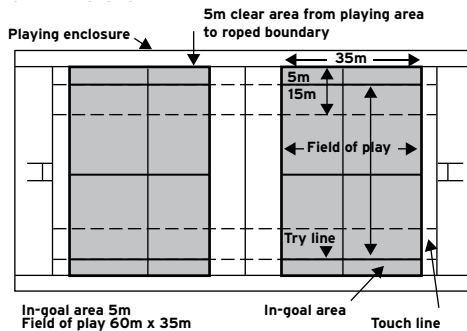


RUGBY SEVENS TAG U8+

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

- › U8-U9: Size 3
- › 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.
- › Conversions, Drop Goals and Penalty Goals are not permitted.

PLAYING THE GAME

KICK OFF

- › Kick-offs to begin each half are punt kicks or drop kicks.
- › The receiving team at a kick-off must be at least 5m back from half-way.
- › The kicking team cannot recover the ball at a kick-off, the receiving team must be given space to field the ball.
- › If a kick-off is unsuccessful in any way (eg. wrong kick, doesn't go 5m, goes dead etc), another chance is provided until the kick is successfully taken.
- › After a try, the non-scoring team takes a tap restart from the centre of the half-way line.

KICKING

- › There is no kicking allowed in general play (scrum to the opposing team).

TAP RESTART

- › After an infringement, the referee awards either a scrum, a Free Kick (FK) or a Penalty Kick (PK). All Penalty Kicks and Free Kicks (FK) are taken as a tap restart.
- › The infringing 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.

IN-GOAL

- › If a player of either team is tagged in the in-goal, the game restarts with a 5 metre scrum to the attacking team.
- › If the ball is put into in-goal by the attacking team and it subsequently becomes dead, play will restart with a tap restart 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 tackling allowed (PK).
- › No fending allowed (PK).
- › A red card = sent off and cannot return. A yellow card = 2 mins in the sin-bin.
- › U8-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 TAG

WHAT IS A TAG?

- › A tag **MUST** be:
 - a two-handed touch, and
 - on the shorts only.
- › Tags are not permitted on the jersey above the waist from either in front or behind.
- › Tags are not permitted on the legs.
- › The referee **MUST** apply this strictly, as this will allow attacking players to continue running when incorrectly tagged, and reinforce good habits in defence.

WHAT HAPPENS NEXT?

- › The Referee will call "TAG" if performed correctly, or "PLAY ON" if not.
- › Once the referee has called "TAG", the referee may then call "TURN AND PASS".
- › Once tagged, players are required to stop as quickly as possible and turn and pass to a team-mate. They are not required to return to the mark where they were tagged.
- › If a player cannot pass for any reason, a tap restart is awarded to the team in possession.

WHERE DOES THE DEFENCE GO?

- › There are no offside lines at a tag for the defence. The players of the team not in possession of the ball do not need to retreat to any line. This ensures game continuity and forward progress for the team in possession by removing a fully set line of defence.
- › To defend effectively, players may need to be encouraged to retreat backwards to remain in front of the attacking team.
- › No opposing player may block or prevent the tagged player from passing the ball to a teammate (PK).

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.
- › There is no pushing in the scrum and the team throwing in the ball must win it.
- › 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).

SCRUM OFFSIDE

- › 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.
- › 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 4 metres away from the touch line.
- › The thrower of the team in possession stands opposite their team's first catcher.
- › 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 5 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

- › The team throwing the ball in must win it.
- › The ball is passed or knocked to the receiver who must then pass it to a team-mate.
- › If the wrong team wins the ball or the receiver doesn't pass, the referee awards another lineout with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).

LINEOUT OFFSIDE

- › 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.
- › 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.