



Growing The Game One Player At A Time

Touch Rugby 7s Variation Co-ed Non-Tackle Contact

Rule # 1: Players

- 7 Players in the field with up to 5 substitute players.

Rule # 2: Times of play

- 7 mins halves/14 mins full game
- 3 mins halftime break
- 5 mins overtime/play till first score

Rule # 3: Scores

- Try: 5pts
- Conversion: N/A
- Drop Goal: N/A
- Penalty Goal Kick: N/A

Rule # 4: Kicking

- Kick-off Drop kick first attempt, if unsuccessful then may punt second kick. If ball goes dead, either in touch, or past the dead ball line out the back of the try zone: Free Pass

Rule # 5: Passing

- No forward passing
- All passing and offload must be back from the origination passer
- Knock on: player drops pass and balls roll forward
 - Sanctions: Free pass on knock on and forward pass
 - Possession of play changes to the defensive team

Rule # 6: Scrum

- N/A

Rule # 7: Touch line

- Ball Carrier into Touch Line out is awarded to a team that did not carry or put the ball into touch line
 - Free pass (Tap and Pass, 2 meters in from the sideline)

Rule # 8: Touch

- Touch both hands in substitution to tackles. (No touch above the head)

- Each possession has unlimited touches until the ball crosses within 10 meters of the try line where it will become 4 touch/downs with change over of possession after the last touch/down.
- 3 second rule: The rules state that there shall be no quick passes, to give defense time to set up before the offense plays the ball. The 3 second rule hurries this process up by giving the defense 3 secs to set up.
- Defensive line: The defense must set up their defensive line back to the 2 meters from the spot mark of the touch/down. The referee will count aloud "one thousand-one, one-thousand-two, one-thousand-three" after which the offense may continue to play the ball.
- If a defense fails to set up behind the 2 meter line after the 3 second count, and the offense attacks while the defense is off-sides, the defense will be penalized 10 meters, and the defense will be given another 3 seconds to reset 2 meters behind the new mark.
- 3 second rule: The 3 second rule only applies to touches. But turnovers (out of bounds/penalties) will not be restricted by the 3 second rule.
- 10 meter, 6 touch rule: The rules state that there shall be unlimited touches. A variation to this rule restricts this to 6 touches when an attacking team is within 10 meters of scoring a try.
- If the defense can hold the attackers off with 6 consecutive stops, then there will be a turnover of the ball. This variation allows the game to progress faster, in addition to adding pressure to the offense to think of more ways to score when they are within 10 meters of scoring a try. But the main reason is to speed the game up, allowing the defending team a chance to play offense if the attacking team cannot capitalize on their opportunity in a reasonable time.

Rule # 8: Ruck

- N/A

Rule # 9: Maul

No Maul in any time of the game.

Rule # 10: Weight limit

- No weight limit on non-contact games