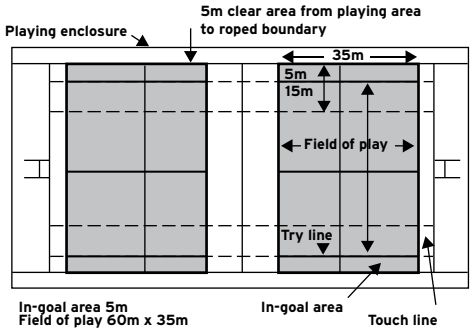
RUGBY SEVENS CROSS-FIELD TACKLE U10+

BASICS

PLAYING AREA

- 60m x 35m maximum, i.e. usually ½ field



TIME

- Play consists of two 7 minute halves, with a 1 minute half-time. Final matches only may be two 10 minute halves, with a 2 minute half time.

BALL SIZE

- U10-U12: Size 4
- U13 and older: Size 5

NUMBER OF PLAYERS

- A team has seven (7) players on field. A team can have a squad of up to 12 players.
- Teams must match numbers on the field during play.

SUBSTITUTIONS

- Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead (i.e. the game has stopped.)

SCORING

- A try is scored when a player places the ball on or over the opponents' goal-line, and it is awarded 5 points.
- Drop Goals and Penalty Goals are not permitted.

PLAYING THE GAME

KICK OFF

- Kick-offs to begin each half and restart kicks after a score are drop kicks.
- After a try, the scoring team kicks off.
- The receiving team at a kick-off must be at least 10m back from half-way.
- If a kick-off is unsuccessful in any way (eg. wrong kick, doesn't go 10m, goes dead etc), a Free Kick is awarded at the centre of the half-way line to the receiving team.

KICKING

- Kicking is allowed in general play.

PENALTY KICKS AND FREE KICKS

- After an infringement, the referee awards either a scrum, a Free Kick (FK) or a Penalty Kick (PK).
- The infringing team must run back at least 10 metres from the mark.
- The non-infringing team can either kick to touch and have a lineout with their throw, or take a tap restart.
- 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.

IN-GOAL

- If the ball is put into in-goal by the attacking team and it subsequently becomes dead, play will restart with a drop out (drop kick) at the centre of the 15-metre line by the defending team.
- If the ball is put into in-goal by the defending team and it subsequently becomes dead, play will restart with a 5 metre scrum to the attacking team.

FOUL PLAY

- No fending to the face or head allowed (PK).
- No jersey slinging tackles allowed (PK).
- A red card = sent off and cannot return. A yellow card = 2 mins in the sin-bin.
- U10-U12: When a yellow or red card is issued, the player may be replaced.
- U13 and older: When a yellow or red card is issued, the player may not be replaced.

KNOCK-ON AND FORWARD PASS

- For the sake of game continuity, referees are encouraged to be lenient on the application of this Law. When the ball is dropped or thrown, the assumption should be that the ball has gone backwards unless it is clearly and obviously forwards.

ADVANTAGE

- For the sake of game continuity, referees are encouraged to allow play to continue after an infringement that is followed by an advantage to the non-offending team. This is called 'advantage' and is at the sole discretion of the referee.
- Players are encouraged to continue playing until the referee blows his whistle.

THE TACKLE

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- A tackle occurs when the ball carrier is held by one or more opponents and is brought to ground. "Brought to ground" means a minimum of one knee on the ground.

THE TACKLER

- A tackler is a player who makes a tackle and in the action of making that tackle goes to ground. "Going to ground" means a minimum of one knee on the ground.
- The tackler must first clearly release the tackled player and then either roll away or get to their feet before attempting to play the ball. The tackler must not hold onto the tackled player as they get to their feet.
- A tackler who regains their feet may play the ball from any direction at the tackle.

PLAYERS WHO REMAIN STANDING IN A TACKLE (ASSIST TACKLER)

- Players who make a tackle or assist in making a tackle but remain on their feet and do not go to ground are not "tacklers".

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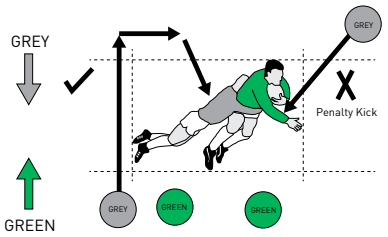
- Such a player must clearly release the tackled player and ball before going back to play the ball. This standing and/or assist tackler must show clear release, ie. 'daylight'.
- Such a player may only play the ball after arriving at the tackle through their gate.

THE TACKED PLAYER

- As soon as a tackle has occurred, the tacked player must play the ball by releasing, placing, passing, or pushing the ball.

ARRIVING PLAYERS

- Players who play the ball after a tackle must do so from the direction of their own goal line (ie. 'through the gate').
- Arriving players must demonstrate positive intent to stay on their feet. They must arrive supporting their own body weight and not deliberately go to ground to seal possession or deny a contest.



RUCK AND MAUL

AFTER A TACKLE

- Any player on their feet who has their hands on the ball immediately after a tackle and before a ruck forms is allowed to keep contesting for the ball even if a ruck forms around them. No other arriving player at this point may play the ball with their hands.

RUCK

- A ruck is formed when one or more players from each team are on their feet in physical contact around the ball on the ground.
- Players must use their feet to win possession of the ball and must not use their hands.
- Players from both teams not taking part in the ruck must retire to an offside line which runs across the field through the hindmost foot of the hindmost player in the ruck.

MAUL

- A maul is formed when the ball carrier is held by an opponent, a teammate of the ball carrier binds on and all players remain on their feet. A maul therefore has a minimum of 3 players, the ball carrier and one or more teammates and one or more opponents.
- Players must not collapse a maul as this is dangerous play.
- Players from both teams not taking part in the maul must retire to an offside line which runs across the field through the hindmost foot of the hindmost player in the maul.

SCRUM

SCRUM SETUP

- 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.

SCRUM PLAY

- Scrum engagement sequence is CROUCH – TOUCH – SET. The new sequence must be a controlled process with a clear non-verbal pause between 'touch' and 'set' to allow front-rowers to sight their target.
- A team must not intentionally wheel a scrum (PK).
- U10-U12: A team must not push the scrum more than 1 metre (FK).
- U13 and older: A team must not push the scrum more than 1.5 metre (FK).

SCRUM OFFSIDE

- The scrum is not over until the ball is completely out of the scrum (eg. 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 onside or bound until the scrum is over.
- If players are offside, the referee awards a Penalty Kick.

LINEOUT

LINEOUT SETUP

- When the ball goes out ('in touch') the referee awards a lineout. 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 player throwing in stands on the touch line in the middle of the two lines of catchers (ie. 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 must stay in position until they receive the ball from the lineout.
- 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.

LINEOUT PLAY

- A player from the team with the throw-in must throw the ball down the middle of the two lines of lineout players. The lineout is contested and either team may attempt to win the ball.
- There is no lifting or supporting allowed (FK).
- If the throw is not straight, the referee should offer the non-infringing team a scrum or another lineout with their throw-in.

LINEOUT OFFSIDE

- 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.

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