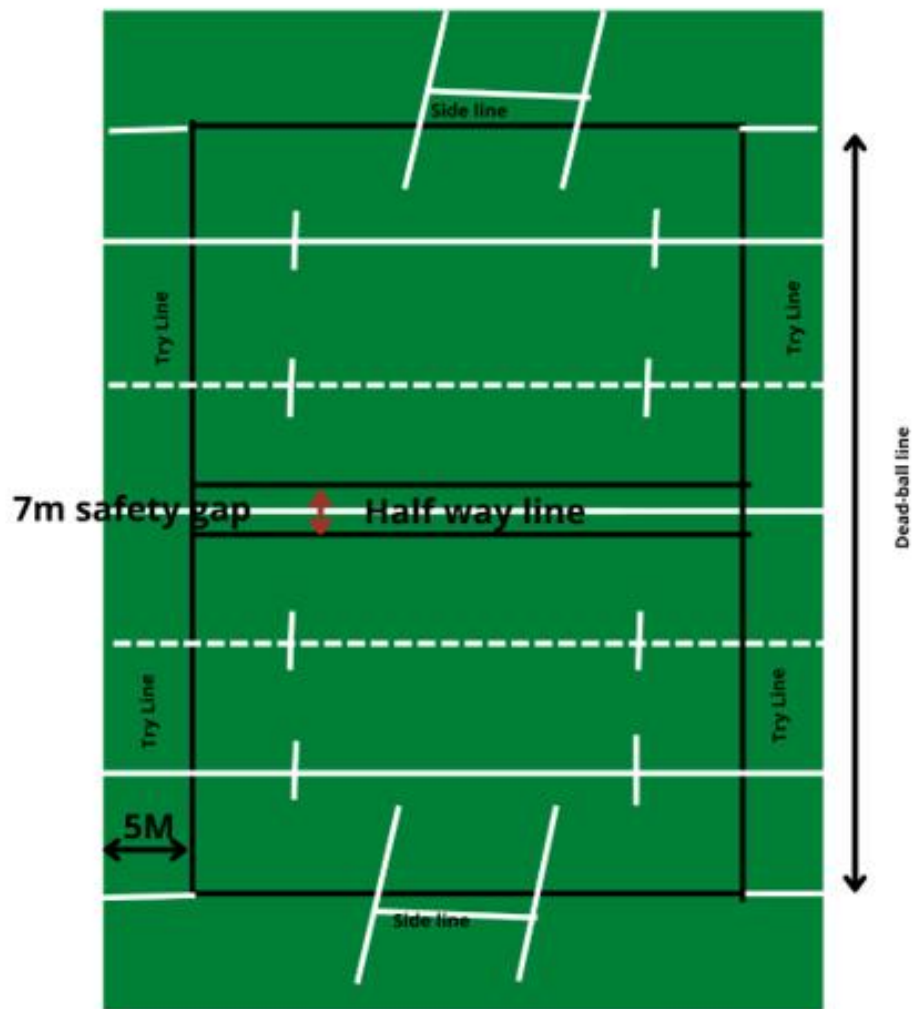


X RUGBY 7s	U16 (Junior) and U14 – GUIDELINES TO PLAYING THE GAME
Pitch Size	U16 (Jnr) and U14 play on half pitch (70m x 50m) with the 5m lines acting as the try line. The area from the 5m line to the side-line will act as the try scoring area. The side-line is the dead ball line. Two pitches side by side should have a 7m safety zone between. U18 (Snrs) play on a full pitch 60m x 100m. The area is contained within the 5m lines. The sideline is the 5m line. The try line is the normal full pitch try line. See illustration.
Eligibility	U16 (Jnr) players for 2025/26 season – 01/01/2010 – 31/12/2011 U14 for 2025/26 season – 01/01/2012 – 31/12/2013
Numbers per team	7 players on the pitch at one time. Squad size of 14 players but can only play 12 per game.
Replacements/Substitutions	Rolling subs during the game. Subs must enter and leave the pitch at halfway.
Ball size	4
Time per match	2 x 7 min halves for tournaments and festivals. (For a single match, teams may play 4 x 7 min quarters).
Tackle	Yes. Dangerous tackles will be penalised (subject to advantage). (High tackles i.e., head height, grabbing the jersey high up, i.e., by the collar, swinging players in the tackle, dump tackles (Law 10.4)).
Rucks	A maximum of two players from each team are permitted to participate in a ruck. (World Rugby Law 15)
Scrum	3 v 3 no contest
Lineouts	3 v 3 no lift, but teams may contest. (as per 7s rules, 3 in the line plus thrower who becomes scrum half)
Penalty and free kicks	Tap and go. Defending team must be back 5m.
Yellow cards	Any player who receives a yellow card must leave the pitch for 2 mins.
Red cards	Any player who receives a red card must leave the pitch but may be replaced by an alternative player. The player who receives the red card must not play any further games that day and may be subject to Branch disciplinary procedures.
Method of scoring	Try. No conversions at U16 (Jnr) or U14 level.
Start of Match	Team captains will use “Rock, Paper, Scissors” to determine which team starts the match. The match will start with a tap and pass from halfway.
Restarts	The team who concedes the try will restart the game from halfway with a tap and pass. Defending team must be back 5m
Kicking	U16 (Jnr) and U14 – Grubber kicks (i.e., the ball travels along the ground) allowed. Any ball over head height will result in a tap and go by the opposition. If grubber kick bounces and goes out, the game will restart where it went out to the opposing team. If ball doesn't bounce and goes out on the full, the game will restart where kicker initially kicked from by the opposing team.
Hand off	Yes but no hand off to the head/face/neck area



Jnr X Rugby Field of play inside the black outline above. 70mtrs x 50mtrs