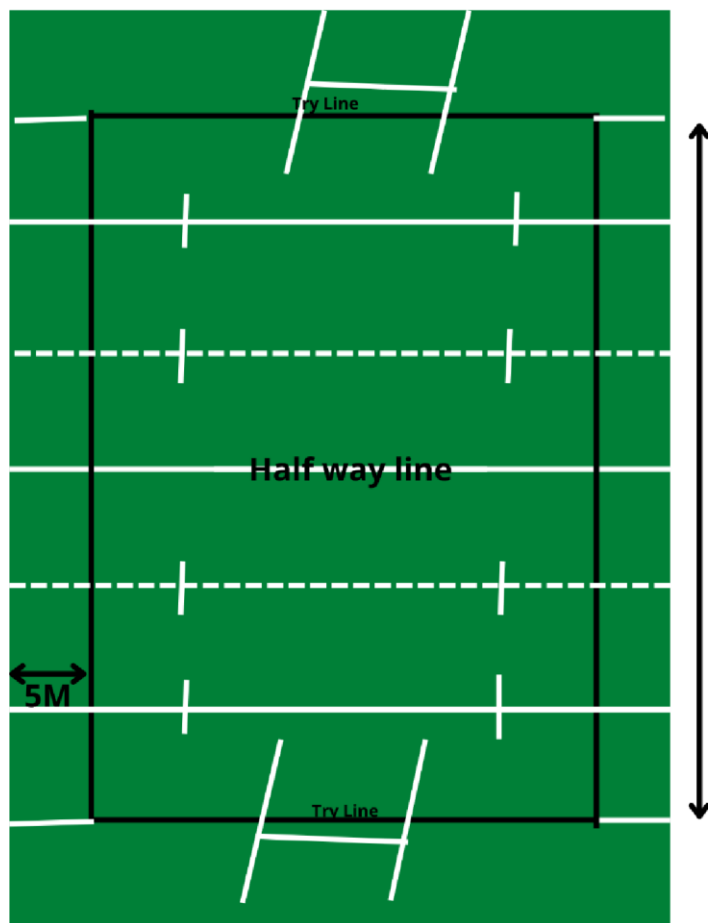


X RUGBY 7s	U18 (SENIORS) – GUIDELINES TO PLAYING THE GAME
Pitch Size	U16 (Jnr) and U14 play on half pitch (70m x 50m) with the 5m lines acting as the try line. The area from the 5m line to the side-line will act as the try scoring area. The side-line is the dead ball line. Two pitches side by side should have a 7m safety zone between. U18 (Snr) 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	U18 (Snr) players for 2025/26 season – 01/07/2007 – 31/12/2009 Any player who, upon turning 18, plays adult rugby in their club, may still be eligible to play X7s. Eligibility will be assessed on a case-by-case basis with applications made to the IRFU by any player partaking in the adult game. <b>Number of adult games played in any period will form part of the assessment.</b> No restriction on players who have played on provincial or national U18's teams.
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	<b>As per regular game laws.</b> 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 Junior level. Conversions allowed at Senior Level.
Start of Match	Team captains will use "Rock, Paper, Scissors" to determine which team starts the match. The match will start with a drop off from halfway.
Restarts	The team who concedes the try will restart the game from halfway with a drop off. Defending team must be back 5m

Kicking	Seniors – allowed.
Hand off	Yes but no hand off to the head/face/neck area



Senior X Rugby 2025/26 Field of play –  
inside the black outline as shown on the  
left. 60mtrs x 100mtrs