

NOTICEABLE NUMBER OF PLAYERS STAYING WITH THE TEAM AS A RESULT OF ADEQUATE GAME TIME

**HALF
GAME
PILOT**



University of Essex

Piloted by Dorset and Wiltshire,
Eastern Counties, Sussex and Lancashire

PLAYERS ARE 6 TIMES MORE LIKELY TO ENJOY RUGBY WHEN 'OFTEN' PLAYING HALF A GAME

SQUAD MEMBERS FELT MORE INCLUDED

HALF GAME DID NOT IMPACT THE RESULT OF THE MATCH



PLAYERS WHO PLAYED HALF A GAME REPORTED HIGHER ENJOYMENT, HIGHER SELF-ESTEEM AND HIGHER RUGBY PLAYING COMPETENCE.

GAMES WERE 5 POINTS CLOSER ACROSS THE SEASON

IT WAS A GREAT WAY TO ENSURE THAT DEVELOPING PLAYERS ARE EXPOSED TO RUGBY AT A LEVEL WHICH WILL STRETCH THEM

IT HAS REALLY HELPED BRING SOME OF THE LESS CONFIDENT PLAYERS FORWARD

84%

OF ADULTS REPORTED NEITHER HAPPY/UNHAPPY TO EXTREMELY HAPPY WITH HALF GAME

91%

OF PLAYERS REPORTED ALWAYS/OFTEN DOING HALF GAME

92%

OF ADULTS REPORTED THE HALF GAME HAD POSITIVE EFFECTS