

RUGBY SEVENS RULES (Year 5 & 6 Division)

The Rules of Rugby sevens are much the same of those used in the fifteen man rugby union version of the game. The game is regulated by the same authority, the International Rugby Board (IRB), therefore the rules of rugby sevens are very similar and most teams use players that also play the full fifteen a side game. There are some major differences in the rugby sevens rule book though, which have a dramatic effect upon the game.

Field size:	½ Field
Footwear:	Bare feet only
Gender:	Mixed Gender teams allowed
Mouthguards:	Compulsory

- The game is played by 7 players on each side. Hence the name sevens. The team consists of three forwards and four backs
- Games take place between two teams for a total of 7 minutes each way, with a 1 minute half time break.
- In the case of there being a draw at the end of a **playoff** game sudden death extra time is played, whereby one 5 minute half will be played until one of the teams scores (Try). If it is still a draw at the end of 5 mins the team who scored first in the game is then considered the winner of the game.
- The scoring system is the same as the 15 a side game, **5 points for a try, (there are no penalties or conversions in the 5 & 6 division)**

KICK OFFS

- Unlike 15 a side rugby the scoring team kicks off to the opposition, rather than the team that was scored against, allowing teams to get hold of the ball after they have conceded.
- A free kick at the centre of half way is awarded:
 1. If any player is in front of the ball when it is kicked.
 2. If the ball does not reach the opponents Ten Metre line.
 3. If the ball goes directly into touch.
 4. If the ball goes into the in-goal and the opposing team grounds the ball or makes it dead, or if the ball becomes dead by going into touch in-goal or on or over the dead ball line.
- A player receiving a yellow card is sent to the sin bin for a 2 minute interval (counted as time in play, not real time) rather than 10 minutes
- Scrumming takes place between 3 forwards. These forward bind together and interlock their heads in the same way a front row in the full version of rugby would. The scrum half feeds the ball into the channel between them whilst the hooker (central forward) tries to strike the ball backwards and the two 'props' (outer forwards) push.
- Front Rowers may not intentionally kick the ball out of the tunnel or in the direction of the opposition goal line
- Lineout's also take place between at least two (sometimes more) players, with a player from the team who didn't knock or carry the ball over the touchline (unless kicked from a penalty where it is the team that kicked it out) responsible for throwing the ball back in.
- Each team is only allowed a maximum of 5 reserves per game

These rule changes were brought in to keep the game fast moving and free flowing, which is considered the aim of sevens rugby.

RUGBY SEVENS RULES (Year 7 & 8 Division)

The Rules of Rugby sevens are much the same of those used in the fifteen man rugby union version of the game. The game is regulated by the same authority, the International Rugby Board (IRB), therefore the rules of rugby sevens are very similar and most teams use players that also play the full fifteen aside game. There are some major differences in the rugby sevens rule book though, which have a dramatic effect upon the game.

Field size:	Full Field
Footwear:	Boots or appropriate footwear compulsory
Gender:	No mixed gender teams allowed
Mouthguards:	Compulsory

- The game is played by 7 players on each side. Hence the name sevens. The team consists of three forwards and four backs
- Games take place between two teams for a total of 7 minutes each way, with a 1 minute half time break.
- In the case of there being a draw at the end of a **Play off game** sudden death extra time is played, whereby one 5 minute "half" will be played until one of the teams scores (Try, Drop Goal Penalty). If it is still a draw at the end of 5mins the team who scored first in the game is then considered the winner of the game.
- The scoring system is the same as the 15 a side game, 5 points for a try, 2 for a conversion and 3 for both penalties and drop goals
- The difference is that all conversions must be taken within 40 seconds of the try being scored and must be taken as a drop goal rather than a place kick

KICK OFFS

- Unlike 15 a side rugby the scoring team kicks off to the opposition, rather than the team that was scored against, allowing teams to get hold of the ball after they have conceded.
- A free kick at the centre of half way is awarded:
 1. If any player is in front of the ball when it is kicked.
 2. If the ball does not reach the opponents Ten Metre line.
 3. If the ball goes directly into touch.
 4. If the ball goes into the in-goal and the opposing team grounds the ball or makes it dead, or if the ball becomes dead by going into touch in-goal or on or over the dead ball line.
- A player receiving a yellow card is sent to the sin bin for a 2 minute interval (counted as time in play, not real time) rather than 10 minutes
- Scrummaging takes place between 3 forwards. These forward bind together and interlock their heads in the same way a front row in the full version of rugby would. The scrum half feeds the ball into the channel between them whilst the hooker (central forward) tries to strike the ball backwards and the two 'props' (outer forwards) push.
- Front Rowers may not intentionally kick the ball out of the tunnel or in the direction of the opposition goal line
- Lineout's also take place between at least two (sometimes more) players, with a player from the team who didn't knock or carry the ball over the touchline (unless kicked from a penalty where it is the team that kicked it out) responsible for throwing the ball back in.
- Each team is only allowed 5 reserves per game

These rule changes are brought in to keep the game fast moving and free flowing, which is considered the aim of sevens rugby.