

FREQUENTLY ASKED QUESTIONS

What is VIVA7s?

VIVA7s is a fun, free flowing, non-contact form of social Rugby designed to provide participants with a quality workout in a relaxed and social atmosphere. The game aims to increase Rugby participation and awareness amongst new and diverse customer segments.

It is also the perfect stepping stone for juniors to gain an awareness of the sport, while practicing the core basic skills required to play any format of Rugby, in a fun and safe, non-threatening environment.

Who can play VIVA7s?

VIVA7s is a perfect introduction, or re-introduction, into light competitive sport for all ages, abilities, genders, ethnicities, fitness levels, shapes and sizes. Children from the age of four years right up to centenarians are able to participate in VIVA7s.

How do I register?

Participants can register through the VIVA7s program finder. The program finder will provide you with the details of the centre including; dates, venue, cost and the Centre Coordinator contact details.

To find your closest centre [click here](#)

Can I register my team?

Participants will register and pay individually online through the Rugby Link system. Participants are able to create a team, join an existing team, invite others to join their team or register as an individual looking to join a team.

How many players in a VIVA7s team?

VIVA7s has 7 players on the field per team, with an unlimited amount of interchanges. A VIVA7s team may contain up to 12 registered players. VIVA7s team can be made up of any combination of males and females with no restrictions on the number of one gender on the field.

How much does VIVA7s cost?

The cost of the program will vary at each centre. Please contact the Centre Coordinator to confirm the price for your local centre. The recommended centre price for a 5-week program is \$75 pp and \$99 pp for an 8-week program.

What is included in the cost?

The cost of the program includes a reversible shirt, singlet or bucket hat to wear while playing VIVA7s. The cost also covers participant insurance for the individual as well as a program administration.

When can I play VIVA7s?

Sanctioned VIVA7s centres have the flexibility to determine the duration of the program, although it is recommended that the program runs for a period of 5-8 weeks.

VIVA7s can be played all days of the week and all months of the year. With no set VIVA7s season make sure you keep an eye out for VIVA7s centres starting near you.

Where can I play VIVA7s?

VIVA7s is delivered across Australia in Rugby clubs, schools and community environments with new centres popping up every week. To find your closest centre through the VIVA7s program finder [click here](#)

What do I need to bring to VIVA7s?

Participants should wear practical clothing including their VIVA7s participant shirt, singlet or bucket hat. Players can wear runners or football boots, whichever you prefer.

Who delivers VIVA7s?

VIVA7s programs are delivered by a sanctioned Centre Coordinator in either a club, school or community environment. To become a sanctioned VIVA7s Centre Coordinator contact the ARU or your local State/Territory Member Union.

What if I have never played Rugby?

VIVA7s is targeted to increasing participation and awareness amongst new and diverse customers. The laws and basic skills of VIVA7s are easy to pick up on the run. VIVA7s referees provide a safe, non-threatening environment to learn the laws and fun of playing the game.