

Rugby 7s, also known as rugby sevens, comes from the rugby union 15s game. However, rugby 7s rules and regulations have some differences to the union game.

1. Aim of Rugby 7s

Rugby 7s 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:

- Prop (left side), Hooker, Prop (right side), Scrum-half, Fly-half, Centre & 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.

A matching playing kit (shirts, shorts and socks) should be worn by all members of any one team. Players should not swap shirts at any time. Where multiple teams from the same club/group are entered into the same gendered competition, their kits should be notably different to help us control the integrity of the competition.

3. General Rules and Regulations of Contact Rugby 7s

- A maximum of 7 players per team play on the field at any time.
- Teams are permitted to have up to 18 players total in the squad and may use rolling substitutions at any time 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.
- Teams have 1 minute after the scheduled start time to get onto the pitch ready to begin or the game will be cancelled and awarded as a walkover to the team waiting
- The regulations in sevens rugby give the teams a two-minute half-time break.
- In knockout matches, if the scores are level at full time, the game will proceed to sudden-death extra play, with the first team to score declared the winner.
- All conversion attempts to be dropkicks, with the exception of both the men's and women's beginners social competitions who may punt the ball inline from where the try was scored.
- Rugby 7s 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 7s game.
- Following a try, the conceded team will restart via a kick off, with the exception of both the men's and women's beginners social competitions who may restart with a free kick tap.
- Receiving a yellow card means the player gets a 2-minute suspension in the 'sin bin'.
- Receiving a red card means the player will be removed from play and banned from participating for the remainder of the competition
- As a rule, extra in-goal judges and officials get used to judge the success of kicks at the goal.
- In the intermediate leagues, scrums and line outs will be contestable
- In the beginner leagues, lineouts to be contestable and scrums non-contestable/passive

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 7s to rugby union 15s. 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 will be as follows: Men's Intermediate, Men's Competitive, 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, all teams will progress into either the Cup, Plate or Trophy 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.

8. Mixed Touch Competition Rules and Regulations

- The Aber7s Mixed Touch competition will take place on the Sunday only, and on half sized pitch.
- A maximum of 7 players per team, and a minimum of 3 female players, are permitted to play on the field at any time.
- Teams are permitted to have up to 12 players total in the squad and may use rolling substitutions at any time during a game.
- Teams must aim to score tries (5 points) by grounding the ball over the try line.
- Playing time consists of two seven-minute halves. The exception is for tournament finals which allow 10 minutes of play in each half.
- Players must start/restart the game with a tap from halfway.
- Teams have 7 touches to score before possession is turned over.
- If a player in possession of the ball is touched by an opposition player, the player must stop and perform a roll ball (ball rolled backwards between legs to teammate and play restarts). The defending team must retreat by at least 5m to allow the roll ball.
- If ball goes out of play, the possession is turned over.
- Penalties may be awarded for a forward pass, offside, obstruction, etc. and play restarted with a tap.

9. Other

Should any players and/or teams be deemed a danger to themselves or others due to being under the influence of drugs or alcohol, the referee shall have the power to abandon the game with points awarded against the team 'at fault.' Any further participation for the team/player for the remainder of the competition will be referred to the competition organiser, who will form a decision at their discretion and in liaison with the referee assessor and team in question. Such players may be asked to provide proof of sobriety via use of a breathalyser if requested by an official.

Aber7s Rules & Regulations



Any team who concedes 2 fixtures, will be withdrawn from the competition. Players from any withdrawn teams will not be permitted to compete for other teams.

Any registered player found to be competing for a team that they are not registered to any point of the competition will be withdrawn. Likewise, any team found fielding players that are not registered to them will be withdrawn from the competition.