

There is no better way to meet new people, have fun and get fit than joining Abu Dhabi Harlequins' Ladies team. You may think of Rugby as a "Man's" sport played by giant, hulking brutes with no teeth, broken noses and black eyes, but you'd be wrong, women have been playing Rugby since as early as 1884.



The most popular type of Rugby played by women is Rugby Sevens (which uses only seven players per team instead of the usual fifteen) as it is by nature fast paced and lighter in contact than full fifteen's rugby. This makes it very attractive to many women who are looking for a new sporting challenge, but do not wish engage in the physicality usually associated with Rugby.

The Ladies section of Abu Dhabi Harlequins was established in 1993, as part of the Abu Dhabi Rugby Club. Abu Dhabi Ladies played in their first Dubai 7's in 1994, won in 1998 and again in 2008 when they also won the Arabian Gulf Championship. In 2009, the team was the runner ups in the Arabian Gulf Championship.

Most women currently playing for the Abu Dhabi Ladies had never picked up a Rugby ball before coming to Abu Dhabi, but as soon as they did they found the game was great exercise, great fun to play but most importantly that the team developed a strong bond both on and off the field. Rugby is an incredibly social game and can be picked up by total beginners. It is one of the best ways to be outdoors, have fun, meet new people and stay in shape.

Abu Dhabi Harlequins would like to invite anyone with an interest in playing rugby for the Ladies this year to come down to Zayed Sports City on 22 August 2011 at 7pm at ZSC to begin pre-season training.

Pre-season will be held every Monday and Wednesday from 7pm until the season starts in late September, so join any day.

For more information on email Aideen at [womensrep@abudhabiquins.com](mailto:womensrep@abudhabiquins.com) , Coach Kevin Ashown on [shdown@escpile.com](mailto:shdown@escpile.com) [kevina](mailto:kevina@abudhabiquins.com)  
or visit [www.abudhabiquins.com](http://www.abudhabiquins.com)

If you'd prefer to just play touch rugby then Harlequins have an under 18 girls touch team that competes in the UAE competitions and Quins run regular mixed touch tournaments to get more people involved in the game, email [touch@abudhabiquins.com](mailto:touch@abudhabiquins.com) for the next one.

## History

The first international Women's Rugby Sevens competition was held in 1997 when the Hong Kong Sevens included a women's tournament for the first time and the Arabian Gulf entered a

team. Women's Rugby Sevens will be included in the Olympics from 2016.

Since 2009, a Women's Rugby Sevens tournament has been included in the Dubai Sevens tournament held in early December of each year. Not only is the tournament great fun but the Ladies' final match is played on the main pitch in front of 20,000 people.