

Walking Touch Rugby comes to Midlothian this Saturday



Walking Touch Rugby is coming to Dalkeith on Saturday.

A taster session will take place between 10am and noon at Dalkeith Rugby Club.

The games will be played outdoors and participants are advised to bring appropriate outdoor kit.

Afterwards there will be coffee, tea and a chat.

The sessions are aimed at over 50s and provide the opportunity to play against and meet former top players.

The rules for Walking Rugby are simple.

Running is forbidden as is passing the ball higher than shoulder height.

There are also no tackles of any kind and, crucially, no scrums, rucks or mauls.

Instead players are allowed to hold onto the ball for no more than three seconds before passing, keeping the pace moving and giving the other team an opportunity to intercept.

There are also no goalposts, instead players score a try by walking over the line carrying the ball.

And instead of being a game of two halves, there are four quarters, each only 10 minutes long.