

SJRU 7s Competition Rules & Match Day Manual



Under 10's to Opens

SJRU 7s 2024



Sydney Junior Rugby Union



All SJRU Players, Coaches, Officials, Parents and Spectators must comply with Rugby Australia's Code of Conduct.

Do's

- *Encourage the players to abide by the Laws of the Game.*
- *Applaud all good play whether it is by your team or your opponents.*
- *Treat everyone as you yourself would like to be treated.*
- *Display exemplary behaviour and accept responsibility for your actions.*
- *Support all efforts to remove verbal and physical abuse from the game.*
- *Most importantly have fun and enjoy "the game they play in heaven".*

Don'ts

- *Abuse, criticise, threaten, ridicule, or intimidate a player, coach, Match Official, or spectator while attending the venue.*
- *Question the decisions of the Referee or Assistant Referees and never question their honesty or integrity.*
- *Enter the field of play unless invited to do so by the Referee.*
- *Discriminate because of a person's sex, disability, ethnicity, or religion.*
- *Swear, use bad language, or harass anyone at the venue.*

**ABUSE OF PLAYERS OR MATCH OFFICIALS WILL
NOT BE TOLERATED UNDER ANY
CIRCUMSTANCES!**

Failure to comply with these Expectations of Behaviour Guidelines will result in your expulsion from the venue and being reported to the Sydney Junior Rugby Union Competition Manager.

Go to [Rugby Au Code of Conduct](#) for more information.

Enjoy your Rugby experience.

1. SJRU 7s Competition Rules & Match Day Manual

The Competition Rules and Match Day Manual has been prepared to:

- Assist Managers, Coaches and Team Officials of teams competing in SJRU 7s Competitions; and
- Ensure that the SJRU Competition Rules are understood and upheld for the benefit of all.

All matches are required to be played in accordance with the Competition Rules and Match Day Manual, with reference to the applicable laws.

SJRU 7s competitions are played in accordance with the World Rugby Laws of the Game of Rugby Union, as well as the Rugby Au Sevens Law Modifications which may be downloaded here: [Rugby AU Laws link](#). SJRU will also distribute these laws in PDF to the respective contact lists for each SJRU 7s Competition. Where there are specific variations to these laws in the SJRU Competition Rules, they are noted below. The Competition Manager has absolute discretion to vary these rules and manual as they see fit.

Exclusion from Competitions

Failure to abide by a decision of the Competition Manager, Venue Manager or their nominee, or involvement in matters of a serious nature, may lead to exclusion from the SJRU 7s competitions, for either any individual or participating team.

2. Types of SJRU 7s Competitions

The SJRU runs different 7s Competitions, including:

- **Gala Day 7s Competitions** - Gala Day style, single or multi-round events which can be participatory and/or include finals and ladders. In Gala Day 7s Competitions, the SJRU will have a **Venue Manager** at the locations where matches are being played. The Venue Manager has the authority of the **Competition Manager** at each location.
- **Home & Away 7s Competitions** - Multi-round 7s competitions which are hosted by Clubs, with matches integrated with the fixtures from other game format competitions, these are defined as.

3. Rugby Xplorer and Rugby Match Day

All 7s teams participating in SJRU 7s competitions must be set up in Rugby Xplorer (RX), prior to SJRU assigning teams to a 7s competition. In Home & Away 7s Competitions, Clubs will be responsible for setting up their teams within RX. The SJRU may use Rugby Events on RX for its competitions:

- When a 7s competition has been set up as a Rugby Event on RX on a “*player pays*” registration model, SJRU will set up the teams for Clubs and provide registration instructions for players and officials to register into their respective teams.
- When a 7s competition has been set up as a Rugby Event on a “*team pays*” registration model, Clubs will be responsible for registering teams, paying the team registration fee (inclusive of player fees and insurance), and then ensuring their players complete the necessary registration into their team.

No matter the format of how SJRU sets up the competition, and regardless of whether Clubs have the responsibility to set up their teams, Clubs must ensure that:

- The volunteers needed for the Competition (coach, manager, assistant referee, and ground marshal as applicable) are registered to and/or allocated to the correct team.
- All players are registered properly for the Competition – this is entirely the responsibility of Clubs, players who are not properly registered cannot play in SJRU Competitions

Please note games will be uploaded into RX and Team Managers are required to complete all RX Match Day App requirements for their teams matches. Further information is set out on this in below sections of this document.

Participants in SJRU competitions use two different platforms:

- a) All players and volunteers (including coaches, managers, volunteers such as Assistant Referees and Ground Marshalls) use [Rugby Xplorer abbreviated to RX \(either in App form, via Apple and Android devices\) or Web browser based \(using <https://myaccount.rugbyexplorer.com.au/>\)](#) to register their participation in SJRU competitions or directly into teams, when a 7s Competition is set up as a Rugby Even on RX. Anyone using the Rugby Xplorer App can see draws, live scores and competition tables for SJRU teams they wish to follow as well as accessing other Rugby Australia content. The Rugby Xplorer App can be downloaded from the [iTunes](#) or [Google Play](#) stores.
- b) The Rugby Match Day App is used by Team Managers/Admins for match day management tasks pre, during and post the fixture. The Rugby Match Day App is mandatory for Team Managers to be able to perform match day tasks and the App can be downloaded from the [iTunes](#) and [Google Play](#) stores. Parents, spectators, etc do not require the Match Day App.

Resources to support both Apps are available [here](#).

4. Communication with SJRU

All communication to SJRU, whether by email or telephone, must be via:

- your Club President or a specific Office Bearer contact(s) supplied to the SJRU by your Club or
- the designated Team Manager of a 7s Team (whose details have been provided in writing to the SJRU, when a team is being entered into an SJRU 7s Competition).

If a Coach, other official or a parent has any issues to raise, please do so via your President or Office Bearers. Contact from other parties will not be responded to.

5. What needs to be done Before Match Day?

- a) All players and club volunteers in any and all roles must be registered in RX. Unregistered players are not eligible to play, and unregistered volunteers are not eligible to fulfil any role for a Club or a Team.
- b) Every player must have uploaded a recent “Head and Shoulders” photo of him/herself into RX.
- c) Team Managers must download the Rugby Match Day App, and ensure they download any updates on the App during the course of the season. Login details are the same as the Rugby Xplorer login.
- d) The Competition Manager will load the Draw so that it is visible in both RX and Match Day.
- e) The Club Registrar or Administrator (or any other Club Admin on RX) must grant the Manager access to the team RX prior to the game commencing, so the Manager can access the Match Day App, and fulfil their Manager function. Only when a Competition is set up as an RX event with Player Pays registration will SJRU grant Manager’s access to their 7s team on RX.
- f) All Teams must have a registered Smart Rugby accredited Coach – this is the minimum accreditation requirement for a Coach in an SJRU Competition
- g) Prior to each game, the Manager must select their team to play the match. No more than 12 players can be selected for any 7s age group in any individual match. Team Managers must select the fixture for their 7s team, click on Team Lists at the bottom to enter team selection mode. The team list will default to the team list from the previous game so make any necessary adjustments using the Add button. Choose the correct jersey numbers and positions as best you know, then click on Submit to

finalise the team. (This may be adjusted pre-match or for each additional match the team plays in a day as needed.)

- h) The Team Manager should ensure an Assistant Referee (AR) and Ground Marshal (GM) are rostered on for each game. When SJRU requires it for a 7s Competition, the details of these officials are to be loaded on the Match Day App. SJRU may also require for certain competitions that ARs and GMs hold suitable accreditation to fulfil their roles. If accreditation is required for ARs in U10-U12s, AR's must have AR U8-U12 accreditation, for U13s and up, AR's must have the AR Level 1 accreditation.
- i) Team Managers should ensure they are well educated on using the Match Day App (ample education resources are available at [Education and Training](#)).

6. What happens on Match Day, Before the Game?

- a) The Manager must have access to the Match Day app at the ground with internet access and be signed in. Ensure the RX App is not open on your device by swiping to close it completely, as the two apps may interfere with each other.
- b) The Manager confirms the team members that are playing on the day (add new players, remove those not playing on the day) and also ensures the correct jersey numbers and positions are recorded for each player.
- c) The Manager of each team should introduce him/herself to the other team's Manager.
- d) In the event that the teams have identical or similar colours then the Venue Manager will determine what steps are needed to ensure Teams can be identified by the Match Referee. If is a Home & Aways 7s Competition, then the Home team shall supply and wear alternative jerseys.
- e) Parents must be aware of the Expectations of Behaviour Guidelines included in the Competition Rules & Match Day Manual, as well as the requirements of the Rugby Au Code of Conduct
- f) Ground Layout must be in accordance with Appendix A of the Match Day Manual (unless it is cross-field 7s, where alternative field dimensions also included in Appendix A are applicable)
- g) Matches must commence on time and teams must be ready to take the field two (2) minutes prior to the Scheduled Game Time.

7. The Match

- a) If it is a Gala Day 7s Competition, the SJRU will be responsible for the provision of First Aid to the venue. Where it is a Home & Away 7s Competition, host clubs will be responsible for ensuring a qualified First Aider is present at each match.
- b) The Competition Manager, Venue Managers and lastly the Team Managers and NOT the referee is responsible for interpreting the Competition Rules. If there is a dispute, then a protest may be lodged at the end of the Match. The Competition Manager will adjudicate on the matter as soon as is practically possible after the match. Managers have no discretion to decide that certain rules do not apply on the day.
- c) No one is to take any action regarding a player's General Age Dispensation, Size for Age Dispensation or Eligibility pre, during or post-game. For any concern, a report should first go to the Venue Manager and then through your Club President or if they are not available, an authorised Club Office Bearer after the match.
- d) In the Match Day App, both Managers select the correct competition and round, and then click on "Matchday" to enter Match Day Mode. Preferably each Manager selects "Score for my team" but if necessary one Manager can score for both teams by selecting "Score for both teams".

- e) A player can sign on at any time during the Match by presenting themselves at the control table of the Venue Manager, then the Manager adds the player in the Match Day App. Click on the “...” at the top right of the screen, then select “Team List” and make any necessary adjustments.
- f) At the start of the game click on the green Play button. This starts the game and allows the Manager to enter scores and other match details. The referee is the sole judge of time.
- g) For each score, tap the “Scoring” tab and select the type of score and then the player who scored it. Conversions will only be applicable in certain competitions, and unsuccessful may optionally be recorded for the Managers’ records only.
- h) Tap on the “Movements” to record cards and major injuries. Substitutions are not required to be recorded:
 - For Yellow and Red Cards, you must select the reason and the player.
 - Red and Blue Cards will record a Case and alert the Competition Manager once the game is submitted.
 - All Yellow, Red and Blue Cards **MUST** be recorded.
 - As noted, recording Substitutions is optional but may assist Managers to keep a record of game time. Remove the player coming off first and then add the substitution.
 - If for some reason a player is not on the Match Day App (e.g., a Transferable player whose sole registration may be to another team from the Club in question), then the full details of this player, and the card they have received **MUST be provided to the Venue Manager or the Competition Manager.**
- i) Anyone wishing to follow the match (whether at the ground or not) may use the Rugby Xplorer App to get real time score and card updates.
- j) If you need to correct a score or a card, tap on the “Feed” tab where you can delete the incorrect item, and then re-enter it. Once a match is submitted at its completion no further changes can be made in the App. For any later adjustments you will have to have your President or other Officer Bearer contact the Competition Manager.
- k) At Half Time click on the purple H/T button. When the Second Half starts click on the green Play button.
- l) If at any time a team is forced to go to Uncontested Scrums, click on the “...” icon at the top right of the screen and select “Uncontested Scrum”, then enter the team and the reason.
- m) At the end of the game click on the red stop button to finish the match. Make sure both Managers agree on the score and all the cards are recorded.
- n) Before you click on “Confirm” the Referee should then review and confirm the score and the cards. Once that is done click on “Confirm” to enter the result. If there is a dispute, click on “...” at the top right and then click on “Dispute” and enter the reason why. The Venue Manager may also wish to confirm the final score and other details with both Managers.
- o) Any player who is Sent Off (Red Card) during a Match is automatically suspended from taking part in any further matches including any Regular Season, Finals Series, trial, school, representative or premiership matches, until a decision has been handed down by the Judiciary or where an early plea has been entered then a decision has been handed down by the Competition Manager.
- p) Likewise, any player who is Sent Off (Red Card) during a school match, or in a match in another code (e.g., Rugby League), is automatically suspended from taking part in any further SJRU matches including any Regular Season, Finals Series, trial, or representative matches, until a decision has been handed down by the relevant Judiciary, and the player has served the required suspension.
- q) All players removed from the field with a **Blue Card** (applicable in U13s and up) must:

- Follow the Rugby Australia Concussion Management process, found [here](#) or by searching “Rugby Australia Concussion Management”. Pay close attention to the *Rugby Australia Head Injury Fact Sheet* and download a copy of the *Concussion Referral and Return Form*.
- See a doctor within 72 hours. The player and doctor must complete the *Concussion Referral and Return Form*.
- Return the completed form to his/her club, and the club must provide a copy to the SJRU Competition Manager.
- Follow the rest of the process set out in the *Rugby Australia Concussion Management* requirements.
- For the avoidance of doubt, the entire Concussion Management Process must be followed including the return of the *Concussion Referral and Return Form*, when a player has completed the Graduated Return to Play (GRTP) for Concussion. A player cannot be cleared of Concussion once a Blue Card has been issued by the Match Referee or the First Aider.
- The **ONLY** option where a Blue Card will be lifted or removed is where:
 - Rugby Au (at their sole discretion) accept an Alternative Diagnosis from a Medical Doctor ([Alternative Diagnosis Jotform](#)) or
 - The Competition Manager can verify that the player did not show any signs or symptoms of concussion and agrees there has been a reporting error with the Blue Card.

8. After the Match

If required, at the end of the Match the Team Manager should complete a [Serious Injury Report](#) for:

- any player with a head or neck injury that results in treatment at a hospital or medical centre; or
- any player admitted to hospital as a patient but NOT players treated at an Emergency Department and allowed to go home. Refer Australian Rugby Union Medical and Safety Recommendations.
- Club Presidents, Office Bearers and Team Managers must familiarise themselves with the process for lodging Injury Reports and assisting Parents with Insurance Claims. Refer to the link to [Injury and Insurance Help Guide](#)

9. Game Parameters

Age Group	Maximum Players	Ball	Halves	Minimum No of Players to Constitute a match
Under 10 to Under 12	7 a side	Size 4 ball	7-minute halves	5 a side
Under 13 to Opens	7 a side	Size 5 ball	7-minute halves	5 a side
There is no time off for injury in any Age Group.				

10. Competition Rules

a. [Squad Composition & No of Players](#)

- i). For each 7s game, a squad may consist of a maximum of 12 players. All participating teams must declare their squads (full names and jersey number) via the Match Day App before each round of the competition.

- ii). If your team has less than the Minimum Number of Players on the field, then the Match is an automatic loss on forfeit. The Match should proceed on 'friendly game' initiatives.
- iii). Under 10, Under 11 and Under 12 Age Group Matches must be played with an equal number of players on the field. Teams must share players so that there are an equal and maximum number of players on the field with unlimited rolling substitutions. If a Team is sharing players, then the number of players being shared will be adjusted if a player is injured, replaced due to blood, Temporarily Suspended or Sent Off.
- iv). For the Under 13 to Opens Age Groups a Team that does not have the maximum number of players on the field (7) may request the opposition team to match player numbers at any time. Player numbers may be adjusted if a player is injured or in blood bin but not if a player is Temporarily Suspended or Sent Off. Teams in these age groups are not compelled to share players, but they must match numbers if requested to do so.
- v). If an opposition team refuses to match numbers and/or share, whichever is applicable to the age group) as requested, then they are deemed to have forfeited the match.
- vi). **Rolling substitutions** are allowed and these are unlimited in number but can only be made when the ball is dead (i.e., the game has stopped). Replacements or substitutions may only be made with the permission of the Referee (or if delegated responsibility, the Assistant Referee).
- vii). **Temporary replacement** for a blood injury to a player is permitted.
- viii). In the event that, due to injuries, a team is unable to field a full complement of players from its own squad of registered players, the team may seek advice from the Venue Manager who may at their discretion assist the team with additional players.

b. Playing Kit/ Team Numbering

All playing jerseys must be numbered. When players and substitutes are registered for each game in the Match Day App, their names must correspond with the number of their jersey.

c. Technical Zone & Officials

- i). In Gala Day 7s Competitions, the Venue Manager will set up two Technical Zones within the playing enclosure on the same side of the pitch, each one on either side of the half-way line and outside the field of play. At Home & Away 7s Competitions, the host club is responsible for setting the Technical Zones up. This structure is also used for cross-field 7s in ages Under 10 to Under 12
- ii). These Technical Zones should be marked either by roping or by cones (as a minimum).
- iii). The Technical Zone commences a minimum of five metres from the half-way line. The technical zone must not exceed ten metres in length and three metres in width and must not be less than two metres from the touch line.
- iv). **Personnel Permitted in the Technical Zone** – The only people allowed in the Technical Zone are Team Coaches (2 maximum), Manager (1 maximum), Trainer (1 maximum) and reserve players (5 maximum). ***No other people (including players or parents) are allowed in the Technical Zone.*** Teams who do not comply with Venue Managers directions in regard to this rule will be forfeited.
- v). **Code of Conduct requirements for those in the Technical Zone** – Every person in (iv) above who is in the Technical Zone will be held to the highest standards of the Rugby Au Code of Conduct.
- vi). **Coaches:**
 - Are required to remain within the Technical Zone at all times, with the exception of half-time, when Team Officials (the Coach(es) and Manager), the Trainer and reserve players may enter the field of play.
 - No coaching of players is to occur inside or adjacent to the field of play except at half time.
 - Persons other than Trainers are not permitted on the field of play unless invited by the Match Referee.

vii). **Trainers:**

- Trainers may only take water onto the field during stoppages in play for injuries and when a try has been scored. They must vacate the field when requested to do so by the Match referee, Venue Manager or Venue staff.
- Players may come to the touch line adjacent to the Technical Zone to receive water, however water bottles must not be thrown onto the field of play.
- Trainers may enter the playing area only after the ball is dead and may not impede the conduct of the Match, unless attending an injury. At all other times the Trainers must remain in the Team Zone.
- The Trainer must be identifiable by wearing the yellow SJRU vest or similar Hi-Viz attire. Trainers may not call out to or coach players from the Technical Zone or when in the field of play and shall not call out to or converse with the Match Referee unless they are being addressed directly by the Match Referee.

viii). **Assistant Referees:**

- As a minimum in SJRU 7s Competitions, teams will be required to supply an Assistant Referee (AR) for each match. These officials are Match Officials, not Team officials, and are not allowed for coach, barrack or call out to players, the match Referee, or any Team Officials
- ARs, are required to be equipped with a flag and a Hi-Viz vest or jacket.
- Each AR will as a minimum be required to assist the Match Referee by signalling if the ball or a player in possession of the ball is in touch or touch-in-goal.
- In certain SJRU 7s Competitions, the Competition Manager will require teams to supply an accredited AR for all matches. Accreditations required will be as per 5 h) above. Where SJRU does not require fully accredited ARs, no such requirements will be included in RX under the Match Day App and there will be no requirement for the Team Manager to list their AR on the App. ARs must however ensure they are properly registered in RX as volunteers.
- Where SJRU requires Accredited ARs to be supplied, the volunteers fulfilling these roles must have correct accreditation, and be listed on the Match Day App.
- In addition, Clubs and Teams should ensure that their ARs have familiarised themselves in full with the requirements of Rule 10.2 of the SJRU XVs Competition Rules.

ix). **Ground Marshals:**

- As a minimum in SJRU 7s Competitions, teams will be required to supply a Ground Marshal (GM) for each match. These officials are Match Officials, not Team officials, and are not allowed for coach, barrack or call out to players, the match Referee, or any Team Officials.
- GMs are to be at least 18 years of age and must be equipped with a Hi-Viz vest or jacket which identifies them as a Ground Marshal.
- In addition, Clubs and Teams should ensure that their GMs have familiarised themselves in full with the requirements of Rule 9.2.1 of the SJRU XVs Competition Rules.
- The GMs primary responsibilities for SJRU 7s Competitions will be to ensure that the behaviour of their Team Officials, Match Officials (referring to themselves and the AR), their players and their spectators meets the requirements of accepted behaviour under the Rugby Au Code of Conduct.

d. [Transferable Players](#)

- i). All Clubs with 2 or more teams in an Age Group are allowed to have up to two (2) Transferable Players in each team. Clubs must identify their Transferable players in writing (email) to the Competition Manager in advance of each Round.

- ii). Transferable Players may assist another team from their Club in the age group, if needed, subject to the maximum number of players allowable for a match, and the scheduling of the SJRU 7s Competition.
- iii). Clubs are encouraged to have multiple teams; however, it is the Clubs responsibility to ensure they have sufficient players for both teams without constant and/or over-reliance on their Transferable players.
- iv). Transferable Players can be varied (subject to injury or unavailability of nominated Transferable Players) either in writing to the Competition Managers or by submission of changes to the Venue Manager no less than 15 minutes prior to the scheduled kick-off of the Match to which the variation request pertains.
- v). If a Club has two (2) teams in an age group for example, the Blue Team and the White team, they may have up to 2 Transferable Players in the Blue team who can assist White, and up to 2 Transferable Players in White who can assist the Blue team. The same principle applies when a Club has 3 teams – however a Transferable Player can only be Transferable to 1 other team from his/her club. This must be nominated in writing by the Club in advance to the Competition Manager
- vi). For the avoidance of doubt, if a 7s Competition is graded by the SJRU, **no Representative Player** (defined as a Representative Player in any game format, not just 7s) is allowed to be a Transferable Player in 7s, unless the players Team and the Team to which he/she will be Transferable are classified as A grade teams, at the sole discretion of the Competition Manager.
- vii). Transferable Players, nor any other player cannot move between different age groups, either at their own club or for separate clubs in the same SJRU 7s Competition.

If there is any confusion regarding this rule, then Clubs should contact the Competition Manager.

e. [Mercy Rule & Maximum Margin](#)

- i). Teams in the Under 10 to Under 12 Age Groups once the difference in scores is 40 or more the losing team may call a stop to the Match. If the teams agree to continue the Match, it should be completed on “friendly game” initiatives.
- ii). For Teams in the Under 13 to Opens Age Groups when the difference in scores is 30 or more then the leading team MUST take a player from the field. If the difference in scores is 40 or more then another player must leave the field. If the difference in the scores reduces (i.e., becomes less than 40), then 1 player may return to the field and if the difference in the scores becomes less than 30 then the other player may return to the field.
- iii). The maximum differential in scores recorded for a match is 40, no matter if or at what point the Mercy Rule may have been invoked.
- iv). *Kick-off rule variation where margin is 4 tries or more* – where the margin is 4 tries or more, SJRU 7s Competitions require a kick-off variation., where the team which is behind taps off from half-way. If the margin reduces below 4 tries, then the kick-off reverts back the scoring team as per the 7s Law modifications.

f. [Uncontested Scrums](#)

- i). Safety is of prime concern and all players in the scrum must know the Mayday Call.
- ii). There must be sufficiently trained forwards so that the team can play safely with contested scrums.
- iii). Teams playing uncontested scrums in more than two (2) matches during the competition will have an automatic loss for those games and shall be ineligible for the Finals.
- iv). In the Under 10 to Under 12 Age Groups if a team does not have three (3) suitably trained forwards at the commencement of the Match, or during the Match, then uncontested scrums will be played. Each uncontested scrum must comprise three (3) players from each team.

- v). In the Under 13 to Opens Age Groups if a team does not have three (3) suitably trained forwards at the commencement of the Match, or during the Match, then that Team will play with one less player and uncontested scrums will be played. Each uncontested scrum must comprise three (3) players from each team.

g. [Point System & Ladders](#)

- i). Match points for all matches will be awarded as follows:

- o 4 points for a win
- o 2 points for a draw
- o 1 point for a loss
- o 0 points for a loss on forfeit
- o 5 points for a win on forfeit
- o 5 points for a bye

- ii). 1 Bonus point will be awarded for:

- o A win when scoring 4 tries or more.
- o A loss for less than 7 points

Please note that both a bye and a received forfeit are deemed to be bonus point wins.

- iii). **Conversions** – the default rule for SJRU 7s Competitions is no conversions. Participants will be separately advised if Conversions are allowed in SJRU 7s Competitions.
- iv). **Ladders** – The ladders for SJRU 7s Competitions will be published on RX. Some updating of these ladders will be required after each round, to allow for any scoring queries, issues with the Match Day App, and late draw changes which are made by Venue Managers

h. [Match Timings](#)

- i). **Gala Day 7s Competitions** – There will be centralised timing by the Venue Manager for Gala Day 7s Competitions. However, the referee's whistle will signal the end of the game. There is no final play beyond the centralised timing hooter or siren, so the Venue Manager has complete discretion to rule on any final score in a game, and whether it was within the allowable time. There is no injury time or extra time at the end of any game.
- ii). **Home and Away 7s Competitions** – The referee will be the sole arbiter of time in these games, however there is also no final play beyond time being up in these 7s Competitions.

i. [Play-off Determinations](#)

Play-off games such as finals will have no injury time and no extra time in the event of draw. If there is a draw in a play-off game, the winner will be determined to be the team which scores first in the game. If the game is a nil all draw in a semi-final, the Competition Manager will determine the winner based on the most applicable count-back method for the given 7s Competition. In the event of a draw in a Grand final, there will be Joint Winners of the Competition.

j. [Playing ineligible players](#)

- i). If a team/club plays ineligible players (e.g., suspended, unregistered, incorrect age) in an SJRU 7s Competition, this will result in an **automatic forfeiture** for any matches, where an ineligible player or players participated.
- ii). In addition, teams who play ineligible players must show cause to the Competition Manager why the team should not be ejected from the remainder of the 7s Competition. Should a team be ejected, there will be no refund of any Competition Fees not insurance to the participants.
- iii). If a Team Manager has any concerns about the eligibility of a player, then these concerns should be brought directly to the Venue Manager or the Competition Manager.

k. Age Dispensations

- i). All players must play in the age groups for which they are eligible. A player can play in both their date of birth age grade and 1 year up without any dispensation (e.g. if DOB is in calendar 2011, in Season 2024 a player is eligible for Under 12s and Under 13s)
- ii). No player can play 1 year down from their DOB age group or 2 years up from their DOB age group without a pre-approved dispensation from the Competition Manager, which must be obtained in advance of playing any matches in an SJRU 7s Competition. The only exception to this will be if the SJRU gives provisional dispensation to a player and express permission for completion of their assessment to be conducted in-game at the SJRU 7s Competition for which they are seeking age dispensation
- iii). If a player plays outside their eligible age groups without dispensation, **they are in ineligible player**. Their team will be forfeited, and must show cause why they should remain in the Competition.
- iv). Players with granted dispensations from other game formats (including XV's and 10s) and/or from other SJRU 7s Competitions may be able to rely on these dispensations for same season SJRU 7s Competitions – but this must first be confirmed in writing with the Competition Manager
- v). For the avoidance of doubt:
 - no players can be dispensated any more than 1 year down (unless this involved the Disability Dispensation procedures).
 - no players can be dispensated up any more than 2 years.
 - female players may play in male competitions up to U12s without dispensation.
 - female players from U13 to U15 may play in male competitions with Mixed Gender dispensation.
 - female players aged U16 and up cannot play in male competitions.
- vi). If Clubs or Teams are in any way confused about Age Dispensation and what the requirements are for a player or players, they must urgently contact the Competition Manager, prior to the commencement of any SJRU 7s Competition.

l. Size for Age

- i). The Rugby Au Size for Age policy applies in full to all SJRU 7s Competitions.
- ii). Any player who is subject to a mandatory Size for Age assessment at the time of registration in an SJRU 7s Competition must have the assessment completed independently of their Club (and if required by the SJRU, independently of their District) prior to their participation in an SJRU 7s Competition.
- iii). Any prior Size for Age Assessment conducted for a player (e.g. for a XV's Competition) will not be applicable to their assessment as it pertains to SJRU 7s. Players must be re-assessed if they trigger both height and weight criteria for their age group. All Size for Age assessments must be completed prior to a player participating in an SJRU 7s Competition
- iv). If Clubs or Teams are in any way confused about Size for Age and what the requirements are for a player or players, they must urgently contact the Competition Manager, prior to the commencement of any SJRU 7s Competition.

m. Foul Play & Temporary Suspensions

- i). If a player is sent off (red carded) during an SJRU 7s Competition in the Under 10s to Under 12 age groups, he/she is permitted to be replaced, however the red carded player will not be permitted to play again until he/she has appeared before a Judiciary. As the age of the player requires that the Judiciary be formed by their Club, the Venue Manager/Competition Manager will assist with resolving this matter at the Venue. If the nature of the offence is such that it requires a separate hearing, then the Venue Manager/Competition Manager will advise the player's Club as to what is required of them.

- ii). If a player is sent off (red carded) during an SJRU 7s Competition in the Under 13s and up groups, he/she is not permitted to be replaced, and the red carded player will not be permitted to play again until he/she has appeared before an SJRU convened Disciplinary Committee. The player cannot return to play until their sanction (if any) has been determined by the Committee and they player has served any suspension they impose. The Competition Manager may at their discretion expedite the judicial process for a player who makes an early guilty plea, subject to the Competition Managers assessment of the offence.
- iii). The over-arching administration of send-offs, foul play and other on-field disciplinary matters will be done with reference to and by applying the Rugby Au Disciplinary Rules 2022 ([Rugby Disciplinary Rules](#))
- iv). If a player is temporarily suspended (yellow carded) by the Match Referee, he/she must proceed immediately to the seat provided at the halfway line in front of the Venue Managers tent/area.

Age Group	Time Suspended	Elapsed/Game Time	Replaced
U10-U12	2	Elapsed	Yes
U13-Opens	2	Game	No

- v). If a player received 2 yellow cards in a SJRU 7s Competition match, where 1 yellow card is received for foul play (including dissent), the player will receive a mandatory 1 match suspension. A player who receives 2 yellow cards in a single match for technical reasons (technical and/or repeated infringements), will be placed on probation. Any further yellow cards for that player in the same SJRU 7s Competition will lead to a mandatory 1 match suspension.

n. [Eligibility for Finals](#)

To be eligible to play in the Finals a Registered Player must have played 50% or more of all Matches played by the Team during the SJRU 7s Competition (including byes, wins on forfeit and wet weather if registered prior, but excluding forfeits given by the Team).

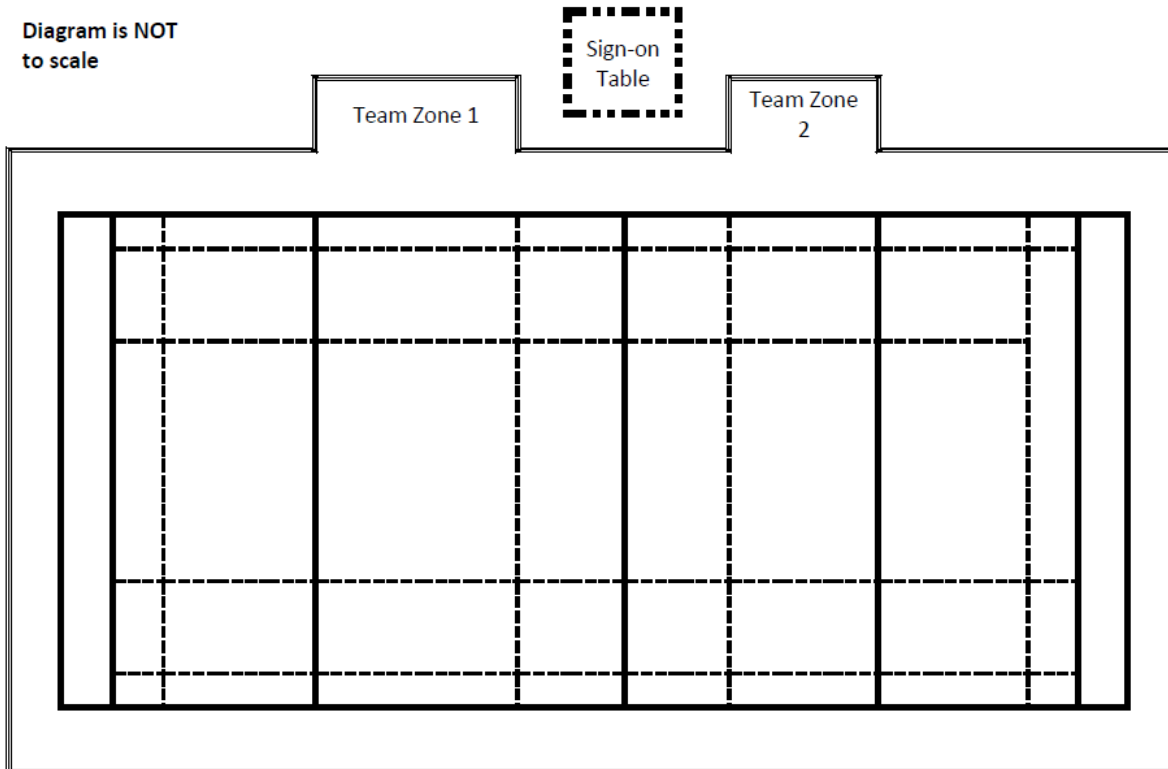
o. [Medical](#)




Teams are responsible for the fitness and safety of their players during the competitions. Teams acknowledge that participation in the SJRU 7s Competitions may carry with it certain dangers including the risk of injury, and agree, to the extent permitted by law, to waive all claims for liability against any participant (including but not limited to players, coaches, volunteers, and administrators) and release every such participant from all liability that may be incurred in connection with participation in the competitions.

SJRU will be responsible for supplying qualified medical staff for the duration of their Competitions. SJRU medical personnel will attend to injured players only. In the event that a child participating in or present in a SJRU competition is injured and the parent/guardian of the child is not present, SJRU will arrange such medical, ambulance or hospital care it deems necessary. The parent/guardian of the child will meet all expenses associated with that care.

APPENDIX A - Full Field Set-up

Appendix A: Ground Layout



Team Zone (mandatory)	Minimum 5m from Half Way Line and 5m from Touch Line. Maximum of 15m long and 5m wide
Trainers, Medical Personnel Reserves and Team Officials	Trainers and Medical Personnel are not allowed to move along the touch line and are to remain in the Team Zone when not completing their duties. Reserves and Team Officials are to be in the Team Zone.
	Half Way, 22m, Touch, In Goal, Touch In Goal and Dead Ball Lines
	5m, 10m and 15m Lines
	Ropes or Barriers

Cross Field 7s – Field Set up.

Playing Area

- 60m x 35m maximum, i.e. usually ½ field

