

Analysis of Performance in Women's Rugby



**Git 'R Done
DataFest 2019**

Rugby Sevens

- 7 players on the field per team
- 7 minutes per half
- “Participants need to be incredibly fit and have plenty of speed, skill and stamina”
(World Rugby)

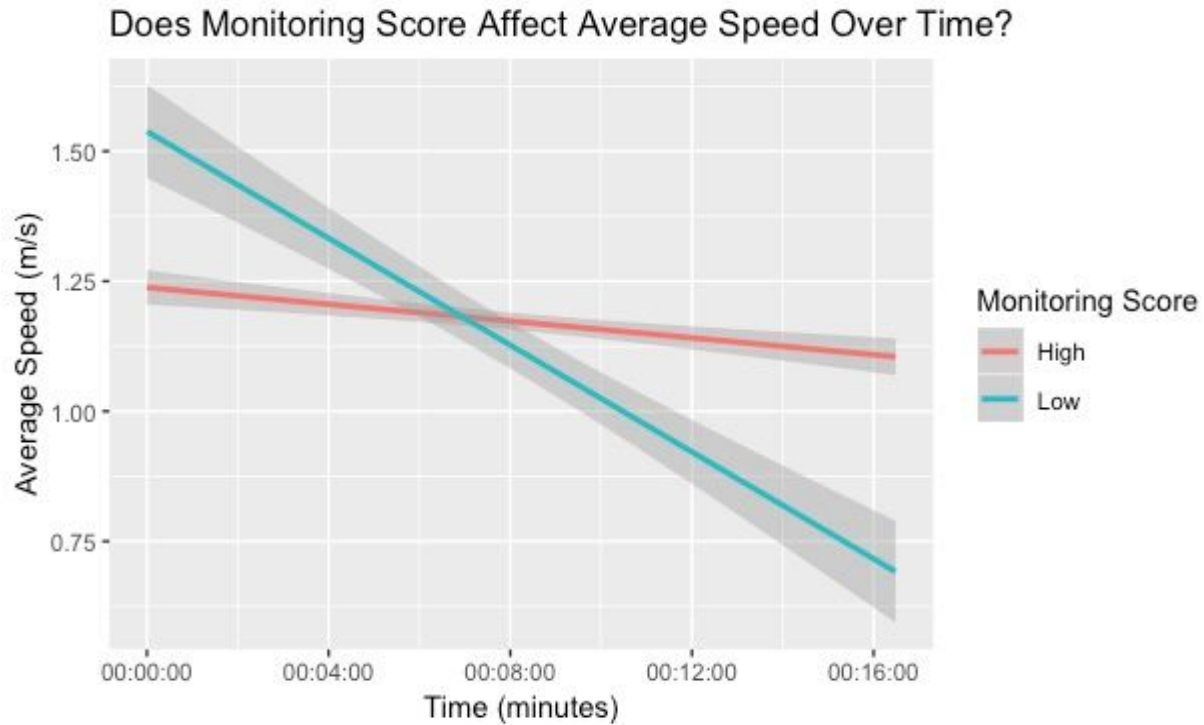


Source: CBC Sports

Our Question

- How do players' average speeds change over time in a game?
- How do ratings of players' overall wellness (fatigue, soreness, desire, and irritability) affect their average speed?

Data Visualization



Caveats and Future Directions

- Residual analysis showed that model is good, but not great
- Could facet over each player for more individualized data
- Data reliability?
- Increase stamina/endurance training
- Team-building activities
- More consistent recording
- Performance is affected by their perception of wellness