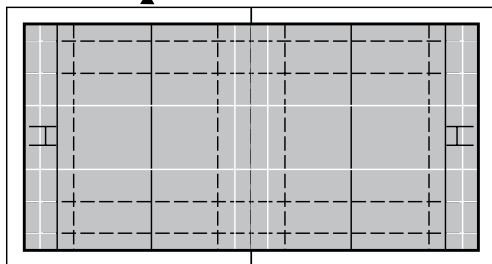# RUGBY SEVENS FULL-FIELD TACKLE U13–U19

BASICS

PLAYING AREA
›   100m x 70m maximum, i.e. full field

Playing enclosure   **Minimum 5m clear area from playing area to roped boundary**

Field of play 100m x 70m
In-goal area 10m

TIME
›   Play consists of two 7 minute halves, with a 1 minute half-time. Final matches only may be two 10 minute halves, with a 2 minute half time.

BALL SIZE
›   Size 5

NUMBER OF PLAYERS
›   A team has seven (7) players on field. A team can have a squad of up to 12 players.

SUBSTITUTIONS
›   Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead (i.e. the game has stopped.)

PLAYING THE GAME

LAWS OF THE GAME
›   Full field Sevens Rugby U13-U19 is played using the standard Laws of the Game with the variations included in the IRB Seven-a-side Variations, the IRB U19 Law Variations, and the ARU U19 Law Variations. The major variations are summarised below.

SCORING
›   A competition organiser may allow or may not allow conversions.
›   Conversions must be a drop kick.
›   Conversions must be taken within forty (40) seconds of a try having been scored.
›   Penalty goals must be a drop kick.
›   Penalty goals must be taken within thirty (30) seconds of a penalty having been awarded.

KICK OFF
›   After a score by one team, the scoring team kicks off.
›   If a kick-off is unsuccessful in any way (eg. wrong kick, players in front of kicker, doesn't go 10m, goes dead etc), a Free Kick is awarded at the centre of the half-way line to the receiving team.

FOUL PLAY
›   A red card = sent off and cannot return. A yellow card = 2 mins in the sin-bin.
›   When a yellow or red card is issued, the player may not e replaced.

SCRUM

SCRUM SETUP
›   3 players from each team form the scrum.
›   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.

SCRUM PLAY
›   Scrum engagement sequence is CROUCH – TOUCH – SET. The new sequence must be a controlled process with a clear non-verbal pause between 'touch' and 'set' to allow front-rowers to sight their target.
›   A team must not push the scrum more than 1.5 metre (FK).
›   A team must not intentionally wheel a scrum (PK).

Try Rugby
Everyone plays a part.