

**South Australian Schools Rugby
2023 Term 2 - Schools X Rugby Sevens (Cross-Field)
Law Variations**

INTRODUCTION TO X RUGBY SEVENS

<https://www.youtube.com/watch?v=UPd-viLLxuM&t=17s>

Laws Variations for X Rugby Sevens

<https://www.youtube.com/watch?v=nOwuP9wP6NU&t=33s>

Law variations Summary

- **7 players per side.** Rolling subs allowed with hand touch at touchline.
- Pitch 70m x 50m maximum.
- **Games** 10 minutes each way
- **'Max Zone' try** worth 7 points (Central area between cones). Other tries worth 5 points.
- **Kicking** - No kicks for goal. Only grubber kicks (along the ground) are permitted in open play.
- **Tackles** must be below armpits
- **Hand-offs** (fend) below line of armpit.
- **Rucks** -maximum of two players from each side (not including player on ground).
- **Mauls** - begins with 3 players and maximum of 3 players per side.
- **Lineouts** - any 3 players from each side. No lifting.
- **Scrum** – 3 players from each team. Both teams can hook the ball but cannot push (Contested scrums can be agreed with both sides and if the referee deems that safe).
- **Penalties and free kicks** result in a tap and play. Opposition 7m back. Quick taps are allowed.