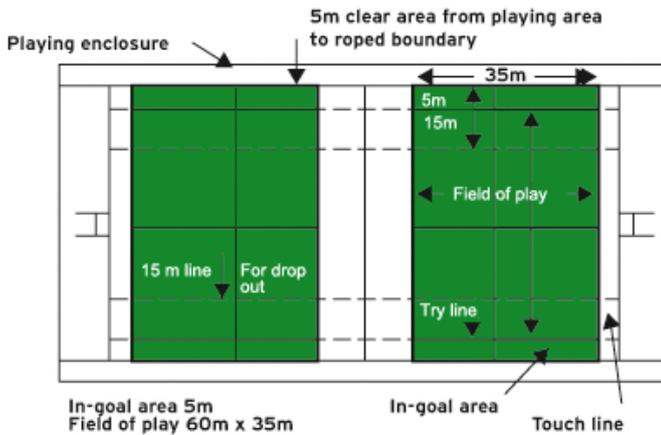


# RUGBY 7's - TACKLE

The game modifications below are applicable to Rugby 7's – Tackle, for participants that are 8 years old and older, involved in club and school rugby.

## THE GROUND

(8 years old and older) 60m x 35m (i.e. 1/2 field).  
The maximum playing area for this age level is 70m x 35m.



## TIME

Play consists of two 7 minutes halves and a 1 minute half time. The duration of any Final matches will be 10 minutes each half with a 2 minute half time.

## NUMBER OF PLAYERS

A team has seven (7) players. A team can have of a squad of up to 12 players. If a match is played with fewer than seven players, then teams must match numbers.

## THE BALL

Size 3 (8-9 years old), size 4 (10-12 years old) and size 5 (13 years old and older).

## SCORING

A try is scored when a player places the ball on or over the opponent's goal-line, and it is awarded 5 points.

In Rugby 7's –Tackle, penalty goals and drop goals are not permitted.

Conversions, if allowed by the competition organiser, can be either a drop kick or a place kick, and are taken on a line through the centre of the goal posts from 10m away. Players may not charge a Conversion attempt.

Following a try, for 8-9 year olds the non-scoring team restarts play with a tap restart on the halfway line, whilst for 10 year olds and older the scoring team restarts play with a drop kick on the halfway line.

## PENALTY KICKS

After an offence a penalty is awarded to the non-offending team.

All Penalty Kicks (PK) and Free Kicks (FK) are taken as a tap restart.

The opposing team must run back at least 5 metres from the mark.

At a tap restart the ball must be either kicked out of the hands, or put on the ground and kicked a visible distance. The player must not hold the ball and tap with the foot without letting go. Another chance is provided until taken correctly.

## KNOCK ON AND FORWARD PASS

Referees are encouraged to be lenient.

The assumption should be that the ball has gone backwards unless it is clearly and obviously forwards.

## SUBSTITUTIONS AND REPLACEMENTS

Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead. Injured players should be replaced temporarily and returned to the field only if they are able to resume playing.

## FINALS SERIES

For all age levels, enjoyment is first and foremost. For 8-9 year olds there are no final series, 10 year olds and over can have a final series.



# RUGBY 7's - TACKLE

## TACKLE

A tackle occurs when the ball carrier is held by one or more opponents and is brought to ground. Brought to ground includes being on one knee, sitting on the ground or being on top of another player on the ground.



At the tackle, the tackler must release the ball carrier and roll away or get to their feet. The ball carrier is then required to present the ball immediately by placing it, passing it or pushing it away.

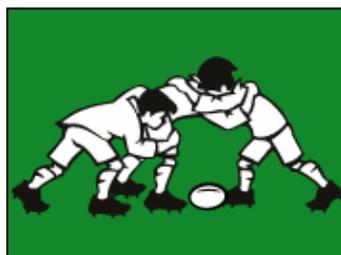
To play the ball at the tackle, support players must arrive on their feet from their own side of the tackle and enter through the 'gate'.



The gate is defined by the extremities of the tackled player and tackler/s across the field.

## RUCK

A ruck is a phase of play where one or more players from each team, who are on their feet and in physical contact, close around the ball on the ground. Players must use their feet to win possession of the ball and not their hands.



Players from both teams not taking part must retire to an offside line behind the player furthest back in the ruck on their side.

## MAUL

After an incomplete tackle, in which the ball carrier is held but not brought to the ground, a maul forms when a team-mate joins onto the ball carrier and his immediate opponents. Players must use their hands to win possession of the ball.



Players from both teams not taking part must retire to an offside line behind the player furthest back in the maul on their side.

## SCRUM

### SET UP

3 players from each team form the scrum.

Both scrum-halves must stand on the same side of the scrum.

All other players not taking part in the scrum must be back at least 5 metres.

If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.



### PLAY

It is either non-contested or contested dependent upon the age of the participants.

Non-contested (8-9 year olds) means there is no pushing in the scrum and the team throwing in the ball must win it.

Contested (10 year olds and older) means there is pushing to a maximum of 1 metre and there is competition for possession of the ball.

After gathering the ball, the scrum-half must pass it to a team-mate.

If the scrum-half doesn't pass, the referee awards another scrum with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).

### OFFSIDE

For 8-9 year olds the scrum does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver.

For 10 year olds and older the scrum is not over until the ball is completely out of the scrum (e.g. even if the scrum-half has hands on the ball it is not out).

The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over.

Opposition players must stay outside or bound until the scrum is over.

If players are offside, the referee awards another scrum with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).



# RUGBY 7's - TACKLE

## LINEOUT

### SET UP

No quick throw-ins allowed.

2 players from each

team stand as catchers

1 metre from the

opposition players in a single line 5 metres away from the touch line.

The thrower of the team in possession stands on the line of touch.

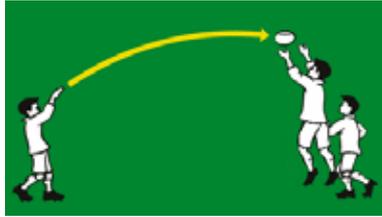
The thrower's immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch.

There must be a receiver (scrum-half) 2 metres back from the line-out.

The receiver may not switch positions or join the lineout until the ball is thrown.

All other players not taking part in the line-out must be back at least 10 metres.

If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.



## PLAY

It is either non-contested or contested dependent upon the age of the participants.

Non-contested (8-9 year olds) means the team throwing in the ball must win it.

Contested (10 year olds and older) means there is competition for possession of the ball.

If the throw is incorrect (e.g. not straight), the referee awards another lineout with the same team throwing in, so the players can get it right.

If the second attempt is also incorrect, a scrum is awarded to the non-infringing team.

There is no lifting or supporting allowed (FK).

## OFFSIDE

For 8-9 year olds the lineout does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver.

For 10 year olds and older the lineout does not end until the ball or a player carrying it leaves the lineout.

Opposition backline players must stay onside and lineout players must stay in the lineout until the line-out is over.

If players are offside, the referee awards a Penalty Kick.

## KICKING AND RESTARTS

Kick-offs to begin each half are punt or drop kicks (8-9 year olds) and drop kicks (10 year olds and over).

The receiving team at a kick-off must be at least 5m back from half-way.

If a kick-off is unsuccessful in any way (e.g. wrong kick, doesn't go 5m, goes dead etc), another chance is provided until the kick is successfully taken.

There is a 5m radius circle 'exclusion zone' around a player attempting to field the ball after a kick-off. No opposing player can enter this zone until the receiving player has caught or picked up the ball (PK).

Following a try, for 8-9 year olds the non-scoring team restarts play with a tap restart on the halfway line, whilst for 10 year olds and older the scoring team restarts play with a drop kick on the halfway line.

Where a drop-out would normally occur under Law, the team entitled to the drop out will restart play with a tap restart at the centre of the m15-metre line.

Kicking in general play is not allowed for 8 and 9 year olds, but is allowed for 10 year olds and older. However it is not encouraged at the younger age groups.

## IN-GOAL

A 5 metre scrum is awarded to the attacking team when defending players ground the ball in-goal, make the ball dead in-goal, or are tackled in-goal.

A tap kick restart is awarded to the defending team 5 metres from the defending teams goal line when attacking players lose the ball in-goal or make it dead in-goal.

## ADVANTAGE

It is recommended the referee allow play to continue after an infringement that is followed by an obvious advantage to the non-offending team. This is called advantage and is at sole discretion of the referee.

## FOUL PLAY

No tackling allowed (PK).

No jersey swinging tackles allowed (PK).

No kicking allowed in general play for 8-9 year olds (scrum).

A red card = sent off and cannot return.

A yellow card = 2 mins in the sin-bin and if the time period has not expired when half-time or full-time is called, the temporary suspension ends.

When a yellow or red card is issued, the player may be replaced.

