

Abstract

- Thema works:** Comparison of physical demands of fifteens and sevens rugby
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- Aims:** Outline the differences between rugby 7s and XV's based on a literature search. An analysis of the literature to find the terms that define the issue.
- Methodology:** The method of literary research was used in the work, mainly from foreign sources. To meet the goal, concepts were chosen that helped to compile the idea of the structure of sports performance in rugby sevens and fifteens.
- Results:** Over 250 electronic sources were acquired and researched as part of the fulfillment of the objectives of this work, based on the definitions of search keywords. All these sources were, with exceptions, in the English language.
- Of these, 60 articles covered men's sevens, 14 women's 7s, 68 men's and 7 women's XV, 32 youth rugby. Further 66 sources consisted of statistical yearbooks, periodization, talent identification articles, and coaching manuals.
- Three studies were identified, using a research method to compare aspects of different versions of rugby, but not in a systematic comprehensive form nor with the inclusion of both genders.
- Results of the research showed clear differences in per-minute running distances, higher frequency and length of sprints and high-intensity runs in the sevens version against the fifteens in both male and female categories at a similar length and ratio of action sequences and interruptions.
- Together with the different frequencies of game situations like tackles,

rucka, mauls, lineout throws, these demands are reflected in the described somatic parameters of the world's elite teams and related measured reference test values.

This work implicates a need to design the rugby sevens training programmes differently than for the fifteens.

This work defined the fitness requirements for the elite sevens and fifteens men and womens teams..

There is a need for a future study to describe the technical and tactical requirements.

Key words: comparison, rugby 7s, rugby XV, rugby union