



rugby 101

your **inside** guide to rugby **7s**

the rules of sevens rugby

There are several variations in laws which apply to Rugby Sevens primarily to speed up the game and to account for the reduced number of players. The main changes can be summarized as follows:

- The game is played by seven players on each side consisting of three forwards and four backs.
- Games take place between two teams for a total of seven minutes per half with a one minute half time break. In the final of any competition this is increased to ten minutes per half with a two minute half time break.
- In the event of a draw at the end of a game, sudden death extra time is played whereby five minute halves are played until one of the teams scores a try.
- The scoring system mirrors the 15 a side game: five points for a try, two points for a conversion and three points for a penalty or drop goal.
- All conversions must be taken within 40 seconds (as opposed to 60 seconds for 15 a side) of the try being scored and must be taken as a drop goal rather than a place kick.
- Kick offs: the team which has just scored kicks off, rather than the conceding team, as in 15 a side.
- A player receiving a yellow card is sent to the sin bin for a two minute interval (counted as time in play, not real time) rather than ten minutes.
- Scrummaging takes place between three forwards. These forwards bind together and interlock their heads in the same way a front row in the full version of rugby would.
- Lineouts also take place between two (sometimes three) 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 (usually the hooker).
- Each team is only allowed five reserves per game, and can only make three changes during the course of the game.