defeated Poland in the 2022 Challenger Series final 17-0. Much of the game was balanced but they dominated territory, allowing Poland into their own-22 just once and completed 82.6 per cent of their tackles missing on just four attempts.
- **Japan Squad** – 68 Total Series Events; 4 Survivors from 2018 RWC Sevens
 - **Chiharu Nakamura** is the most experienced player on the Japan squad with 20 Women's Series events and two World Cups to her name.
 - **Yume Hirano** was their top try-scorer in San Francisco with three.
 - **Michiyo Suda** scored the joint-third most tries of any player at the 2022 Challenger Series with six, including the final try of the game in the final against Poland.

- **Madagascar** qualified for the World Cup Sevens after placing second at the 2022 Africa Sevens tournament. They narrowly lost in the final to South Africa 15-14.
- They have never competed on the Women's Series, with their only two previous major World Rugby sevens appearances coming at the 2016 and 2021 Olympic Repechage.

Rugby World Cup Sevens History		
2009	2013	2018
-	-	-

- **RWC Sevens** – Played 0; Won 0, Lost 0, Drawn 0
 - They are one of three teams making their RWC Sevens debut at this event alongside Columbia and Poland.
 - 2022 was the first time they have made the final at the Africa Sevens tournament, losing just one game. They had made the semi-finals in 2018 and 2019.
- **Madagascar Squad** – 0 Total Series Events; 0 World Cup caps
 - All squad members are on debut. **Claudia Rasoarimalala** is the team's oldest player at 37 years old, while **Ericka Razakaniaina** is the youngest at 18 years old.

- **New Zealand** are looking to win a historic third consecutive RWC Sevens title. They are currently on a 10-game RWC Sevens winning streak. Their only loss in at this event came in the inaugural final in 2009 against Australia.

Rugby World Cup Sevens History		
2009	2013	2018
2nd	1st	1st

- **RWC Sevens** – Played 16; Won 15, Lost 1, Drawn 0 (94% win rate)
 - Twelve of their 15 victories at this event have been by a margin beyond two converted tries. The only team who has come within one score of the Black Ferns Sevens is USA in 2009 and 2018.
 - After winning bronze at the 2022 Commonwealth Games, and finishing fifth on the Women's Series, this is their last chance to win a major trophy.
 - They were the best defensive team in San Francisco, conceding just three tries.
 - This will their first meeting against Columbia at either the RWC Sevens, Olympic Games or the Women's Series.
- **2022 Sevens Series** – Played 12; Won 10, Lost 1, Drawn 1 (83% win rate)
 - All three tournaments in 2022 have ended with elimination games against Australia, losing the Cup final in Langford, winning the Cup final in Toulouse, and losing their Commonwealth Games semi-final in Coventry.
 - They swiftly picked-up their dominant play upon their return in Canada, landing in the top two of most statistical categories among core teams on the Women's Series:
 - They concede the least penalties per game (2.6).
 - They have the best tackle completion rate (85.2 per cent).
 - They make the fewest errors per game (1.8).
 - They have the second-highest try assist rate (50.9 percent).
 - They make the second-most line breaks per game (4.9).
 - They score the second-most tries per game (4.6).
 - They are unbeaten at Cape Town Stadium winning the 2020 Series Cup title here.
- **New Zealand Squad** – 231 Total Series Events; 7 Survivors from 2018 RWC Sevens
 - New Zealand have nine gold medallists from Tokyo 2020, eight survivors from RWC Sevens 2018, and 12 bronze medallists from the 2022 Commonwealth Games in their team. They bring with them the joint-most number of survivors from 2018 of any team.
 - **Michaela Blyde** scored a team-high 15 tries for New Zealand on the Women's Series this season from just two events played.
 - She has scored two or more tries in nine of her past 16 games across the Women's Series and Commonwealth Games, including six against Sri Lanka in Coventry.
 - She was New Zealand's leading try-scorer at Tokyo 2020 (seven), RWC Sevens 2018 (nine), and the 2022 Commonwealth Games (11).
 - **Portia Woodman, Kelly Brazier** and captain **Sarah Hirini** are chasing their third RWC Sevens crown. Woodman is the all-time leading try-scorer at RWC Sevens with 18.

- **Poland** came close to earning core status on the Women's Series for the first time after losing to Japan at the 2022 Challenger Series final in Santiago.

Rugby World Cup Sevens History		
2009	2013	2018
-	-	-

- **RWC Sevens** – Played 0; Won 0, Lost 0, Drawn 0
 - They are one of three teams making their RWC Sevens debut at this event alongside Columbia and Madagascar.
 - They open their campaign against USA, a team they have only met once the Women's Series, in Málaga this year, losing 31-7 in the pool rounds.
- **2022 Sevens Series** – Played 10; Won 2, Lost 8, Drawn 0 (20% win rate)
 - They played twice on the World Series this year as an invitational team in Málaga and Seville with finishes of eighth and 10th respectively.
 - They won just two games across these tournaments against Belgium and Canada.
 - They played perhaps the most expansive brand of rugby of any team, averaging a season-high 6.8 offloads per game across their two events in Spain.
 - They averaged the most tries per game (5.8), the most line break per game (6), had the best visit 22/try ratio (94.6 per cent of visits scored) and had the second-highest assist rate (94.6 tries assisted) at the 2022 Challenger Series.
- **Poland Squad** – 15 Total Series Events; 0 World Cup caps
 - They have nine players in their squad who featured in the Women's Series this season, including their top try-scorer **Małgorzata Kołdej** who crossed for a team-high nine tries.
 - She also top scored in Santiago with a competition-high 11 tries, while also making the most line-breaks (12).
 - She scored Poland's only try against USA this season.
 - **Sylwia Witkowska** made the third-most tackles of any player in Santiago with 19, and led their defensive effort in Spain with 18 across both events combined.
 - **Natalia Pamita** made the most try-assists of any player in Santago with eight, five more than the next best player. Her combination with **Małgorzata Kołdej** resulted in seven tries, the best try/assist partnership at the event.

- **South Africa** will look to continue the results of other previous host nations and finish inside the top 10 at RWC Sevens after Russia placed seventh in Moscow in 2013 and USA fourth in San Francisco in 2018. UAE did not field a team in 2009.

Rugby World Cup Sevens History		
2009	2013	2018
4th	13th	14th

- **RWC Sevens** – Played 13; Won 5, Lost 8, Drawn 0 (38% win rate)
 - Have won just one match at each of their past two events, with victory against China in 2013 and Mexico in 2018.
 - They have not won their opening match at this event since 2009 in Dubai, defeating Italy 17-5.
 - They begin their campaign against France, a team they have never met at RWC Sevens, and against who they have lost all five previous Series meetings against, including their most recent in Dubai on the 2018 Series.
 - They have been held to one try or less in their past four losses against France.
- **2022 Sevens Series** – Played 5; Won 1, Lost 4, Drawn 0 (20% win rate)
 - They played on the Women's Series this year as an invitational team in Toulouse, finishing 10th and winning just one of five games against Spain, 21-19.
 - They won three of their five matches on the 2022 Challenger Series, finishing ninth.
 - They were the invitational team in Cape Town on the 2020 Series, losing all four games.
- **South Africa Squad** – 31 Total Series Events; 4 Survivors from 2018 RWC Sevens
 - Co-Captain **Mathrin Simmers** brings the most experience to the squad with 13 Women's Series events and two RWC Sevens appearances.
 - She is one of eight players in this squad to have played on the Women's Series.
 - They have four players in their squad who played at Cape Town Stadium three years ago, with **Zintle Mpupha**, **Nadine Roos** and co-captains **Mathrin Simmers** and **Sizo Solontsi** all returning.
 - **Sizo Solontsi** made her debut at this venue on the 2020 Series.
 - **Nadine Roos** is the only player in their squad to have scored a try at this venue. She has scored nine tries across four Women's Series events in her career.
 - She is one of three try-scorers in this event from Toulouse alongside **Ayanda Malinga** and **Zintle Mpupha**.
 - She made a team-high three try assists in Santiago, including two for **Ayanda Malinga**.

- **Spain** qualified for Cape Town after narrowly defeating Belgium 14-12 in Bucharest, needing a converted try to secure their place in the final play of the match.

Rugby World Cup Sevens History		
2009	2013	2018
7th	4th	5th

- **RWC Sevens** – Played 15; Won 8, Lost 6, Drawn 1 (53% win rate)
 - They have never lost their opening game at RWC Sevens with victory against Brazil in 2009, a draw against Fiji in 2013 and a win against them in 2018.
 - This will be the first time since 2009 that they have met England at RWC Sevens, narrowly losing 12-7 in the Plate semi-final in Dubai.
 - They are currently enjoying a four-game Series winning against England on the Women's Series, the longest in their 16-game history.
 - Spain are currently on a two-game RWC Sevens winning streak, and will be looking to win three-straight games for the first time since 2009.
 - Half of their losses at this event have been narrow, by a single figure score-line.
- **2022 Sevens Series** – Played 31; Won 8, Lost 23, Drawn 0 (26% win rate)
 - They narrowly avoided relegation from the Women's Series this year, finishing 10th on the points standings.
 - They made the Cup quarter-finals twice this season, losing both games.
 - They had the second-lowest assisted try rate of all core teams with just 29.1 per cent.
 - They averaged the least line-breaks of any core team with 1.8 per game.
 - They conceded the most penalties of all teams with 4.5 per game.
 - They had the second-lowest 22/try strike rate of all core teams with 74.3 per cent of visits scored.
 - They had the third-lowest tackle completion rate with 68.8 per cent of tackle attempts completed.
- **Spain Squad** – 169 Total Series Events; 3 Survivors from 2018 RWC Sevens
 - **Iera Echebarria** is the team's most experienced player with 36 World Series events and one previous RWC Sevens appearance.
 - **Pauline Requena** scored the winning try against Belgium that booked their ticket to Cape Town.
 - **Beatriz Dominguez Sanchez** is the only player to have played all 31 Women's Series matches for Spain this season.
 - She made a team-high 39 tackles for Spain this season.
 - **Amaia Erbina** is their only player in their squad to have scored a RWC Sevens try.

- **USA** are one of only two teams alongside New Zealand to place inside the top four at every previous RWC Sevens. They have reached the semi-finals at every event, but medalled just once, winning bronze in 2013 (no third-place medal in 2009).

Rugby World Cup Sevens History		
2009	2013	2018
3rd	3rd	4th

- **RWC Sevens** – Played 15; Won 10, Lost 5, Drawn 0 (67% win rate)
 - Three of their five losses at this event have been against New Zealand.
 - They open their campaign against Poland, a team they beat 31-7 this season in Málaga in the pool rounds. **Cheta Emba** scored a double, one of four Women's Eagles Sevens try-scorers that day.
- **2022 Sevens Series** – Played 33; Won 20, Lost 13, Drawn 0 (61% win rate)
 - Since winning the Cup title in Málaga they have won just eight of their past 18 games, reaching the Cup semi-finals just once in the last three events.
 - They have had plenty of possession, averaging 23.1 carries per game, the second-most of the core teams.
 - However, they haven't been able to turn this possession into tries, averaging the seventh-least per game with 2.8 and posting the lowest success-rate of visits to 22 with only 73.4 per cent.
 - They average the most steals of all teams with 0.9 per game.
 - They average the third-fewest penalties conceded with three per game.
- **USA Squad** – 223 Total Series Events; 7 Survivors from 2018 RWC Sevens
 - They have seven Olympians in their squad from Tokyo 2020.
 - They have the joint-most returning players from San Francisco alongside New Zealand with seven.
 - **Naya Tapper** was their leading try-scorer in San Francisco with seven.
 - Rookie **Jaz Gray** has been their top try-scorer on the Women's Series with 18. She and **Ilona Maher** have made their joint-most line-breaks with 16.
 - **Ilona Maher** has done the majority of their work on attack and defence, making a team-high 58 tackles, and 109 carries.
 - **Kris Thomas** is their only player to have played all 33 Women's Series matches this season.
 - Captain **Lauren Doyle** brings the most experience to the squad with 34 World Series events.
 - They bring in debutant **Samantha Sullivan** who has never played at the international level.