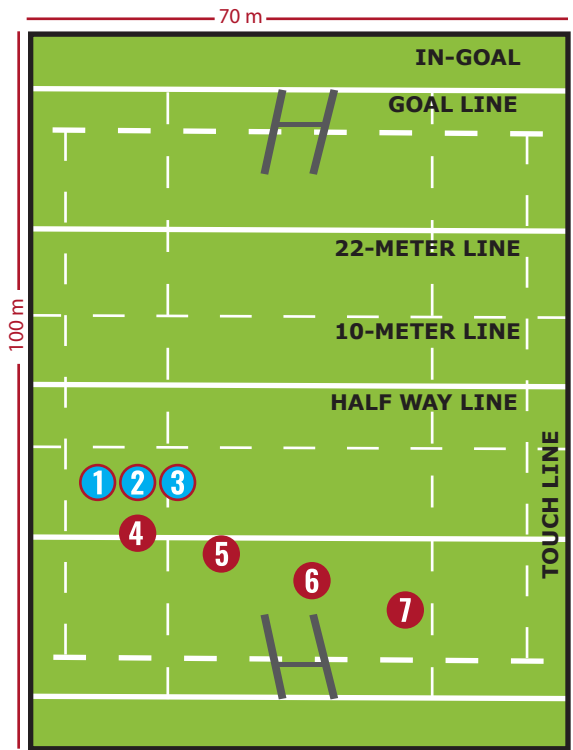




RUGBY 7s!



The positions

In rugby 7s, each team has 7 players on the field of play and is numbered the exact same way. The number of each player signifies that player's position.

-Positions-

Positions are very fluid in 7s, the 3 forwards and scrum half participate in the scrums, but players may end up in a variety of positions on the field

- ① loose head prop
- ② hooker
- ③ tight head prop
- ④ scrum half
- ⑤ fly half
- ⑥ center
- ⑦ wing

-The Pitch-

Despite fewer than half the players of 15-a-side-rugby on the pitch at any time, the pitch dimensions stay the same. This leads to an open, exciting--and sometimes exhausting--style of play.

Moving the ball

The offense may carry, pass, or kick the ball to move the ball. The defense stops the offense by tackling the ball carrier; the offense can not block the defense. After a tackle, play does not stop.

Running: When running the ball, players may continue to run until they are tackled, step into touch (out of bounds) or run beyond the goal line (see scoring a try). Players run the ball to advance toward the opponent's goal line.

Passing: The ball may be passed to any other player. However it may only be passed laterally or backward, never forward.

Kicking: Any player may kick the ball forward at any time. After the ball is kicked, players of either team may gain possession, on the fly or on the ground. Typically, the ball is kicked in an effort to advance the ball or to move the ball away from the defensive end.

Ruck: Once a player is tackled, the offensive player places the ball on the ground and is available to any player, offense or defense. The two teams may contest for the ball. The team that gains or retains possession may run, pass or kick immediately.



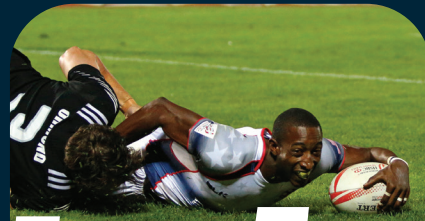
Restarting play

There are two methods of restarting play following a stoppage caused by either the ball going into touch (out of bounds) or because of an infraction of the laws.

Lineout: If the ball goes into touch, it is restarted with a lineout. Both teams form a line perpendicular to the touch line and one meter apart from one another. A player on the team not responsible for the ball going into touch calls a play and throws the ball in the air in a straight line between the two teams. Players of each team may be supported in the air by their teammates as they jump to gain possession of the ball.

Scrum: Rugby's unique formation is the method used to restart the game after the referee has whistled a minor law violation. A bound group of players from each team form a "tunnel" with the opposition. The non-offending team rolls the ball into the middle of the tunnel. Each team pushes forward until one player is able to hook the ball with her foot and push it to the back row players of her team.

Scoring points



Try 5 points

A try is scored when the ball is touched down in the opposing team's in-goal area. This is much like a touchdown in American football.



Conversion 2 points

After a try, two points are awarded for a successful kick through the goal posts. The attempt is taken straight out from the point where the ball was touched down.

Kicking: 3 points

Teams may elect to kick through the goal posts in open play or after a penalty. These are worth 3 points.



Two, 7-minute halves per match. To steal from another sport's tagline: "It's the most exciting 14 minutes in sports."

Rugby 7s Positions

Props (1, 3)

What they do:

Their primary role is to anchor the scrummage and provide lifting strength and support for the lineout jumpers. Also pivotal in rucks & mauls.

What they need:

Upper-body strength to provide stability in the scrum, endurance, mobility and safe hands to maintain continuity of play.

Hooker (2)

What they do:

The hooker wins possession in the scrum.

What they need:

Great strength to withstand the physicality of the front row coupled with speed to get around the pitch and good throwing technique.

Scrumhalf (4)

What they do:

Provides the link between forwards and backs at the scrum and lineouts. A true decision-maker, the 4 will judge whether to distribute quick ball to the backs or keep it close to the forwards.

What they need:

A multi-faceted position, the scrum half must be powerful, have explosive speed, all-round handling and kicking skills. The great 4s are highly confident players, with excellent game understanding.

Flyhalf (5)

What they do:

Rugby 7s Positions

As the player who orchestrates the team's performance, the 5 will receive the ball from the 4 and choose to kick, pass or make a break based upon split-second interpretation of the phase of play.

What they need:

The ability to kick well out of hand, ideally on either foot, deft handling skills, pace, vision, creativity, communication skills, tactical awareness and the ability to perform under pressure.

Center (6)

What they do:

The centres are key in both defence and attack. In defence they will attempt to tackle attacking players whilst in attack they will use their speed, power and creative flair to breach defences.

What they need:

The modern-day centre is lean, strong and extremely quick. The position demands great attacking prowess, coupled with an intensity in contact to either retain or steal possession.

Wings (7)

What they do:

The wings are on the pitch to provide the injection of out-and-out pace needed to outrun an opponent and score a try. Also important to be solid in defence.

What they need:

Pace. Wings will often find themselves in open space, when their number one priority is to press the accelerator and run for the line. Strength and good handling are an advantage too.