



Kingswood College Kandy, Sri Lanka
Old Boys Association - Australia



KINGSWOOD TOUCH RUGBY 7's

2019



PLAYING RULES



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<p>1. The ground</p>	<ul style="list-style-type: none"> ▪ The Field of play is rectangular in shape and measures hundred (100) meters in length from score line to score line and seventy (70) meters in width. (Subject to change)
<p>2. The Ball</p>	<ul style="list-style-type: none"> ▪ Size 5
<p>3. Number of Players</p>	<ul style="list-style-type: none"> ▪ 7 players on field 3 reserve players ▪ A team may have up to 3 substitutes. ▪ Teams can make an unlimited amount of substitutions during play. ▪ A player being substituted must cross the touch line and tag their replacement player (slap hands) before the replacement player can enter the field of play. ▪ If a player is injured, the referee may signal to allow a replacement player to enter the field of play before the injured player has left the field of play. ▪ If there is a serious injury, the referee should stop play so that player can be treated.
<p>4. Time</p>	<ul style="list-style-type: none"> ▪ 2 x 7-minute halves, 2 min half time. (subject to change in the 1st round) ▪ There is no time off for injury or other stoppages. ▪ If time expires and the ball is still in play, the match finishes upon the next Ball Place or Turnover, or when the ball is next dead.
<p>5. Extra time for Drawn matches</p>	<p><u>Note</u></p> <p>This will only take in to account from the semi-finals stage for each Cup Plate Bowl & shield levels.</p> <ul style="list-style-type: none"> ▪ In the 1st rounds if the matches are drawn the controlling association will decide on the teams who are through to the next rounds by the number of points scored in each pool games. ▪ From the semi-finals level onwards, when the match is drawn at the expiration of full time, the referee will wait until the ball is dead, halt play, and then signal to the tournament control area or a tournament official that the game is drawn. ▪ One minute break will occur prior to commencement of the 3 minutes of play for each half and 1 minute break with 5 players only on field and a golden point where first team to score will go trough



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	<ul style="list-style-type: none"> ▪ At the conclusion of three minutes of extra time, a signal is sounded and the referee will stop play at the next touch or dead ball. ▪ In between the 3 minutes the 1st scoring team will gain the win and play will stop as soon as one team scores and if none of the teams manage to score during extra time winner will be decided with a toss of a coin, if the scores are level in the final stage two teams will be awarded as joint champions.
<p>6. Scoring</p>	<p>Points are awarded in competition matches as follows:</p> <ul style="list-style-type: none"> • TRY 5 POINTS • CONVERSION 2 POINTS • WIN 4 POINTS • BYE 4 POINTS • DRAW 2 POINTS • LOSS 0 POINTS
<p>7. The Toss</p>	<ul style="list-style-type: none"> ▪ Team captains are to toss the coin in the presence of the referee with the winning captain's team receiving the option for the kick off for the commencement of the first half, or the playing side for 1st half of the match. ▪ Match starts with a kick off and after every touchdown (try) the same team who score a try will get the ball for a drop out. Second half starts with a drop out by the receiving side of the ball in the 1st half.
<p>8. Kick-off and Restarts</p>	<ul style="list-style-type: none"> ▪ All games starts with a drop-kick. After a try, the scoring team kicks off from the centre of the half-way line. ▪ The receiving team at a kick-off must be at least 10m back from half-way. ▪ If a kick-off is unsuccessful in any way (eg. wrong kick, doesn't go 10m, goes dead, in touch on the full, etc) a Ball Place is awarded at the centre of half-way to the receiving team. ▪ There is a 5m radius circle 'exclusion zone' around a player attempting to field the ball after a kick-off where the ball is kicked above head height on the full. No opposing player can enter this zone until the receiving player has played the ball or the ball bounces (Penalty).



<p>9. The 'Touch'</p>	<ul style="list-style-type: none">▪ A touch is when the player with the ball is touched by an opposing player with a minimum of one hand.▪ A player making a touch has the option to call "Touch!" as they make a successful touch if they think the touch may not be recognised.▪ Touches are not permitted above the shoulders (Penalty).▪ Touches with force are regarded as dangerous play (Penalty).▪ When a player is touched, the player has to perform a 'Ball Place' facing their own goal line.▪ The referee will keep a count of how many times a team has been touched.▪ If the ball or the ball-carrier touches the referee and either team gains an advantage, the referee adds one to the touch count and the game is restarted with a Ball Place.
<p>10. The 'Ball Place'</p>	<p><u>Attacking team</u></p> <ul style="list-style-type: none">▪ After a player has been touched, they must place the ball on the ground. (this can be done facing the opposition team's goal-line)▪ A Ball Place must take place at or directly behind the mark where the touch occurred.▪ A supporting attacking player then plays the ball and play continues.▪ If a supporting attacking player doesn't immediately play the ball, the referee may call "Use it! If the attacking team do not then use the ball the referee may award a Turnover. <p><u>Defending team</u></p> <ul style="list-style-type: none">▪ If a touched player opts for a Ball Place, defending players must move back behind an offside line 5 metres from the mark of the Ball Place.▪ Defending players cannot move forward until the ball is played by the supporting attacking player (Penalty).



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	<ul style="list-style-type: none"> ▪ A defending player who is offside at a Ball Place can only take part in play after retreating behind the 5 metres line from the previous Ball Place (Penalty).
11. The 'Turnover'	<ul style="list-style-type: none"> ▪ Once a team has been "touched" five times, the referee should immediately award a Turnover to the other team. The touch count restarts at zero.
12. Knock-on and Forward Pass	<ul style="list-style-type: none"> ▪ A knock-on or forward pass by either team results in a Turnover ▪ If the referee judges that the non-infringing team may gain an advantage from play continuing, the referee should allow play to continue, but call out the infringement and reset the touch count to zero as play continues. ▪ Any intentional contact with ball from the defending team where the ball is re-gathered by the attacking team result in the touch count being reset to zero.
13. Quick 'Throw-in'	<ul style="list-style-type: none"> ▪ When the ball or a player with the ball goes into touch, play is restarted by a quick throw-in. ▪ The team who did not last touch the ball before it went into touch will take the throw-in. <p><u>Attacking team</u></p> <ul style="list-style-type: none"> ▪ The throw-in may be taken anywhere from where the ball crossed the touch line into touch, back to the goal-line of the team throwing in. ▪ A quick throw-in must travel straight or towards the throwing team's own goal-line. ▪ The quick throw-in must travel 5 metres before being caught or played by a teammate of the thrower. The thrower cannot throw-in to themselves. ▪ The referee may award a Turnover if the quick throw is taken incorrectly.
	<p><u>Defending team</u></p> <ul style="list-style-type: none"> ▪ Defending players at a quick throw-in must be behind an offside line 10 metres from the place where the quick thrown-in is taken. Defending players cannot move forward until the ball is thrown in.



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	<ul style="list-style-type: none"> ▪ A defending player who is offside at a quick throw-in can only take part in play after retreating behind the 10 metres line from the quick throw-in (Penalty).
14. Kicking	<ul style="list-style-type: none"> ▪ No kicking in general play allowed. ▪ If a player kicks the ball, the referee awards a Turnover to the non-infringing team, at the place where the ball was kicked.
15. Penalties and Advantage	<ul style="list-style-type: none"> ▪ If the referee stops play for a Penalty infringement, play restarts with an Offload by the non-infringing team. The infringing team must stand back 5m from this Offload. The touch count is reset to zero. ▪ If the infringement occurs before the first touch of a set of 5, the referee may advance the mark for the Penalty 10 metres up the field from the place of the first infringement. The referee will manage the infringing team back 5 metres from the new mark before allowing the Offload to be taken. ▪ When a Penalty infringement occurs, and the referee judges that a team may gain an advantage from play continuing, the referee should allow play to continue, but call out the infringement and reset the touch count to zero as play continues.
16. In-Goal	<ul style="list-style-type: none"> ▪ If a player is touched inside their own in-goal, play restarts with a Ball Place to the team in possession, 5m out from their goal line ▪ If a player is touched inside their opponents' in-goal needs to get behind 10 meters from the goal line before perform a ball place.
17. Foul Play	<ul style="list-style-type: none"> ▪ Tackling is not permitted. Any action intended to bring an opponent to ground is considered dangerous play (Penalty) ▪ When the ball is loose on the ground and being contested, there is to be no heavy contact. This includes bumping, pushing or driving another player from the ball. The primary responsibility for this is with the team who last played the ball. ▪ Yellow Cards (2 mins temporary suspension) and Red Cards (Send Off) may be used. There is no replacement of a player who receives a card.



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	<ul style="list-style-type: none">▪ Dangerous play, dissent, or any act contrary to good sportsmanship, will not be tolerated (Penalty). A Yellow Card may be appropriate.▪ Kicking or throwing the ball into an opponent intentionally is considered foul play (Penalty). A Yellow Card may be appropriate.▪ Time wasting is considered foul play and players who intentionally waste time (including by intentionally or repeatedly infringing) should be strongly sanctioned. A Yellow Card may be appropriate.
18. Striking Officials	<ul style="list-style-type: none">▪ Any player who is found guilty of striking and/or assaulting an official, referee or line judge is liable to disqualification from taking part in Kingswood Rugby 7's for life.
19. Misconduct	<ul style="list-style-type: none">▪ Players guilty of misconduct will be penalized and could be excluded from the match. continual breaches of the rules <p>Misconduct includes:</p> <ul style="list-style-type: none">➤ swearing➤ back-chatting referees or other match officials➤ bad sporting behavior➤ fighting➤ using physical force in making a touch;➤ attacking the head of an opponent;➤ Tripping, any other action which is not in the spirit of the game.



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DEFINITIONS AND TERMINOLOGY

Advantage

Advantage is that property or part of play, which gives one team the potential to improve its position to score relative to the other team.

Attacking Team

Attacking team is the team, which has possession or is gaining possession of the ball.

Attacking Score line

Attacking score line is the line on or over which a team has to place the ball to score a touchdown.

Behind

Behind means in a position or direction towards a team's defending score line.

Dead Ball

Dead ball means when the ball is out of play and includes the period following a touch until the ball is brought back into play. The period following a touchdown or penalty, until the match is recommenced, and when the ball goes to ground and/or outside the boundaries of the field of play.

Defending Score line

Defending score line is the line, which a team has to defend to prevent a touchdown.

Defending Team

Defending team is the team without possession of the ball.

Field of Play

Field of play is the playing area bounded by the sidelines and Touchdown Zone lines both of which are out of bounds.

Forward

Forward means in a position or direction towards a team's own attacking score line.

Full Time

Full time occurs at the expiration of the normal time allowed for play.

Mark

Mark (for a touch) is the position where the attacking player in possession of the ball is at the time of the touch.

Offside

Offside means in a position forward of the ball for an attacking player and in a position liable to penalty for a defending player.

Onside

Onside means in a position whereby a player may legitimately become involved with play.

Penalty

Penalty is the action by the referee in awarding a tap when a player or team infringes the rules of the game.

Rebound



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Rebound occurs when the ball deflects from or makes contact with a player other than the player who first had possession.



Ruling

Ruling is the decision made by the referee as a result of particular circumstances. It can result in a play on, a tap or a change of Possession.

Score line

Score lines are the lines separating the Touchdown Zone from the field of play.

Sidelines

Sidelines are the side boundaries of the field of play.

Drop Off

Drop off (kick off/punt) is the method of commencing the match, recommencing the match after half time and after a touchdown has been scored.

Tap

Touch is contact on any part of the body between a player in possession of the ball and a defending player. A touch includes contact on the ball, hair or clothing and may be made by a defending player or by the player in possession.



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