



## Rugby 7's



# COMPETITION MANUAL

Updated: August 2025



## **GUIDING BODIES**

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## **CLICK HERE FOR GOVERNING BODY FULL RULES**

International rules will be followed unless specified in WPFG Guidelines

## **EVENTS**

12-person team plus one non-playing coach. A player may compete in only one division and on only one team.

### **MEN**

(18+): Division I  
Division II

35+

### **WOMEN:**

18+

**Age as of Date: 12/31/2027**

**Entry Deadline: 1/22/2027**

**Note:** If 8 or more teams enter the Women Division consideration will be given to creating two Divisions.

Active competitors from police and fire agencies may combine to form a team regardless of agency size **WITHIN A COUNTRY**. Retired competitors may combine to form a team in any manner they wish with other eligible competitors whether police or fire. This includes across country lines.



## **BRACKETING**

Round Robin (Group Play) followed by a Single Elimination tournament within each age class. Bracketing may be modified, depending on the number of teams entered and venues available, to allow teams to play the maximum number of games possible. The Host and the WPFGF must agree on the bracketing changes at or before the Bracketing Meeting.

**DIVISIONAL PLAY:** Several sports have instituted a Division I and Division II concept. The following rules govern the placement of teams in either Division I or Division II

### **DIVISION I:**

Teams may form and/or combine from states/provinces or similar region within a country and shall compete in Division I.

Medal winners in Division I from the previous WPFGF.

Any team may elect to compete in Division I with WPFGF approval.

### **DIVISION II:**

All other teams may compete in Division II.

Members of a combined team can be from Law Enforcement and/or Firefighter Services.

**WPFGF reserves the right to place a team in either Division I/Division II.**

## **EQUIPMENT**

**Regulation Rugby balls:** 2 per game

**Table:** for registration and scoring.

**Bracket Board:** A large bracket chart must be displayed and updated to show the competitors when and who they play next.



Public Address System

**UNIFORMS:**

Uniforms will be worn and will conform to World Rugby standards.  
No tear-away jerseys.  
No braces containing metal.

Boots may have studs (cleats). They must be circular, securely fastened to the boots and of the following dimensions:

Length (max.):	18 mm (measured from sole)
Diameter at base:	13 mm (min.)
Diameter at top:	10 mm (min.)

No steel studs. The wearing of a single stud at the toe is prohibited.

**GENERAL RULES for Rugby 7's**

A maximum of 7 players a side will be on the field.

A scrum will consist of a minimum of 3 players

The non-playing coach in Rugby 7's, while not an active participant in the game, is critical to the team's preparation for the game as well as planning strategy and the roster.

Each game in group play will be 14 minutes in length. Two 7-minute halves. There will be a 1 minute half-time.

Semi-final and final matches will be 20 minutes in length (Two 10-minute halves). There will be a 2-minute half-time in those matches.

Any player "sent off" by a referee during a game will be barred from further competition in the tournament.

In case of a tie at the end of group play, a winner will be determined by the following:

1. Head-to-head competition within the group.
2. Most points scored in group play.
3. Most tries scored in group play.
4. Fewest points scored against in group play.



In the event of a tie score in the Semi-final or Final matches, a “Sudden Death” overtime period (s) will be played. The match will be restarted and consists of 5-minute periods with a 1-minute break in between to switch sides. These periods will continue until one team scores.

**IMPORTANT:** Substituting players from other teams is not permitted. Rolling substitutions will be allowed for all games.

**Replacement of players:** During a match each team may replace not more than three players. A player may be replaced only if he/she is injured. If he/she is replaced, he/she must not return and play in the match. A player with an open or bleeding wound may be temporarily replaced. Medical personnel and/or referee decide if the injury is cause for substitution.

**NOTE: Benches – only players and non-playing coaches registered in that Division will be allowed in the bench area. One warning only – second infraction results in forfeit of game.**

All games will start on time. There will be a five-minute grace period allowed before the game is forfeit.

Any event that occurs that is not covered in these rules or in the World Rugby rule book will be decided upon by the tournament committee.

Poor sportsmanship and/or dangerous play will not be tolerated.

### **AWARDING OF MEDALS TO ATHLETES AND COACHES**

One Non-playing coaches can **ONLY** receive a medal if they are eligible to participate in the games. This means that the coach would have to pass the same requirements of an athlete to receive a medal. This coach will receive an Athlete’s Credential when they register at the Accreditation Center and should do so at the Special Handling booth to receive the Athlete’s Credential.

Coaches who do not meet the requirements to participate in the Games **will not** receive a medal. **Technical Support Personnel SHALL NOT** receive medals.

During the medal presentation, only athletes and eligible coaches are allowed to participate in this ceremony. Each athlete and one eligible coach **SHALL** wear



their Athlete's Credential. If the athlete or coach does not present their Athlete's Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator **SHALL** have in their possession a copy of the CSE Report and the team's final roster that was submitted at the team captains meeting to verify the athletes being awarded medals.