



Urdd WRU 7s **General Rules and Regulations**

1) Competition Order

Registration will open from 9:00am with games starting at 10:20, running through the day until 18:30. More information about timings will be put on our website or through the SOCS platform.

Games will be a maximum of 7 minutes per half with a maximum of a minute for half time. No additional time due to injuries will be added.

2) Draw – Different years have been grouped as they follow the same order

Boys Yr. 7, 8, 9, 10

64 Teams competing – 16 Groups of 4

- 1st from each Group is through to the last 16 of the Cup
- 2nd from each Group is through to the last 16 of the Plate
- 3rd from each Group is through to the last 16 of the Bowl
- 4th from each Group is out of the competition

Girls Yr.7, 8-9, 10-11 | Boys Yr.11, 12-13

40 Teams competing – 8 Groups of 5

- 1st and 2nd from each group through to the last 16 of the Cup
- 3rd and 4th from each group through to the last 16 of the Plate
- 5th from each group out of the competition

Girls Yr.12-13

20 Teams competing – 4 Groups of 5

- 1st and 2nd from each group through to the Cup Quarter Finals
- 3rd and 4th from each group through to the Plate Quarter Finals
- 5th from each group out of the competition

3) Points in the Group Stages

3 points for winning a game, 1 point for a draw, 0 points for a loss.

If teams are equal on points after all games are played the following guidelines will be followed. The order below shows priority.

- Points difference
- Head-to-Head result between the teams
- Toss of a coin between the coaches

If a team withdraws from the competition before completing every game a bye will be given for every game played and to be played. This equates to a 28-0 win for the team still in the competition.

4) Final rounds results

The winner of a final round game will progress to the next round, the losing team will be out of the competition.

If a game is tied at the end of regulation time 'golden-try' will be played with one player being removed from each team every minute down to 1 player against 1. The team that scores first will progress to the next round.

If a team withdraws from the competition before playing a final round game a result of bye will be given for the game. The opposing team will progress to the next round.

5) Players

- A max of **14** players per team.
- Boys are eligible to play up one year group
- Girls are not permitted to play in a year group that does not include their school year
- The competition follows the single sex player pathway
- Players are not allowed to play in more than one team
- Federalised schools are not permitted to combine and produce a single team

A player registration form must be filled out with player names and dates of birth before the competition. Click [HERE](#) to register your players.

If a team cannot field 7 players to start a game the opposing team must field an equal number of players.

If a player receives a yellow card during a game they will be off the pitch for 2 minutes

If a player receives a red card during a game they will be off the pitch for the remainder of the game and will not be allowed to take part in the remainder of the competition*

*This can be appealed after the game in which the offence occurred

6) Substitutions

There are no restrictions on number of substitutions, changes can be made during any break in play

If a player is substituted because of a head injury they must be assessed by the on-site First aiders before being allowed to play again. It is the teacher's responsibility to ensure that players are assessed.

7) Payment

Payment of £120 must be made at least a fortnight before the start of the competition.

Schools are eligible to receive a refund of £10 for each player already registered with the Urdd prior to the competition up to a maximum of £120. To claim this refund please contact chwaraeon@urdd.org after the competition.

8) Refereeing

Referees will be appointed by the WRU.

The referee's decision is final. Disrespectful behaviour towards staff or referees could lead to the team being disqualified from the competition. Read more about the Urdd's code of conduct here: [Click HERE](#)

All teams must provide a member of staff to act as a line referee for their games.

9) Scoring

Referees will score games. Both coaches must sign off on the score card after each game.

All Girls and Boys categories will need to take a drop-kick for conversions.

The results from each game will be uploaded to our results system SOCS. All schools can follow the competition through this programme.

When a game reaches a 50-point differential, and even if both teams agree to continue to play, the score at that time shall be recorded as the final score.

10) Medical

Players should be aware that taking part in sports competitions brings with it a risk of injuries. We ask that teams bring basic first aid supplies with them such as plasters or sports tape.

The Urdd will ensure that professional first responders and sports therapists are present at the event to attend and assess any injuries or medical emergencies. It is the teacher's responsibility to ensure that these services are utilised, and any health concerns are addressed.

Teams should contact the Urdd mentioning any relevant health conditions of people attending the event.

The referee is permitted to prevent players from playing if they are worried for their safety.

11) Photography and Live Streaming

The Urdd must be made aware of any pupil(s) who do not want to have their photo taken. More information is available on The Urdd's Photography Policy: [Click HERE](#)

Pitch 1 will be livestreamed on Urdd platforms. Please contact chwaraeon@urdd.org if you do not wish for your team to be on this livestream.

12) General

All teams must register at event HQ on arrival.

It is the coach's responsibility to ensure that their teams are by the pitch at least 5 minutes before their game is due to be played.

The event will take place in a public area. It is the teacher's responsibility to ensure the children under their care behave respectfully. We ask that all rubbish is put in the bins provided on the site.

Players are permitted to use the Pontcanna fields changing rooms. There will be separate changing rooms for girls and boys. **A responsible adult must be always present with players in these changing rooms.**

Size 4 balls: Boys & Girls Yr.7, Yr.8, Yr.9. | Size 5 balls: Boys & Girls Yr.10, Yr.11, Yr.12-13

13) Dress Code

Players to wear appropriate boots, tied correctly in front of the tongue in the appropriate way. Studs will be checked by refs before games.

No items of jewellery or sharp items in the hair are permitted to be worn apart from for medical reasons.

We urge that all players use a gum-shield whilst playing.

Rules of play

The competition will follow the rules set out by World Rugby, except for the below which are used for Rugby 7s.

- For all incorrectly taken kick offs and restarts, which are defined by the below, will restart with a free kick to the opposition at the centre of halfway:
 - Not 10 metres.
 - Straight out on the full.
 - Kicked over the dead ball/touch in goal line.
 - Grounded immediately in goal.

- All kicks at goal are drop goals.
- After a score, the scoring team kicks to the opposition to restart the game.
- No goal line drop outs (old in goal area laws apply)
- No 50-22 kick reward.
- Yellow Cards = 2 minutes.

Offenders who prevent quick tap penalties, for any reason. Yellow Card

Tackle

As of July 2023 we are now playing under the new World Rugby Tackle Height directives - Please follow the link to familiarise yourself with the updated changes: Click [HERE](#)