



ORKNEY RFC

ANNUAL RUGBY SEVENS TOURNAMENT RULES

1. The tournament is organised into four leagues.
2. League games are five minutes each way, quarter-finals and semi-finals are six minutes each way along with the final of the 'Plate' and the final of the main tournament is seven and a half minutes each way. This applies to Cup and Plate tournaments. For those teams who go into the 'Pail' Tournament, the match remains at 5 minutes each way
3. The top Two teams go through from each league into the quarter-finals of the main tournament, 3rd placed teams into the semi final of the 'Pail'. The losers of the quarter finals in the main tournament go forward into the semi finals of the 'Plate' competition
4. Leagues will be decided on points, or, if tied, on points difference, or, if still tied, the total number of tries scored for, or, if still tied, the results between teams, or if still tied, by a toss of a coin.
5. In the event of a tie at full time in the knock-out stages, teams shall change ends at the end of full time and continue to play three minutes each way until one side scores. (Please note seven a-side variation not allowed to place kick a penalty—Law 21)
6. Squads to be a minimum of 7 and a maximum of 10
7. Substitutes as per IRB seven - a - side variations Law 3 (no more than 3 replacements substitutes).
8. Substitutes must be your own travelling squad, (Squads can have no more than 10 players) or someone not hitherto involved in the tournament at all, or someone from a team knocked out of the tournament who has played a similar number of games to your team.
9. Please enjoy the day responsibly - for the safety of all players, do not consume alcohol until all teams you are registered for have been eliminated from each competition.
10. On the field, the referee rules!
11. Off the field, the Tournament Committee rules!

GOOD LUCK AND ENJOY THE DAY!