

The very first Sydney Sevens - World Rugby Sevens Series tournament kicks off in February 2016. The fast-paced game has seven players a side and comprises two seven-minute halves, so it's no wonder the Aussie Sevens players chow down more than 2000kg of protein, 6000 eggs and 4000 dinner rolls during the six days they are here.

The average person needs about 2000 calories (a day), but Sevens players need about 4000 because of their high-intensity training.

The Sydney Sevens tournament chef will be cooking up a storm with his team of 12 chefs, who are providing breakfast, lunch and dinner for about 240 players.

Rugby Sevens players eat twice as much as the Tour Down Under cyclists, even though they're here for less than half the time!



1. How many minutes of actual playing time occurs in a game of Rugby Sevens?

2. How many more calories do Rugby Sevens players eat each day than the average person?

3. If 240 athletes are competing at the Sydney Sevens, approximately how many Sevens teams are there?

4. What is the ratio of the 12 Sydney Sevens chefs to Rugby Sevens players?

5. If a Rugby Sevens player averages 4000 calories a day, how many calories would they consume throughout the 2 day tournament?
