



Playing guidelines are found in current edition of USA RUGBY SEVENS GAME MANAGEMENT GUIDELINES.
Full Game Play Rules take precedence over Quick Reference Sheet.

Game Play	Variation / Description
Kickoff/Restart	Drop Kick or Punt
Kicking	None
Conversion	N/A
Drop Goal	N/A
Touch/Tackle	Touch (No restrictions until inside 10M) Flag (5 flag pulls per possession)
Maul	No
Ruck	No Ruck
Scrum	Free pass - 5 M retreat
Line-out	Free pass - 5 M retreat
Lifts in line-out	N/A
Penalties	5 M retreat - Tap and go on ref command
Field Size	30 M X 20 M + two 5 M try zones
Coaching Certification	Level 100 or greater
Players per side	5
Min Referee Resource	Coach referee
Ball Size	3
Game Duration	7 min halves / 14 min full
Weight	N/A