



Aberystwyth 7's 2018 Rules and Regulations

1. The Tournament Structure

The tournament will consist of a Men's Competition and a Women's Competition.

2. The Men's Competition.

a) The Men's Competition will consist of 60 teams, which will be split into two divisions:

- 1) 4 leagues 6
- 2) 4 leagues 7

b) Each team will be ranked according to the following criteria:

- The number of rugby players in the squad, and the experience and ability of each player in the squad (i.e. professional, semi-pro, age-group international, district and so on)
- Each division will be split into 4 leagues.

c) Progression into the knock-out stages will depend on the final league position.

3. The Women's Competition

a) The Women's Competition will consist of 25 teams, split into 1 divisions; 4 leagues 6

b) They will play each other once in a league format.

c) The top two will then play the CUP knockout structure.

d) Third and fourth placed will play the TROPHY knockout structure.

e) Fifth and six placed will play the SHIELD knockout structure.

Registering your team

- **All teams must be registered before they can compete in the tournament.**
- **Please register your team at the official's tent on Blaendolau Playing Fields half an hour before your first fixture on Saturday 5th May.**

4. The Team

a) Each team will consist of no more than 15 players, who must be registered at the start of the tournament. Players can only be registered to one team.

b) Once the 15 players have been registered, this is the **final** squad. No other players are allowed to play for that team in the event of unavailability unless the tournament organisers have been informed and the opposing

captain has agreed. Failure to comply with this requirement will result in the offending team being deducted 3 points. Spot checks on players will be carried out before matches. Continually playing ineligible players will result in the team in question being disqualified from the competition without refund.

c) All players must be over 18 years of age.

d) Each team must be of the same gender. No men are allowed to play in the Women's Competition, and vice versa.

e) Each team must have a nominated captain who is in charge of his/her team.

5. The Game

Each team will have no more than 7 players on the pitch at any one time.

A team is allowed no more than five replacements.

Rolling subs are allowed, and there is no limit to this.

A match will last no longer than 14 minutes plus lost time. A match is divided into two halves of not more than seven minutes playing time.

After half-time the teams change ends. There is an interval of not more than one minute. During a competition final, there is an interval of no more than two minutes.

At the start of the match, the referee will organise a toss between the two captains. One of the captains tosses a coin and the other captain calls to see who wins. The winner of the toss decides whether to kick-off or choose the end. If the winner of the toss decides to choose an end, the opponents must kick-off and vice versa.

A try will be worth 5 points, and is scored by grounding the ball over the try-line.

If the scoring team elects to kick at goal after a try, the kick must be a drop-kick.

A conversion is worth 2 points.

The kicker must take the kick within forty seconds of a try having been scored. The kick is disallowed if the kicker does not take the kick in the time allowed.

All the opposing team must immediately assemble close to their own 10-metre line.

After a score, the team that has scored kicks-off with a drop-kick which must be taken at or behind the centre of the half-way line.

Penalty: Free kick at the centre of the half-way line.

All the kicker's team must be behind the ball when it is kicked. If they are not a free kick is awarded to the non-offending team at the centre of the half-way line.

Penalty: Free kick at the centre of the half-way line.

If the ball does not reach the 10-metre line, a free kick is awarded to the non-offending team at the centre of the half-way line.

Penalty: Free kick at the centre of the half-way line.

The ball must land in the field of play. If it is kicked directly into touch, a free kick is awarded to the non-offending team at the centre of the half-way line.

Penalty: Free kick at the centre of the half-way line.

If the ball is kicked into the in-goal without having touched or been touched by a player, the opposing team has three choices:

To ground the ball - or to make the ball dead - or to play on.

If the opposing team ground the ball, or if they make it dead, or if the ball becomes dead by going into touch-in-goal or on or over the dead ball line a free kick is awarded to the non-offending team at the centre of the half-way line.

Penalty: Free kick at the centre of the half-way line.

If they opt to ground the ball or make it dead, they must do so without delay. Any other action with the ball by a defending player means the player has elected to play on.

If the score is level in a knock-out game, the team that scores points first is immediately declared the winner, without any further play.

The team with the most points wins.

It is up to the winning captain to report the score to the organisers at the tent.

Failure to do so will result in that match being deemed a 0-0 draw.

A win is worth 3 points, a draw is worth 1 point and a loss is worth 0 points.
If a player is shown the yellow card, he/she will be temporarily suspended for 2 minutes of playing time.

If a player is sent off, he/she will be banned from the remainder of the tournament if it is a straight red. If it is for two yellow cards, he/she will be banned from the next game. No replacement can be brought in.

Scrum:

- i) A scrum is formed in the field of play when three players from each team, bound together in one row, close up with their opponents so that the heads of the players are interlocked. This creates a tunnel into which a scrum-half throws in the ball so that the players can compete for possession by hooking the ball with either of their feet.
- ii) The middle player is the hooker.
- iii) A scrum must have three players from each team. All three players must stay bound to the scrum until it ends. **Penalty: Penalty Kick**
- iv) A front-row player must not intentionally kick the ball out of the tunnel or out of the scrum in the direction of the opponent's goal-line. **Penalty: Penalty Kick**

Penalty:

- i) Any player may take a penalty or free kick awarded for an infringement with any kind of kick: punt, drop-kick but not a place kick. The ball may be kicked with any part of the leg from below the knee to the toe but not with the heel.
- ii) No delay. If the kicker indicates to the referee the intention to kick at goal, the kick must be taken within thirty seconds of the penalty having been awarded. If the 30 seconds is exceeded the kick is disallowed, a scrum is ordered at the place of the mark and the opponents throw-in the ball.

Playing under the influence of drink or drugs.

- i) Players may not play under the influence of drink or drugs. This is left to the discretion of the referee. If he/she feels that a player is under the influence of drink or drugs, the match will not start until that player has left the pitch. If the player does not leave within 3 minutes of being told so, then his/her team forfeit the match 50-0.

If a team fails to be present on the correct pitch by the scheduled start of the game, they will forfeit the match 50-0.

THE REFEREE'S DECISION IS FINAL!!!

FINALS

A competition **final** match may last no longer than 14 minutes plus loss of time. The match is divided into two halves of not more than 7 minutes playing time. If the score is level at the end of the game, the result will be awarded on a first try basis.