

UniSport Australia Guideline

Rugby 7s

Men and Women

UniSport Australia (UniSport) Rugby 7s competitions are conducted in accordance with World Rugby (WR) [Laws of the Game](#) as outlined in the seven-a-side variations except where these differ from UniSport competition guidelines; in which case the latter shall take precedence. Reference should also be made to the UniSport *Breach of Competition Requirements* guideline for penalties related to breaches.

1. Team/squad size

- Minimum registered players – 10
- Maximum registered players – 14
- Maximum cross registrations – no restrictions
- Minimum number of players that can take the field without incurring a forfeit – 7

1.1. All registered participants must be 18 years of age or older on the day they take the field in the competition in line with Rugby Australia requirements.

2. Competition format

2.1. Substitutions

- a) A team may nominate no more than five replacements /substitutes, during a match.
- b) No replacement or substitution may be made except with the permission of the referee, and only during a stoppage in play.

2.2. Law variations

- a) The standard set of variations in relation to WR Law 12 “kick off and restart kicks”, and WR Law 20 “penalty and free kicks” apply, except that all infringements at a kick off by the kicking team as specified below will result in a free kick at the centre of the halfway line awarded to the non-offending team:
 - i) Ball not reaching opponents 10m line, unless first played by an opponent
 - ii) Ball kicked directly into touch
 - iii) Players of the kickers team in front of the ball when it is kicked
 - iv) Ball kicked into in-goal where it is immediately made dead by the non-kicking team, or the ball becomes dead by crossing the touch-in-goal or dead ball lines

2.3. Game duration

- a) All games will be 2 x 7 minutes in duration with 1 minute for half time.

2.4. Pool points scoring

Points for each match shall be awarded as follows:

- a) Winning team: 3 points
- b) Drawn match: 2 points per team
- c) Losing team: 1 point
- d) Forfeited team: 0 points

2.5. Pool tiebreakers

In the event that two or more teams have the same number of points at the completion of the preliminary rounds, the higher placed team(s) will be decided when the first of the following criteria in order, favours one team:

- a) The team that won the match between the teams
- b) The margin of points scored for and against a team in all pool matches
- c) The margin of tries scored for and against a team in all pool matches
- d) The team that has scored the highest number of points in the pool matches
- e) The team that has scored the highest number of tries in the pool matches
- f) The tie will be resolved by the toss of a coin

2.6. Drawn matches

- a) If preliminary matches are drawn at full time, both teams will be awarded two points as per section 2.4.

- b) If progression or medal matches are drawn at the end of normal time, extra time will be played and the team that scores first will be declared the winner.
- c) Extra time will be in periods of five minutes. After each period the teams will change ends without interval.
- d) The team that first kicked off will do so again in the first period of extra time, and subsequent kick offs will alternate between the two sides.

3. Misconduct

- 3.1. Yellow Card(s). If a player is given a yellow card by the referee they must proceed immediately to their team bench. They must remain there for a period of two (2) minutes of playing time. The two (2) minute period will not commence until the offending player has reached the sideline. Only the referee may authorise a return to play after a "sin bin" period, and then at the next stoppage of play.
- 3.2. Any player who receives 3 yellow cards during the championships will be suspended for one match.
- 3.3. Red Card(s). A player sent from the field, under the World Rugby Standard Set of Variations for Seven-a-side in relation to Law 9 Foul Play, will receive an automatic one (1) game suspension. They cannot be replaced, and the team's squad shall be reduced in numbers accordingly for the remainder of the suspension.

4. Team duties

- 4.1. Team duty requirements for Rugby 7s are:
 - a) Each team will be rostered to provide a duty team for a number of matches over the duration of the championships.
 - b) The duty team will consist of four people from one team to fill the roles of assistant referee (x2) and ball person (x2).
- 4.2. The person fulfilling the team duty requirements can be any competent person associated with that team or university and does not necessarily have to be a player e.g. team manager.

5. Uniform requirements

- 5.1. In addition to the requirements outlined in the World Rugby Laws of the Game (Law 4), the following requirements also apply:
 - a) Numbers are compulsory on the back of the jersey

6. Forfeits, delays and abandonments

- 6.1. A forfeit will be declared two (2) minutes after the scheduled start of play time where either team is unable to commence play.
- 6.2. The forfeit score is 25 points to nil (0). This will be recorded as 5 tries to nil (0)
- 6.3. Should the commencement of a game be delayed due to no fault of either team (as determined by the competition management or UniSport), the game shall be played in its full duration if possible. If full game duration is not possible, the recommended revised game duration will need to be agreed upon by both teams. If resolution between the teams is not possible then the competition manager (or their delegate) will make the final decision regarding match format, which will not be subject to appeal.

Previous rule amendments

August 2000 | July 2004 | August 2005 | March 2010 | April 2011 | May 2012 | May 2014 | February 2015 | April 2017 | August 2017 | June 2018 | September 2018 | March 2019 | February 2020 | January 2021 | April 2022 | February 2024 | February 2025

*All competitions will be held in accordance with the UniSport competition guidelines.