

# RUGBY 7s

## ABOUT RUGBY SEVENS

Rugby sevens is a current Olympic sport, making its first appearance in the Olympic Games Rio 2016. Sevens is played with 7 players on each side of the ball who compete for 14-minutes (two 7-minute halves) in tournaments

## RULES OF RUGBY SEVENS

A fast, high-scoring version of traditional rugby, sevens is played with two teams of 7 players who have 14 min-utes to advance the ball into their opponent's area of the field (pitch) and touch it to the ground for a score worth 5 points (try). As in the 15-a-side version of the sport, participants may only pass the ball backwards or sideways with no blocking allowed; using phases such as lineouts, mauls, rucks and scrums to retain possession during play. Kicking is the only method by which both teams may move the ball forward. Like rugby fifteens, play also continues in rugby sevens. After each try, worth 5 points, the scoring team is given an opportunity to kick the ball through the posts for an additional 2 points (conversion). Certain penalties also earn the non-offending team a kick through the posts, worth 3 points (penalty goal) if made. However, penalty goals are rarely seen in sevens. At the end of regulation, the team with the most points wins. If both teams are tied in a knockout round, a 5-minute overtime period will be played, where the first team to score wins.



## Moving the ball

**The offense may carry, pass, or kick the ball to move the ball. The defense stops the offense by tackling the ball carrier; the offense can not block the defense. After a tackle, play does not stop.**

**Running:** When running the ball, players may continue to run until they are tackled, step into touch (out of bounds) or run beyond the goal line (see scoring a try). Players run the ball to advance toward the opponent's goal line.

**Passing:** The ball may be passed to any other player. However, it may only be passed laterally or backward, never forward.

**Kicking:** Any player may kick the ball forward at any time. After the ball is kicked, players of either team may gain possession, on the fly or on the ground. Typically, the ball is kicked in an effort to advance the ball or to move the ball away from the defensive end.

**Ruck:** Once a player is tackled, the offensive player places the ball on the ground and is available to any player, offense or defense. The two teams may contest for the ball. The team that gains or retains possession may run, pass or kick immediately.

## Restarting play

**There are two methods of restarting play following a stoppage caused by either the ball going into touch (out of bounds) or because of an infraction of the laws.**

**Lineout:** If the ball goes into touch, it is restarted with a lineout. Both teams form a line perpendicular to the touch line and one meter apart from one another. A player on the team not responsible for the ball going into touch calls a play and throws the ball in the air in a straight line between the two teams. Players of each team may be supported in the air by their teammates as they jump to gain possession of the ball.



**Scrum:** Rugby's unique formation is the method used to restart the game after the referee has whistled a minor law violation. A bound group of players from each team form a "tunnel" with the opposition. The non-offending team rolls the ball into the middle of the tunnel. Each team pushes forward until one player is able to hook the ball with her foot and push it to the back row player of her team.

## Scoring points

### Try 5 points

A try is scored when the ball is touched down in the opposing team's in-goal area. This is much like a touchdown in American football.

### Conversion 2 points

After a try, two points are awarded for a successful kick through the goal posts. The attempt is taken straight out from the point where the ball was touched down.

### Drop goal 3 points

A drop kick may be taken from anywhere on the field at any time during play. A drop goal is similar to a field goal, but in rugby the kick is taken in the course of normal play.

