



PROCLAMATION

Rugby 7

Class division:

- Men "Open Class"
- Women "Open Class"

Game model:

1. A maximum squad size for the tournament of 15 players is in place. For each game a maximum of 12 players will be permitted to play, seven (7) starting the game and five (5) substitutes.
2. Rugby 7s will be played on half of the field as for Rugby 15s - as a result there are no shoot goals and only tries which count.
3. All players must have adequate playing insurance through their team.
4. In case of red card the player will be suspended for a certain number of matches (according the decision of the Tournament Disciplinary Board).
5. Unless otherwise specified, the Tournament shall be played according to the current World Rugby Laws of the Game and the World Rugby Regulations Relating to the Game, subject to additional specifications contained in these. If exceptions are made then they will be conveyed to you and your team during the General technical meeting on.

Matches

1. The tournament will be held under the ABC Pool/CUP system to even out differences in strength between the participating teams.
2. The teams are ranked in each pool on points (3 points for a win, 2 points for a draw, 1 point for a loss and 0 points for a "No show") – so that the team with most points is no.1 and the next best team is no.2 etc.
 - If 2 teams are tied, the game they have played together decide the result in the pool.
 - If the teams are still tied:
 - The margin of points scored 'for and against' by each respective team in all pool matches shall be considered.
 - The team that has scored the highest number of points in the pool matches
 - The tie will be resolved by the toss of a coin between the team managers concerned
- In case of a tied in the K.O. phase extra time will be played until a winner is determined.
- A 2 minute water break will be held at the end of normal time and before starting the extra time.
- The extra time is played in periods of 5 minutes. After each period the teams will change ends without interval. In extra time the team which the "1st try" will be immediately declared as the winner of the match. (a toss by the team managers and the referee will be conducted to determine which team will kick off the commencement of the extra time and to choose which end the team will kick off from).



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Playing time

First Stage (pool-phase): 2 x 7 minutes.

- Pause between halves: 2 minutes.

Final Stages (k.o.-round): 2 x 7 minutes.

- Pause between halves: 2 minutes.

Ball

In compliance with World Rugby Laws of the Game, Size no. 5

Equipment

- Boots:

Regular rugby boots/shoes in accordance with the Rugby Laws of the Game, with studs must be worn.

- Team Jerseys – Colour Clashes

The teams must have 2 sets of jerseys in colours, predominantly distinct from one another. Each team will take with them a dark coloured team kit and a light coloured team kit.

Field dimensions

All games will be played on half of the normal field dimension which is up to 100 metres long and 70 metres wide.