



Organiser

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Touch Rugby is a minimal contact recreational sport that is all about playing the game, meeting new people and socialising afterwards. If you can run (speed is an advantage but not a requirement!) and catch a ball then you can start to play and develop your fitness, speed and skills.

Touch & Tag Rugby is open to all players of any age, ability and gender. We have a good mix of men, ladies and youth regularly playing. Wymondham Touch welcomes all players of any standard and have successfully developed players who have never previously played Rugby in any of its formats.

Our goal is to welcome new members and develop Rugby players throughout the club. Improving running angles, passing and interplay to develop space with a focus on general fitness. We have a wide mix of ages from Youth through to Senior. The emphasis is on fun, fitness & fairness, promoting the concepts of fair play, teamwork, respect, discipline and inclusion for all.

The timing and location of our sessions depends on the season. For detail please contact Gary but broadly it is:

- Late Spring - Early Autumn - Thursday evenings from 19.00 warm up and skills session with games starting at 19.30 onwards. Played at Wymondham RFC on the paddock
- Late Autumn - Early Spring - Thursday evenings from 20.30. Warm up at 20.15 in car park. Played at Easton College on the 3G pitch.