

Aber7s 2022 Rules & Regulations

Rugby 7's, also known as rugby sevens, comes from the rugby union 15's game. Likewise, there are men, women, and children's unisex teams. But, rugby 7s rules and regulations have some differences to the union game.

1. Aim of Rugby 7s

Rugby 7's objective is about speed, more speed, and even more speed! It is a fast, free flowing game with less emphasis on power or tactical kicking. The emphasis on more speed, running, and passing is what differentiates rugby sevens rules from rugby union rules and regulations. This makes the 7s game explosive and very enjoyable to watch.

2. Rugby 7s Positions, Pitch, and Equipment

Rugby sevens player positions and roles are:

1. Prop (left side)
2. Hooker
3. Prop (right side)
4. Scrum-half
5. Fly-half
6. Centre
7. Wing

The game plays out on the standard rugby union size pitch. The ball is the same specification as the one used in Rugby Union.

The player equipment includes the standard studded boots, mouth guard, and shin pads. Players may also wear a 'box', aka a jockstrap, for added protection. Players may use strapping to help support mild or recurring injuries, and other safety gear such as skull caps and mild padding under their shirt.

3. General Rules and Regulations of Rugby 7s

- A maximum of 7 players per team play on the field at any time.
- Rugby 7's rules allow five substitutes. But, only 3 players can get substituted during a game.
- Playing time consists of two seven minute halves. The exception is for tournament finals which allow 10 minutes of play in each half.
- The regulations in sevens rugby give the teams a two minute half-time break.
- A 'sudden death' comes into effect in matches that get drawn at the end of rugby 7s regulation time. As a rule, sudden death play consists of multiples of 5-minute periods.
- All conversion attempts are dropkicks.

- Rugby sevens conversions rules say they must get taken within 40 seconds of scoring a try.
- Players must kick any penalties awarded within 30 seconds.
- Unlike rugby union scrum rules only three players battle out scrums in the 7's game.
- The team which has scored kicks off to restart play (not the conceding team).
- Receiving a yellow card means the player gets a 2-minute suspension in the 'sin bin'.
- As a rule, extra in-goal judges and officials get used to judge the success of kicks at the goal.

4. Scoring in Rugby 7s: Points System

- Two points for converting a try.
- Three points for penalties and for drop goals.
- Five points for scoring a try.

5. Fouls in Rugby 7s

There is no difference between rugby 7s and 15s for foul penalties. But, most get taken as quick taps rather than a set kick or a scrum. Fouls can be any other action the referee considers to be 'contrary to good sportsmanship'. That can include slowing the game down or preventing a prompt restart.

6. Winning a game of Rugby 7s

Winning a game has no differences in general rules and regulations of rugby 7's to rugby union 15's. The winners of sevens rugby games would be the team who scores more points than the opponent.

7. Competition Format

Teams will be split across various competitions dependant on ability. The leagues for Aber7s 2022 will be as follows: Men's Intermediate, Men's Beginner, Women's Intermediate and Women's Beginner. Any team found to have entered the wrong competitions purposefully with the intention to cheat by progressing easier will be disqualified from the competition with no refund given.

The 1st day of the event and morning of the 2nd day shall be played in a league format, with knockout rounds being held on the afternoon of the 2nd day. Dependant on each team's success in the league format, they will progress into either the Cup, Plate or Bowl knock out competitions of which each will consist of semi-finals and finals.

Prize money shall be awarded to the Cup winners of the Men's and Women's Intermediate Competitions only. Trophies and medals will be presented to all winners, and medals to all runners up.