

COMMONWEALTH GAMES BIRMINGHAM 2022: MEN'S TEAM PROFILES AND BIOGRAPHIES



AUSTRALIA

Head coach: John Manenti

Captain: Nick Malouf

Commonwealth Games record: 2018 – Fifth

Commonwealth Games seeding: 4

World Rugby Sevens Series record: 1999-2000 – Third / 2000-01 – Runners-up / 2001-02 – Fifth / 2002-03 – Fifth / 2003-04 – Eighth / 2004-05 – Seventh / 2005-06 – Eighth / 2006-07 – Seventh / 2007-08 – Eighth / 2008-09 – Eighth / 2009-10 – Third / 2010-11 – Sixth / 2011-12 – Sixth / 2012-13 – Eighth / 2013-14 – Fifth / 2014-15 – Fifth / 2015-16 – Fourth / 2016-17 – Sixth / 2018 – Fourth / 2019 – Seventh / 2020 – Fourth / 2021 – DNP due to COVID-19 pandemic

2022 Series standing: 2

Did you know...?

- Australia qualified for the Commonwealth Games as one of the eligible top nine ranked teams in the World Rugby Sevens Series 2020
- Australia finished second in their pool on the Gold Coast but only the top side remained in medal contention
- Australia best result in Commonwealth Games history is silver in Delhi in 2010. They have won three medals with bronze in 1998 and 2014

Shirt #	Full name	DOB (Age)	Height (cm)	Weight (kg)	Club / Province	Series Events	Series Points	Series Tries	Notes
	<i>John Manenti (Head coach)</i>	<i>29/03/71 (51)</i>							<i>- Appointed Australia men's sevens coach on 10 December, swapping roles with Tim Walsh</i> <i>- Coached Australia women from April 2018 (after Commonwealth Games) until December 2021</i> <i>- Coached Australia to back-to-back victories in Dubai on 2022 Series</i> <i>- Coached Australia women to fifth at Tokyo 2020 Olympic Games</i> <i>- Assistant coach when Australia women won gold at Rio 2016</i> <i>- Australia women's sevens assistant coach 2016-18</i> <i>- Former Australia sevens forwards coach (2015-16)</i> <i>- Former Australia women's 15s head coach (2009-10) and Australia U20 assistant coach (2009)</i> <i>- Head coach of Western Sydney Rams in 2017 and Eastwood from 2010-15 and 2018</i>
1	Henry Hutchison	12/02/97 (25)	180	85		39	515	103	- First Commonwealth Games - Became the fourth Australian to reach 100 on Series in Vancouver in 2022 (after Lewis Holland, Ed Jenkins and Peter Miller)

									- Named Rugby Australia Men's Sevens Player of the Year 2021 - Captained side in Malaga and Seville in absence of Nick Malouf - One of seven full-time members of Australia men's sevens programme for 2022 Series - Played at Tokyo 2020 Olympic Games - Made Australia debut on Series in Cape Town in 2015 - Re-joined Australia Sevens programme in July 2018 from contract with Super Rugby side Melbourne Rebels (15s) - Played at RWC Sevens 2018 - 2015-16 Series Rookie of the Year - Played at World Rugby U20 Championship 2017 (15s)
2	Samu Kerevi	27/09/93 (28)	186	108		0			- First Commonwealth Games - Yet to play on World Series - Made Australia debut at the Tokyo 2020 Olympic Games - Played 41 tests for Australia from 2016-22, including all three tests of this (15s) - Plays club rugby in Japan with Suntory Sungoliath. Played 73 games for Reds in Super Rugby between 2014-19 - Played at RWC 2019 (15s)
3	Corey Toole	07/03/00 (22)	178	85		8	190	38	- First Commonwealth Games - Voted into the Dream Team for rounds five, six and seven of the 2022 Series and named Impact Player in Malaga, Seville and Singapore - Leads Performance Tracker for 2022 Series after eight with 430 points - Second highest try scorer on 2022 Series with 38, behind Ireland's Terry Kennedy with 38 - Signed contract in March through to end of the 2022 season - Made Australia debut on Series in Dubai (R1) in 2021 - Brumbies Academy player
4	Dietrich Roach	06/07/01 (21)	182	92		8	280	18	- First Commonwealth Games - Top points-scorer on the 2022 Series after eight rounds (280) - Voted into the Dream Team for round two by fans - Made Australia debut on Series in Dubai (R1) in 2021 - One of seven full-time members of Australia men's sevens programme for 2022 Series - Played at Tokyo 2020 Olympic Games - Started playing Rugby League before transitioning to union in 2019
5	Ben Dowling	05/03/02 (20)	178	84		5	43	7	- First Commonwealth Games - Made Australia debut on Series in Dubai (R1) in 2021

6	Henry Paterson	26/02/97 (25)	190	95		6	15	3	- First Commonwealth Games - Made Australia debut on Series in Dubai (R1) in 2021 - One of seven full-time members of Australia men's sevens programme for 2022 Series
7	Josh Turner	23/09/95 (26)	180	85		13	165	33	- First Commonwealth Games - Voted into the Dream Team for round two by fans - One of seven full-time members of Australia men's sevens programme for 2022 Series - Played at Tokyo 2020 Olympic Games - Made Australia debut on Series in Dubai in 2019
8	Matthew Gonzalez	01/06/94 (28)	176	85		3	30	6	- First Commonwealth Games - Voted into the Dream Team for round two by fans - Made Australia debut on Series in Singapore in 2022 - Played in last month's Oceania Rugby Sevens warm-up tournament with New Zealand and Fiji teams
9	Mark Nawaqanitawase	11/09/00 (21)	193	100		0			- First Commonwealth Games - Yet to play on World Series - Makes his Australian sevens debut this weekend - Has played 33 Super Rugby matches for Waratahs since debut in 2020 - Scored the fastest try in a World Rugby U20 Championship final, crossing after just 49 second v France in 2019 in Rosario
10	Nick Malouf (captain)	19/03/93 (29)	190	95		45	300	60	- Missed Malaga and Seville rounds to get married - One of seven full-time members of Australia men's sevens programme for 2022 Series - Captained Australia at Tokyo 2020 Olympic Games - Made Super Rugby AU debut for Waratahs v Brumbies in July - Named Australia's captain for season in January - Captained Australia in Dubai, his first tournament on series since Hong Kong in 2019 - Made Australia debut on Series in Dubai in 2012 - Played at Rio 2016 Olympic Games
11	Maurice Longbottom	30/01/95 (27)	168	85		26	437	72	- Only member of squad to have played in a Commonwealth Games, having played on home soil in 2018 - One of seven full-time members of Australia men's sevens programme for 2022 Series - Played at Tokyo 2020 Olympic Games - Named Rugby Australia Men's Sevens Player of the Year 2019 - Made Australia debut on Series in Dubai in 2017

									- Played at RWC Sevens 2018
12	Nathan Lawson	23/01/99 (23)	188	94		4	35	7	- First Commonwealth Games - Made Australia debut on Series in Malaga in 2022 - One of seven full-time members of Australia men's sevens programme for 2022 Series
13	Benjamin Marr	04/08/97 (24)	190	90		3	15	3	- First Commonwealth Games - Made Australia debut on Series in Singapore in 2022

CANADA

Head coach: Henry Paul

Captain: Phil Berna

Commonwealth Games record: 2018 – Finished third in Pool C

Commonwealth Games 2022 seeding: 6

World Series record: 1999-2000 – Sixth / 2000-01 – Eighth / 2001-02 – 12th / 2002-03 – 12th / 2003-04 – Ninth / 2004-05 – 13th / 2005-06 – 12th / 2006-07 – 13th / 2007-08 – 16th / 2008-09 – 15th / 2009-10 – 11th / 2010-11 – 15th / 2011-12 – 13th / 2012-13 – 12th / 2013-14 – Sixth / 2014-15 – Ninth / 2015-16 – 13th / 2016-17 – Eighth / 2018 – Ninth / 2019 – 11th / 2020 – Eighth / 2021 – Fourth

2022 Series standing: 14th

Did you know...?

- Canada qualified for the Commonwealth Games as one of the eligible top nine ranked teams in the World Rugby Sevens Series 2020
- Canada finished third in Pool C at Gold Coast 2018, behind New Zealand and Kenya
- Their best placing in Commonwealth Games history is fifth in the inaugural tournament in Kuala Lumpur in 1998

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	Henry Paul (Head coach)	10/02/74 (48)			14	117	19	- Appointed interim head coach in May 2020 after Damian McGrath released from contract by Rugby Canada - Coached Canada on Olympic debut at Tokyo 2020 - Assistant coach of Canada 15s team - Played 14 Series events for England from 2002-06 - Played at RWC Sevens 2005 - Played at 2002 and 2006 Commonwealth Games - Backs coach for Russia at Rugby World Cup 2011 (15s) - Was head coach for India in 2017 (15s) - Played six tests for England from 2002-04 (15s) - Also played for England XV and England Saxons (15s) - Born in Tokoroa, New Zealand
1	Anton Ngongo	22/07/97 (25)	188	95	8	45	9	- First Commonwealth Games - Made Canada debut on Series in Vancouver in 2021
2	Jake Thiel	02/06/97 (25)	192	107	25	90	18	- First Commonwealth Games - Captained Canada for first time on Series in Dubai (R1)

								- Played at Tokyo 2020 Olympic Games – one of only two survivors from that squad in Birmingham - Made Canada debut on Series in Sydney in 2018 - Played at World Rugby U20 Trophy (15s) - Father Jon Thiel played 44 tests for Canada and in three Rugby World Cups in 1999, 2003 and 2007 (15s) - Mother Jen Ross played for Canada at RWC 1994 (15s) - Twin brother Josh has also played for Canada at U18 and U20 level, including at World Rugby U20 Trophy in 2017 (15s)
3	Nicholas Allen	27/04/96 (26)	190	107	9	40	8	- First Commonwealth Games - Made Canada debut on Series in Vancouver in 2021 - Played both rounds of 2021 Series on home soil
4	Phil Berna (captain)	07/04/96 (26)	187	94	34	165	33	- First Commonwealth Games - Played at Tokyo 2020 Olympic Games – one of only two survivors from that squad in Birmingham - Made Canada debut on Series in Wellington in 2016 - Won silver medal at Pan American Games 2019 in Lima - Played at World Rugby U20 Trophy in 2015 (15s)
5	Alex Russell	22/06/96 (26)	186	94	8	79	14	- First Commonwealth Games - Malaga was first appearance of 2022 Series, having last played in Edmonton - Made Canada debut on Series in Vancouver in 2021
6	Josiah Morra	07/02/98 (24)	155	85	19	115	23	- First Commonwealth Games - Returns after missing the last four rounds of the Series - Made Canada debut on Series in Cape Town in 2017 - Won silver medal at Pan American Games 2019 in Lima
7	Brock Webster	21/08/00 (21)	180	82	7	44	8	- First Commonwealth Games - Made Canada debut on Series in Sydney in 2019, only event until Dubai on 2022 Series - Made test debut in RWC 2023 qualifier v USA on 4 September, scoring a try (15s) - Played in six straight tests since his debut, including against Spain and Belgium this month (15s) - Played at World Rugby U20 Trophy 2019 (15s)
8	Cooper Coats	06/10/96 (25)	183	85	11	173	11	- First Commonwealth Games - Made Canada debut on Series in Cape Town in 2018 as an injury replacement - Made test debut as full-back against Wales in July 2021, scoring a try (15s) - Played against Belgium and Spain earlier this month (15s) - Won silver medal at Pan American Games 2019 in Lima

9	D'Shawn Bowen	12/09/96 (25)	175	90	4	10	2	- First Commonwealth Games - Made Canada debut on Series in Dubai (R1) in 2021
10	Lachlan Kratz	27/03/00 (22)	181	81	5	10	2	- First Commonwealth Games - Made Canada debut on Series in Dubai (R1) in 2021 - Made test debut v England in July as centre, also played against Portugal and Belgium in November (15s) - Played at World Rugby U20 Trophy in 2018 and 2019, scoring hat-trick v Hong Kong in latter tournament (15s)
11	Ciaran Breen	19/04/01 (21)	181	90	2	15	3	- First Commonwealth Games - Made Canada debut on Series in Vancouver in 2021
12	Matt Oworu	29/07/00 (21)	185	109	8	5	1	- Celebrates his 22nd birthday on day one of Birmingham 2022 - First Commonwealth Games - Made Canada debut on Series in Vancouver in 2021 - Made test debut earlier this month, playing against Belgium and Spain (15s)
13	Elias Hancock	11/11/98 (23)			1	0	0	- First Commonwealth Games - Made Canada debut on Series in Singapore in 2022

Information correct at time of publication.

ENGLAND

Head coach: Tony Roques

Captain: Alex Davis

Commonwealth Games record: 2018 – Bronze medallist

Commonwealth Games 2022 seeding: 5

World Series record: World Series record: 1999-2000 – Ninth / 2000-01 – Seventh / 2001-02 – Third / 2002-03 – Second / 2003-04 – Second / 2004-05 – Third / 2005-06 – Second / 2006-07 – Fifth / 2007-08 – Fifth / 2008-09 – Third / 2009-10 – Fifth / 2010-11 – Third / 2011-12 – Third / 2012-13 – Sixth / 2013-14 – Fourth / 2014-15 – Fourth / 2015-16 – Eighth / 2016-17 – Runners-up / 2018 – Fifth / 2019 – Fifth / 2020 – Fifth / 2021 – DNP (Great Britain)

2022 Series standing: 8 (including nine points as third of Great Britain's accumulated tally)

Did you know...?

- England qualified for the Commonwealth Games as the host nation
- England's best finish at a Commonwealth Games is silver medallists in 2006 in Melbourne. They won bronze on the Gold Coast in 2018

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	Tony Roques (Head coach)	07/09/78 (43)			27	150	30	- Appointed England head coach in December having coached Great Britain men's sevens at Tokyo 2020 Olympic Games, on the 2021 Series and first two rounds of 2022 Series in Dubai - Coached Great Britain to fourth place at Tokyo 2020 Olympic Games - Played 27 events for England on Series from 2001-07 - Played for England at RWC Sevens 2005 - Played for England at Commonwealth Games 2002 - Acted as England head coach for two events in 2018 in Hong Kong and Singapore while Simon Amor was at Commonwealth Games
1	Jamie Adamson	09/11/99 (22)	188	95	6	25	5	- First Commonwealth Games - Made Series debut for England in Malaga in 2022 - Awarded core contract status with England for 2022
2	Max Clementson	14/07/98 (24)	178	96	6	10	2	- First Commonwealth Games - Made Series debut for England in Malaga in 2022 - Awarded core contract status with England for 2022
3	Alex Davis (captain)	03/10/92 (29)	180	92	33 (29 ENG, 4 GBR)	252	50	- Bronze medallist at Commonwealth Games 2018 – the only survivor of that squad in Birmingham - Named captain for the 2022 season

								- Played for Great Britain in both Dubai rounds - Played for Great Britain at Tokyo 2020 Olympic Games - Made 12-strong GB squad for Rio 2016 but withdrew with ankle injury - Made England debut on Series in Gold Coast in 2014 - Silver medallist at RWC Sevens 2018 - Bronze medallist at Commonwealth Games 2018 on Gold Coast - Represented England at U16 and U19 level (15s) - Won World University Sevens Championship 2014 title with GB Students - Played cricket for Gloucestershire
4	Hayden Hyde	15/09/00 (21)			4	25	5	- First Commonwealth Games - Made England debut on Series in Malaga in 2022
5	Blake Boyland	24/10/00 (21)	176	88	6	57	11	- First Commonwealth Games - Made England debut on Series in Malaga in 2022
6	Jamie Barden	10/09/99 (22)	182	85	15 (11 ENG, 4 GBR)	47	9	- First Commonwealth Games - Awarded core contract status with England for 2022 - Played for Great Britain in both Dubai rounds - Played on 2021 Series, having missed the 2020 Series - Made England debut on Series in Sydney in 2019 - Made his England Sevens debut in round two of Rugby Europe Sevens Grand Prix Series 2018 in Marcoussis
7	Calum Randle	18/01/00 (22)	184	80	9 (6 ENG, 1 FRA, 2 GBR)	65	13	- First Commonwealth Games - England became the third team he has played for on the Series in Malaga after France (two event) and Great Britain (two events) - Made Great Britain debut on Series in Vancouver in 2021 - Made France debut on Series in Cape Town in 2019 - Born in England but moved to France with family in his teens
8	Tom Bowen	31/01/93 (29)	175	83	58 (54 ENG, 4 GBR)	555	111	- First Commonwealth Games - Played 50th Series tournament for England in Malaga, having reached it while playing for Great Britain in Vancouver on 2021 Series (49 ENG, 1 GBR)
9	Freddie Roddick	18/01/99 (23)	174	84	10 (6 ENG, 4 GBR)	153	13	- First Commonwealth Games - Made Series debut for England in Malaga in 2022, having played for Great Britain in both Dubai rounds - Made Great Britain debut on World Series in Vancouver in 2021 - Awarded core contract status with England for 2022
10	Tom Emery	02/07/98 (24)	177	82	9 (7 ENG, 2 GBR)	84	10	- First Commonwealth Games - Made England debut on Series in London in 2019

11	Charlton Kerr	06/10/97 (24)	190	102	21	135	27	- First Commonwealth Games - First appearance of 2022 Series, having last played in Vancouver in 2020 - Made England debut on Series in Las Vegas in 2017
12	Will Homer	24/10/95 (26)	183	87	6	60	12	- First Commonwealth Games - Made Series debut for England in Malaga in 2022 - Awarded core contract status with England for 2022 - Played for seven different clubs at 15s by the age of 26 (Bath, Cornish Pirates, Bristol, Leeds, Jersey, Scarlets, Richmond)
13	Api Bavadra	12/06/00 (22)	183	96	5	10	2	- First Commonwealth Games - Made first appearance of 2022 Series in Singapore, having last played in Paris in 2019 - Made England debut on Series in Paris in 2019

Information correct at time of publication.

FIJI

Head coach: Ben Gollings

Captain: Waisea Nacuqu

Commonwealth Games record: 2018 – Silver medallist

Commonwealth Games 2022 seeding: 3

World Rugby Sevens Series record: 1999-2000 – Runners-up / 2000-01 – Third / 2001-02 – Fourth / 2002-03 – Third / 2003-04 – Fourth / 2004-05 – Runners-up / 2005-06 – Champions / 2006-07 – Runners-up / 2007-08 – Fourth / 2008-09 – Runners-up / 2009-10 – Fourth / 2010-11 – Fourth / 2011-12 – Runners-up / 2012-13 – Third / 2013-14 – Third / 2014-15 – Champions / 2015-16 – Champions / 2016-17 – Third / 2018 – Runners-up / 2019 – Champions / 2020 – Third / 2021 – DNP due to COVID-19 pandemic

2022 Series standing: 4

Did you know...?

- Fiji qualified for the Commonwealth Games as one of the eligible top nine ranked teams in the World Rugby Sevens Series 2020
- The Commonwealth Games gold medal is the only one missing for Fiji having already won Series, Olympic and RWC Sevens titles
- Fiji have medalled in all four Games they have played in, winning silver in 1998, 2002 and 2018 and bronze in 2006

Shirt #	Full name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	Ben Gollings (Head coach)	13/05/80 (42)			69	2,652	220	- Appointed Fiji head coach in December, arrived in Fiji on 9 January after birth of his son Ethan in Queensland - Third Brit to coach Fiji after Ben Ryan and Gareth Baber - Played for England from 2000-11 on Series - All-time leading point-scorer with 2,652 and sixth highest try-scorer with 220 - Played at Commonwealth Games 2002, 2006 and 2010, winning silver in 2006 in Melbourne - Played at RWC Sevens 2005 and 2009 - Former China women's sevens coach, appointed in 2015 to oversee men's and women's programmes and coached women at Repechage for Rio 2016 - Also coached Sri Lanka Sevens and oversaw 15s programme. Had worked as consultant with them in 2021 around Asian Series - Worked with Singapore in advisory role for sevens programme and development
1	Josua Vakurinabili	12/04/94 (28)	195	96	31	305	61	- Silver medallist at Commonwealth Games 2018 - Voted into the Dream Team in rounds six and seven by fans - Gold medallist at Tokyo 2020 Olympic Games

								- Made Fiji debut on Series in London in 2017 - Is a Fiji Corrections Service Officer
2	Semi Kunatani	27/10/90 (31)	192	100	23	342	68	- Silver medallist at Commonwealth Games 2018 - Made first appearance on 2022 Series in Toulouse, having last played in Paris in 2018 - Made Fiji debut on Series in Dubai in 2013 - Gold medallist at Rio 2016 Olympic Games - Played at RWC Sevens 2018 - Played at RWC 2019 in Japan (15s)
3	Sevuloni Mocenacagi	29/06/90 (32)	195	100	38	315	63	- Silver medallist at Commonwealth Games 2018 - Played in Toulouse on 2022 Series, his first event since Vancouver in 2020 - He has played for Fiji Sevens alongside his brothers Isoa Tabu and Kavekini Tabu - Made Fiji debut on Series in Dubai in 2015 - Played at RWC Sevens 2018
4	Tevita Daugunu	12/11/92 (29)	182	95	6	25	5	- First Commonwealth Games - Named captain on Series debut having Impressed Gollings with leadership qualities in captaining side in domestic sevens series - Made Fiji debut on Series in Dubai (R1) in November 2021
5	Jeremaia Matana	14/07/98 (24)	187	86	5	15	3	- First Commonwealth Games - Made Fiji debut on Series in Dubai (R1) in November 2021
6	Elia Canakaivata	12/07/96 (26)	189	86	6	59	11	- First Commonwealth Games - Made Fiji debut on Series in Dubai (R1) in November 2021
7	Sireli Maqala	20/03/00 (22)	167	85	0			- First Commonwealth Games - Gold medallist at Tokyo 2020 Olympic Games - Yet to play on Series
8	Waisea Nacuqu (captain)	24/05/93 (29)	170	82	40	840	108	- First Commonwealth Games - Named Player of the Final in Toulouse in 2022 and voted into the Dream Team for rounds six and seven by fans - Became the sixth Fijian to score 100 Series tries in Vancouver in 2022 - Gold medallist at Tokyo 2020 Olympic Games
9	Jerry Tuwai	23/03/89 (33)	170	79	56	684	136	- Captained Fiji to silver medal at Commonwealth Games 2018 - Gold medallist at Tokyo 2020 Olympic Games and Rio 2016 Olympic Games – only player to win both events, latter as captain - Fiji's all-time leading try-scorer on Series, surpassing Nasoni Rokobiau (125) in Hamilton in 2020 - Became second Fijian player to play 50 Series events after Osea Kolinisau (62) in Cape Town on 2020 Series - Named World Rugby Men's Sevens Player of the Year 2019 at World Rugby Awards in Tokyo

								- Third year in a row nominated for prestigious award - Only player to be part of Fiji's five successive Hong Kong titles - Made Fiji debut on Series in Gold Coast in 2014 - Played at RWC Sevens 2018
10	Filipe Sauturaga	19/06/94 (28)	182	79	4	35	7	- First Commonwealth Games - Made Fiji debut on Series in Dubai (R1) in November 2021
11	Kaminieli Rasaku	12/07/99 (23)	184	94	6	131	19	- First Commonwealth Games - Voted into the Dream Team for round seven by fans - Named Impact Player for round six in Vancouver - Made Fiji debut on Series in Dubai (R1) in November 2021 - Played in the World Rugby U20 Championship 2019, scoring tries against Wales (2) and Scotland (1) (15s)
12	Aminiasi Tuimaba	26/03/95 (27)	177	76	15	332	66	- First Commonwealth Games - Gold medallist at Tokyo 2020 Olympic Games - This is his first tournament for Fiji since Tokyo 2020 - Nominated for World Rugby Sevens Rookie of the Year 2019 - Named in Dream Team for 2019 Series - Made Fiji debut on Series in Dubai in 2018
13	Vuiviwa Naduvalo	23/05/96 (26)	185	78	4	115	23	- First Commonwealth Games - Made Fiji debut on Series in Singapore in 2022, scoring 10 tries and being named Player of the Final as well as voted into the Dream Team by fans

Information correct at time of publication.

JAMAICA

Coach: Hughton Campbell

Captain: Conan Osbourne

Commonwealth Games record: 2018 – Fourth in Pool B

Commonwealth Games 2022 seeding: 14

World Rugby Sevens Series record: 2021 – 11th (non-core team)

2022 Series standing: 19th (non-core team)

Did you know...?

- Jamaica qualified for the Commonwealth Games via the North America qualification process
- This will be their second Commonwealth Games, having made their debut on the Gold Coast. They are still seeking a first victory after three defeats against England, Australia and Samoa

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	<i>Hughton Campbell (Head coach)</i>	<i>12/06/84 (38)</i>						- First Commonwealth Games - Has been part of management team across Jamaica's four tournaments on the Series across 2021 and 2022
1	Dy'Neal Fessal	03/07/92 (30)	195	113	1	5	1	- First Commonwealth Games - Made Jamaica debut in Seville in 2022 - Played two rounds of the World Rugby Sevens Challenger Series 2020 - Played at RWC Sevens 2018 when Jamaica made debut - Started playing rugby at age of 20 at Leamington RFC
2	Omar Dixon	09/12/90 (31)	184	90	1	5	1	- First Commonwealth Games - Made Jamaica debut on Series in Malaga in 2022 - Played in World Series qualifier in 2017, 2018 and 2019
3	Tyler Bush	13/05/96 (26)	187	90	2	10	2	- Second Commonwealth Games appearance - Made Jamaica debut on Series in Malaga in 2022 - Played two rounds of the World Rugby Sevens Challenger Series 2020 - Played at RWC Sevens 2018 when Jamaica made debut - Started playing rugby at age of 10 with Ealing Trailfinders
4	Oshane Edie	05/01/91 (31)	167	71	2	5	1	- First Commonwealth Games - Made Jamaica debut on Series in Vancouver in 2021 - Played two rounds of the World Rugby Sevens Challenger Series 2020

								- Played at RWC Sevens 2018 when Jamaica made debut, scoring their first ever RWC Sevens try (v Hong Kong in game two) - Played in World Series qualifier in 2017, 2018 and 2019 - Born in Jamaica, he started playing rugby at age of 10 in primary school
5	Rhodri Adamson	29/10/93 (28)	184	90	1	2	0	- First Commonwealth Games - Made Jamaica debut on Series in Malaga in 2022 - Played in World Rugby Sevens Repechage in Monaco in June 2020 - Played in one round of World Rugby Sevens Challenger Series 2020 in Vina del Mar - Played in World Series qualifier in 2017 - Played at RWC Sevens 2018 when Jamaica made debut - Played at Commonwealth Games 2018 - Started playing rugby at age of 8 at Winchester Rugby Club – bribed with a Gameboy to start as wanted to be a footballer - Born in SE London, UK
6	Conan Osborne (captain)	19/03/93 (29)	185	93	1	0	0	- Second Commonwealth Games appearance - Made Jamaica debut on World Series in Vancouver in 2021 - Captained Jamaica in the World Rugby Sevens Repechage in June 2021 - Scored try with last play of game in Rugby Americas North Championship in 2017 which secured qualification for first-ever RWC Sevens and Commonwealth Games - Captain at RWC Sevens 2018 when Jamaica made debut - Captain for two rounds of World Rugby Sevens Challenger Series 2020 - Played in World Series qualifier in 2017, 2018 and 2019 - Started playing rugby at age of five at Chobham RFC - Has played for Richmond in the English Championship (15s)
7	Ronaldeni Fraser	10/08/02 (19)			0			- First Commonwealth Games - Yet to play on World Series
8	Gareth Stoppani	11/04/90 (32)	181	85	2	22	4	- Second Commonwealth Games appearance - Made Jamaica debut on Series in Malaga in 2022 - Played in World Rugby Sevens Repechage in Monaco in June 2020
9	Ashley Smith	18/06/91 (31)	188	91	4	5	1	- Second Commonwealth Games appearance - Made Jamaica debut on Series in Vancouver in 2021 - Played in World Rugby Sevens Repechage in June 2021 - Played at RWC Sevens 2018 when Jamaica made debut
10	Lucas Roy-Smith	10/11/89 (32)	182	86	4	29	1	- Second Commonwealth Games appearance - Made Jamaica debut on Series in Vancouver in 2021 - Scored Jamaica's first-ever Series try in opening match against Great Britain in Vancouver

								- Played in World Rugby Sevens Challenger Series 2020 round in Montevideo
11	Fabian Turner	05/10/91 (30)	187	87	2	0	0	- First Commonwealth Games - Made Jamaica debut on Series in Vancouver in 2021
12	Mason Caton-Brown	24/05/93 (29)	183	89	1	20	4	- First Commonwealth Games - Made Jamaica debut on Series in Edmonton in 2021 - Played two rounds of the World Rugby Sevens Challenger Series 2020 - Played in World Series qualifier in 2019 - Started playing rugby at age of 10 at primary school
13	Sam Caven	18/09/86 (35)	174	88	1	0	0	- First Commonwealth Games - Made Jamaica debut in Seville in 2022 - Played in World Series qualifier in 2018 and 2019

Information correct at time of publication.

KENYA

Head coach: Damian McGrath

Captain: Nelson Oyoo

Nickname: Shujaa Sevens

Commonwealth Games record: 2018 – Eighth

Commonwealth Games 2022 seeding: 8

World Rugby Sevens Series record: 2003-04 – 10th / 2004-05 – 12th / 2005-06 – Ninth / 2006-07 – 11th / 2007-08 – Seventh / 2008-09 – Sixth / 2009-10 – Eighth / 2010-11 – Ninth / 2011-12 – 12th / 2012-13 – Fifth / 2013-14 – Seventh / 2014-15 – 13th / 2015-16 – Seventh / 2016-17 – 12th / 2018 – Eighth / 2019 – 13th / 2020 – 12th / 2021 – Third

2022 Series standing: 13th

Did you know...?

- Kenya qualified for the Commonwealth Games as one of the eligible top nine ranked teams in the World Rugby Sevens Series 2020
- Kenya's best placing in Commonwealth Games history is seventh in both 2010 and 2014

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	<i>Damian McGrath (Head coach)</i>	<i>02/08/58 (63)</i>						- Coached Canada at Commonwealth Games 2018 - Appointed Kenya head coach on 11 May with contract through to Paris 2024 Olympic Games, replacing Innocent Simiyu - Kenya are the fourth team he has coached on the World Series after Canada, Samoa and Germany - Coached Germany in Edmonton and Vancouver on 2021 Series, having been head coach since October 2019 - Coached Germany to World Rugby Sevens Challenger Series victory in Vina del Mar in 2020 - Coached Samoa in 2015-16, leading them to Cup title in Paris - Coached Canada from 2016-19, guiding them to their only title in Singapore in 2017 - Part of England sevens coaching setup from 2001-06, acting as assistant coach to Mike Friday - Has coached in both rugby union (15s and sevens) and Rugby League
1	Daniel Taabu	19/01/96 (26)	174	70	23	272	22	- First Commonwealth Games - Played at Tokyo 2020 Olympic Games - Made Kenya debut on Series in Dubai in 2018

2	Bush Mwale	14/11/93 (28)	180	89	41	205	41	- First Commonwealth Games - Made Kenya debut on Series in Gold Coast in 2014
3	Alvin Otieno	19/04/94 (28)	183	94	18	155	31	- First Commonwealth Games - Played at Tokyo 2020 Olympic Games - Made Kenya debut on Series in Hong Kong in 2016
4	Vincent Onyala	10/12/96 (25)	180	89	17	222	44	- First Commonwealth Games - Played at Tokyo 2020 Olympic Games - Made Kenya debut on series in Cape Town in 2018 - Played two matches in Rugby Africa Cup 2022 earlier this month as Kenya lost in final to confirm place in Final Qualification Tournament for RWC 2023 (15s)
5	Billy Odhiambo	07/11/93 (28)	187	91	58	497	99	- Second Commonwealth Games appearance - Played at Rio 2016 and Tokyo 2020 Olympic Games - Made Kenya debut on Series in Port Elizabeth in 2012 - Nicknamed "Billy the Kid"
6	Levi Amunga	10/03/94 (28)	180	91	7	61	5	- First Commonwealth Games - Made Kenya debut on Series in Vancouver in 2021
7	Anthony Omondi	26/03/95 (27)	175	89	8	93	5	- First Commonwealth Games - Made Kenya debut on Series in Dubai (R1) in 2021
8	Herman Humwa	08/11/95 (26)	183	102	22	65	13	- First Commonwealth Games - Played at Tokyo 2020 Olympic Games - Played at Nanjing 2014 Youth Olympic Games - Made Kenya debut on Series in Dubai in 2017 - Played at RWC Sevens 2018
9	Nelson Oyoo (captain)	26/06/94 (28)	178	93	46	290	58	- Second Commonwealth Games appearance - Took over captaincy following Andrew Amonde's retirement after Tokyo 2020 - Played at Tokyo 2020 Olympic Games - Made Kenya debut on Series in Dubai in 2015 - Played at RWC Sevens 2018 - Played one test in RWC 2019 repechage in November 2018 (15s)
10	Johnstone Olindi	04/11/99 (22)	177	68	19	181	23	- First Commonwealth Games - Played at Tokyo 2020 Olympic Games - Made Kenya debut on Series in Dubai in 2018
11	Edmund Anyaa	15/05/98 (24)	185	102	8	20	4	- First Commonwealth Games - Played in Dubai rounds on 2022 Series, having last played in Vancouver in 2019 - Made Kenya debut on Series in Las Vegas in 2019 - Played two tests for Kenya in 2018 as part of RWC 2019 qualification process (15s)
12	Willy Ambaka	14/05/90 (32)	189	103	52	645	129	- Second Commonwealth Games appearance - Has not played on 2022 Series

								- Played at Rio 2016 and Tokyo 2020 Olympic Games - Made Kenya debut on Series in Hong Kong in 2011 - Played at RWC Sevens 2013 and 2018 - One of few players in squad with professional rugby experience in FRA, NZL and RSA - Made test debut for Kenya in RWC 2019 qualifiers in August 2018 (15s) - Named in Kenya's squad for RWC 2019 repechage in November 2018 (15s) and played v Canada on 11 November
13	Kevin Wekesa	07/08/00 (21)	185	98	5	35	7	- First Commonwealth Games - Made Kenya debut on Series in Dubai (R2) in December 2021

Information correct at time of publication.

MALAYSIA

Coach: Mohd Saizul Hafifi Md Noor

Captain: Muhammad Ameer Nasrun Zulkeffli

Commonwealth Games record: 2018 – Fourth in Pool A

Commonwealth Games 2022 seeding: 16

2022 Series standing: Not played

Did you know...?

- Malaysia qualified for the Commonwealth Games via the Asia qualification process
- Malaysia hosted the first Commonwealth Games to feature rugby sevens in Kuala Lumpur in 1998
- Their best placing in the Commonwealth Games was 11th in 1998. They have played in all tournaments bar for 2006 in Melbourne

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	<i>Mohd Saizul Hafifi Md Noor (Head coach)</i>	<i>18/05/83 (39)</i>			<i>1</i>			- Second Commonwealth Games as Malaysia coach, having led team in 2018 - Played at Commonwealth Games 2010 and 2018 for Malaysia - Played one round of World Rugby Sevens Series in 2011 - Played one test for Malaysia in 2008 (15s)
1	Muhammad Kamal Hamidi Mohd Raihan	07/12/99 (22)	183	75	0			- First Commonwealth Games - Yet to play on World Series - Played on Asia Rugby Sevens Series in 2021
2	Mouhammad Suhairi Effendi	06/09/00 (21)			0			- First Commonwealth Games - Yet to play on World Series
3	Mohamad Shah Izwan Nordin	14/02/00 (22)	185	87	0			- First Commonwealth Games - Yet to play on World Series - Played in Asian Games in 2018 - Played in Asia Rugby Championship 2022 v Korea in June (15s)
4	Muhamad Hafizie Sudin	17/04/00 (22)	179	73	0			- First Commonwealth Games - Yet to play on World Series - Played in Asia Rugby Sevens Series in 2021
5	Muhammad Ameer Nasrun	24/03/93 (29)	167	62	1	0	0	- Second Commonwealth Games appearance - Played at Asian Games in 2014 and 2018 - Silver medallist at SEA Games in 2015 and 2019

	Zulkeffli (captain)							- Gold medallist at SEA Games in 2017
6	Wan Azley Wan Omar	17/02/99 (23)	167	70	0			- First Commonwealth Games - Yet to play on World Series - Played in Asia Rugby Sevens Series in 2021 - Played in Asia Rugby Championship 2022 v Korea in June (15s)
7	Muhammad Safiy Md Said	02/03/98 (24)	175	72	0			- First Commonwealth Games - Yet to play on World Series - Played in Asia Rugby Sevens Series in 2017
8	Muhammad Azizul Hakim Che Oon	25/05/96 (26)	168	78	0			- First Commonwealth Games - Yet to play on World Series - Played in Asia Rugby Sevens Series in 2017
9	Adam Ariff Alias	14/11/00 (21)	176	73	0			- First Commonwealth Games - Yet to play on World Series - Played in Asia Rugby Sevens Series in 2021
10	Muhammad Azwan Zuwairi Mat Zizi	02/08/97 (24)	174	75	1	0	0	- Second Commonwealth Games appearance - Yet to play on World Series - Gold medallist at SEA Games in 2017 - Silver medallist at SEA Games in 2019 - Played in Asian Games in 2018 - Played in Asia Rugby Championship 2022 v Korea in June (15s)
11	Ahmad Zulhilmi Azizad	20/04/01 (21)	176	67	0			- First Commonwealth Games - Yet to play on World Series - Played in Asia Rugby Championship 2022 v Korea in June (15s)
12	Amalul Hazim Nasarrudin	10/01/95 (27)	175	75	0			- First Commonwealth Games - Yet to play on World Series - Played in Asian Games in 2018 - Silver medallist at SEA Games in 2019
13	Mohammad Daim Zainudin	11/07/01 (21)	171	75	0			- First Commonwealth Games - Yet to play on World Series - Played in Asia Rugby Championship 2022 v Korea in June (15s)

Information correct at time of publication.

NEW ZEALAND

Head coach: Clark Laidlaw

Captain: Sam Dickson

Nickname: All Blacks Sevens

Commonwealth Games record: 2018 – Champions

Commonwealth Games 2022 seeding: 1

World Rugby Sevens Series record: 1999-2000 – Champions / 2000-01 – Champions / 2001-02 – Champions / 2002-03 – Champions / 2003-04 – Champions / 2004-05 – Champions / 2005-06 – Fourth / 2006-07 – Champions / 2007-08 – Champions / 2008-09 – Fourth / 2009-10 – Runners-up / 2010-11 – Champions / 2011-12 – Champions / 2012-13 – Champions / 2013-14 – Champions / 2014-15 – Third / 2015-16 – Third / 2016-17 – Fourth / 2018 – Third / 2019 – Third / 2020 – Champions / 2021 – DNP due to COVID-19 pandemic

2022 Series standing: 9

Did you know...?

- New Zealand qualified for the Commonwealth Games as one of the eligible top nine ranked teams in the World Rugby Sevens Series 2020
- New Zealand are the most successful team in Commonwealth Games history with five gold medals and a silver from the six previous editions
- They have only lost one match, the 2014 gold medal match against South Africa. They have won 35 of 36 matches on this stage
-

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	Clark Laidlaw (Head coach)	16/07/97 (45)			22			- Sixth season as head coach, starting role in June 2017 - Previously All Blacks Sevens skills coach and video analyst - Former Scotland Sevens player, appearing on Series between 2001-06 - Played for Scotland at RWC Sevens 2005
1	Scott Curry	17/05/88 (34)	194	96	54	620	120	- Third Commonwealth Games appearance - Gold medallist at Commonwealth Games 2018 - Silver medallist at Commonwealth Games 2014 - Not played on 2022 Series due to being released to play 15s in Japan - Co-captained New Zealand to silver medal at Tokyo 2020 Olympic Games - Named in Dream Team for the 2020 Series - Named Richard Crawshaw Memorial All Blacks Sevens Player of the Year 2020 - Made New Zealand debut on Series in Dubai in 2010 - Gold medallist at RWC Sevens 2018 - Played at Rio 2016 Olympic Games

2	Che Clarke	22/04/03 (19)			0			- First Commonwealth Games - Yet to play on World Series
3	Tone Ng Shiu	26/05/94 (28)	189	98	29	170	34	- First Commonwealth Games - Silver medallist at Tokyo 2020 Olympic Games - Named Richard Crawshaw Memorial All Blacks Sevens Player of the Year 2019 - Made New Zealand debut on Series in Wellington in 2017
4	Akuila Rokolisoa	26/07/95 (27)	178	82	16	235	29	- Gold medallist at Commonwealth Games 2018 - Turned 27 on Tuesday of Birmingham 2022 week - Made New Zealand debut on Series in Hong Kong in 2018 - Gold medallist at RWC Sevens 2018
5	Dylan Collier	27/04/91 (31)	194	101	42	280	56	- Gold medallist at Commonwealth Games 2018 - Silver medallist at Tokyo 2020 Olympic Games - Made New Zealand debut on Series in Wellington in 2015 - Gold medallist at RWC Sevens 2018
6	Ngarohi McGarvey-Black	20/05/96 (26)	186	90	15	257	27	- First Commonwealth Games - Silver medallist at Tokyo 2020 Olympic Games - Nominated for Richard Crawshaw Memorial All Blacks Sevens Player of the Year in 2020 and 2021 - Made New Zealand debut on Series in Las Vegas in 2018
7	Sam Dickson (captain)	28/10/89 (32)	190	99	58	464	92	- Third Commonwealth Games appearance - Gold medallist at Commonwealth Games 2018 - Silver medallist at Commonwealth Games 2014 - Took over captaincy this season with Tim Mikkelsen (injury) and Scott Curry (playing in Japan) unavailable - Missed Tokyo 2020 Olympic Games after suffering hamstring injury in training a week before tournament - Made New Zealand debut on Series in Dubai in 2012 - Gold medallist at RWC Sevens 2013 - Played at Rio 2016 Olympic Games
8	Caleb Tangitau	19/03/03 (19)	188	90	4	85	17	- First Commonwealth Games - Made New Zealand debut on Series in Singapore in 2022 - Signed with All Blacks Sevens programme at start of 2022
9	Regan Ware	07/08/94 (27)	188	89	40	527	105	- Gold medallist at Commonwealth Games 2018 - Top try-scorer at Gold Coast 2018 with seven - Became the 12th player to score 100 Series tries for New Zealand in Singapore in 2022 - Silver medallist at Tokyo 2020 Olympic Games

								- Made New Zealand debut on Series in Dubai in 2015 - Gold medallist at RWC Sevens 2018 - Played at Rio 2016 Olympic Games - Played for Maori All Blacks v USA in November 2018 (15s)
10	Leroy Carter	24/02/99 (23)	185	85	4	35	7	- First Commonwealth Games - Made New Zealand debut on Series in Singapore in 2022 - Played at World Rugby U20 Championship 2019 (15s)
11	Joe Webber	27/08/93 (28)	186	90	41	500	83	- First Commonwealth Games - Silver medallist at Tokyo 2020 Olympic Games - Returned to team in Hong Kong in 2019 after more than a year out with reactive arthritis - Made New Zealand debut on Series on Gold Coast in 2011 - Played at Rio 2016 Olympic Games - Played at World Rugby U20 Championship in 2013 (15s)
12	Sione Molia	05/09/93 (28)	189	92	38	330	66	- Gold medallist at Commonwealth Games in 2018 - Silver medallist at Tokyo 2020 Olympic Games - Made New Zealand debut on Series in Las Vegas in 2016 - Gold medallist at RWC Sevens 2018 - Played at Rio 2016 Olympic Games
13	Moses Leo	11/08/97 (24)	188	95	2	30	6	- First Commonwealth Games - Made New Zealand debut on Series in Singapore in 2022

Information correct at time of publication.

SAMOA

Coach: Muliagatele Brian Lima

Co-captains: Vaovasa Afa Sua, Vaafauese Apelu Maliko and Melani Matavao

Nickname: Manu Samoa Sevens

Commonwealth Games record: 2018 – Third in Pool B

Commonwealth Games 2022 seeding: 9

World Series record: 1999-2000 – Fourth / 2000-01 – Fourth / 2001-02 – Seventh / 2002-03 – Sixth / 2003-04 – Sixth / 2004-05 – Sixth / 2005-06 – Fifth / 2006-07 – Third / 2007-08 – Third / 2008-09 – Seventh / 2009-10 – Champions / 2010-11 – Fifth / 2011-12 – Fourth / 2012-13 – Fourth / 2013-14 – Eighth / 2014-15 – 10th / 2015-16 – Ninth / 2016-17 – 13th / 2018 – 10th / 2019 – Sixth / 2020 – 13th / 2021 – DNP due to COVID-19 pandemic

2022 Series standing: 10

Did you know...?

- Samoa qualified for the Commonwealth Games as one of the eligible top nine ranked teams in the World Rugby Sevens Series 2020
- Samoa's best placing in a Commonwealth Games is fourth on three occasions, in 1998, 2002 and 2014

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	Muliagatele Brian Lima (Head coach)	25/01/72 (51)			5			- Appointed in August 2020 after Gordon Tietjens did not look to renew contract when expired - This will be his first Series event as head coach - Made Samoa debut on Series in Paris in 2000 - Also played one round in 2002-03 Series (HKG) and four in 2004-05 (DUB, GEO, WEL, LA) - Played three RWC Sevens in 1993, 1997 and 2005 - Played in five Rugby World Cups from 1991-2007 – at time of his debut he was youngest player in RWC history at 19 years and 255 days (15s) - Played 65 tests for Samoa from 1991-2007, scoring 31 tries (15s) - Also played two tests for Pacific Islanders in 2004 (15s) - Still Samoa's most-capped player (65 tests) and record try scorer (31) (15s) - Inducted into World Rugby Hall of Fame in 2011 - Nicknamed 'The Chiropractor' as a player due to his shuddering tackles - Former Samoa A head coach (2012-13 and 2018-19)
1	Vaovasa Afa Su'a (co-captain)	11/10/91 (30)	177	93	4	20	4	- First Commonwealth Games - Made Samoa debut on Series in Singapore in 2022 - Played in World Rugby Sevens Repechage in June 2021

								- Played for Samoa A in World Rugby Pacific Challenge 2015 and 2016 (15s)
2	Vaafauese Apelu Maliko (co-captain)	10/11/98 (23)	181	89	11	150	30	- First Commonwealth Games - Played in World Rugby Sevens Repechage in June 2021 - Made Samoa debut on Series in Singapore in 2018
3	Uaina Sione	03/01/96 (26)	183	87	8	65	13	- First Commonwealth Games - Made Samoa debut on Series in Hamilton in 2020
4	Motu Opetai	20/06/01 (21)	182	91	4	5	1	- First Commonwealth Games - Made Samoa debut on Series in Singapore in 2022
5	Levi Milford	18/09/01 (20)	190	99	0			- First Commonwealth Games - Yet to play on World Series - Played in World Rugby Sevens Repechage in June 2021
6	Iafeta Purcell	11/02/95 (27)	177	89	4	26	2	- First Commonwealth Games - Made Samoa debut on Series in Singapore in 2022 - Played for Samoa A in World Rugby Americas Pacific Challenge in 2017 (15s)
7	Melani Matavao (co- captain)	19/11/95 (26)	172	80	11	178	15	- First Commonwealth Games - Played in World Rugby Sevens Repechage in June 2021 - Made Samoa debut on Series in Las Vegas in 2019 - Played at Rugby World Cup 2019 (15s) - Played 11 tests for Samoa from 2017-19 (15s) - Scored four tries in two matches against Germany in RWC 2019 qualifier play-off in 2018 (15s) - Played at World Rugby U20 Championship in 2015 (15s) - Played for Samoa A from 2015-18 (15s)
8	Neueli Leitufia	24/10/01 (20)	167	65	2	12	2	- First Commonwealth Games - Made Samoa debut on Series in Toulouse in 2022 - Played in World Rugby Sevens Repechage in June 2021
9	Fafoi Falaniko	14/03/02 (20)	176	94	4	12	2	- First Commonwealth Games - Made Samoa debut on Series in Singapore in 2022 - Played in World Rugby Sevens Repechage in June 2021
10	Paul Scanlan	09/08/96 (25)	171	76	13	116	20	- First Commonwealth Games - Played in World Rugby Sevens Repechage in June 2021 - Made Samoa debut on Series in Hong Kong in 2019 - Played for Samoa A in 2017-18 (15s)
11	Owen Niue	06/04/00 (22)	180	85	4	42	8	- First Commonwealth Games - Made Samoa debut on Series in Singapore in 2022 - Played for Samoa A in World Rugby Pacific Challenge 2020 (15s)
12	Steve Onosai	19/09/01 (20)	175	86	4	82	16	- First Commonwealth Games - Made Samoa debut on Series in Singapore in 2022

								- Played in World Rugby Sevens Repechage in June 2021
13	Taunuu Niulevaea	21/01/00 (22)	189	115	0			- First Commonwealth Games - Yet to play on World Series - Played in the World Rugby U20 Trophy in 2018 (15s) - Played for Samoa A in the World Rugby Pacific Challenge (15s)

Information correct at time of publication.

SCOTLAND

Head coach: Ciaran Beattie

Captain: Jamie Farndale

Commonwealth Games record: 2018 – Sixth

Commonwealth Games 2022 seeding: 7

World Rugby Sevens Series record: 1999-2000 – 17th / 2000-01 – DNP / 2001-02 – 10th / 2002-03 – 13th / 2003-04 – 10th / 2004-05 – Ninth / 2005-06 – 10th / 2006-07 – Ninth / 2007-08 – 10th / 2008-09 – 10th / 2009-10 – 12th / 2010-11 – 11th / 2011-12 – 10th / 2012-13 – 13th / 2013-14 – 12th / 2014-15 – Seventh / 2015-16 – 10th / 2016-17 – Seventh / 2018 – 12th / 2019 – 10th / 2020 – 11th / 2021 – DNP (Great Britain)

2022 Series standing: 12 (including nine points as third of Great Britain's accumulated tally)

Did you know...?

- Scotland qualified for the Commonwealth Games as one of the eligible top nine ranked teams in the World Rugby Sevens Series 2020
- Scotland have played in the last five Commonwealth Games after missing the 1998 event
- Their best placing in Commonwealth Games history is sixth in both 2010 and 2018

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	Ciaran Beattie (Head coach)	23/02/86 (36)			6	28	4	- Second Series as head coach after taking charge before 2020 Series - Played for Scotland Sevens in six tournaments in 2005-06 - Made Scotland debut on Series in Dubai in 2005 - Played at Commonwealth Games in 2006 - Scotland U20 video analyst in 2014
1	Jordan Edmunds	28/06/94 (28)	196	102	6	75	15	- Made Scotland debut on Series in Malaga in 2022 - Named in core Scotland Sevens squad for 2022 - FOSROC 6 player with Boroughmuir Bears
2	Matt Davidson	06/11/99 (22)	180	92	6	11	1	- First Commonwealth Games - Made Scotland debut on Series in Malaga in 2022 - Named in core Scotland Sevens squad for 2022 - Played at World Rugby U20 Championship 2019 as full-back, scoring try in loss to Fiji that saw them relegated from top tier for first time (15s) - Also played in U20 Six Nations that year (15s) - FOSROC 6 player with Ayrshire Bulls
3	Alec Coombes	26/11/95 (26)	188	103	20	90	18	- First Commonwealth Games - Named in core Scotland Sevens squad for 2022

								- Played for Great Britain at the Tokyo 2020 Olympic Games - Made Scotland debut on Series in Sydney in 2018 - Played at RWC Sevens 2018 - Played at World Rugby U20 Championship in 2015 (15s) - Born in Hong Kong
4	Kaleem Barreto	19/12/98 (23)	174	81	8	84	10	- First Commonwealth Games - Named in core Scotland Sevens squad for 2022 - Before Malaga in 2022 had last played in Paris on 2019 Series - Made Scotland debut on Series in London in 2019 - Played in 2018 U20 Six Nations as scrum-half (15s) - FOSROC 6 player with Boroughmuir Bears
5	Harvey Elms	01/06/95 (26)	181	89	26	214	36	- First Commonwealth Games - Named in core Scotland Sevens squad for 2022 - FOSROC 6 player with Watsonians - Made Scotland debut on Series in Dubai in 2017 - Played at RWC Sevens 2018
6	Paddy Kelly	186	95	14 (10 SCO, 4 GBR)	14	45	9	- First Commonwealth Games - Played for Great Britain in both Dubai rounds on 2022 Series - Made Scotland debut on Series in Hamilton in 2020 - Played in World Rugby U20 Championship 2015 as centre (15s) - Winner of the Macphail Scholarship in 2016
7	Jamie Farndale (captain)	184	97	53 (49 SCO, 4 GBR)	53	675	135	- Second Commonwealth Games appearance - Played his 50th Series tournament in Singapore when combining appearances for Scotland and Great Britain - Named Scotland captain for the 2022 campaign, having previously held the role in the 2019 Series - Played for Great Britain in both Dubai rounds on 2022 Series - Had left sevens programme to play 15s for Edinburgh but returned in Los Angeles on 2020 Series - Made Scotland debut on Series in London in 2015 - Played at RWC Sevens 2018 - Played in three World Rugby U20 Championships (2012-14) - Previously represented Scotland in Home Unions competition in pentathlon
8	Grant Hughes	22/01/99 (23)	177	88	4	5	1	- First Commonwealth Games - Made Scotland debut on Series in Malaga in 2022 - Played at World Rugby U20 Championship 2019 and one match in U20 Six Nations that year as centre (15s) - Played for Stirling County in FOSROC Super6

9	Jake Henry	31/08/00 (21)	183	90	4	5	1	- First Commonwealth Games - Made Scotland debut on Series in Malaga in 2022 - FOSROC Academy player with Glasgow Warriors - Played for Scotland in U20 Six Nations in 2021 (15s)
10	Robbie Fergusson	30/08/93 (28)	182	92	31 (27 SCO, 4 GBR)	433	57	- Second Commonwealth Games appearance - Made first appearance for Scotland on Series in Toulouse, having last played in Vancouver in 2020 - Played for Great Britain in both Dubai rounds of 2022 Series - Played for Great Britain at Tokyo 2020 Olympic Games - Captained Great Britain on 2021 Series - Made Scotland debut on Series in Dubai in 2017 - Played at RWC Sevens 2018 - Played in two World Rugby U20 Championships (2012-13)
11	Lee Jones	28/06/88 (34)	180	92	29	290	58	- Fourth Commonwealth Games appearance after playing in 2010, 2014 and 2018 - Named in core Scotland Sevens squad for 2022 - Returned in Malaga on 2022 Series, his first event with Scotland since the 2018 Commonwealth Games - Played 10 tests for Scotland across 2012 and 2017-18 (15s) - Played at World Rugby U20 Championship in 2008 (15s)
12	Ross McCann	30/10/97 (24)	175	90	26 (22 SCO, 4 GBR)	109	21	- First Commonwealth Games - Named in core Scotland Sevens squad for 2022 - Played for Great Britain in both Dubai rounds of 2022 Series - Played for Great Britain at Tokyo 2020 Olympic Games - Made Scotland debut on Series in Dubai in 2017 - Played for Scotland at World Rugby U20 Championship in 2017 (15s)
13	Femi Sofolarin	22/01/00 (22)	183	93	10 (7 SCO, 3 ENG)	60	12	- First Commonwealth Games - Named in core Scotland Sevens squad for 2022 – will combine playing duties with Scotland with studying at Newcastle University - Made Scotland debut on Series in Dubai in 2019 but has played for England in 2019 Series (able to switch to Scotland as not captured by England Sevens appearances being under age of 20) - Born in USA but has a Scottish grandmother - Made his England debut on Series in Singapore in 2019 - Played for Crystal Palace Academy before starting secondary school (football)

Information correct at time of publication.

SOUTH AFRICA

Head coach: Neil Powell
 Captain: Siviwe Soyizwapi
 Nickname: Blitzboks

Commonwealth Games record: 2018 – Fourth
 Commonwealth Games 2022 seeding: 2

World Rugby Sevens Series record: 1999-2000 – Fifth / 2000-01 – Fifth / 2001-02 – Runners-up / 2002-03 – Fourth / 2003-04 – Fifth (docked points) / 2004-05 – Fourth / 2005-06 – Third / 2006-07 – Fourth / 2007-08 – Runners-up / 2008-09 – Champions / 2009-10 – Sixth / 2010-11 – Runners-up / 2011-12 – Fifth / 2012-13 – Runners-up / 2013-14 – Runners-up / 2014-15 – Runners-up / 2015-16 – Runners-up / 2016-17 – Champions / 2018 – Champions / 2019 – Fourth / 2020 – Runners-up / 2021 – Champions

2022 Series standing: 1

Did you know...?

- South Africa qualified for the Commonwealth Games as one of the eligible top nine ranked teams in the World Rugby Sevens Series 2020
- South Africa are the only team to beat New Zealand in Commonwealth Games history, having done so in the gold medal match in 2014 in Glasgow

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	Neil Powell (Head coach)	28/06/78 (44)			31	132	23	- Appointed South Africa Sevens coach in 2013 - This will be his last year in the role before moving into 15s as director of rugby for the Sharks - Coached South Africa to back-to-back Series titles in 2016-17 and 2018 and a third in 2021 - Coached South Africa to bronze medal at RWC Sevens 2018 - Coached South Africa to gold medal at Commonwealth Games 2014 - Coached South Africa at Commonwealth Games in 2018 - Coached South Africa to bronze medal at Rio 2016 Olympic Games - Coached South Africa to fifth at Tokyo 2020, although only in attendance for final match due to COVID - Played for South Africa at RWC Sevens 2009 - Played for South Africa on Series from 2001-12
1	Sakoyisa Makata	10/09/98 (23)	178	90	15	55	11	- First Commonwealth Games - Played at Tokyo 2020 Olympic Games - Made South Africa debut on Series in Las Vegas in 2019

								- Was with SA Rugby Sevens Academy for two years, co-captaining them in Dubai invitational and Sudamerica Sevens Series in 2018
2	Christie Grobbelaar	25/05/00 (22)	192	95	8	70	14	- First Commonwealth Games - Made South Africa debut on Series in Vancouver in 2021 - A graduate of SA Rugby Sevens Academy
3	James Murphy	30/11/95 (26)	188	92	9	30	6	- First Commonwealth Games - Called into the squad after Impi Visser was ruled out through injury - Made South Africa debut on Series in Hong Kong in 2018
4	Zain Davids	04/05/97 (25)	182	100	32	160	32	- Second Commonwealth Games appearance - Voted into the Dream Team for rounds three, four and six of 2022 Series by fans - Played at Tokyo 2020 Olympic Games - Made South Africa debut on Series in Wellington in 2017 - Bronze medallist at RWC Sevens 2018 - Played at World Rugby U20 Championship in 2016 and 2017 (15s)
5	Angelo Davids	01/06/99 (23)	182	85	8	155	31	- First Commonwealth Games - Played at Tokyo 2020 Olympic Games - In Vancouver on 2021 Series he became the first player to hit double figures for a single tournament in Canada and the first to score 10 in a Series event since France's Terry Bouhraoua in Cape Town in 2017 - Made South Africa debut on Series in Hong Kong in 2019 - Played at World Rugby U20 Championship 2019 (15s)
6	JC Pretorius	29/01/98 (24)	186	92	19	210	42	- First Commonwealth Games - Played at Tokyo 2020 Olympic Games - Named in Dream Team for the 2020 Series - Made South Africa debut on Series in Sydney in 2019
7	Ronald Brown	02/09/95 (26)	175	75	8	285	27	- First Commonwealth Games - Named SA Rugby Springbok Sevens Player of the Year 2021, beating off competition from Selvyn Davids and Siviwe Soyizwapi - Nominated for SA Sport Awards Newcomer of the Year in March 2022 - Named Player of the Final in R1 in Dubai – his second time in three tournaments having received award in debut event in Vancouver on 2021 Series - Scored hat-trick in Dubai R1 final, only the second Blitzboks player to do so in a Cup final and first since Steven Mark Hunt in Edinburgh in 2011 against Australia, amid a haul of 25 points - Played at Tokyo 2020 Olympic Games - Made South Africa debut on Series in Vancouver in 2021 and was voted into Dream Team by fans

								- Top point scorer on the 2021 Series with 91 - Recovered from Hodgkin's Lymphoma to resume his rugby career - Product of SA Rugby Sevens Academy
8	Selvyn Davids	26/03/94 (28)	175	80	27	564	69	- First Commonwealth Games - Voted into the Dream Team for rounds one, three and four of 2022 Series by fans - Nominated for SA Rugby Springbok Sevens Player of the Year 2021 - Played at Tokyo 2020 Olympic Games - Named in Dream Team for the 2020 Series - Made South Africa debut on Series in Hong Kong in 2017 - Bronze medallist at RWC Sevens 2018 - Joined SA Rugby Sevens Academy in 2016
9	Shaun Williams	13/04/98 (24)	174	78	6	72	12	- First Commonwealth Games - Made South Africa debut on Series in Vancouver in 2021
10	Dewald Human	19/05/95 (27)	168	70	17	211	17	- First Commonwealth Games - Made South Africa debut on Series in Paris in 2017 - Bronze medallist at RWC Sevens 2018
11	Siviwe Soyizwapi (captain)	07/12/92 (29)	178	88	39	655	131	- Second Commonwealth Games appearance - Nominated for SA Rugby Springbok Sevens Player of the Year 2021 - Captained South Africa to fifth place at Tokyo 2020 Olympic Games - Named captain for 2020 Series after taking on role for final four tournaments of 2019 Series after Philip Snyman was injured - Made South Africa debut on Series in Hong Kong in 2016 - Bronze medallist at RWC Sevens 2018 - Came through the SA Rugby Sevens Academy - Has played Super Rugby for Southern Kings (15s)
12	Muller du Plessis	25/06/99 (23)	183	85	19	305	61	- First Commonwealth Games - Scored 11 tries in Edmonton round of 2021 Series and was voted into Dream Team by fans - Top try-scorer on 2021 Series with 13 tries - Made South Africa debut on Series in Las Vegas in 2018 - Played at World Rugby U20 Championship in 2018 (15s)
13	Mfundo Ndhlovu	05/04/97 (25)	180	85	10	60	12	- First Commonwealth Games - Made South Africa debut on Series in Hong Kong in 2018

Information correct at time of publication.

SRI LANKA

Coach: Mohomed Nilfer Ibrahim
 Captain: Anuradha Sooriyabandara

Commonwealth Games record: 2018 – Fourth in Pool D
 Commonwealth Games 2022 seeding: 15

Did you know...?

- Sri Lanka qualified for the Commonwealth Games via the Asia qualification process
- They are the only Asian team to have played at every Commonwealth Games, finishing 13th on six occasions
- They have only won two matches, both in 2014 in Glasgow

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	<i>Mohomed Nilfer Ibrahim (Head coach)</i>							- Played for Sri Lanka in both sevens and 15s - Played at the Asian Games in 1998 and 2002 - Coached Sri Lanka men's sevens for first time in 2014
1	Sudaraka Dikkumbura	27/06/95 (27)	165	72	0			- First Commonwealth Games - Yet to play on World Series - Played in Asia Rugby Sevens Series in 2019 and 2021 - Played in Asia qualifier for Tokyo 2020 Olympic Games
2	Mithun Hapugodage	02/12/89 (32)	172	70	1	17	3	- Second Commonwealth Games appearance after playing in 2014 - Made Sri Lanka debut on Series in Hong Kong in 2014 - Played three tests in 2019, including two in the Asia Rugby Championship Division 1 (15s)
3	Ramesh Fernando	03/07/97 (25)	182	80	0			- First Commonwealth Games - Yet to play on World Series - Called into squad this week as an injury replacement
4	Chathura Senavirathne	19/09/98 (23)	186	99	0			- First Commonwealth Games - Yet to play on World Series - Played for Sri Lanka national sevens team in 2019
5	Dansha Chandradas	21/01/93 (29)	182	86	0			- Second Commonwealth Games appearance - Yet to play on World Series
6	Ravindu Hettiarachchi	21/07/99 (23)			0			- First Commonwealth Games - Yet to play on World Series - Played for Sri Lanka national sevens team in 2019

								- Played in Asia Rugby Sevens Series in 2021
7	Iroshan Silva	14/02/92 (30)	176	72	0			- First Commonwealth Games - Yet to play on World Series - Called into squad this week as an injury replacement
8	Ashan Ratwatte	12/12/95 (26)	155	87	0			- Second Commonwealth Games appearance - Yet to play on World Series
9	Anuradha Sooriyabandara (captain)	17/01/89 (33)	170	102	1	11	1	- Third Commonwealth Games appearance - Made Sri Lanka debut on Series in Hong Kong in 2014 - Played in repechage for Rio 2016
10	Nigel Ratwatte	13/04/90 (32)	167	75	1	0	0	- First Commonwealth Games - Made Sri Lanka debut on Series in Hong Kong in 2014 - Played one test for Sri Lanka in 2013 (15s)
11	Buddhima Nanayakkara Kudachchige	28/07/96 (26)	155	67	0			- First Commonwealth Games - Yet to play on World Series
12	Reeza Raffaideen	01/09/96 (25)	174	66	0			- First Commonwealth Games - Yet to play on World Series - Played in Asia Rugby Sevens Series in 2016, 2017, 2018 and 2019 - Played in Asia qualifier for Tokyo 2020 Olympic Games - Played in Asian Games in 2018 - Played three tests in 2019 as centre, including two in the Asia Rugby Championship Division 1 (15s)
15s)	Dilruksha Dange	07/10/98 (23)	182	86	0			- First Commonwealth Games - Yet to play on World Series

Information correct at time of publication.

TONGA

Coach: Tevita Tuifua

Captain: Sione Tupou

Commonwealth Games record: 2018 – Did not play

Commonwealth Games 2022 seeding: 11

Did you know...?

- Tonga qualified for the Commonwealth Games via the Oceania qualification process
- Tonga have played in four Commonwealth Games, the last of them in 2010 in Delhi
- Their highest position in Commonwealth Games history is 10th, achieved in both 2002 and 2006

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	Tevita Tuifua (Head coach)	15/10/75 (46)						- First Commonwealth Games as coach - Played at Commonwealth Games in 2006 - Played 12 events on World Rugby Sevens Series from 2002-03 to 2006-7 - Made Tonga debut on Series in Brisbane in 2002-03 - Coached Tonga Sevens in two World Rugby Sevens Series events in 2019 and on the World Rugby Sevens Challenger Series in 2020 - Played 10 tests for Tonga from 2003-07 (15s) - Played at RWC 2003 and 2007 (15s) - Assistant coach for Tonga at RWC 2015 (15s) - Also represented Tonga in Rugby League
1	Sione Tupou (captain)	25/05/94 (28)	190	100	2	10	2	- First Commonwealth Games - Based in Tonga and plays for the Warlords - One of the Tongan sports teams flag bearers - When younger, he completed his Church mission in Birmingham - Has a baby due any day
2	Walter Fifita	06/06/97 (25)	195	115	0			- First Commonwealth Games - Yet to play on World Series - Played six tests in 2021 at wing or full-back, scoring a try in a Rugby World Cup 2023 qualifier against the Cook Islands last July (15s) - Currently contracted with Glasgow Warriors in Scotland
3	Samson Fualalo	21/07/95 (27)			0			- First Commonwealth Games - Yet to play on World Series

								- Went to University in Japan on a scholarship and was part of Japan Sevens programme but left before playing for them - Plays for Kumeu club in New Zealand - Played in the World Rugby U20 Trophy in 2015 (15s)
4	Samisoni Asi	12/10/89 (32)	169	95	0			- First Commonwealth Games - Yet to play on World Series - Based in Tonga and plays for Lama Bulls
5	Tevita Halafihi	18/04/95 (27)			0			- First Commonwealth Games - Yet to play on World Series - Plays for Thames in New Zealand and played for the New Zealand Divisional side last year - Called up late to the Oceania Rugby Sevens Championship last month due to injuries – got the call-up while at work on a roof and impressed to make Commonwealth Games squad
6	Latuselu Vailea	24/09/92 (29)	180	93	2	57	5	- First Commonwealth Games - Made Tonga debut on Series on Gold Coast (AUS) in 2013 - Not played on Series since Wellington round of 2013-14 Series - Based in Tonga and plays for the Vaini Doves, but has played professionally in France - Younger brother plays for the NZ Warriors - Played in both rounds of the World Rugby Sevens Challenger Series in 2020 in Vina del Mar and Montevideo - Played for Tonga in the World Rugby Pacific Rugby Cup in 2013 (15s)
7	Edward Sunia	03/10/90 (31)	185	100	2	10	2	- First Commonwealth Games - Made Tonga debut on Series in Hamilton in 2019 - Vice captain - Played club rugby for Prebbleton in New Zealand and been part of the Canterbury Country side - Been part of Tonga Sevens squad since 2018
8	Amanaki Veamatahau	22/05/96 (26)	186	100	0			- First Commonwealth Games - Yet to play on World Series - Plays for the College Rifles club in Auckland, New Zealand - Been part of the Tasman development programme in New Zealand
9	John Ika	10/04/92 (30)	169	88	0			- First Commonwealth Games - Yet to play on World Series - From one of the outer islands in Tonga, Vavau - Based in the Hawke's Bay area of New Zealand and played for their representative side this season

								- Played for Tonga A in the World Rugby Pacific Challenge 2017 and World Rugby Americas Pacific Challenge in 2017 and 2018
10	Atieli Pakalani	02/08/89 (32)	183	88	6 (2 TGA, 4 AUS)	52	8	- First Commonwealth Games - Made Australia debut on Series in Tokyo in 2014 - Played four events for Australia on the 2013-14 Series - Played for Tonga in Olympic repechage for Rio 2016, enabling him to switch to nation of his birth - Made Tonga debut on Series in Hamilton in 2019 - The most experienced player in the squad and vice captain - Came to New Zealand at age of 14 and went on to represent Auckland and NSW Waratahs in Super Rugby - Played at Rugby World Cup 2019 (15s) - Played 13 tests for Tonga from 2017-19 (15s) - Played in the World Rugby U20 Championship in 2009 (15s)
11	Rodney Tongotea	18/02/99 (23)	185	100	0			- First Commonwealth Games - Lost his grandfather earlier this week so wants to honour him by playing well in the tournament - Yet to play on World Series - Plays for Karaka club in New Zealand and has represented Counties Manukau representative side - Played in both rounds of the World Rugby Sevens Challenger Series in 2020 in Vina del Mar and Montevideo - Played in the World Rugby U20 Trophy in Brazil in 2019 (15s) - Played for Tonga A in the World Rugby Pacific Challenge in 2019 (15s)
12	John Tapueluelu	07/04/96 (26)	180	95	2	25	5	- First Commonwealth Games - Made Tonga debut on Series in Hamilton in 2019 - Played in both rounds of the World Rugby Sevens Challenger Series in 2020 in Vina del Mar and Montevideo - Plays for Alhambra RFC in Dunedin, New Zealand - Has played for Otago Sevens and development sides in the last few years - Has played for the New Zealand Schools Rugby League side after going to college in New Zealand - Played one test for Tonga, a Rugby World Cup 2023 qualifier against the Cook Islands last July (15s)
13	Nukula Osika	31/01/97 (25)	190	110	0			- First Commonwealth Games - Yet to play on World Series - Played in both rounds of the World Rugby Sevens Challenger Series in 2020 in Vina del Mar and Montevideo

								- Plays his club rugby for Takapuna in Auckland, New Zealand - One of the first players from Botany College to play international rugby, another being New Zealand's Tone Ng Shiu - Has played sevens for Auckland in New Zealand
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Information correct at time of publication.

UGANDA

Coach: Tolbert Onyango
Captain: Micheal Okorach

Commonwealth Games record: 2018 – Third in Pool D
Commonwealth Games 2022 seeding: 12

Did you know...?

- Uganda qualified for the Commonwealth Games via the African qualification process
- Uganda have played in the last four Commonwealth Games, finishing 11th on each occasion

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	<i>Tolbert Onyango (Head coach)</i>	<i>07/10/72 (49)</i>						- Head coach of Uganda sevens since 2014 - Coached Uganda for RWC Sevens debut in 2018 - Head coach for Uganda for one test v Zambia in 2001 - Played two tests for Kenya in 1997 as scrum-half (15s) - Known as 'Toolbox'
1	Alex Aturinda	26/11/97 (24)			0			- First Commonwealth Games - Yet to play on World Series
2	Isaac Massanganzira	09/12/96 (25)	179	77	0			- First Commonwealth Games - Yet to play on World Series - Made his Uganda debut in 2018 and won Rugby Africa Sevens Championship in 2022 - Played in World Rugby Sevens Repechage for Tokyo 2020 in Monaco
3	Ian Munyani	27/10/97 (24)	194	96	0			- First Commonwealth Games - Yet to play on World Series - Won Rugby Africa Sevens Championship title in 2022 - Played in World Rugby Sevens Repechage for Tokyo 2020 in Monaco - Played test rugby from 2018-19 (15s)
4	William Nkore	07/05/97 (25)	174	79	0			- First Commonwealth Games - Yet to play on World Series - Played two rounds of the World Rugby Sevens Challenger Series 2020
5	Philip Wokorach	31/12/93 (28)	187	95	3	75	9	- Third Commonwealth Games appearance, having played in 2014 and 2018 - Played in three Rugby Africa Sevens Championships, winning the title in 2016, 2017 and 2022 – the latter securing their place at Birmingham 2022

								- Played two rounds of the World Rugby Sevens Challenger Series 2020 - Played at RWC Sevens 2018 - Made Uganda debut on Series in Dubai in 2016 - Played test rugby from 2016-22 (15s) - Played in Rugby Africa Cup 2022, part of the qualifying process for Rugby World Cup 2023, earlier this month (15s)
6	Micheal Okorach (captain)	14/08/90 (31)	186	98	4	5	1	- Fourth Commonwealth Games appearance, having played in 2010, 2014 and 2018 - Captain for two rounds of World Rugby Sevens Challenger Series 2020 - Captained for RWC Sevens 2018 when Uganda made debut - Captained Uganda at World Rugby Sevens Repechage for Tokyo 2020 - Made Uganda debut on Series in Dubai in 2016 - Also played in Cape Town on 2016-17 Series and Dubai and Cape Town on 2018 Series - Played more than 30 international sevens tournaments for Uganda since his debut in 2009 - Played test rugby from 2010-19 (15s)
7	Norbert Okeny	30/10/98 (23)			0			- First Commonwealth Games - Yet to play on World Series - Won Rugby Africa Sevens Championship title in 2022 - Played in World Rugby Sevens Repechage for Tokyo 2020 in Monaco - Played two rounds of the World Rugby Sevens Challenger Series 2020
8	Desire Ayera	09/01/99 (23)	177	95	1	0	0	- Second Commonwealth Games appearance - Won Rugby Africa Sevens Championship title in 2022 - Played two rounds of the World Rugby Sevens Challenger Series 2020 - Made Uganda debut on Series in Dubai in 2017 - Played at RWC Sevens 2018 - Played test rugby in 2019 (15s)
9	Aaron Ofoyrwoth	07/10/97 (24)	184	81	2	14	0	- Second Commonwealth Games appearance - Made Uganda debut on Series in Dubai in 2017 - Played two rounds of the World Rugby Sevens Challenger Series 2020 - Played at RWC Sevens 2018 - Played in World Rugby Sevens Repechage for Tokyo 2020 in Monaco - Played test rugby from 2017-19 (15s)
10	Adrian Kasito	30/10/95 (26)	169	70	3	10	2	- Second Commonwealth Games appearance - Played two rounds of the World Rugby Sevens Challenger Series 2020 - Played in three Rugby Africa Sevens Championships, winning the title in 2016, 2017 and 2022 – the latter securing their place at Birmingham 2022 - Played at RWC Sevens 2018

								- Played 11 tests from 2018-21 (15s)
11	Timothy Kisiga	02/12/96 (25)	182	79	0			- Second Commonwealth Games appearance - Yet to play on World Series - Made his Uganda sevens debut in 2017 - Played at RWC Sevens 2018 - Played in World Rugby Sevens Repechage for Tokyo 2020 in Monaco - Won Rugby Africa Sevens Championship title in 2022
12	Ivan Otema	17/05/99 (23)			0			- First Commonwealth Games - Yet to play on World Series - Won Rugby Africa Sevens Championship title in 2022
13	Karim Arinaitwe	23/07/99 (23)			0			- First Commonwealth Games - Yet to play on World Series - Won Rugby Africa Sevens Championship title in 2022

Information correct at time of publication.

WALES

Head coach: Richie Pugh

Captain: Luke Treharne

Commonwealth Games record: 2018 – Seventh

Commonwealth Games 2022 seeding: 10

World Rugby Sevens Series record: 1999-2000 – DNP / 2000-01 – Ninth / 2001-02 – Eighth / 2002-03 – Ninth / 2003-04 – DNP / 2004-05 – DNP / 2005-06 – 11th / 2006-07 – Sixth / 2007-08 – Ninth / 2008-09 – Ninth / 2009-10 – Ninth / 2010-11 – Seventh / 2011-12 – Eighth / 2012-13 – Seventh / 2013-14 – 11th / 2014-15 – 12th / 2015-16 – 12th / 2016-17 – 10th / 2018 – 14th / 2019 – 14th / 2020 – 15th / 2021 – DNP (Great Britain)

2022 Series standing: 15 (including nine points as third of Great Britain's accumulated tally)

Did you know...?

- Wales qualified for the Commonwealth Games as one of the eligible top nine ranked teams in the World Rugby Sevens Series 2020
- Wales have played in every Commonwealth Games but have never finished higher than fifth, their ranking in 1998 and 2006

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Series Events	Series Points	Series Tries	Notes
	Richie Pugh (Head coach)	10/08/83 (38)			32	180	36	- First Commonwealth Games as head coach - Played at Commonwealth Games in 2006 and 2010 - Appointed Welsh Rugby Union Head of Sevens in November 2021, overseeing men's and women's sevens teams - Has previously coached both teams before, including men on 2019 Series - Returned to WRU after spell as contact skills coach at Ospreys - Assistant coach of GB women's team at Rio 2016 - RWC Sevens 2009 winner with Wales - Played 32 Series events for Wales from 2005-13 - Capped by Wales in sevens and 15s (1 cap v USA in 2005),
1	Luke Treharne (captain)	18/01/93 (29)	173	82	50 (46 WAL, 4 GBR)	683	65	- Second Commonwealth Games appearance - Played his 50th Series tournament in London (WAL 45, GBR 4) - Played for Great Britain in both Dubai rounds on 2022 Series - Played for Great Britain on 2021 Series - First captained Wales on the Series in December 2015 - Made Wales debut on Series in Gold Coast in 2014 - Played at RWC Sevens 2018 - A qualified doctor

								- Won World Student Games in 2012 with GB Students
2	Tyler Morgan	11/09/95 (26)	187	102	2	15	3	- First Commonwealth Games - Made Wales debut on Series in Toulouse in 2022 - Played five tests for Wales at centre from 2015-18, scoring one try v Tonga in last test (15s) - Played at World Rugby U20 Championship 2014 (15s)
3	Morgan Sieniawski	11/01/97 (25)	178	97	8	20	4	- First Commonwealth Games - Made Wales debut on Series in Dubai in 2019 - Played at World Rugby U20 Championship in 2016 as flanker (15s) - Also played in U20 Six Nations in 2016 and 2017 (15s)
4	Chris Smith	21/08/94 (27)			2	5	1	- First Commonwealth Games - Made Wales debut on Series in Singapore in 2022
5	Tom Brown	12/12/98 (23)	186	96	6	25	5	- First Commonwealth Games - Made Wales debut on Series in Malaga in 2022
6	Callum Williams	31/10/01 (20)	178	87	4	35	7	- First Commonwealth Games - Made Wales debut on Series in Singapore in 2022
7	Owen Jenkins	20/07/93 (29)	183	87	44	287	57	- Second Commonwealth Games appearance - Malaga in 2022 was his first appearance on Series since Paris round in 2019 - Made Wales debut on Series in London in 2013 - Played at RWC Sevens 2018 - Runner-up at World Rugby U20 Championship 2013 (15s)
8	Tom Williams	30/07/96 (26)	190	100	20 (18 WAL, 2 GBR)	123	19	- Second Commonwealth Games appearance - Played for Great Britain in both Dubai rounds on 2022 Series - Made Wales debut on Series in Dubai in 2016 - Played for Wales at RWC Sevens 2018 - Played in World Rugby U20 Championship 2016 (15s)
9	Morgan Williams	28/12/95 (26)	189	88	26 (22 WAL, 4 GBR)	196	38	- Second Commonwealth Games appearance - Played for Great Britain in both Dubai rounds on 2022 Series - Made Wales debut on Series in Singapore in 2016
10	Cole Swannack	16/10/98 (23)	182	87	6	25	5	- First Commonwealth Games - Made Wales debut on Series in Malaga in 2022
11	Lloyd Lewis	05/09/96 (25)	177	89	17	75	15	- First Commonwealth Games - Made Wales debut on Series in Wellington in 2016 - Played at World Rugby U20 Championship in 2015 as winger (15s)
12	Ewan Rosser	16/12/00 (21)	179	86	6	35	7	- First Commonwealth Games Made Wales debut on Series in Malaga in 2022 - Played in U20 Six Nations in 2020 (15s)

13	Callum Carson	13/03/99 (23)	176	88	4	10	2	- First Commonwealth Games
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Information correct at time of publication.

ZAMBIA

Coach: Andrew Kaminsa

Captain: Israel Kalumba

Commonwealth Games record: 2018 – Fourth in Pool C

Commonwealth Games 2022 seeding: 13

World Rugby Sevens Series record: Played three Series events, in George (RSA) in the 2002-03 Series and Dubai and Georgia in the 2003-04 Series

Did you know...?

- Zambia qualified for the Commonwealth Games via the African qualification process
- Zambia made their Commonwealth Games debut on the Gold Coast in 2018, finishing bottom of Pool C after three defeats

Shirt #	Name	DOB (Age)	Height (cm)	Weight (kg)	Club / Province	Series Events	Series Points	Series Tries	Notes
	Andrew Kaminsa (Head coach)	31/07/77 (44)			Lusaka Powerhouse				- Celebrates his 45th birthday on day three in Birmingham - Has been coaching Zambia since 2016 - Works as a contractor in Lusaka
1	Melvin Banda	26/08/98 (23)	162	87	Leopards	0			- First Commonwealth Games - Yet to play on World Series - Made Zambia Sevens debut in the Tusker Safari Sevens in 2019 - Played in the Rugby Africa Cup in 2019 and 2022 - Played eight tests for Zambia as a centre (15s) - Occupation: Mining student
2	Israel Kalumba (captain)	12/12/92 (31)	176	95	Red Arrows	0			- Second Commonwealth Games appearance - Yet to play on World Series - Captained Zambia Sevens since 2014 - Made Zambia debut in the 2014 Rugby Africa Sevens Championship - Played all Rugby Africa Sevens Championship events since 2014 - Played 27 tests for Zambia since debut against Botswana in 2012, plays as centre (15s) - Occupation: Heavy equipment operator
3	Chisanga Nkoma	01/04/95 (27)	190	102	Red Arrows	0			- First Commonwealth Games - Yet to play on World Series - Played in the Rugby Africa Sevens Championship in 2019 and 2022 - Played five tests at flanker since debut against Kenya in 2019 (15s) - Occupation: Civilian Officer in the Air Force

4	Lawrence Kaushiku	10/05/95 (27)	171	70	Red Arrows	0			- First Commonwealth Games - Yet to play on World Series - Played in the Rugby Africa Sevens Championship in 2019 and 2022 - Played eight tests as scrum-half since debut in 2017 (15s) - Occupation: Civilian Officer in the Air Force
5	Davy Chimbukulu	01/06/94 (28)	180	86	Red Arrows	0			- Second Commonwealth Games appearance - Yet to play on World Series - Played all Rugby Africa Sevens Championship events since 2014 - Played 12 tests as winger since 2017 (15s) - Occupation: Military Personnel in the Air Force
6	Edmond Hamayuwa	14/10/97 (24)	190	103	Red Arrows	0			- Second Commonwealth Games appearance - Yet to play on World Series - Played Rugby Africa Sevens Championship in 2017, 2018, 2019 and 2022 - Played 13 test as flanker since debut against Madagascar in 2016 (15s) - Occupation: Civilian Officer in the Air Force
7	Laston Mukosa	10/09/92 (29)	181	85	Nkwazi	0			- Second Commonwealth Games appearance - Yet to play on World Series - Played all Rugby Africa Sevens Championship events since 2014 - Played 27 tests as fly-half since debut against Botswana in 2012 (15s) - Occupation: Civilian Officer in the Air Force
8	Elisha Bwalya	15/07/99 (23)	185	102	Red Arrows	0			- First Commonwealth Games - Yet to play on World Series - Played in Rugby Africa Sevens Championship in 2019 and 2022 - Played five tests as centre since debut against Kenya in 2019 (15s) - Occupation: Civilian Officer in the Air Force
9	Alex Mwewa	25/11/98 (23)	172	75	Red Arrows	0			- First Commonwealth Games - Yet to play on World Series - Played in Rugby Africa Sevens Championship in 2022 - Occupation: Civilian Officer in the Air Force
10	Brian Mbalwe	08/12/95 (26)	170	70	Red Arrows	0			- First Commonwealth Games - Yet to play on World Series - Played in Rugby Africa Sevens Championship in 2022 - Occupation: Civilian Officer in the Air Force
11	Rodgers Mukupa	07/05/95 (27)	185	118	Leopards	0			- First Commonwealth Games - Yet to play on World Series - Played in Rugby Africa Sevens Championship in 2019 and 2022 - Played eight tests as number eight since 2018 (15s) - Occupation: Underground Mine Operator

12	Mike Masabo	19/01/95 (27)	186	90	Green Buffaloes	0			- First Commonwealth Games - Yet to play on World Series - Played in Rugby Africa Sevens Championship in 2019 and 2022 - Played six tests as flanker since 2019 (15s) - Occupation: Military Personnel in the Air Force
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Information correct at time of publication.