

1. Playing Area & Time

1.1. The playing area must have the following measurements: Length: 31 meters plus In-goal (2 meters each) Breadth: 25 meters.

1.2. A match consists of two halves of 5 minutes each with a 3 minutes' interval.

2. Ball

The ball used in the game shall be a no. 4 type.

3. Team's Composition

3.1. The teams are made up of 5 in-field players and 7 substitute players. Teams can have a maximum of 15 players, but they can only present 12 players to each match. Unlimited replacements are admitted and interchangeable at times during the match without any need to call for the referee's permission. Players may enter the field through a designated area but they may exit from whatever position. As soon as the referee becomes aware that a team has more than 5 players on the field, he may disallow any action that has taken place in the meantime, unless the opponent team have gained an advantage (**Ex. 1: a try is scored and the defending team has 6 players on the field: the score stands. Ex. 2: a try is scored and the attacking team has 6 players on the field: the try is disallowed**) . Only the recognised captain may report to the referee to ask for explanations or flag serious infringements such as the opponents having 6 players on the field.

3.2. Team's are not strictly allowed to swap players or pick players from other teams, unless they are short in numbers due to injuries and previously authorised by the organisation.

Sanction : Game loss and possible tournament exclusion



4. Try

The try is worth one point and there are no Kicks after a try.

After scoring a try, the ball will be free-kicked from the middle of the field by the team suffering the try, quickly if the ball has been brought to the In-goal without any forward passes; otherwise, they will have to wait until the opponents have taken their positions.

When an attacking player carries the ball into in-goal or over the goal line that player has three seconds to score a try. **Penalty:** A free kick is awarded to the opposing team 5 metres from the goal line.

5. Kicking

It is not allowed to kick the ball.

7. Line Out & Scrum

Line-out and scrum are eliminated and play is reassumed by a free kick.

6. Contact

6.1. Tackle

6.1.1 A tackle occurs when the ball carrier is held and brought to ground by one or more opponents.

6.1.2. Being brought to ground means that the ball carrier is lying, sitting or has at least one knee on the ground or on another player who is on the ground.

6.1.3. After a tackle occurs (held or going to the ground) the tackler and assistant tacklers (player who held the ball carrier while going to ground) need to release the ball carrier. After releasing they are allowed to attack the ball after showing a clear release (hand above your shoulders).

6.1.4. Ball carrier needs to place or play the ball immediately (2-seconds) after being tackled.

Sanction: free kick



6.2. Being Held

6.2.1. Being held means that a tackler must continue holding the ball carrier with clearly both arms wrapped until the ball carrier is on the ground.

6.2.2. After being held the ball carrier has two seconds to pass or release the ball.

Sanction: free kick

7. Penalties

7.1. The distance from the ball for penalty kicks or kick-off shall be 5 meters. If this distance is not observed, the referee will ascribe a further 5-meter penalty to the player.

8. Points

Win = 3 points

Draw = 2 Points

Loss = 1 Point

9. TieBreakers

9.1 GROUP PHASE

Number of points obtained between the tied teams;

Difference in tries marked and suffered in matches between the two teams;

Number of tries scored in games between the tied teams;

Difference in the number of tries scored and suffered in all group stage matches;

Number of tries scored, in all games played in the group.

Disciplinary Record;

9.2. PLAYOFF STAGE

Sudden Death.

10. Jerseys

The players shall wear tear-resisting jerseys and NOT T-SHIRTS.

For any question or omitted rules, please contact the Organisation.