



ROSSLYN PARK UNIVERSITY SEVENS

Tournament Rules

Gameplay

- All matches are 7-minutes each way, with a 90-second half-time break.

Squad and Match-by-Match Declaration

- Squads of 13.
- All 13 players are available for each match.

Replacements & Interchange

- Teams are allowed 6 interchanges per match.
- Teams are permitted 1 additional interchange if the contest goes to Extra Time.
Eg 1 – Match finishes tied and you have made 5 interchange during normal time, you have 2 interchange left to make.
Eg 2 - Match finishes tied and you have made 6 interchange during normal time, you have 1 interchange left to make.

Match Points

- 3 match points for a Win.
- 1 match point for a Loss within 7 points.

No draws

- If the teams are tied at the end of the game, then the winner will be decided by Golden Point Extra Time.
- There will be a 2-minute break before Golden Point Extra Time commences.
- An additional toss will take place for kick-off/choose end.
- 5-minute halves (1-minute break) until a point of any description is scored.

Tiebreakers

- In the event of teams being tied on points in their pool, the following will be used to rank them:
 1. Most wins.
 2. Most tries scored.
 3. Most points scored.
 4. Most conversions scored.
 5. Fewest Red Cards.

- 6. Fewest Yellow Cards.
- 7. Coin toss.

Disciplinary

- Yellow Card = 2-minutess to be served in SIN BIN.
- Red Card = Sent off with further potential suspension pending review

Shot clock and time to KO

- Teams have 45 seconds from Try scored to take the conversion and re-start the match.
- **Sanction:** Free kick

Free Kicks

- Cannot be converted into a scrum.

Abandonment

If a match is abandoned, by the Match Referee or tournament officials for any reason:

- During the first half, the result will be declared a draw, and the score recorded as 0-0.
- At halftime or any time in the second half, the result will stand.

The Cup

- The top two ranked teams in Pool A and B progress to The Cup.
- **SF1:** 1st in Pool A v 2nd in Pool B
- **SF2:** 1st in Pool B v 2nd in Pool A
- **Bronze Final:** Loser of SF1 v Loser of SF2
- **Gold Final:** Winner of SF1 v Winner of SF2

The Plate

- The 3rd and 4th ranked teams in Pool A and Pool B progress to The Plate.
- **PSF1:** 3rd in Pool A v 4th in Pool B
- **PSF2:** 3rd in Pool B v 4th in Pool A
- **Bronze Plate:** Loser of PSF1 v Loser of PSF2
- **Plate Final:** Winner of PSF1 v Winner of PSF2