

Rugby - 7 on 7 Rules

Game duration:

- Two 7-minute halves with a 5-minute half time.
- Play starts and restarts at the center with a “tap/drop-kick”. This is performed by moving the ball on the ground with the foot, free from the hands, and then picking it up. Penalties are performed by the same procedure. On both a game re-start and penalty the defending team must retreat at least 10 meters.
- Seven players are allowed on the field at any one time, with any amount of reserves off the field. Reserves can be continuously substituted at any time from one side of the field. The substituting players must make contact with each other behind the sideline.
- A try is scored by grounding the ball on, or behind, the try-line. 5 points is awarded per try, with 2 points awarded for conversion drop-kick.
- **A legal tackle** is on any part of the body, below the arm pit, clothing, and legs. (**Play to the whistle**).
- When tackled, the player in possession must place the ball on the ground, present the ball to their team, however release ball if correctly poached/jackaled.

Restarts:

- **Line-outs** (2-person min.) are conducted with attacker and defender a meter apart on the 5-meter line when the ball is thrown in straight and contested, scrumhalf is 5 meters back, and backline is 10 meters back
- **Scrum**s are re-started (3-person) by the hooker stepping over the ball, facing the contesting 3-person defense.
- During a restart, the player picking up the ball (the scrumhalf or acting half) may run/pass.
- **Kicking.** A Start/Restart is performed by drop-kicking the ball. It must travel 10-meters. Open field kicking is allowed.
- **Conversions.** Conversion drop-kicking is 90 degrees from point the try was scored in-zone. Kicking inside the 15s is allowed. Drop goals are allowed.
- **Onsides.** All defending players must retire more than 5 meters in line with the mark of touch. The defending team cannot move forward until play restarts, nor interfere with play whilst retreating. A restart occurs the moment the ball is tapped or the scrumhalf touches the ball at the restart.
- If the opposing team is restarting the ball at the 5-meter mark, the defending is not obligated to come off of the try line unless the opposing team plays the ball away from the 5-meter line.
- If the attacking player, when making a quick start, is touched by an off-side defender, play is allowed to continue. (**Play to the whistle**).
- **Try-line restarts.** When a restart is taken within 5 meters of the scoreline, the defending players must retreat with both feet behind their scoreline before they can make the touch. If a player is tackled in the in-zone before grounding the ball (held-up), play is restarted on the 5-meter line. At all times no team may delay the game by deliberately delaying a restart.
- **Deadball.** If the ball is dropped, knocked forward, or if a player crosses the sideline before being touched, a change of possession will occur. This results in a restart by the opposing team.

Penalties

- A penalty is awarded for the following infringements:
 - a stiff arm above the armpit
 - offside play
 - performing a restart over the mark or failing to tap-through
 - interfering with the restart
- When a penalty is awarded, the referee will advance to the mark from where the infringement occurred. The defending team must retire 10 meters from the mark or behind the try-line.

- If the defending team unsuccessfully intercepts the ball or it is intentionally knocked down, the attacking team restarts from the mark set at the infringement.
- The principles of advantage will be applied.
- No obstruction, excessive contact, verbal abuse, or foul play will be tolerated – the referee is the sole judge. A penalty will be awarded in such cases and a player can receive a Yellow Card, 2 minutes in the SIN BIN. Serious or continual foul play of any nature will result in Red Card, and the player being sent off without a replacement.
- A central timer will be used to start and finish games.

Equipment & Operations

- Rugby Jersey, Shorts, Socks, and shoes. No jewelry
- Each team provides a roster before the game.
- Recommend plastic molded cleats with a minimum of 10 studs, or running shoes, are allowed. No exceptions will be made.
- After each game, the captain will be required to confirm the score by signing the referee's Score sheet.
- Once the score sheet has been signed, the result is deemed final.
- A team will be disqualified and forfeit a game if they field a player who is:
 - NOT on the roster
 - NOT signed waiver
 - NOT originally on the team

Tournament format

All teams will play a game of round-robin where which the top 4 teams will advance to elimination stages. The top 4 teams will be determined by a win, draw, loss, and forfeit points system. In the event there is a draw in points to advance to the elimination round we will default to points differential in total points scored.

WIN = 5 points

DRAW = 3 points

LOSS = 2 point

FORFEIT = 0 points